

THE BRIBIE ISLANDER

AND DISTRICTS COMMUNITY MAGAZINE



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244
July 25, 2025



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R3 ROOFING -

A New Chapter for a Trusted Local Roofing Business From Jim's Roofing Burpengary to R3 Roofing Pty Ltd

My name is Rodney Rock, and along with my son and business partner, Bryce Rock, we're excited to announce the rebranding of our company from Jim's Roofing Services Burpengary to R3 Roofing Pty Ltd.

I've been a roofing contractor in the construction industry for over 30 years, beginning my apprenticeship back in 1986. After stepping away from the trade in 2005, I returned with Bryce under the Jim's Roofing franchise, originally intending just to paint a few roofs together. What began as a small father-and-son venture quickly grew beyond expectations.

Over the past two years, we've expanded our team, reconnected with former employees, and welcomed other family members who also work in the roofing industry. Our time with the Jim's Group has been positive and valuable—we're grateful for the platform it provided during our rebuilding phase. However, what we're doing now has evolved into something unique. We've developed a reputation for quality, honesty, and expert advice that stands apart in the market.

To reflect this growth and independence, we've rebranded as R3 Roofing. We are the same company—Track 87 Pty Ltd—just with a new name and logo. Our commitment to excellent service, professional advice, and durable results hasn't changed.

Importantly, our relationships with trusted suppliers such as Dulux remain unchanged, and all warranties issued under the Jim's Roofing name are still fully supported by us. If we've worked on your roof in the past, rest assured that we stand behind that work 100%.

To the more than 600 customers we've had the pleasure of working with over the last two years, thank you for your trust and support. We look forward to reconnecting with many of you and helping even more new clients in the years to come.

At R3 Roofing, we specialise in thorough roof assessments and provide honest advice tailored to your specific situation—whether it's a repair, restoration, or full replacement. We're not here to push a service—we're here to find the right solution for you.

We also provide a full range of roofing services, including:

Fascia, guttering, downpipes, eave lining, re-bedding and pointing, re-screwing of metal roofs, concrete and terracotta roof replacements, full roof restorations, and professional roof painting.

For expert advice and reliable roofing services, please get in touch with me, Rodney Rock, at R3 Roofing.

R3 Roofing Pty Ltd

Director/Owner

Rodney Rock - 0427830313



**REPAIR
RESTORE
REPLACE**



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JULY 25, 2025



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HOMEGROWN HAPPINESS



20-21

FARM ANGELS



22

AN APPALLING ACT



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



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Welcome

Dear Readers,

Welcome to edition 244. I can hardly believe we're already halfway through the year! Time is passing faster and faster, and I'm struggling to keep up with it. My children are no longer kids and are living their own lives, still at my house, but doing their own thing. It seems like just yesterday they were babies.

One of them, my daughter Keola, brought home a lost dog the other night. You may have seen it on our Facebook page. This little dog was such a sweetheart, well-loved; we knew the owner would be devastated that he had slipped out. Thanks to the quick response and support from our community, particularly a lovely lady named Donna Kay, who came around at 11 pm that night to scan for a microchip and get this tiny fella home, we were able to reunite him with his owners the next morning, giving us plenty of time for cuddles and spoiling. It was a heartwarming example of our community coming together in times of need. Thank you, Kay, for your late-night assistance.

As always, you will find some exciting and intriguing stories and community news in this edition. I can't wait for you to read them!

Until next time,
Take care, Stay safe,

Cherrie



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A Stress-Free Life Is What Every Woman Should Want

Many people do not have an appreciation of what exactly a woman's role is and the efforts that she makes to make it happen. People are constantly joking about the role of a woman and how they feel that a stay at home mum has it so easy.

The opposite is in fact true and if any of us had to take care of two or three children for the vast majority of a 24 hour day, we would certainly go crazy.

Then there are other women who hold down a full-time job and then still feel obligated to take care of the family when they come back home.

You might think that mum enjoys what she does, but you need to remember that this is a lot of responsibility for anyone individual and so many women suffer from poor physical and mental health.

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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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Their stress levels are incredibly high and so it is important that they have some kind of outlet that will help them to calm down and to take care of their health.

It's all about maintaining a sensible work/life balance, but that is a lot easier said than done. It would be almost impossible to try handling your anxiety and stress by yourself and so many women try to find a service provider that understands women's health & naturopathy.

This provides them with an essential outlet that will take care of their health issues and provide them with solutions as well.

By taking this necessary step and reaching out for some much-needed assistance, these women will get to enjoy the future benefits of doing so.

The following are just some of the benefits that will allow you to reduce your stress and anxiety levels.

A BETTER NIGHT'S SLEEP

Sleep is essential for all of us if we are to maintain our health and to be as productive as we can be. Many women cannot get to sleep at night and they are constantly tossing and turning in the bed until they eventually fall asleep many hours

after they first got into the bed. Being able to use naturopathy to help alleviate your stress levels will allow you to experience more consistent sleep patterns and you will get the essential deep sleep that we all need.

It's important that you have a clear head when you wake up in the morning for the busy day ahead and this starts with having the correct amount of sleep every single night. You should be treating your body the way it deserves and getting enough sleep helps with that.

LESS TENSION AND HEADACHES

Many women complain that they have a headache on a fairly regular basis and they are not just making this up.

They are suffering from high levels of stress due to their working life and their life in the family home as well.

Having a constant headache affects how you do your job and how you relate to your fellow workers and your family members as well when you return home in the evening.

You need to learn to relax and naturopathy

HEALTH, WEALTH & COMMUNITY

helps greatly with that.

We all need to find an outlet that allows us to let our stresses drain from our bodies and to stay away for as long as possible.

You need to remember that nobody else is going to take care of your general health except you. It is up to you to reach out for help with regard to your overall health and one way to do this is to embrace naturopathy in all its forms.

You deserve to be treated and pampered because of all of the hard work that you do every single day.



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Australians urged

to act early as winter illness drives hospital delays

With hospitals facing record patient volumes and staff shortages, stretching emergency departments and putting timely care out of reach, Australians are being urged to act fast and stay in control of their health this winter – starting from home.

Experts are encouraging families to embrace early detection through at-home testing to avoid unnecessary hospital visits, ease pressure on the healthcare system, and reduce the emotional toll of winter illness.

This call comes as COVID-19 cases exceed 10,000 nationwide this month alone.

In the first half of 2025, Australian hospitals have faced unprecedented strain. Nationally, only 55% of emergency department presentations were completed within the recommended four-hour window, leaving patients waiting far too long for critical care.

“Winter viruses strike fast, but families need to act faster,” says CEO of Touch Biotechnology, Matthew Salihi. “At-home testing is one of the simplest and most effective ways to catch symptoms early, act quickly, and avoid a trip to an already overwhelmed emergency department.”

Since April this year, more than 120,000 influenza cases have been laboratory confirmed across the country with significant numbers involving children under 10 – and with hospitals and GPs already stretched, longer wait times are increasing, delaying treatments, and growing pressure on healthcare workers. “Families are waiting up to half a day in

emergency rooms for conditions that could’ve been managed at home with early action,” continues Mr Salihi. “These prolonged wait times not only delay necessary treatment but also increase the risk of illness spreading within the community.”

To alleviate pressure on hospitals, Australia’s #1 Self-Testing Brand*, Touch Biotechnology, is urging Australians to incorporate self-testing into their winter routines by using their Triple Combo Rapid Antigen Test.

The easy-to-use nasal swab test detects Influenza A/B, RSV, and COVID-19 within just 15 minutes, with more than 98% sensitivity and accuracy – empowering families to make fast, informed decisions from the safety of home.

Self-testing offers families practical control over winter illnesses, helping them avoid unnecessary hospital visits and the stress of long waits. By catching infections early, households can act quickly to protect vulnerable members and reduce disruption to daily life.

This approach eases the strain on healthcare workers while saving families time, worry, and the hassle of costly appointments – making winter sickness more manageable for everyone involved.

“This winter don’t wait for illness to take hold. Early detection and simple health routines like regular symptom checks, good hygiene, and having remedies and test kits ready can help stop the spread and keep kids, parents, and communities safe,” concludes Mr Campbell.

As flu waves continue to sweep across the country, staying one step ahead has never been more important. If you’re unwell or unsure, please seek medical advice for next steps. Self-test kits are available at pharmacies nationwide.

Further Information

The seasonal flu, typically caused by influenza A or B viruses, is a common and highly contagious respiratory infection.

On average, each year in Australia, seasonal flu results in an estimated 1: 3,500 deaths 300,000 general practitioner consultations 18,000 hospitalisations.

Common symptoms of the flu include:

- Fever and chills cough
- Sore throat
- Runny or stuffy nose tiredness
- Headaches
- Muscle and joint pains

When caught early, the flu can be treated to prevent escalating symptoms, complications and long recovery times. Some things that can help ease flu symptoms and support recovery include:

- Resting and ensuring good sleep
- Drinking fluids to prevent dehydration
- Keeping warm
- Maintaining a healthy diet
- Using over the counter medicines such as paracetamol or ibuprofen to lower fevers and help with aches

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Homegrown happiness

**WHERE
LOCALS
THRIVE
AND
DREAMS
SURVIVE**

Shopping locally isn't just about buying things; it's about making a meaningful investment in our community and celebrating what makes Australia special. We have a wonderful mix of local artists, food makers, and homeware designers who are passionate about their work, turning our regions into lively centres of creativity and flavour.

One of the best reasons to support local businesses is the amazing variety of delicious food available close to home. Farmers' markets and local stores offer fresh, seasonal fruits and vegetables that taste fantastic and help our local economy grow.

These products often come from just around the corner, which means they have a smaller impact on the environment. Imagine enjoying a sweet mango or fresh bread, knowing that you're helping a local farmer or baker succeed. Plus, these culinary delights often lead to fun community events, like food fairs, where you can taste and explore the best that our area has to offer.

Shopping locally also helps nourish a vibrant arts scene that adds to our culture. Local galleries and studios feature talented artists creating beautiful pieces, from paintings to sculptures and handmade jewellery.

By buying art from these creators, you not only beautify your home with special items but also support the artistic spirit of your community.

Many artists take part in fairs and markets, giving everyone a chance to experience their work up close, connect with the artists, and build a sense of community through shared cultural appreciation.

Homeware shops also shine when it comes to local shopping, offering unique and often eco-friendly items that reflect our community's character.

From hand-made pottery to finely crafted wooden furniture, local stores let you enhance your living space while supporting artisans who take pride in their work. When you choose to buy local, you can be confident that each item has its own story, showcasing the care and effort that went into making it.

Festivals are a fantastic way to promote local businesses, creating a chance for them to connect with the community and show off what they have to offer.

These events provide more than just shopping; they foster a friendly atmosphere, bringing people together to celebrate local talent, enjoy tasty food, and participate in various fun activities. Festivals help strengthen the local economy and instil pride in our community.

In a world where big brands often take over, choosing to shop locally is a wonderful way to show love for our region and appreciate the unique resources we have.

By supporting local businesses, we help keep community lively and full of art and culture. So, the next time you're about to make a purchase, think about the impact of your choice. Embrace the fantastic food, art, and homeware that are available right in your community, and support our local economy.

Every purchase influences the kind of community we want to create – one that values creativity, sustainability, and connection.



FOREVER VEE

YUMI AUTHENTIC BEAUTY
LASHES



Vanessa 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™ KERATIN LASH LIFT, WAKE UP FEELING AMAZING!

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NOT ALL LASH LIFTS ARE EQUAL!

One of the many ways YUMI™ differ from other Lash Lift systems - Keratin - Inside YUMI™ 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 ML

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
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The Art of Slowing Down:

Nurturing the Nervous System in Winter

We've already felt the start of winter with crisp days, cold nights, and those familiar westerly winds sweeping across the country. As the season takes hold and the natural world begins to slow and rest, it's a gentle reminder for us to do the same.

This is a perfect time to pause, look inward, reflect on the journey of the past year, grow in self-awareness, and find gratitude for the present moment, all while quietly preparing for the fresh starts that spring will soon offer.

In the busyness of modern life, we can forget that slowing down is not only acceptable—it's essential. Our nervous system, which spends much of the year in a state of hyper-vigilance or persistent activity, craves periods of rest to recalibrate.

Winter, with its longer nights and crisp air, provides the perfect opportunity to intentionally pause, turn inwards, and listen to the subtle cues of our body and mind.

The art of slowing down is not about doing nothing. It's about cultivating presence. It's about allowing space for reflection on the year that has passed—what served you, what stretched you, and what you may need to release. It's about finding the courage to sit with quiet, to embrace the moments where life isn't pushing forward, but instead asking you to simply be.

When we honour this seasonal rhythm, we begin to regulate our nervous system with greater care.

Practices such as mindful breathing, slow walks, journaling, gentle stretching, and intentional rest all help signal safety to the body. In this state, the parasympathetic nervous system can finally take the lead, promoting recovery, calm, and emotional balance. Winter is a time for warm soups that nourish, good books, and journaling.

There is beauty in the quiet. There is restoration in the slow. And as we gently move through winter, we prepare ourselves for the new beginnings that spring will soon bring—with a steadier heart, a clearer mind, and a more resilient nervous system. So, this winter, let it be your permission slip to slow down, nurture yourself, and rediscover the art of simply being.

**Yours in Health and Wellness,
Tracey Blinco**

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





Home Remedies for BEAUTIFUL EYES

for dark circles

USE TEA BAGS

Apply cool tea bags over closed eyes. Don't use herbal tea bags because most aren't as effective as the black tea bags.

chilled cotton balls

Dip cotton balls in cold water and keep them on your eyes for 5-10 minutes.

sliced cucumber

Cucumbers work wonders for tired eyes. Place two slices of cucumber over your eyes and rest for a while. They not only have cooling properties but also help lighten dark circles. You can also extract cucumber juice, dip cotton pads in it, and place them on your eyes.

tomato, turmeric, lime juice

Mix a teaspoon of tomato pulp with a pinch of turmeric and half a teaspoon of lime juice. Apply on the eyelids and around the dark circles. Let it dry and then wash it off.

WE'RE THRILLED TO WELCOME OUR NEWEST

OCCUPATIONAL THERAPIST

LIZ VIRGONA

LIZ HAS VAST FITNESS BACKGROUND INCLUDING YOGA & PILATES



Liz later studied **Occupational Therapy** and has worked in private sector paediatrics and occupational rehabilitation.

Liz brought her energy and experience to our clinic in June. She is ready and eager to help you live your best life now.

Areas of interest include:

- Paediatrics
- Functional Capacity Assessments
- Home and Community Access/Participation
- Rehabilitation and Reconditioning
- Hand Therapy

Funding: NDIS; My Aged Care; DVA; WorkCover; private health insurance; GP Care Plan.

Call one of our friendly team members today to book an appointment at Bribie Island Back in Motion on 07 3408 6608



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www.backinmotion.com.au/bribieisland

3408 6608

almond oil and lime juice for beautiful eyes

Alternate hot and cold compresses on your eyes for 10 minutes and then apply a mixture of a teaspoon of almond oil and half a teaspoon of lime juice. Let it stay overnight.

rose water

The rejuvenating factor of rose water is extremely useful in diminishing dark circles. Dip cotton pads in rose water and place them on your eyes for 10-15 minutes. Do this every day to get rid of dark circles.

for sunken eyes

ALMOND OIL AND HONEY

All you need is the combination of a teaspoon of honey and half a teaspoon of almond oil. Apply the mixture to your under-eye area before going to bed. Leave it on overnight and wash it off in the morning.

RAW POTATO JUICE

This is also equally effective in treat-

ing sore eyes and dark circles. Place two slices of potato on your eyes for 10 minutes or apply raw potato juice to the under-eye area, and you will notice the difference within a few days.

for puffy eyes

CUCUMBER WITH BASIL TEA

I know how much you hate waking up each morning with puffy eyes. This can be cured with basil tea and cucumber juice.

Mix the two and pour the liquid into the ice tray. Place the ice cubes on your eyes.

COLD COMPRESS

Use cold water or ice cube bags to make cold compresses. Place them on your eyes and repeat until the puffiness is gone.

tea bags

Soak two tea bags in warm water and then cool them in the fridge for a few minutes. Place them on your eyes for several minutes. Your eyes will feel refreshed. This is because tea contains tannins that are excellent in reducing puffiness.



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FortyWinks

Serious About Sleep

The Anysize offer is valid from Monday, 7 July 2025 until Sunday, 27 July 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 offer must be completed in one transaction during the promotional period. Cannot be used in conjunction with any other offer. Super king is not available in all makes and models. Exclusions apply. Selected brands and mattresses only. For the full list of excluded products, please visit our website: www.fortywinks.com.au/terms-conditions/. Qantas Frequent Flyer members will earn 2 Qantas Points per \$1 spent (usually 1 point per \$1 spent) on selected mattress purchases purchased between 12.01am (AEST) 7 July, and 11.59pm (AEST) 27 July 2025 from participating Forty Winks retail stores or the Forty Winks online store (www.fortywinks.com.au) and must present their Qantas Frequent Flyer membership number at the time of purchase. Not valid in conjunction with other Forty Winks promotions which enable members to earn Qantas Points by purchasing products. For full Qantas Frequent Flyer terms and conditions visit: www.fortywinks.com.au/qantas-points/. No rain checks. Delivery, installation, and additional costs may apply. Lay-by not available at all stores, please contact your local store for availability. The Anysize offer is available at participating Forty Winks stores only. Products, stock availability and prices may vary from store to store.

Bribie Simply HEALTHY

By Heenam Kim

Insomnia Anxiety

A lady came into the shop, desperately looking for something to help with her insomnia. When I mentioned a few products, she said she'd already tried so many, and nothing had helped her so far. To understand the root cause of her insomnia, I needed to talk with her a little more.

Anxiety is one of the most common causes of insomnia because it keeps the mind overstimulated, even when the body is exhausted. When you're anxious, your nervous system stays in a state of alertness, making it hard to relax or feel safe enough to fall asleep. Racing thoughts, muscle tension, and a constant sense of worry can prevent the brain from shifting into restful sleep.

After listening to her story, her *Anxiety Depression, and Perfectionism* were contributing to her sleep difficulties. I suggested we try

hypnosis, but she said that it wouldn't work, she had already tried self-hypnosis to help her sleep, but it help her. Still, she was willing to give it a go. She began gently snoring about 10 minutes into the hypnosis session, which is quite common when someone enters a deeply relaxed state. However about 13 minutes in, she began snoring quite loudly. I wanted leave her sleep for a while, but after five minutes, she woke herself up.

After the session, she kept saying how tired she was and that she just wanted to go home and sleep.

It seemed she had finally let go of the tension she'd been holding and was able to relax.

She said she felt calm and noticeably different. I could see she was a little startled, even confused that she had actually been snoring loudly. I was surprised too.

Her struggle is more than just insomnia. Loneliness, suppressed anger, and low self-worth are also part of her picture. She's booked another

session to continue the deeper emotional work ahead.

Insomnia is often not just about sleep. It's a symptom of deeper emotional imbalances—unprocessed emotions, unresolved trauma, perfectionism, and a restless mind that doesn't know how to switch off. While natural supplements and relaxation techniques can help, lasting change often comes when we address the root emotional causes. Healing begins when we stop treating symptoms and start listening to the story behind them.



For further inquiries, please call us or drop by the shop Bribie Simply Healthy and ask for Kim. Ph. 3410 0521

Natural Herbal Remedies for Sleep

Now let me introduce you natural remedies to support sleep. *Valerian Root*, one of the most well-researched herbs for sleep. It helps reduce the time it takes to fall asleep and improves sleep quality. *Passionflower*, calms a busy mind and nervous system. Especially helpful for those with anxiety-induced insomnia. *Chamomile*, gentle and calming. Often used in tea form to promote relaxation and ease mild sleep disturbances. *Lemon Balm*, soothes the nervous system and helps with sleep, especially when anxiety or digestive issues are involved.

Hops, often combined with valerian. Effective for restlessness, irritability, and insomnia. *Ashwagandha*, an adaptogen that supports adrenal health and balances cortisol, helping the body wind down more easily.

To better understand your constitution and find the remedies that best suit you, please call us or drop by the shop and ask for Kim.

Phone: 3410 0521

Bribie Simply Healthy/ Bribie Healing Centre, Shop 13, 19 Benabrow Av, Bellara



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Bribie Healing Centre / Bribie Simply Healthy, Shop 13, 19 Benabrow Av, Bellara, QLD 4507

They're the backbone of our nation and they need your support.



We always need farmers. Right now, they need us.

The conditions are tough and the statistics staggering. Our hard working Aussie farmers face a lot but shouldn't have to do it alone. Sport a flanno and support a farmer.

Make a donation. Every dollar counts

flannoforafarmer.com.au





FARM ANGELS

Standing with Aussie Farmers
The Backbone of our Country

Be part of something big.

Join in Flanno Season this August!

Farm Angels provide financial and emotional assistance, care packs and personalised support to thousands of farming families across Australia every year. Flanno Season is Here! Every August, something special happens across Australia. People roll up their sleeves, button up their favourite flannos, and unite for a cause that cuts to the heart of who we are as a nation: supporting our hardworking farmers.

Welcome to Flanno For A Farmer – a national movement of mateship, fundraising and good old Aussie fun, all in the name of helping the people who feed and clothe us.

Flanno for a Farmer began with a single, powerful idea and a heartfelt gesture from the land. Dan, a farmer from Western Queensland, received support from Farm Angels during one of the toughest chapters of his life. That support meant more than words could say.

With his world slowly piecing back together, Dan wanted to do something to give back, not just for himself, but for every farmer who'd ever felt forgotten.

He came up with a simple but powerful idea: wear a flanno to show farmers that they are not alone and raise funds to help others in need. Out of one man's gratitude, resilience and hope, Flanno for a Farmer was born. It has since grown into a national campaign of compassion and community.

The statistics are heartbreaking:

- 1 farmer dies by suicide every 10 days, 59% higher than the general population.
- Nearly half have experienced suicidal thoughts.
- Close to a third have attempted to take their own life.

These aren't just numbers. They are families. Parents. Children. Community pillars.

Farm Angels provides practical and emotional support to farmers when they need it most, especially in the long, hard months after the disaster has passed. From urgent financial aid and mental health referrals to a simple call that reminds them someone cares, the impact is life changing.

Flanno for a Farmer raises the funds that make all of that possible. Together, we can remind Aussie farmers they're not alone. That we're with them, not just in the crisis, but through the long road back.

Source – Rural Health

So here is where you come in. Whether you're wearing a flanno to work, hosting a morning tea, creating a team fundraiser or simply donating online, every action counts.

Every dollar raised helps Farm Angels deliver vital care packs, mental health support and more. So, this August, we invite you to stand shoulder to shoulder – flanno to flanno – with Aussie farmers.



DONATE
or purchase merchandise
at farmangeles.org.au

Many farmers impacted by natural disasters can take
**5+ years to recover from the financial, physical, and
emotional devastation.**

SOME NEVER RECOVER.



AN APPALLING ACT

By Cherrie Wilson

I am absolutely furious! I can't even begin to articulate the anger, disgust, and sheer disappointment I feel about the disgraceful attack on the Sorry Day plaque at Teralba Park.

This historic plaque, situated near the children's playground, has been a pivotal part of the community for 27 years, installed by the Brisbane City Council as the meeting point for the National Sorry Day Commemoration.

It's a space where Aboriginal and Torres Strait Islander peoples, alongside non-Indigenous Australians, come together to honour and remember Australia's Stolen Generations.

Every year, on May 26th, the "Lest We Forget" flower-laying ceremony there is held there, a vital moment for not only those personally affected, but for everyone to gather, share their stories, and support one another in their healing journeys.

The Teralba Park Stolen Generations Support Group extends a heartfelt invitation to everyone to reflect on the forced removal of children—now rightfully recognised as the Stolen Generations—to show respect and support for those impacted by this disgraceful chapter of history.

This outrageous act of vandalism highlights the shocking ignorance of the person who did it—someone who is lower than pond scum and should be utterly ashamed of themselves.

Let me be clear: it doesn't matter if we're talking about a Sorry Day plaque, an ANZAC statue, or any other commemorative memorial; regardless of personal beliefs about their significance, it is absolutely outrageous to destroy something that bears such meaning for others.

I sincerely hope the authorities track down this culprit and anyone else who thinks they have the right to vandalise our memorials.

These individuals should be made to restore every piece they destroy, dedicating weekends for an entire year to this work—while being forced to listen to the most appalling music imaginable, all while wearing an itchy burlap sack labelled "grub." Yes, I feel that strongly about this!





Four Years of Words from the Heart

It's hard to believe that it has now been over four years since I began writing for "The Bribie Islander."

When Cherrie, the editor of our much-loved local magazine, first invited me to contribute, I wasn't sure what I would write about. Though I soon discovered that the stories and challenges in my own life, and those of others, were powerful sources of inspiration.

Writing became a means to heal, reflect, and offer new perspectives on thinking and feeling.

In those early days, I would sit staring at my laptop, waiting for words to come. Over time, something beautiful happened: the words began to flow more easily, as if being gently guided. While writing nourished me, what mattered most was the hope that it also nourished you, the reader.

Today, I wanted to stop to say a heartfelt "thank you."

Your kind words, texts, phone calls, and gentle encouragement have meant the world to me and have been so appreciated! Some of you have told me you felt seen or less alone. Others have shared that an article arrived at just the right moment, as if it were written for you. I have even heard that some of you save the pieces in folders or drawers, and honestly, that touches me more than you know.

It is messages like yours that have inspired me to keep writing. If my words can offer comfort, hope, or a quiet nudge to keep going, then that is more than enough reason to continue.

So, thank you, Cherrie, for giving me this opportunity, and to you, the reader, for your time, your openness, and for allowing my words to find a place in your world. You are felt every time my fingers touch the keyboard.

To honour this four-year milestone, I would love to offer something new... I have been asked a few times now about whether I offer write-ins, so here it is,

"Heart to Heart with Maria" – A Monthly Reader Letter Column
Beginning next issue, I will be selecting one reader letter each month to respond to, offering gentle, holistic guidance from the heart. Whether it's about life changes, relationships, self-worth, grief, or simply feeling stuck, you're welcome to write in.

This is not about giving the "right" answer — it is about holding space, sharing from lived experience, and offering perspective with care and humility. The selected letter will be responded to anonymously in The Bribie Islander magazine.

If you would like to write in, please email me at:
mariachristina.love@outlook.com

If you feel you need one-on-one support in your life journey, I am here for that too, just reach out:

I would also like to acknowledge those who have reached out for support. I see your courage, and I feel deeply privileged to walk beside you.

Always with love, and deep gratitude,
Maria Christina x

Holistic Counsellor, Life & Wellness Guide
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Continuity of Care

for People Living with a Disability

It's heartening to see more people with disability actively participating in their communities, living more independently, and pursuing meaningful lives. The National Disability Insurance Scheme (NDIS) was created to provide the support that empowers people with disability to manage daily tasks, access Allied Health services for management symptoms, access their communities, and achieve their goals — things that many able-bodied people often take for granted.

Yet, despite the life-changing benefits of the NDIS, it remains widely misunderstood by the broader public.

Media headlines sometimes portray it as a financial burden or a system open to misuse, but this couldn't be further from the truth.

Like public hospitals, schools, and transport infrastructure, the NDIS is an essential part of our national support system — one that ensures people with disability can live with dignity, autonomy, and respect. Unless you have a disability or are a caregiver, it can be difficult to truly grasp the daily barriers that exist.

Through my advocacy work with people with disability (PWD), I regularly come across cases where individuals are unable to leave their homes for weeks — sometimes even months — due to long waits for assistive technology or the struggle to find a reliable, skilled support worker. For these individuals, support is not optional. It is vital to their quality of life.

One of the most transformative aspects of

the NDIS is that it enables many people with disability to remain at home with their families, rather than being placed in aged care facilities or group homes — especially young adults.

In decades past, young people with complex needs were often left with no choice but to live in inappropriate institutional settings. The NDIS sustains a future where PWD can live where they feel safe and loved, surrounded by family and community — not isolation. Opportunities for study and work are now possible.

People with a disability still want and Education and a job to contribute to society. To achieve this goal, support is required. But this vision only works if continuity of care is maintained.

To all current and aspiring support workers:



The team at Sunnymeade understands that as you grow older, your love might evolve, but the need for closeness, connection, and someone to confide in never goes away and the thought of being separated is simply unthinkable.. we feel the same!

THE BENEFITS OF SHARED ROOMS FOR AGEING COUPLES

Our couples' rooms provide a comforting space for residents to continue their life journey side by side. Large twin rooms allow couples to maintain daily routines, provide mutual support, and nurture the love that has carried them through the good and the tough times helping couples navigate the challenges of ageing together. They offer a powerful source of comfort, reducing feelings of loneliness and stress while fostering mental and physical wellbeing

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your role matters more than you may ever realise. You are not just helping with tasks — you are enabling people to live.

For that reason, I encourage you to get properly qualified, attend ongoing workshops, and keep your knowledge up to date. Stay connected with the latest in assistive technology.

Attend disability expos. Enrol in human rights training. When you're prepared and passionate, you're not just doing a job — you're changing lives.

Continuity of care is crucial. Entering someone's home as a support worker requires consistency, reliability, and empathy. Before stepping into this work, please reflect seriously on whether you can commit for the long term. If you're unsure, this might not be the right field for you.

I've seen too many clients left without care when a worker suddenly resigns. The emotional toll of constantly having to train new carers is exhausting and destabilising — and it can have lasting impacts on a person's mental health and sense of safety.

In fact, continuity of supports is a requirement of the NDIS Practice Standards under Core Module 2: Provider Governance and Operational Management.

This Practice Standard aims to ensure that NDIS participants receive timely and appropriate supports without interruption (NDIS 2021).

HEALTH, WEALTH & COMMUNITY

In a people-focused industry, individuals with disability rely heavily on stability, and ensuring proper transition and training is part of that responsibility.

We need to shift the conversation around disability support. The NDIS is not a burden — it's a solution. It's a future. It's a lifeline that allows people to live with their families, participate in their communities, and build their own path.

For that vision to succeed, we need skilled, compassionate, and committed support workers who understand the weight and value of the role they play.

Everyone deserves to live a life with dignity. Let's make sure our systems — and the people within them — help build a stronger, more inclusive future for all Australians living with disability.

Yours in health and wellness,
Tracey Blinco



Team Building and Motivation Coach

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2025 ANNUAL GENERAL MEETING

The 2025 AGM will be held on Saturday 2 August at 2.00 pm in the Anzac Room at Bribie Island RSL.

At the AGM attendees will be presented with

- **Audited Financial Report**
- **Acknowledgement of our volunteers**
- **Reports of activity 2024/25 and plans for 2025/26**
- **Acknowledgment of our donors**

Election of Members of the Management Committee for 2025—2026 will be held. All positions on Management Committee will be open to nominations.

All members of the public are welcome to attend.

Please RSVP to Secretary:

Maree Cunningham, Mob: 0408 358 459

There will be the opportunity to ask our Management Committee about recent changes and our future plans. We will have information brochures from Suncare and from Karuna about their programs at this meeting.

BUSY FINGERS

The shop has been very busy over the last month, we have been receiving many donations of clothing and Bric a Brac resulting in several clothing sales on different days of the week. We have continued to put out some summer items, but the majority is winter which has been well received with this cold snap we have been experiencing. Please check our Facebook Page for specials and also the blackboard as you enter the shop.

Please only drop off items that are in working order, clean and resaleable as our Cleanaway bins fill quickly, resulting in us having 3 collections a week which is very costly. This money could be used on the island to support and enhance the quality of life for our residents.

FURNITURE

We have been experiencing a high turnover of furniture recently, so if you have some good clean items that you no longer need, please think of us, our pickup service is free, and we go as far as the fruit shop on Bribie Island Road which allows us to go to the Bribie Pines Estate.



REFURBISHED BOOK ROOM

Our regular book buyers would have visited our new room and noticed we have replaced all the old shelves with new sturdy shelves which should last a very long time. We still have to put in a centre area once these shelves arrive. We are very happy with the look of the room now and hopefully be able to store more books. We will continue to cull the books now and again to ensure we have a good clean selection for everyone.

SURF CLUB BUS

The bus that we donated several months ago for the nippers has finally been painted and I am pleased to say that the back door has our shop details, and we think it looks great as does the rest of the bus. The artwork chosen by the club is wonderful and has been transposed beautifully by Rodney and Aaron of Bribie Signs.

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 Care Suite. We have assisted the following groups this month BI Social Seniors needed a bus to take members on a day trip to Yandina Ginger Factory. We are happy to assist

groups with buses for day trips for their members as they have a wonderful day enjoying the company of the group and also get to visit great venues. BI Older Women's Network has a conference shortly which is great for networking with other groups, and they needed assistance with accommodation and function. BI Probus Club asked for assistance to hire a venue for their 40th anniversary celebration. BI Ladies Social golf group asked for gift certificates for their inaugural social event. The BI Aged Care needed new over the bed tables to replace the old ones. They are also putting in a mini putt putt with seating and shade sails to keep the residents entertained and socialising.

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



DO WE HAVE TO GROW OLD GRACEFULLY?

by Kathy Vincent

Do you accept the aging process and the physical changes that come with it?

Do you appreciate the wisdom experience brings?

Do you love technology and the myriad opportunities it offers?

Do you enjoy maintaining a healthy diet and exercising to stay young?



Well, I don't, and neither does Sue Wighton.

Your brain thinks you are still 20, but your body says, "You must be kidding."

Technology is not my thing; writing this on my computer is about as technologically advanced as I get.

I am fed up with trying to watch my diet after all these years. So, it was wonderful to be at **PUMICESTONE PASSAGE PROBUS** to hear Sue talking and singing about all the things we don't like about the ageing process (though it is better than the alternative!)

Her songs were very funny, and her voice was wonderful; her stories had the members chuckling in their seats. She shared her observations of growing older, which we all related to. To this, she added a large dollop of humour.

I was thrilled to see someone else like me who hopes to grow old disgracefully!!

Come and join us for fun and friendship on the second Tuesday of the month, 9 for 9.30. See you there.



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Excitement Builds

for Moreton Bay's premier art event

The ART of Bribie excellence shines in 2025 Matthew Flinders event

The 2025 Matthew Flinders Art Prize is a grand success again for the Bribie Island Community Arts Centre.

The event has drawn more than 200 entries from around south-east Queensland ... and forms a fantastic exhibition on now at the Centre's Matthew Flinders Gallery.

Judges Irene Mengel and Henri van Noordenburg had their work cut out selecting the winner and second place getter and two Highly Commended recipients.

They also selected a BICAS Members' winner.

Irene and Henri praised the high standard of the works entered and said the event reflected the wonderful talent and creativity in the region and the spirit of community support and encouragement the Arts Centre cultivated and nourished.

They encouraged artists to keep finding an using that inner voice and drive

to reveal their true self in their art.

On the opening night under a beautiful full moon in the Centre Courtyard, BICAS Venue Manager Julie Thomson expressed gratitude for the many volunteers and staff who worked extremely hard to bring the event to pass. She counted from the hanging team, to the admin workers, cafe and set-up team, ushers, photographers, judges, artists and many more who delivered a stunning event, which remains after 26 years, a great social drawcard for the island and surrounds.

She also thanked the sponsors whose generosity and support is crucial for the MFAP.

With over 200 entries, there is so much to look at and admire. Be sure to come in and vote for your favourite work in the People's Choice award. This will be revealed on July 26.

The exhibition ends on August 1.

MFAP WINNERS 2025

1st Prize

Trudy Brooks
"Allure and Unease of the Unknown"

2nd Prize

Arthur Nilsson
"Coastline"

Highly Commended

Susan Hamilton
"Breaking Out"

Highly Commended

Lauren Roberts
"Lineas en Curson"

BICAS Members Prize

Felicity Rutherford
"The Dance of the Raising Moon"

Matty Award (Hanging team pick)

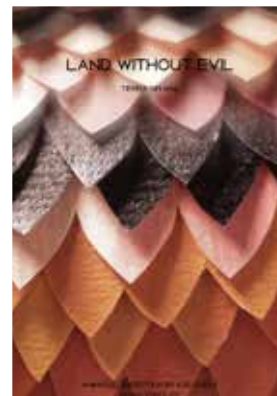
Jackie Moon
"The Coming of the Rain"



SATURDAY AFTERNOON

FILM FESTIVAL

Nature, Storytelling, and Community:



Yarun EcoFlix kicks off National Science Week.

Saturday 9 August will see the return of Yarun EcoFlix Saturday Afternoon Film Festival—an inspiring event bringing together film lovers, environmental advocates, and creative minds for an afternoon of cinema and connection.

Following the success of last year's sold-out event, Yarun EcoFlix continues its mission to explore how short film can inspire environmental awareness and action right here on Bribie Island. This year's program brings together five powerful films from around Australia and the world, each offering a unique lens on our relationship with the natural world.

The Full Film Line-up

Alongside the feature, the festival will screen a selection of thought-provoking shorts curated with the help of Environmental Films Australia:

Message of the Lyrebird – Explores the mysteries, memories, and mythologies surrounding one of Australia's most iconic songbirds.

The Oyster Gardener – A story of marine restoration blending traditional knowledge, science and community.

The Man of the Trees – A celebration of one man's quiet journey of planting 1 million trees.

Land Without Evil – A visually poetic reflection on nature and ecological connection.

Rising Tide: Turning the Ship – A compelling documentary highlighting grassroots efforts and collective action driving the shift toward a sustainable future.

Feature: Message of the Lyrebird

Directed by Mark Pearce—Message of the Lyrebird is a poignant documentary featuring stunning cinematography, this film delves deep into the lyrebird's mimicry, its intimate role in forest ecology, and the ancient human-animal connections that still echo through Australia's forests today.

Filmmaker Mark Pearce will join the day for a special panel, sharing insights into the making of his film and exploring how storytelling can strengthen conservation campaigns. Mark will also be signing copies of his beautiful coffee-table book, a perfect complement to the film.

Mingle with Local Changemakers

Before the screenings and during intermission, audiences can explore our mingle sessions featuring interactive table displays by environment organisations, and BIEPA project volunteers. It's a space to connect, ask questions, and discover ways you can help put Bribie Island's nature first!

Get Your Tickets Now!

Whether you're a film buff, nature-lover, conservationist, or simply a curious mind, Yarun EcoFlix offers a welcoming chance to reflect, connect, and be inspired. Come along, bring a friend, and help us grow a short film culture on Bribie Island.

When: Saturday Afternoon, 9 August 2025

Where: Woorim, Bribie Island

Full details and tickets:

www.biepa.online/event-details/yarun-ecoflix-1



WHAT MAKES A GOOD BIRTHDAY PARTY?

Let's think, --- fun, friends, balloons, yummy food, a birthday cake, silly games and perhaps a glass of bubbles? Even a song or two. Sounds good to me, and that is exactly how the Bribie Island Croquet Club celebrated their 35th birthday recently. That is when the club was officially recognised, but it had existed sometime before that when a caravan served as the clubhouse.

The caravan was also used for refreshments, and on one occasion, it provided morning tea for 100 people. So, you see, the club has always been good at serving yummy food.

This was an opportunity for all past and present members to come together for a reunion. Some of the early members attended, and it was great to catch up with old friends, though I prefer not to use the word 'old'.

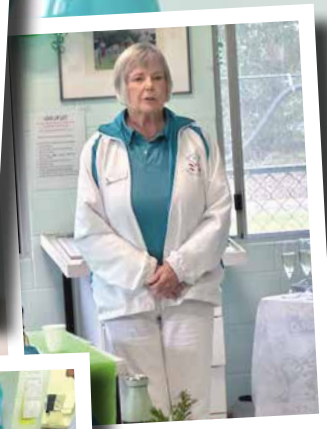
Older members looked very sprightly because that's what croquet does for you! They had tales of past fun and games and enjoyed meeting their newest members.

Joan Gleeson, the Club President, welcomed everyone and discussed the club's achievements over the past few years. There are four state players in the club, which is an indication of the club's success. Many new members this year are really enjoying their croquet.

Why not give it a try and come along to this very friendly and fun club? There are free lessons at present, so if you fancy trying it out, contact Jan Rees, Golf Captain on 0437008042 come and have a go.



by Kathy Vincent.



“BRIBIE GLEEMEN TO TAKE YOU ON A MAGIC CARPET RIDE OF TONSORIAL TRANSPORT TUNES!!”

It would be a wonderful gift just to be able to peek inside the inventive brain of the **Bribie Gleemen's Musical Director, Trevor Vincent!**

Audience members of most of our past successful concerts would be well aware of Trevor's knack for introducing songs that fall humorously and roughly within the brief of the concert's central theme. Sometimes, six degrees of separation is all it takes to make the connection!

Bearing all this in mind, get your tickets now for the Gleemen's next Gala concert on Saturday 9th August, 1.30 pm in the Recreation Hall, First Avenue, Bongaree.



“TRANSPORTS OF DELIGHT”

features Bribie's own Male Chorus, The Bribie Gleemen, with very special guests, The U3A Sundown Singers (yes, Trevor is also Musical Director of this choir) and the harmonious Wandering Minstrels.

Songs all about means of travel and transport...
With more lucky door prizes than ever before and heaps of raffle prizes!!

A donation from the proceeds will go to BIEPA to further their excellent environmental work on Bribie “



Concert Tickets \$25

(Includes light refreshments and some nice lucky door prizes!)

*** Tickets at the door ***

You can buy them in advance from the Gleemen, or online at:-

trybooking.com

Scan the QR code for tickets & further information, or phone:



0408 404 180

E-mail: bribiegleemen2@gmail.com



Roll up, roll up for the Show Holiday

- City of Moreton Bay has locked in next year's Show Holiday date for 10 August 2026
- Mayor Peter Flannery is encouraging locals to go and explore the best Moreton Bay has to offer over the long weekend
- Meanwhile, locals can look forward to the Caboolture Family Fun Day when it returns on 11 August this year

Moreton Bay residents can look forward to another long weekend of fun, food and entertainment after Council unanimously voted on the date to observe next year's Show Holiday. Mayor Peter Flannery said locals can get excited for a day off on Monday 10 August 2026, continuing a local tradition of having the show holiday over a long weekend. "This is the perfect opportunity for families to have a holiday at home and discover everything Moreton Bay has to offer," he said.

"We are blessed to live in a city surrounded by natural beauty. Our creeks, hinterland and beaches are the envy of south-east Queensland and there is no shortage of hidden gems just waiting to be discovered. "On the water, you can enjoy one of Australia's largest estuarine bays in Moreton Bay Marine Park which is populated by a host of marine life including humpback whales, dugongs and turtles.

"And with art galleries, museums and a variety of interactive historical walks and bustling markets, Moreton Bay also offers a fascinating journey through time and creativity." Meanwhile, families can enjoy an inexpensive alternative to a day at the EKKA with the Caboolture Family Fun Day returning this year on 11 August.

Located at Centenary Lakes Park, the Fun Day offers plenty of colour and fun with stage entertainment, kids' activities, show bags, markets, free rides and much more.

"The Caboolture Family Fun Day aims to create an unforgettable experience for visitors and residents alike right here in Moreton Bay," Mayor Flannery said.

"Whatever they choose to do, I hope the People's Long Weekend will encourage locals and visitors to buy local, shop local and holiday locally.

"There truly is something for everyone."

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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:

**Tue 26 Aug,
Tue 23 Sep, Thur 23 Oct, Fri 7 Nov**

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

T: 07 3630 2666

E: info@brisbanecruises.com.au W: www.brisbanecruises.com.au



Local Dining Guide



STEAKOUT PIZZERIA

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

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

Experience our **new menu**, with classics you'll love and the new favourites you'll crave.

We've also added mouth-watering **Gourmet Pizzas**, which are a must-try.

OPEN 7 DAYS

LUNCH: 12PM - 2PM - DINNER: 5PM - 8PM

Call our restaurant on **07 3408 1018** to book

Bribie Island Bowls Club 11-23 Welsby Parade, Bongaree





STEAK

WITH MUSHROOM SAUCE

Ingredients - 2 Serves*

- 2 X 200g scotch fillet or steak of your choice
- 20 ml olive oil
- 1 cup sliced mushrooms
- 125 mL cream

*Serving size calculator is approximate, feel free to adjust by adding a pinch here and there as needed.

Method

Heat a nonstick frying pan to high. Brush the steaks with oil. Season with sea salt and cracked pepper.

Cook the first sides of the steaks until moisture appears (approx. 4 minutes), turn and cook for another 4 minutes for medium doneness.

Remove from the pan, cover with foil, and allow to rest.

Into the same pan, add the mushrooms, stirring to blend with the pan juices. Add the cream and stir again until well combined. Lower heat and simmer to reduce and thicken slightly.

Place steaks onto serving plates and top with the decadent mushroom sauce.



Sauteed

Lemon Potatoes

Ingredients - 4 Serves*

- 4 potatoes
- 3 tbsp olive oil
- 1 tbsp butter
- 1 lemon juiced

*Serving size calculator is approximate, feel free to adjust by adding a pinch here and there as needed.

Method

Preheat oven to 180°C. Peel and cut the potatoes into eighths. In a large saucepan parboil for 3 minutes, then drain.

In a large baking dish heat olive oil, butter and the juice of 1 lemon. Toss in the potatoes, baste well and season with sea salt and cracked pepper.

Cook in the oven for 15 minutes or until golden and tender.

Dam Dragons Celebrate

Bribie Dragons 17th birthday with a Weekend of Fun



Bribie Dragons 17th birthday was celebrated in a weekend of paddling and socialising fun! We had invited the Dambusters team from Melbourne to come and paddle with us on Pumicestone Passage. This request was extended in NZ in 2023 at the IBCPC Festival held at Lake Karapiro when 6 Bribie Dragons teamed up with the Dambusters to compete as the DAMDRAGONS!

From when they arrived on Friday lunchtime it was go-go to view the sights of the Island, walk along the beach, and attend the Meet and Greet with a spectacular gourmet dinner planned by our Ros at Nikki's.

Saturday morning, despite the gloomy aspect, we paddled across the passage, accompanied by dolphins, into the canals and meandered through a total of 11km under a rainbow. On our return we celebrated our EOM birthdays and combined 17th, with breakfast in Spinnaker Park, complete with a marvellous Meringue Mountain cake.

Catching our breath, it was off to the Gem Club and the Arts Centre, finishing up with a light lunch at Cafe 191. Glad to say that the Melbourne girls were delighted to view work from our varied talented artists; so, they bought well of our local craft. Some, of which, was to incur a packaging dilemma to get it safely home!

Our evening unfolded with Bribie's amazing sunset viewed via the Jetty precinct and Dinner at La Vera, more fun and laughter over Wine, Bruschetta and Pizza. Still, we had more enthusiasm to paddle on Sunday morning, again accompanied by a pod of dolphins. Our presence for a few hours at the Butterfly House overwhelmed our visitors.

The darker rainforest butterflies

were out and visible while the lighter coloured ones were hiding to keep dry! More spectacular were the stick leaf insects hanging from the boughs!

"Our Melbourne visitors were blown away with our little seaside village. The spectacular sunsets, the range of activities and the paddling on the passage were praised to the hilt.

The dolphin show, two days in a row, complete with them fishing, splashing and somersaulting, were met with amazement and awe. We must remember not to take these things for granted. For us, each day after cancer is a miracle.

Let's continue to live life to the fullest and love where we live. As our Dambusters sweep said. "Easy Run!" In the true "Spirit of Bribie", 'we paddle for fun, rehabilitation, recovery and to build resilience'.

Whether it is in social activities or supporting Breast Cancer Awareness through our wonderful sport of dragon boating; We are grateful for the support of our community and the chance to "strive to live life to the fullest".

Bribie Pink Dragons are on the water three times a week.

We always welcome new members or those, to "Come and Try".

For further information, contact President 0499990352



GAME NIGHTS!

ON BRIBIE

MONDAY

EUCHRE

Bribie Bowls Club 12.00pm
Contact Annette on 0414622490

TRIVA

Bribie Island Hotel 6.30pm
Bribie Island R.S.L 7.00pm

TUESDAY

BINGO

Bribie Island R.S.L 9.00am

POKER

Bribie Island Hotel 6.30pm

TRIVA

Bribie Island Bowls Club 7.00pm

WEDNESDAY

MUSIC BINGO

Bribie Island Hotel 6.30pm
Bribie Island R.S.L 7pm

RAFFLES

Solander Lakes Bowls Club - 6.30pm
(tickets on sale from 5:30pm)

THURSDAY

BINGO

Bribie Island R.S.L 7.30pm

FRIDAY

MEAT TRAY RAFFLES

Bribie Island Bowls Club 5.30pm
Bribie Island Golf Club 5.30
Solander Lakes Bowls Club - 6.30pm
(tickets on sale from 5:30pm)

Enjoy playing 500 Cards?

Join a like-minded group who meet on Monday afternoons at the RSL Anzac Room from 1-4pm. \$5 which includes raffle prize.

Please arrive 10mins before play starts at 1.
Further information please ring
Carole **0438 713 663**.

MARKETS

Beachmere District Community

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

Bribie Island BIDCA Markets

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

Bribie Rotary Markets

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

Queensland Cancer Council

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

LUNCH MARKETS - Sylvan Beach (Farmers Market)

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

Banksia Beach Market

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

The Bribie Island 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

Mystic Journey Markets Saturday's 10-3pm

19th July ~ Bribie Recreation Hall

9th Aug ~ Ningi Community Hall

16th Aug ~ Ningi Community Hall

11th Oct ~ Ningi Community Hall

25th Oct ~ Bribie Recreation Hall

15th Nov ~ Bribie Recreation Hall

6th Dec ~ Bribie Recreation Hall

20th Dec ~ Bribie Recreation Hall

Argentina

By Jacinta Blundell - Photos: by Brad Blundel

With Buenos Aires being the jumping-off point for many an Antarctic adventurer, we often get the question: "What else can I do in Argentina while we're there, other than the city?" So here are my top two regional Argentina ideas for you.

#1

Mendoza: a wine lover's paradise This is a must-visit for wine enthusiasts, adventure seekers and anyone looking to experience the vibrant culture of Argentina.

Located at the foot of the majestic Andes, Mendoza is home to more than 1200 wineries. The most famous varietal is Malbec, but there's an emerging star in the region that's capturing attention:

Cabernet Franc.

While this grape is still relatively unknown

outside the wine world, Mendoza creates the perfect environment for it. A visit to any of the local bodegas will likely introduce you to this beautiful, yet understated, wine which pairs wonderfully with Mendoza's traditional Argentine asado (barbecue).

A Hot Tip

If you are taking a cycling wine tour: start at the top. It's a lovely cruise downhill with visits along the way.

Beyond wine, Mendoza offers a wealth of outdoor activities, too. The nearby Andes provide world-class opportunities for hiking, mountaineering, white-water rafting and ziplining. A trek to Aconcagua, the highest peak in the

Western Hemisphere, is a bucket-list experience for many mountaineers and nature lovers. If you prefer a slightly less strenuous but still exhilarating day out, crossing the 450m width of the Mendoza River on a zipline is a huge highlight.

Don't forget to take a cooking class, or simply meander through the charming streets lined with cafes, local markets and vibrant plazas, where you can enjoy street performances and sample local artisan foods. Mendoza offers an unforgettable experience that blends the best of Argentina's natural beauty, vibrant culture and emerging wine scene.

#2

Iguazu Falls: the world's largest waterfall system Straddling the Argentina/Brazil border, this is nature at its wildest.

Boasting more than 275 individual waterfalls and stretching across about 2.7 kilometres, Iguazu Falls are taller than Niagara and wider than Victoria Falls.

You'll need a few days here to experience both sides of the falls. From the Argentina side, you're up close and personal as you





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Ocean & River Cruise Showcase



Wednesday 1st October 2025

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FOOD, WINE & ISLAND TIMES

traverse walkways located across the top of the falls. From the Brazilian side, you get a panoramic view and can fully appreciate the sheer volume of water rushing down the cataracts.

For the thrill-seekers, there's an opportunity to hop onboard a rafting boat and head into Devil's Throat Canyon. I also highly recommend a bird's-eye view from a helicopter to truly soak in the magnificence of this stunning landscape.

Top Tip

While on the Brazilian side, a stroll through the large, jungle-like aviary at the Bird Park is a must. The park's ethos says it all: "Parque das Aves is a conservation project in the Atlantic Rainforest near Foz do Iguassu, Brazil.

We take in birds that have been rescued from animal trafficking or are no longer able to survive in the wild. We give them a home in their beautiful native rainforest. We love huge aviaries. We believe birds should be able to fly, have a great social life and eat the best, freshest, organic diet possible."

Fun fact: On her first sight of the tremendous Iguazu Falls, former US First Lady Eleanor Roosevelt, exclaimed: "Poor Niagara!"



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WHO DO YOU THINK YOU ARE?

Does this sound like the lead-in to a popular television show? Surprisingly, the answer lies much closer to home. Recently, I read an article about a renowned 80-year-old doctor who was struggling to retire.

It wasn't due to a lack of demand for his services or his desire to keep working, but his fear of losing his identity.

Many years ago, my twenty-eight-year marriage was at a tipping point. I was somebody's wife, somebody's mother, and somebody's daughter; but where was I?

There was no longer any authentic self. Shakespeare had it right when he said, 'To thine own self be true.' It was a turning point in my life.

I realised whatever I could give to others would only be second best, until I learned to give to myself. There was no place for ego in the house I grew up in. I recall arriving home bursting with excitement one day.

I'd received a gold star for a little story I'd written at school when I was about ten years old. Hoping for praise, instead, admonished for being self-centred.

I've often wondered whether that's where my self-doubt was born. I had a good life, one brother, and loving parents. We lived in an outer suburb of Sydney in a housing commission house that we eventually owned.

There were no trappings of wealth. My Dad worked in a factory. We had no car, phone, or television, but there was much love and laughter, and we never went without.

There were no books in our house, I saved the ones I received as presents each birthday and Christmas from my girlfriend's family.

They had books galore, and my love for reading was born. If I picked up a book at home, Mum often asked, 'Haven't you got anything better to do?'

And so, the second burden I learned to carry was that reading was a waste of time



—a guilt I still contend with to this day.

How often are our lives shaped by things others say? If we turn that thought around, how can we help positively shape the lives of others? Isn't this the very essence of this writing community?

The willingness to share what they know, and have the grace and gratitude to learn from others.

Maybe I'm odd, but I'm almost excited when someone critiques my work and finds room for improvement.

They are the key to my writing growth and demonstrate how I might excel. I never take it as a criticism, but a reward. Perception is everything!

So Who Do You Think You Are?

- How often do you compare yourself to others?
- Are you critical of your accomplishments, regardless of your efforts?
- Do you experience mixed emotions when you achieve some success?
- Do you worry about how others see you?
- Do you struggle when someone pays you a compliment?

At some point, I faced every one of these challenges. When I met my future husband at sixteen, not much changed.

I was married at eighteen and had a child by the time I was twenty-one.

My husband's attitude to reading pretty much paralleled my mother's. He was a workaholic and had no time to waste reading trivia.

At age 40, my brain was imploding, screaming for a challenge. Serendipity intervened. I applied to sit a mature age entrance exam, without any prior certification, to train as a registered nurse. I'd had no academic input since leaving school at 14 to help my disabled mother.

I knew I would struggle. I passed the entrance, but was terrified of failure.

With time, the greatest lesson I learned was that only two things are required to advance in life: motivation and hard work.

After becoming a Registered Nurse, I completed my Bachelor's Degree at the University of New England, Armidale, and postgraduate studies in Advanced Palliative Care at the University of Technology, Sydney.

I became a Clinical Nurse Specialist in palliative care, a community consultant, and ultimately a Level 3 Supervisor.

WHO DO I THINK I AM NOW?

- Passionate about anything I attempt.
- Considerate towards others, I never know how they might be feeling.
- Filled with gratitude for everything I've experienced.
- Humbled by the courage I've witnessed in others.
- Determined! I CAN do anything I set my mind to.
- A little crazy. I love humour in all its forms, including self-deprecating. It doesn't have to be a put-down.

Distinguishing the difference between self-worth and self-esteem is crucial: self-worth is unconditional, while self-esteem can fluctuate based on success or failure.

Building self-worth involves practising self-compassion, recognising inherent value and challenging negative self-perceptions to enhance overall wellbeing.

Courtney E. Ackeman. (6th Nov 2018)
MA Researcher: Positive and Negative Psychology; What is Self-Worth and How do we Build it?

Just remember, the one who controls your

"Just
remember,
the one who
controls your
destiny is you.
Be proud of
whatever you
accomplish."

destiny is you. Be proud of whatever you accomplish. Perspective is understanding. No person should be defined by what they have or what they do, but by who they are!

Before retiring from Nursing at 68, Bev was an avid traveller. She is now fully immersed in her passion for writing.

Bev's debut novel, *The Long Road into Hell*, a South American Historical Fiction, was launched in 2023. Previously published in the Winton Writers Outback Anthology for seven consecutive years, and listed in the top five for 2020, she is currently completing a memoir of her twelve years working in Palliative Care, sharing personal and professional perspectives on grief and loss. *Should I Laugh or Should I Cry* aims to be ready for publishing later this year.

Most of her free time, Bev spends attending writing retreats, seminars, and book festivals, as well as catching up with friends.

Bev is also a member of Women Writers Queensland, Winton Writers Centre and Queensland Writers Centre. She also belongs to Northlakes Writers Group. You can find her on Facebook, Instagram and LinkedIn.

beverleyyoungauthor.com



I Told You I Was Ill The Spike Milligan Story

By Al Finegan

I am sure that many of the retired folk who read "The Bribie Islander" could recall (with a wry smile), that crazy character, Spike Milligan. He was a bit of a folk hero to me. In his lifetime he found fame as an actor, comedian, director, playwright, poet, and author, but he is most famous as one of the original "Goon's".

As a teenager in the 1950s and early 60s, a friend and I would often sit together and listen to 78rpm records he had of "The Goon Show", roaring with laughter at their ridiculous antics.

For days after listening to an episode, we would repeat many of the lines that I still remember today - and laugh again. Spike Milligan, Peter Sellers, and Harry Secombe were the primary actors playing multiple characters. We loved the antics of Neddy Seagoon, Eccles, and Bluebottle, all played by Spike. He was the co-creator, main writer, and a principal cast member of this British radio comedy program. He was the earliest-born and last surviving member of the Goons.

He took his success with The Goon Show into television with Q5, a surreal sketch show credited as a major influence on the members of Monty Python's Flying Circus.

Spike was born in Ahmednagar, India, on 16th April 1918, the son of an Irish born father, Captain Leo Alphonso Milligan MSM RA, who was serving in the British Indian Army, and his English born mother, Florence Kettleband.

He spent his childhood in Poona, India, and later in Rangoon, capital of Burma

(Myanmar). He was educated at the Convent of Jesus and Mary, Poona, and St Paul's Christian Brothers, de la Salle, Rangoon. During most of the late 1930s and early 1940s, Milligan performed as

War era 9.2 inch howitzers and based in Bexhill on the south coast of England. Milligan describes training with these guns in part two of "Adolf Hitler: My Part in His Downfall", claiming that, during training,



an amateur self-taught jazz vocalist, guitarist, and trumpeter before, during and after being called up for military service in the war against Nazi Germany. Even then, he wrote and performed comedy sketches as part of concerts to entertain troops.

Through every nook and every cranny
The wind blew in on poor old Granny
Around her knees, into each ear
(And up her nose as well, I fear)

After his call-up, but before being sent abroad, he and fellow musician Harry Edgington, whose nickname 'Edge-ying-Tong', inspired one of Milligan's most memorable musical creations, the "Ying Tong Song". It is a nonsense song, consisting of small verses interspersed by a completely absurd chorus.

I diddle, I- (who was that bum?)
Ying tong, ying tong, ying tong, ying tong
Ying tong, iddle I po
Ying tong, ying tong, ying tong iddle I po
(keep lad up, keep up)
(Keep up lad up) ying tong, ying tong,
ying tong, ying tong
Ying tong, iddle I po, lad
(I bet there are a few of you oldies, singing along. Al)

Spike would compose surreal stories, filled with puns and skewed logic, as a way of staving off the boredom of life in the barracks. A biographer, in describing his early dance band work, states that as well as playing his musical instruments, he crooned like Bing Crosby. After his initial military training, Spike was posted as a signaller to D Battery 56th Heavy Regiment, Royal Artillery, as Gunner Milligan. The unit was equipped with the obsolete First World

gun crews resorted to shouting "BANG" in unison as they had no shells with which to practise. The unit was later re-equipped with 7.2 inch howitzers and saw extensive action as part of the First Army in the North African campaign.

Spike wrote in his book about his war service in Algeria, "The ground was like rocks. The nights were red, with Gunners groaning, swearing, twisting, turning and revolving in their tents. Temperatures fluctuated. You went to sleep on a warm evening. By dawn it had dropped to freezing. We had to break out of our tents with hammers to get out. Dawn piddles caused frostbitten appendages accompanied by screams, 'Help, I'm dying of indecent exposure.' We solved the problem. I stuffed my gas cape with paper and made a mattress. Gunner Forrest wrapped newspapers all around his body. 'I always wanted to be in the news,' he said. Others dug holes to accommodate hips and shoulders.

At night we wore every bit of clothing we had, then rolled ourselves into four blankets. 'We looked nine months gone, said Eddington.' 'Any advance on 9?', I cried. We slept, but had overlooked the need to commune with nature. It took frantic searching through layers of clothing to locate one's willy. Some never did and had to sleep with a damp leg. Gunner Maunder solved the problem, He slid a 4 foot length of bicycle inner tube over his willy, secured it round his waist with string.

He had just to stand and let go. Jealous Gunner White sabotaged it as Maunder slept. He tied knots in the bottom of the tube. We waited for the scream when Maunder found himself drenched."

Spike did not hide his dislike of authority, in particular his commanding officers. When returning from one extended leave, "I suppose," said his CO, "you know you are three months late arriving?" "I'll make up for it sir, I'll fight nights as well!"

In 1944, Spike was appointed Lance Bombardier. Soon after, he was wounded in action in the fierce fighting at the Battle of Monte Cassino. He was evacuated with a mortar wound to the right leg. While being treated, a doctor diagnosed him with shell shock (PTSD). His unsympathetic commanding officer demoted him back to Gunner. After hospitalisation, Spike drifted through various rear-echelon military jobs in Italy, eventually becoming a full-time entertainer in concert parties for the troops. While depressed, Milligan wrote serious poetry:

"There will be a time when it will end.
Be it parting
Be it death
So each passing minute with you
Pendulummed with sadness.
So many times
I looked long into your face.
I could hear the clock ticking."

After being demobilised, Milligan remained in Italy playing with the concert for some time, before returning to Britain. There, he joined the Central Pool of Artists (a group he described as composed of "bomb-happy squaddies"). He began to write parodies of their mainstream plays, which displayed many of the key elements of what would later become The Goon Show. He had a strong connection to Australia, specifically Woy Woy, NSW, to where his parents emigrated in 1953. He often visited and featured the town in his work, even referring to it as his "home".

The late 60s and 70s were a happy period in his life during which he wrote a very successful series of war memoirs, including "Adolf Hitler: My Part in His Downfall" 1971, "Rommel? Gunner Who?" 1974, "Monty: His Part in My Victory" 1976, and "Mussolini: His Part in My Downfall" 1978.

Milligan's seven volumes of memoirs cover the years from 1939 to 1950 based on his conscription, war service, first breakdown, time spent entertaining in Italy, and return to the UK. During this time, he wrote many comedy songs, including the popular "Purple Aeroplane", which was a parody of The Beatles' song.

I live in a Purple Aeroplane
A Purple Aeroplane
Not a Yellow Submarine

He undoubtedly suffered bouts of depression from his PTSD which can be found in his dark poetry, and black humour, much of which is compiled in his poetry

book, "Open Heart University". Even late in life, Milligan's black humour had not deserted him. In one of his dark humour quips, Spike was wont to say, "When I die, I want to die peacefully in my sleep, like my grandfather - not screaming and yelling like the passengers in his car." After the death of his friend Harry Secombe from cancer, he said, "I'm glad he died before me, because I didn't want him to sing at my funeral." A recording of Secombe singing was played at Milligan's memorial service. He also wrote his own obituary, in which he stated repeatedly that he, "... wrote the Goon show and died", and "All men are cremated equal."

Much of Spike's verse is considered by many to be within the genre of literary nonsense. His poetry was described by comedian Stephen Fry as "absolutely immortal", when referring to Spike's most famous poem:

On the Ning Nang Nong
Where the Cows go Bong!
and the monkeys all say BOO!
There's a Nong Nang Ning
Where the trees go Ping!
And the tea pots jibber jabber joo.
On the Nong Ning Nang
All the mice go Clang
And you just can't catch 'em when they do!

This nonsense verse, set to music, became a favourite Australia-wide, performed week after week by the ABC children's program Playschool. Spike included it on his 1969 album, "No One's Gonna Change Our World" to aid the World Wildlife Fund. In December 2007, it was reported that, according to OFSTED, it is amongst the ten most commonly taught poems in primary schools in the UK. In a nationwide poll in 1998, he was voted the UK's favourite comic poet ahead of other nonsense poets including Lewis Carroll and Edward Lear.

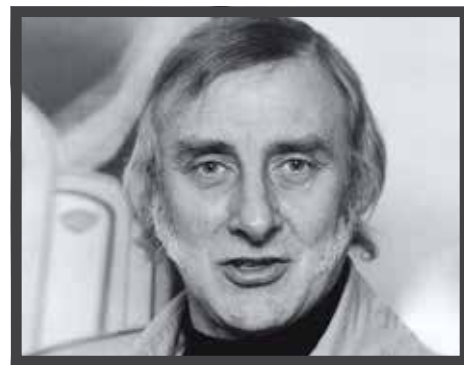
A combustible woman from Thang
Exploded one day with a BANG!
The maid then rushed in
And said with a grin,
'Pardon me, madam - you rang?'

He married his first wife, June Marlow, in 1952. Peter Sellers was his best man. They had three children, Laura, Seán and Sile. They divorced in 1960. June cited her inability to cope with his severe mood swings related to his manic depression.

He married Patricia Ridgeway in June 1962, and the marriage produced one child, Jane Milligan in 1966. Spike was heart-broken when Patricia died from breast cancer in 1978. In 1983, he married his third wife, Shelagh Sinclair, to whom he was married until his death in 2002. Shelagh, who was 25 years younger than Milligan, died in June 2011. After marrying

Shelagh, Milligan made a new will which left his entire estate to her. The children unsuccessfully attempted to overturn the will. A High Court judge ruled that Shelagh was entitled to his whole estate, and his children should receive only "what was surplus to requirements".

On the 8th March 2002, at the age of 83, Terence Alan "Spike" Milligan passed away at home in Rye, East Sussex.



His funeral and burial was conducted at St Thomas's Church in Winchelsea, Sussex. His coffin was draped in the flag of the Republic of Ireland. He had requested that his headstone should bear the words, "I told you I was ill", but the Diocese refused to allow this epitaph. A compromise was



reached with the Irish translation, "Dúirt mé leat go raibh mé breoite", and additionally in English, "Love, Light, peace". In 2005, his four children collaborated with documentary makers on a multi-platform program called, "I Told You I Was Ill: The Life and Legacy of Spike Milligan". In October 2008, an array of Milligan's personal effects was sold at auction by Shelagh, who was moving into a smaller home.

These included his vast legacy of books and memorabilia, and a grand piano salvaged from a demolition and apparently played every morning by Paul McCartney, a neighbour in Rye in East Sussex.

Who set this course - and why?
Now my wings beat -
without purpose
Yet they speed...

SPORTS PAGES

BTRIBIE ISLAND BOWLS CLUB**Self select pairs results Friday 4 July 2025**

Winners: F Grimsey, D Cherry
Runners up: P Mann, L De-Roule
Lucky draw: G Lucas, M Lyons
Encouragement: G Jackson, J Falvey

Self select pairs night results Friday 4 July 2025

Winners: D McMahon, W McDougall
Runners up: B Hosie, M Beutal
Lucky draw: M Andrews, M Prewett
Lucky draw: S Root, K Burdon
Lucky draw: W Kelly, G Olsen
Lucky draw: B Smith, S Telfer

Random fours results Saturday 5 July 2025

Highest margin: L Stone, A Riseham, M Gaggiano, C Brayley
Lowest margin: G Mulpeter, S O'Neill, S Brown, K Henry
O of H winner: P Gee, T King, A Pinzger, G Hutchison
O of H winner: B Castle, L Hackwood, G Coleman, A McDonald

O of H winner: T Whalley, T Phillips, K Brown, T Pinzger
Self select triples results Tuesday 8 July 2025

Winners: G Olsen, F Grimsey, D Davis

Runners up: T Erfurth, T Bishop, D Bishop
Lucky draw: B Russell, A Gordon, G Paekau
Lucky draw: B Hosie, V McDermot, J Hosie
Encouragement: K Norton, M Cole, F Bingham

Scroungers results**Wednesday 9 July 2025**

1st: M Gaggiano
2nd: M Holz
3rd: T Grimmond
4th: L Hackwood

Self select open pairs results Wednesday 9 July 2025

Winners: J Neill, M O'Neill
Runners up: G Horne, P Phillips
Lucky draw: T Ridley, W Board
Lucky draw: R Eaton, T Whalley

Lucky draw: J Hosie, S Cook
Lucky draw: S Monk, C Monk

Random triples results Thursday 10 July 2025

Winners: C Christiansen, A Riley, P Maloney
Runners up: M Gaggiano, D Draper, P Ryan
O of H winner: K Muller, T Phillips, A Christie
O of H winner: G Mulpeter, M Lowe, T Bullock

Self select pairs results Friday**11 July 2025**

Winners: F Grimsey, D Cherry
Runners up: M Gittins, V McDermott

Lucky draw: R Reilly, D Handcock, E Hookey
Encouragement: T Jarvie, S Jarvie, P Andrews

Self select pairs night results Friday 11 July 2025

Winners: G Denkel, R Avern
Runners up: K Thornton, B Ferguson

Lucky draw: M Andrews, M Prewett
Lucky draw: K Laverty, J Oliver
Lucky draw: B Kinnear
Lucky draw: L Savige, N Bolton

Self select random fours results Saturday 12 July 2025

Highest margin: M Gaggiano, D Gilbert, G Coleman, F Moses
Lowest margin: M Cherry, A Riseham, P Gee, W Follett
O of H Winner: R Hoelscher, A Whalley, K Langford, T Jarvie
O of H Winner: D Sambaher, L Hackwood, G Geisler, T Comacchio

O of H Winner: L Beaven, K Mulpeter, R Follett, M Law

Self select triples results Tuesday 15 July 2025

Highest winning score: L Godfrey, M Gittins, L Gilmour
Runners up: T Bishop, D Bishop, T Erfurth
Lucky draw: L McKay, J McKay, J Park

Lucky draw: T Ridley, J Murray, B Lingley
Encouragement: E Hookey, P Phillips, B Clarke, J Dunn

Scroungers results**Wednesday 16 July 2025**

1st: A Russell
2nd: L Patching
3rd: D Russell
4th: L De-Roule

Self select open pairs results Wednesday 16 July 2025

Winners: D McManon, I Jones
Runners up: M Cullinan, W Gilbert

Lucky draw: J Cullen, J Brebner, G Skoen
Lucky draw: M McIntyre, W Ryan

Lucky draw: K Burdon, B Meek
Lucky draw: C Kelly, L Mather

Self select Random Triples results Thursday 17 July 2025

Winners: W Manson, G Coleman, M Hogan, J Neill
Runners up: P Phillips, J Coleman, K Brown
O of H winner: K Muller, G Hull, F Moses, E Mapletoft
O of H winner: P Gee, L Tebbutt, A Riley, D Gilbert

SOLANDER LAKE BOWLS W/E 13/7/25**Tuesday Club Select Triples**

Winners: Ted Fairman, Michael Whiteside, Carol Langley
2nd: Peter Leader, Chris Cummins, Ron Boddenburg
3rd: Sheila Jeffreys, Dianne Nock, Gary Pincott

Wednesday Self Select Pairs

Winners: Bill Taylor, Bob Shearing
2nd: Declan Dawson, Peter McCarthy

3rd: Tony Ollier, Peter Nixon

Thursday Self Select Triples

Winners: Carmel Sorrensen, Ian Jones, Anthony MacGregor
2nd: Bill Fanning, Andy Jennings, Libby Jennings
3rd: John Dann, Neville Graham, Bob Edwards

Friday Self Select Pair

Winners: Robyn McLean, Vicki Mitchell
R/U: Allen Lavender, Brad Jackson

1st Round: Steve O'Grady, Paul Ollier

2nd Round: Richard Wales, Brian Caley

Saturday Club Select Triples

Winners: Mitch Magnussen, Rosa McLeod, Allan Matheson
R/U: Brad Storey, Michael

Whiteside, Richard Strawbridge W/E 20/7/25**Tuesday Club Select Triples**

Winners: Kerry Filmer, Raie Stuart, Carol Langley
R/U: Brad Storey, Val Paul, Ron Boddenburg
3rd: Betty Rudd, Dianne Nock, Ted Parker

Wednesday Self Select Pairs

Winners: Doug Brown, Peter Nixon
R/U: Barry Kinnear, Michael Tull

3rd: Brad Jackson, Ross Weir

Thursday Self Select Triples

Winners: Geoff Cusbert, Keith Riethmuller, Jim McKenzie
R/U: Robyn McLean, Andy Ives, Steve Jameson

3rd: Daryl Wilkins, Wayne Shackell, Ray Zhal

Friday Self Select Pairs

Winners: Neil Lethlean, Peter Nixon
R/U: Alex Kinnear, Michael Tully

1st Round: Greg Jones, Chris Avenell

2nd Round: Vanessa Smith, Trevor Smith

Saturday Club Select Triples

Winners: Robert James, Rosa McLeod, Bill Taylor

2nd: Allan Matheson, Michael Whiteside, Ray O'Brien



Sponsor for the day was in the memory of Lynn Bell a much loved member and friend of our club. Her husband John Bell presented the winning team with their prize: Kevin Wilkins, Bruce Rawson, Barry Russell, Billy Bradshaw.

BONGAREE BOWLS RESULTS**Bongaree Bowls Club Results 4/7/2025 to 17/7/2025****Results of Friday 2-4-2, 4/7/2025**

Winners: Ernie Connolly, Daryl Stone (visitor)

R/Up: Colin Hodges, Noela Gray

Results of Saturday Scroungers 5/7/2025

1st: Prue Grounds. 2nd: Trevor Mallouk. 3rd: Peter Brown

Results of Tuesday Turkey Pairs 8/7/2025

Winners: Sue Francis, Brenda Hutchinson

R/Up: Elna and Arne Jensen
Bonus Draw: Bob Vonarx, Col Erhardt

Results of Wednesday Fours 9/7/2025

Winners: Bruce Rawson, Kevin Wilkins, Barry Russell, Billy Bradshaw
R/Up: Lyn Hocking, Don Somerville, Glen Biggs, Ray Huggins

Results of Thursday Jackpot Pairs 10/7/2025

Winners: Jacque Murdoch, Robert Harvey
R/Up: Jaarpung Blundell, Tim Carlton

Results of Friday 2-4-2 11/7/2025

Winners: Bob Vonarx, Pam Walker
R/Up: Mick Holz, Julie Sibthorpe

Results of Saturday Scroungers 12/7/2025

1st: Sheena Bath. 2nd: Peter Brown. 3rd: Peter Caruso

Results of Wednesday Fours 16/7/2025

Winners: Leonie Timmerman, Trish Paskin
R/Up: Claire McCarthy, Col Smith, Prue Grounds, Sheena Bath

Our sponsor was Ray White Real Estate. We would like to thank Bryce, Liam, Rodney, Christine, Tahlia and Tabitha for their ongoing support of our club and for coming along and mingling with our members after the game, it is very much appreciated.

BRIBIE ISLAND WOMEN'S GOLF

08 July 2025 to 17 July 2025

08/07/25 4BBB STABLEFORD

WINNERS Pauline Grooby & Myra Thomsen 47. 2nd Judy Bedson & Vicki Cronan 45. 3rd Diane Fitzpatrick & Debbie McCowan 44 c/b
NTP. Hole 4 Christine Pronk. Hole 7 Zoe Brooks. Hole 14 Myra Thomsen. Hole 16 2nd shot Julie Bell (ITH) Hole 4 (Div 3 2nd shot) Nadia Aylott

10/07/25 SINGLE STROKE

DIV 1 WINNER Vicki Cronan 73. 2nd Debra Dunn 74 c/b. 3rd Gwen Clutterbuck 74. DIV 2 WINNER Angela Jordan 75. 2nd Bev Isaksen 76 c/b. 3rd Lyn Cockerell 76
NTP. Hole 4 Carol McKenzie. Hole 7 Pauline Grooby. Hole 14 Myra Thomsen. Hole 16 2nd shot Pauline Grooby (ITH). Hole 4 (Div 3 2nd shot) Jody Bedson.



10 July DIV 1 Debra Vicki Gwen

26/06/25 SINGLE STROKE

DIV 1 WINNER Vivi Lloyd 75. 2nd Di Benghamy 76. 3rd Barbara Newcomb 78 c/b. DIV 2 WINNER Angela Jordan 77 c/b. 2nd Gay Burnham 77 c/b. 3rd Wendy Washington 77.
NTP. Hole 4 Pauline Grooby. Hole 7 Di Bengamy. Hole 14 Gay Burnham. Hole 16 2nd shot Vicki Cronan. Hole 14 (Div

3 2nd shot) Louise Keleher
15/07/25 3 Person Ambrose
WINNERS Ann Squires, Barbara Newcomb & Judy Graham
2nd Kate Wesener, Carol McKenzie & Sharon Blundell
NTP. Hole 4 Kate Wesener. Hole 7 Wendy Washington.



10 July DIV 2 Angela Lyn Bev



WINNERS Judy Barbara & Ann



2nd Kate, Sharon & Carol

Hole 14 Judy Graham

17/07/25 SINGLE STABLEFORD

DIV 1 WINNER Gill Lee 39. 2nd Linda Urquhart 37. 3rd Abby Driver 35 c/b.
DIV 2 WINNER Lyn Cockerell 38. 2nd Bev Isaksen 37. 3rd Jennifer De Ruyter 35 c/b.
NTP Hole 4 Lorna Burns. Hole 7 Barbara Newcomb. Hole 14 Abby Driver. Hole 16 2nd shot Julie Bell.

MORETON BRIBIE BRIDGE CLUB

Sat 5 July

N/S 1 H Tyler & L Heap 2 R King & J Kennedy 3 M & L Dawson
E/W 1 B Pridham & S Huntington Wynne 2 D Scown & J Easey 3 E Hughes & E Welsh

Wed 9 July

N/S 1 J Kinross & J Reiter 2 L Carr & J Wright 3 H Tyler & J Medhurst
E/W 1 R King & M O'Reilly 2 L Heap & B Connell 3 G & S Barnulf

Sat 12 July

N/S 1 H Standfast & J Wright 2 H Tyler & L Heap 3 S Watson & R Sutton
E/W 1 D Scown & J Borowski 2 J Reiter & B Connell 3 P Edis & J Easey

Wed 16 July

N/S 1 S & C Watson 2 J Borowski & J Easey 3 D Quinan & J Kennedy
E/W 1 J Kinross & J Reiter 2 L Groves & D Brady 3 J Hays & K Cohen

BICBC: Monday 7 July

N/S 1 J Easey & N Denvir 2 M Peterson & D Quinan 3 M Peart & D Quinan
E/W 1 C & R Perrott 2 C Frankcom & K Strickland 3 I Best & B Moxham

Monday 14 July

N/S 1 M Arthur & R King 2 M Peterson & D Quinan 3 M Peart & D Quinan
E/W J Day & S McCulloch C Frankcom & M O'Reilly 3 J Lawson & L Groves

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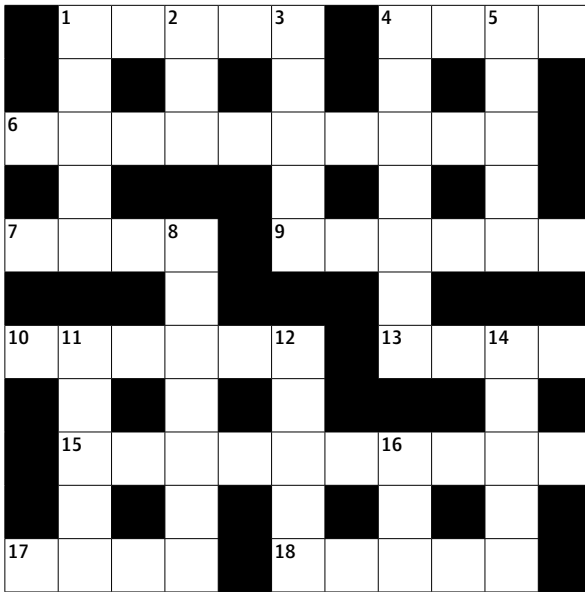
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Crosswords - QUICK & CRYPTIC

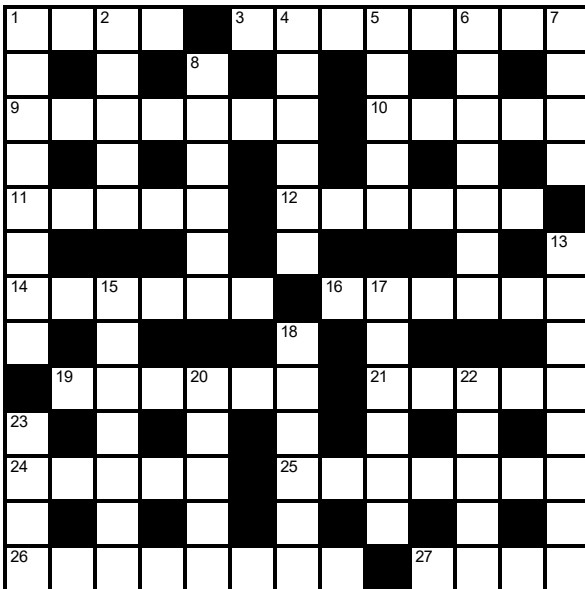
**Across**

- 1 I am taking time to construct picture (5)
 4 Monster therefore must be driven back (4)
 6 Unkempt person in student jollities having a cake (10)
 7 Rear part of ship that is reversible (4)
 9 Dramatist having pub drink with hesitation? (6)
 10 A geographical feature making sum of money (6)
 13 Cheese that's manufactured being put back (4)
 15 Horse given special role? A secret pet ill-treated (10)
 17 An act that goes one way and another (4)
 18 Pay to get e.g. watch returned (5)

Down

- 1 Identity given to a small house in American location (5)
 2 Military ruler going up and down (3)
 3 Furnish end of house with witty remark (5)
 4 Crime related to receiver of stolen goods (7)
 5 Anger with characters getting confused in mountains (5)
 8 Jumped quietly with little weight on end of bed (7)
 11 Plan to get to the French wood (5)
 12 Shocking weapon that could make you stare (5)
 14 A small department is accomplished (5)
 16 Boy in US university standing on head (3)

CRYPTIC

**Across**

- 1 Boat loses bow but still floats (4)
 3 Devotees congregate with grim lips (8)
 9 Time capsule, first, taken as spoils (7)
 10 Moderate sailor at eastern front (5)
 11 Responsive somewhat later (5)
 12 Go down with Isabel, sick (6)
 14 Condone pardon (6)
 16 Swiss get the facts on Eva (6)
 19 The cost of a horse, we hear (6)
 21 An unlikely chore for an artist (5)
 24 The least attractive sausage, we hear (5)
 25 New car used for campaign (7)
 26 Sense American party leader creates tension (8)
 27 What politicians stand for, strangely (4)

Down

- 1 Substitutes concerning positions (8)
 2 Doubtful treatment of fleas (5)
 4 Cold pack for a chill (3,3)
 5 Turf for an informer (5)
 6 Picture a Gemini character assassination (7)
 7 Worry about a casserole? (4)
 8 Tests a solution for qualities (6)
 13 This artist draws pictures on his knees (8)
 15 Likely to take a shot with a scream, conceivably (7)
 17 The great escape in the Middle-East, some time ago (6)
 18 Canes crooks in the backwaters (6)
 20 Unite? Quite the opposite on reflection (5)
 22 Yank in Le Havre loses directions (5)
 23 Members of parliament feathering their nests (4)

SOLUTIONS

CRYPTIC
SOLUTIONQUICK
SOLUTION



Sudoku

Fill the grid so that every row, every column and every 3x3 box contains the numbers 1 to 9.

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

SPOT THE 10 DIFFERENCES



FIND A WORD

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

apples	cucumber	mango	plum
apricot	grapes	nectarine	raspberry
banana	grapefruit	orange	strawberry
blueberries	kiwi	peaches	tangerine
cherry	lemon	pear	tomato
citrus	lime	pineapple	watermelon

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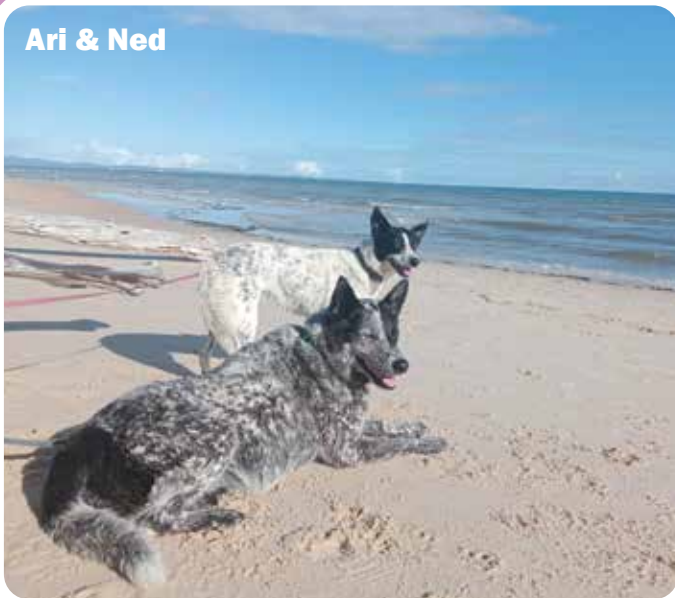
Buddy



Milkshake



Vino

**Astro****Opal****Ari & Ned****Jed****Sophia**

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Mealy Bugs are small sap-sucking pests that are often found in warmer climates. They are soft-bodied, wingless and are covered in white, protective wax and leave behind dry looking, damaged grass blades.

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COOCHIES TIPS FOR WINTER PREPARATION

STAY ON TOP OF WEEDS

Winter weeds such as clover and bindi have started to germinate with the lower soil temperatures and will take advantage of the low growth rate of your grass. This can be easily controlled with the help of some pre-emergent herbicides.

MOW HIGHER

Your grass will be growing slower with the cooler temperatures so now is the time to be more relaxed with your mowing regime. Lift your mower blade height to be around 5-6cm, and avoid mowing lower than 4cm. This will keep the lawn looking more lush with its slow growth rate.

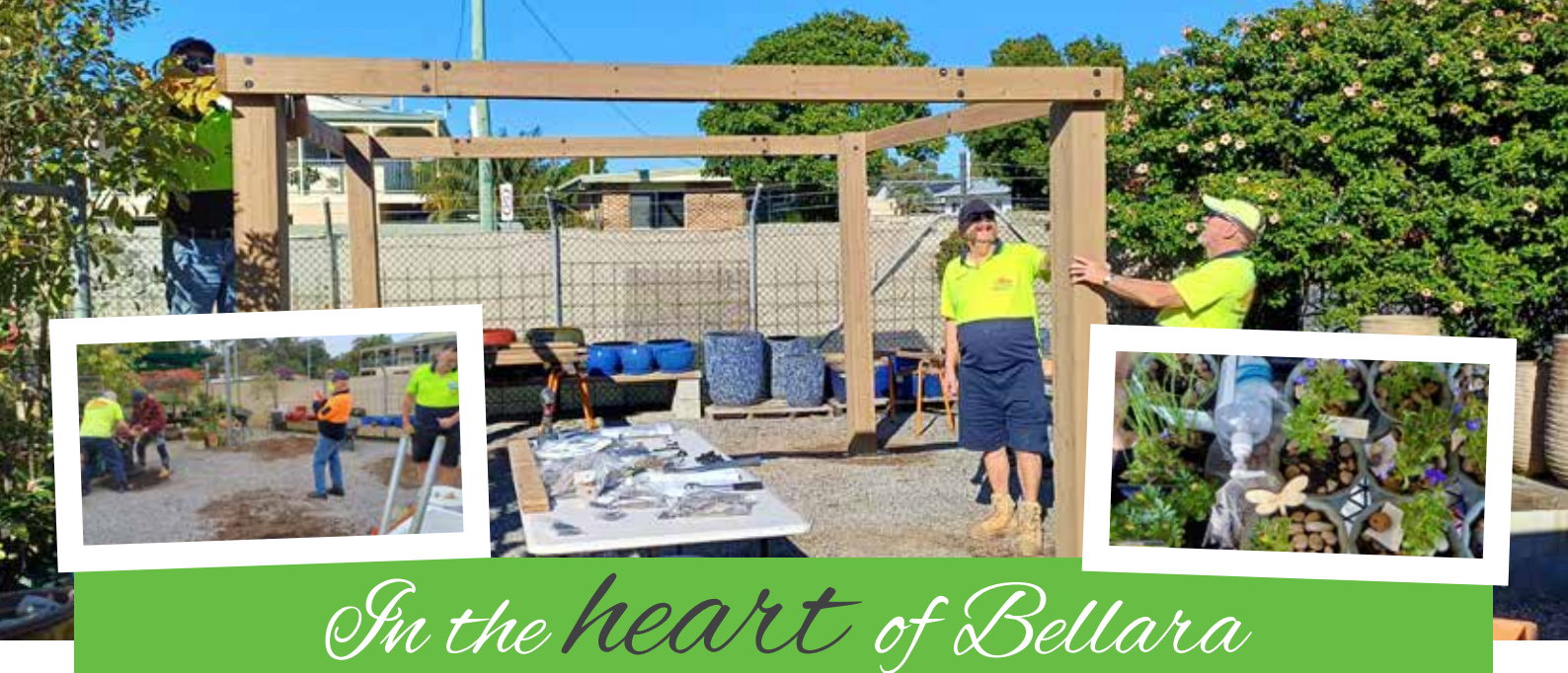
FERTILISE

Your lawn should be fertilised during Autumn/ Winter to ensure it has the appropriate nutrients to keep it green and healthy throughout the colder months. This being said, a different type of fertiliser should be used at this time of year, typically containing higher levels of iron and calcium.

BE WARY OF DISEASE

Avoid over watering your lawn and try to only water in the mornings, avoid watering during the early evening and night at all costs. This will increase mould development within the lawn, leading to fungal growth and diseases.





In the heart of Bellara

In the heart of Bellara, a flourishing partnership between Bribie Garden Centre and The Bribie Community Men's Shed is sowing seeds of connection, craftsmanship, and kindness.

This dedicated not-for-profit group, known for its expertise in various trades, recently completed a stunning outdoor pavilion at the Garden Centre. More than just a structural asset, the pavilion has blossomed into a vibrant space for rest, learning, and community gatherings.

"The Men's Shed team were professional, enthusiastic, and just a joy to have around," says the Garden Centre staff. "They didn't just build something amazing; they gave us a new way to bring people together."

Back on 11th May, the Garden Centre's grand opening saw the Men's Shed fire up the grill with a sausage sizzle that helped draw in crowds and celebrate the day with delicious fanfare. Despite the rain, the opening was a great success, marking the beginning of a wonderful collaboration.

And there's more to come. **On Saturday, 2nd August**, the Men's Shed will return with another sausage sizzle from 9:30 am to 1:30 pm, this time coinciding with a now-fully-booked bonsai class in the very pavilion they built. It's a symbolic full-circle moment—the community building the space, and the community gathering within it.

Beyond construction, the Men's Shed's creativity shines in their

GO like a PRO!

Hints to keep your bin as fresh as possible

- Line your bin with leaves or sticks first and add lawn clippings last.
- Put your bin out for collection every fortnight. This reduces odour!
- Mow your lawn as close to bin collection day as possible.

Remember... Only dispose of garden organic material in your GO bin. **Please do not put any non-organic items in your bin.**

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Queensland Government

handcrafted wooden goods—planter boxes, watering can-shaped potholders, and charming wheelbarrow planters that add whimsy and utility to any garden.

Their work isn't just functional; it's brimming with personality. And recently, in early July, the Waminda Respite Centre in Ningi became the first community group to utilise the pavilion, bringing extra life and joy to the Garden Centre. They potted up plants, added decorations, and shared coffee—all beneath the new pavilion.

All proceeds from coffee sales supported the Bribie Neighbourhood Centre's Seniors' Wellbeing Program, echoing the spirit of giving that defines both organisations.

Now, Bribie Garden Centre offers more than just colourful flowers and greenery. Thanks to the Men's Shed, it has become a hub for community engagement.

Pavilion use is free for all not-for-profit activities, or just \$20 otherwise, keeping it accessible and open for everyone.

You can visit Bribie Garden Centre at 50 Verdoni Street, Bellara, 7 days a week, from 9 am to 4 pm (closed on some public holidays).

We are sure you'll enjoy their beautiful spaces, share a laugh, learn something new, or sit beneath the pavilion (which they've now dubbed "The Rest Stop") and enjoy the view.



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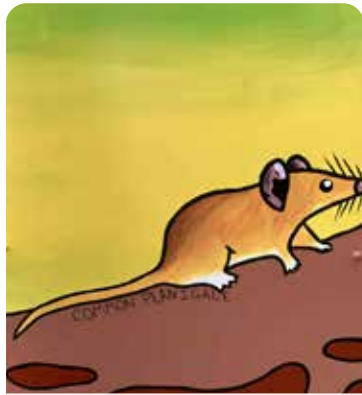
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THE BEAUTY IN NATURE



On Friday, 20 June, Unitywater unveiled a vibrant new mural on a roadside cabinet at the Bongaree Foreshore. This unique artwork, part of our Community Art Program, was brought to life by the talented local artist and wildlife scientist Jayda Bruce. The mural, a vibrant reflection of Bribie Island's vulnerable fauna and flora, is a sight to behold.

Moreton Bay local Jayda Bruce harnessed her lifelong passion for animals and art with her mural on the Bongaree roadside cabinet on Welsby Parade, reflecting Bribie Island's vulnerable fauna and flora.

"I was very excited to begin painting the mural. My design concept grew out of a collaborative project with Bribie Island Environmental Protection Association where we've been exploring the diverse wildlife that inhabits Bribie Island," Ms Bruce said. Creating artwork of wildlife is my way of reconnecting with nature.

It also gives me a chance to help raise awareness about the struggles our wildlife faces, especially those caused by climate change. There is a beauty in nature that people often take for granted, and I try to express

this beauty in my artwork. This mural is not just a piece of art, but a tool to inform and educate about the importance of our local wildlife."

"The mural features three of Bribie Island's native lesser-known carnivorous mammal species – the 'brush-tailed phascogale', 'yellow-footed antechinus', and 'common planigale'. Some that many people may not even realise live in this area to raise awareness about their significance and the need to protect them," she said.

Jayda was inspired by these tiny hunters, who are vital to the health of our local environment, and is committed to showcasing them and inspiring curiosity, respect, and care for the natural environment on our doorstep.

Unitywater invites the community to take a moment to appreciate the mural next time they are in the area. Your engagement with this artwork is a crucial part of its impact.

And keep an eye out for another upcoming art piece, to be unveiled on a red brick pump station on Francis Road in Bray Park, by the talented artist Dan Krause.





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The Mystique of the Lucky Horseshoe: History & Belief

From four-leaf clovers to rabbit's feet, many symbols have been considered harbingers of good fortune throughout history. Among these, the lucky horseshoe stands out as a common symbol of luck and protection, even as beliefs and traditions change over time.

Often seen hanging in closed spaces like sheds or stables, given to a newlywed couple, or, more recently, worn as jewellery, horseshoes are thought to bring good luck and protection.

Over the centuries, several origin stories emerged about why people the world over believe in the luck of the humble horseshoe.

The Blacksmith and the Devil: An Irish Tale

In the Irish story of the blacksmith and the devil, one day a blacksmith was working hard in his shop forging horseshoes. Suddenly, the devil appeared and demanded his own shoes.

The blacksmith, recognising the devil, took a burning-hot shoe and nailed it deep into the devil's hooves. The devil was in such excruciating pain; he ripped the horseshoes off and swore he would never go near one again. Thus, the tradition of hanging a horseshoe over the entrance of a house to ward off evil spirits was born.

The Power of Iron

Another story has more to do with the metal in the horseshoes. Early

Western Europeans believed that iron had magical powers and could drive away evil. Folklore of the time was rife with tales of mischievous fairies and mystical creatures. Horseshoes, being made of iron, naturally became protective talismans.

Other legends said that witches were so afraid of iron horseshoes, they travelled by broomstick instead of horseback. And 8th-century Chaldeans believed the crescent shape of the horseshoe protected against the evil eye, thus making it a good luck charm.

The Significance of 7

The number of holes in a horseshoe isn't just a random design choice. Typically, horseshoes have seven holes to secure them to a horse's hoof. The number seven is revered across cultures for its frequent appearances in nature and life: seven continents, seven seas, seven colours in a rainbow and seven days in a week.

This association with the number seven only amplifies the horseshoe's lucky aura. There does seem to be some contention, however, over how to hang a lucky horseshoe. Some advocate for the heels-up position, resembling a "U," to prevent good luck from spilling out.

Others believe in the heels-down orientation, showering blessings on those who pass beneath. Perhaps the solution is to have two horseshoes, hung in both orientations, ensuring a double dose of good fortune!

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Why a Sound Roof Is More Than Just Shelter

A well-maintained roof does more than keep out the weather. It protects your home's structure, prevents costly damage, preserves your property's value, and—perhaps most surprisingly—can even help ward off termite infestations.

While often overlooked until a major issue arises, roofing maintenance is one of the most critical aspects of property care. And yet, many property owners don't give it a second thought until water is dripping through the ceiling.

Whether your roof is tiled, metal, or something in between, regular inspections and timely maintenance can extend its life, safeguard your home, and prevent avoidable repair bills down the track.

What You Can Check Yourself

For the hands-on homeowner, there are several visual checks that can be done safely—provided the roof is accessible and stable. If you're unsure or uncomfortable working at heights, always hire a qualified roofing professional.

Common Issues on Metal Roofs

Metal roofs are known for their durability, but they still need attention over time. Here are key signs to look for:

- **Rusty or loose screws:** Roofing screws should sit flush with visible compression between the screw head and the washer. Rusty screws can act like sacrificial anodes, corroding first to protect the sheeting—but left too long, they compromise the structure.

- **Damaged flashings:** Areas around skylights, chimneys, or walls should be checked for cracked or lifting sealant. Regular resealing is necessary to keep water out.

- **Rubber pipe boots:** These seals around vent pipe penetrations break down from sun exposure and should be replaced if cracked or brittle.

- **Sheet movement:** Over time, sheets can loosen or shift slightly, particularly in high wind areas. If you notice uneven lines or flapping during storms, it may be time for a re-fasten or partial replacement.

Maintenance Tips for Tiled Roofs

Tiled roofs—whether concrete or terracotta—are sturdy but prone to specific forms of wear:



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Roofing Maintenance:

- **Slipped valley cuts:** One of the most common issues involves the triangular-cut tiles that run up roof valleys (the internal “V” channels). These small tiles can slide out of position, especially after heavy rain or wind, allowing water to bypass the valley tray and flood the ceiling.

- **Cracked tiles:** Full cracks across the surface, especially in areas of water flow, are a major concern. Even small cracks can grow with temperature changes and need to be replaced to maintain waterproofing.

- **Leaf build-up in gutters and valleys:** Blockages can cause water to back up under the tiles or flashings. Regular cleaning helps prevent water damage and premature rusting of valley trays.

- **Deteriorating lead flashing:** Common in homes built in the 1980s and 90s, lead flashing can break down from UV exposure and thermal expansion, leading to stress fractures and leaks. These often occur between stories, on Dutch gables, or at wall junctions.

Roof Inspections:

What to Expect (and What to Avoid)

Proper roof inspections require physical access to the roof. While drones and binoculars are

sometimes used for preliminary overviews, they should never be the sole method of inspection. In many cases, real issues are hidden beneath the surface—beneath tiles, under metal sheeting, or within flashing systems.

Sometimes it's necessary to lift a tile, remove a screw, or simply walk the roof to assess movement or softness underfoot.

Inspections that rely solely on aerial images or visual checks from the ground may miss the very problems that lead to leaks, structural decay, or long-term damage.

Leaky Roofs and Termite Risk

An often-overlooked consequence of roof leaks is their link to termite infestations.

Termites typically require moisture to survive and will usually return to the ground to get it. However, when a leak occurs in the roof cavity, it creates an environment rich in both food (timber) and moisture, allowing termites to establish a colony high up within the structure.

There have been documented cases where a water leak was traced down through walls to the ground—only to discover that termites had followed the moisture up in the opposite direction.

Once inside the roof cavity, these pests can cause immense structural damage that remains invisible until it's too late.

Preventing roof leaks is not just about water damage—it can also be a vital part of your pest defence strategy.

A Sound Roof Protects Everything Beneath It

Ultimately, your roof is your first and last line of defence. Regular maintenance—checking screws, tiles, flashings, gutters, and valleys—ensures it stays watertight and functional.

Whether you're preparing for storm season, trying to reduce long-term maintenance costs, or simply want peace of mind, don't underestimate the value of a well-maintained roof.

When in doubt, bring in a qualified professional who's prepared to walk the roof, lift tiles, check penetrations, and ensure nothing is left to chance.

Because when it comes to your home, what's overhead matters more than most people realise.

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With an abundance of wallpaper on offer, the smallest room of your house can now shine. A Powder Room is an excellent place to have fun with design and colour.

Your Wallpaper choice can hide imperfections, add personality, and help make the space seem bigger.

On-trend designs include tropical themes, stripes, geometrics, florals, and even bold, colourful designs. Consider using smaller prints and textures for a simpler style.

Wallpaper Types are Non-Woven and Vinyl. Vinyl Wallpaper is the most popular choice for a Powder Room, as it is wipeable and scrubbable.

However, a Non-Woven Wallpaper can be coated with an appropriate Acrylic Sealant to protect the paper. Making it therefore wipeable and scrubbable as well.

Therefore, giving you many more options and spoiling for choice.

Please consider where you are putting your wallpaper. After all, it is still paper, and we want to minimise as many splashes of water as possible to ensure its longevity. It's best to use tiles above the sink.

Another thing to consider when wallpapering your Powder Room is which wall or walls you want to wallpaper. A common question we are often asked is, 'Do you paper a feature wall or all the walls?' Your Wallpaper design choice and room will dictate.

A small design or texture will suit a smaller space, making the room appear more open. A large design can get lost when placed around the vanity, toilet, windows, and door, but will stand out in bold colour and character.

You will need to consider the lighting in the room, whether it is natural or Artificial. Using a wallpaper with a Pearlescent or Metallic finish will highlight its design and also reflect light in the room. They also give you a touch of glamour and sophistication.

Wallpaper Design Options:

Black and White is classic and dramatic, giving a timeless look.

Tropical is vibrant and fun but consider incorporating soft and neutral tones to avoid overwhelming the space. Geometric patterns are modern and can be sophisticated. Circles and Curves will keep the space soft, whereas angles can be dramatic.

Florals are truly elegant and fresh, ranging from traditional to modern. Coastal creates a fresh, open and very relaxed look.

Vertical Stripes will draw your eye upward, making the room feel taller. Horizontal Stripes draws the eye across the wall and can make a room feel more spacious. Dark Colours and Patterns will close in a room but will be dramatic and create a cozy room.

Light Colours and Patterns will open up the room and make it feel more spacious. Textures are very complementary to a room and subtle.

Wallpaper in a Powder Room isn't just decoration—it's an experience. The right wallpaper can transform a tiny space into a memorable impression that wows every guest. Your interior designer or decorator can help you with wallpaper options that suit the space and your needs.

BEACH TRACK

RENAIVING A STEP CLOSER

The legacy of an inspirational teen who died doing what he loved is a step closer to being honoured by City of Moreton Bay after Council voted to open up the prospect of renaming a Woorim Beach track in his name.

Harrison 'Harry' Payne was 18 when he tragically lost his life in a 4WD crash on Woorim Beach in May 2021, leaving behind devastated friends and family.

At the General Meeting on 16 July, Council voted unanimously to approve the renaming of Ocean Beach Access Track to 'Harrison Payne Track', subject to the outcome of public feedback of the name change.

Mayor Peter Flannery said the proposed renaming was a way to pay tribute to Harry and his passion for the outdoors.

"I'm told Harry was an exceptional young man with a bright personality that would uplift others everywhere he went.

He was a role model for our community and this vote ensures Council moves a step closer to honouring his legacy," he said.

"Harry's family have since created the Harrison Payne Initiative - a not-for-profit that aims to create change around beach safety, 4WD safety, and road safety while providing support for families who have experienced similar tragedies.

"I commend the Payne family for turning such a tragedy into a positive force for change through this initiative and hope the community will be strongly supportive of this proposed renaming."

Under Council's proposal, a history board would be installed in conjunction with the track signage to explain the connection



WOORIM BEACH,
BRIBIE ISLAND

Harry had with the area.

Division 1 Councillor Brooke Savige said she strongly supported the track renaming in Harry's honour.

"Harry lived his life to the fullest and his story reminds us that every day is precious when it comes to family," she said.

"By council endorsing this proposal, we encourage others in the community to learn more about Harry's example and the wonderful work being done by his family through the Harrison Payne Initiative. I have no doubt they have already saved lives."

Mayor Flannery thanked Pumicestone MP Ariana Doolan and State Minister for Transport and Main Roads Brent Mickelberg for making the initial requests to Council for renaming the access track.

"I appreciate their correspondence and advocacy on this important matter," he said.

Ms Doolan said she was honoured to have lent her voice to the proposed renaming of the track. "When the Payne family first came to me with this request, I was immediately supportive," she said.

"This proposal reflects the family's wish to honour Harry's memory and create a lasting tribute. Together, we can make a real difference when it comes to being safe on our beaches."

City of Moreton Bay will now seek public feedback on the action.

Non-supportive submissions received over the 28-day consultation period will see the proposed action brought back to Council for reconsideration.

Public feedback can be made by emailing: council@moretonbay.qld.gov.au or via written submission to:

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FISHING REPORT

By Jason Palmblad | Owner/Operator | Boab Boats Bribie Island



Fishing around Cape Moreton and the stunning waters of Caloundra has been awesome this season! The anglers are having a great time catching all sorts of fish.

We've got the tasty snapper, which is a fan favourite for its fantastic flavour. Then there's the scrumptious pearl perch with its great texture and those lively parrot fish that really brighten up the catch.

Can't forget the tricky mulloway – always a good one to chase, and those tuskies are a solid meal too.

Plus, if you're lucky enough to hook onto a speedy tuna, it'll really get the blood pumping!

Just a quick heads up for the fishing crew: there's a seasonal closure for snapper and pearl perch from July 15 to August 15, so be smart about your plans and avoid any disappointment.

Out in the waters of Bribie Passage, tailor fishing has been going off lately.

The winter season has brought in some impressive catches for those who venture out on our trusty tinnies. Honestly, this fishing season has been a blast!

The thrill of chasing down a big one is just as good as the tasty meals we get from it, plus it's a great way to create some fantastic memories. To top it all off we had the excitement of spotting heaps of whales – it makes everything even more special!

Cheers Jase!





TIDE TIMES

**Bribie Island
AND
Moreton Bay**

Fri 25 Jul 4:29 am 0.36m 10:11 am 1.46m 3:51 pm 0.17m 10:41 pm 2.15m	Sat 26 Jul 5:11 am 0.36m 10:56 am 1.49m 4:37 pm 0.19m 11:22 pm 2.09m	Sun 27 Jul 5:50 am 0.36m 11:39 am 1.5m 5:19 pm 0.25m	Mon 28 Jul 12:00 am 2m 6:26 am 0.37m 12:21 pm 1.5m 6:00 pm 0.34m	Tue 29 Jul 12:33 am 1.89m 6:59 am 0.38m 1:02 pm 1.5m 6:44 pm 0.44m	Wed 30 Jul 1:04 am 1.76m 7:31 am 0.39m 1:46 pm 1.51m 7:30 pm 0.56m	Thu 31 Jul 1:37 am 1.62m 8:05 am 0.41m 2:35 pm 1.51m 8:25 pm 0.68m
Fri 1 Aug 2:14 am 1.47m 8:45 am 0.45m 3:33 pm 1.51m 9:32 pm 0.78m	Sat 2 Aug 3:01 am 1.32m 9:33 am 0.49m 4:43 pm 1.53m 10:55 pm 0.83m	Sun 3 Aug 4:05 am 1.19m 10:31 am 0.54m 5:57 pm 1.57m	Mon 4 Aug 12:32 am 0.81m 5:30 am 1.12m 11:34 am 0.55m 7:01 pm 1.65m	Tue 5 Aug 1:53 am 0.72m 6:50 am 1.13m 12:35 pm 0.51m 7:53 pm 1.74m	Wed 6 Aug 2:39 am 0.63m 7:47 am 1.2m 1:29 pm 0.43m 8:34 pm 1.84m	Thu 7 Aug 3:12 am 0.54m 8:31 am 1.28m 2:13 pm 0.33m 9:09 pm 1.94m



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 August 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.

PARKING FOR BONFIRE NIGHT

Sandstone Point Hotel – Saturday 5th July 2025, VMR Bribie once again provided the parking services for the sold-out Annual Bonfire Night. It was a busy day with a constant flow of traffic. Scott Normile led the Parking Team and Kelly Langworthy led the Payment Team. Thanks guys for another awesome effort!



Although some had already left, packing up were - Kelly Langworthy, Rob Blaschke, Ian MacDonald, Paul Gillmore, Phil Hagen, Michael booth, James Dickson, Rob Taylor, David Logie, Wayne Schultz, Sharyn Giles, in front, Mark Paterson, Scott Normile, Sheryl Traill, and Amir Cao.



All smiles from Liam from Sandstone Point Hotel with Kelly Langworthy after picking up the cash bucket and Eftpos machines.

STATE OF ORIGIN FUNCTION

Wednesday 9th July 2025 - Game 3 Series decider at Accor Stadium Sydney. 16 Active Members and partners attended the third State of Origin function at VMR Bribie. The usual footy fare (pies, hotdogs and toasties) was available for purchase at \$3, and our drinks available at our usual great prices.



Graham Gibb one of the two Blues supporters present makes an early exit!



Peter Morton behind the bar all smiles.



John and Sheryl Traill (rear) with John's brother Tom Traill and partner Mary Beruldsen.



Brenda Allardyce and Chris Beanlands enjoying the match!



Mark and Rossi Young enjoying the score!



Group Photo behind Graham & Leona.

HAPPY HOUR & FAREWELL FUNCTION FOR GRAHAM & LEONA

Friday 11th July 2025 – Graham and Leona Patrick were farewelled after 23 years of service to Volunteer Marine Rescue Bribie Island. Graham joined on 15th May 2002, serving on White Saturday Crew since joining until 30 April 2021, and Maintenance Crew from 2011 to current. Leona has served on the Social Committee for most of this time, and both do “odd jobs” around the base each week! They were both honoured with Life Membership in October 2022.



Guests of Honour Leona and Graham Patrick with Mark Young.

Graham and Leona will move to Northgate to be closer to family. The Social Committee's Kelly Langworthy, Cheryl Robinson, and Sheryl Traill prepared a wonderful “Grazing Platter”, with hot quiches and sausage rolls cooked by Sheryl & John Traill. Commodore Ces Luscombe gave an overview of Graham's service with VMR Bribie Island, Kelly Langworthy also spoke about Graham and Leona's contribution to VMR Bribie, Peter McNamara also thanked Graham and Leona on behalf of the Radio Operators, and Ian Grimes thanked Graham for his contribution to the Maintenance Crew; all which made for a wonderful evening.

COMMODORE CES' SAFETY MESSAGE:



“With the weather improving check that your boat is in good order, check that you have all your safety gear and everyone on board knows its location, ensure it is easy to get at

in an emergency, ensure your flares are in date, that your torch works, check your battery and your fuel.

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

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

“Look after the equipment that will look after you!”

“PLEASE WEAR YOUR LIFE JACKETS!”

JULY ASSISTS

FRI 04/07 1442PM – 5.5 Runabout 1POB member with engine failure South of Bribie Bridge, required a tow to Bellara Ramp.

SAT 05/07 0652AM – 7.3m Half Cabin 5POB non-member out of fuel N NW of Moreton Island required a tow to Spinnaker Sound Marina.

SAT 05/07 1212PM – Tasked by QAS to transport an Ambulance Officer to Medevac a patient from Tangalooma to waiting ambulance at VMR Bribie.

SAT 05/07 1417PM – 6.1m Cuddy Cabin 2POB non-member with fuel pump issues at mouth of passage required a tow to Spinnaker Sound Marina.

SAT 05/07 1538PM – 7.4 Half Cabin 2POB member with motor issues required a tow from Comboyuro Point to Spinnaker Sound Marina.

SUN 06/07 1032AM – 4.2m Tinny 1POB non-member with starting issues required a tow from White Patch to Toorbul Boat Ramp.

TUE 08/07 0818AM – 5.5m Cuddy Cabin 1POB member with oil pressure issues off Woorim required tow to Spinnaker Sound Marina.

TUE 08/07 1044AM – 9.9m Sports Cruiser 1POB member with engine trouble required a tow from the entrance to Pacific Harbour to his pontoon.

WED 09/07 0758AM – 15.2m Yacht 5POB non-member required a jump start South of the Bribie Bridge. Stood down managed to start vessel.

SAT 12/07 1314PM – 6m Trailer Sailer 2POB non-member stuck on sand at South Point, investigated and owner agreed to wait for high tide.

SAT 12/07 1521PM – 10m Cruiser 2POB member with engine issues at the entrance to Pacific Harbour required a tow to home pontoon.

SUN 13/07 0251AM – 3.2m Tinny 2POB non-member with motor issues near Bribie Bridge, required a tow to Spinnaker Sound Marina.

SUN 13/07 1514PM – 5.8m Mustang 7POB non-member out of fuel 4km off South Point required a tow to Bongaree Boat Ramp.

MON 14/07 0836AM – MOP reported floating Tinny in Deception bay – investigate, has been recovered by owner and is cleaning hull.

YEAR TO DATE RADIO ROOM STATISTICS

CALLS	8,858
VESSLS LOG ONS	2,629
VESSEL ASSISTS	158
SITREPS	891
REQUESTS	845
OVERDUE VESSELS	25
VESSEL TRACKING	15
RADIO CHECKS	761
WEATHER BROADCASTS	6
SECURITE BROADCASTS	2
PAN PAN CALLS	0
MAYDAY CALLS	0
VHF CALLS	56.5%
27MHz CALLS	0.1%
PHONE CALLS	28.0%
GWN CALLS	1.9%

“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!”



Winter holiday boaties

urged to take the helm on lifejackets and speeding

Maritime Safety Queensland (MSQ) is urging Queensland boaties to turn the tide these winter school holidays, after a worrying number of skippers were found flouting the rules on speeding and lifejacket requirements over Easter.

Maritime Safety Queensland (MSQ) is urging Queensland boaties to turn the tide these winter school holidays, after a worrying number of skippers were found flouting the rules on speeding and lifejacket requirements over Easter.

During the Easter break, more than one in three boats intercepted by MSQ's compliance officers were caught speeding, while one in four weren't complying with lifejacket laws – despite new lifejacket rules having been in effect since 1 December 2024.

Despite the cooler weather, thousands of Queensland families are expected to be out on the water over the winter holidays and MSQ is reminding skippers there is a clear need for them to do better to ensure family fun does not turn into tragedy.

MSQ's data has consistently shown that most boating fatalities involve boaties who drown, or are never seen again, after falling overboard while not wearing lifejackets. Over the five years between 2019/20 and 2023/24, 64 people drowned in boating accidents in Queensland. Only five were known to have been wearing lifejackets.

Following extensive consultation, MSQ introduced new laws from 1 December 2024 requiring that lifejackets be worn by all skippers and passengers operating vessels in certain high-risk situations.

Boaties were given a six-month period of adjustment to understand and comply with the new requirements, before Maritime Safety Queensland began enforcing them from 1 July. Fines for non-compliance with lifejacket rules start at \$333.

MSQ is also reminding skippers that speeding is always dangerous, but is especially so during holiday seasons, when many more boaties are out on the water and waterways become congested.

Speeding reduces a skipper's ability to respond and adjust to developing or unexpected situations on the water and increases the chances of a marine incident occurring.

Queensland laws require that lifejackets must be worn when:

- boating alone, (or only with children under 12 years) on an open boat that is less than 4.8 metres in length whilst underway
- crossing a designated coastal bar on an open boat, and on an open area of a boat, of any length
- boating at night, that is between sunset and sunrise, on an open boat that is less than 4.8 metres in length whilst underway
- if you are under 12 years (aged 1 year or more but less than 12 years) in an open boat, or open area of a boat, of any length while underway.

Further, wearing a lifejacket is compulsory when crossing a coastal bar on certain craft in the style and risk profile of:

- Small sailing boats (such as lasers, herons)
- Pedal boats
- Rafts, including inflatable rafts
- Rowboats (excluding Surf Life Saving Australia Club Surfboats)
- Sea and surf kayaks.

UNDER THE WHITE ENSIGN



HMAS Adelaide II - FFG 01

Type: Guided Missile Frigate (Adelaide Class)

Built: USA

Crew: 184

Commissioned: Oct 1980 to Jan 2008

Displacement: 4,100 tons

Speed: 29 knots (54 km/h) sustained

Propulsion: 2 gas turbines, 41,000 hp, 1 shaft
2 auxiliary propulsors, 650 hp

Armament:

- One 76mm gun
- Anti-surface and anti-air missiles
- Two triple anti-sub. torpedo tubes
- Phalanx close-in weapon
- Two helicopters
- Six 12.5mm machine guns

Battle Honours: Gulf War. Timor Leste.

Fate: Dive wreck off Avoca Beach, Terrigal
HMAS Adelaide II was the first of six of this class of Frigate with the first four built in the USA and the last two built in Australia. HMAS Adelaide II was in the first rotation and all six served in the Middle East through the Gulf Wars and proved to be well suited to this task.

Australian Warships in the Gulf wars

The RAN has deployed ships to the Middle East over 57 times from 1990 until 2009 including the two Gulf Wars. The first Gulf War involved the removal of the Iraqi invaders from their oil rich neighbour, Kuwait. The second Gulf War involved the removal of the Saddam Hussein regime from Iraq.

Responding to United Nations resolutions, the RAN rotated 14 different ships, two Fleet Air Arm Squadrons, a Medical Detachment and two Clearance Diving Teams though this period.

Australia was part of a Naval Force, comprising 15 nations led by America, which contributed to the goal of weakening Iraq's supply lines and achieved the most successful blockade in the history of modern warfare.

Within this very hostile environment, they completed a range of tasks that included surveillance, patrol and boarding operations with combat tasks involving air, surface, mine and asymmetric

threats with shore bombardments in support of troops.

Prior to the first Gulf War (Desert Storm, 17 Jan. to 28 Feb.1991), HMAS Sydney IV and Brisbane II, having relieved HMAS Adelaide II and Darwin which had left Australia in August 1990, passed through the Strait of Hormuz and entered the Persian Gulf to form part of the largest grouping of warships seen since the Second World War.

This multinational coalition included 90 warships and 100 logistic and amphibious craft. On 26 Jan 1991, seven women serving onboard HMAS Westralia became the first women to serve in a front-line capacity for the RAN.

The long military operation in the Middle East displayed the capacity of the RAN to achieve the mission; to fight and win at sea, with true ANZAC spirit.

The Queensland Section of the Naval Assn. of Australia will celebrate members of the RAN who saw service in the Gulf Wars at the Naval Memorial, South Bank at 1100hrs on 31 July.



NAVAL ASSOCIATION OF AUSTRALIA BRIBIE ISLAND SUB SECTION

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President
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Jon Greacen
membership/Treasurer
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ONCE NAVY ALWAYS NAVY

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,
Answer to Tony Longland.
Letters, (Issue 243)

The Truth Behind Modern Aboriginal Ceremonies

By: Jacinta Yangapi
Nampijinpa Price

Many people assume that certain Aboriginal cultural practices, such as dot painting and Welcome to Country ceremonies, have been passed down for tens of thousands of years. Lately some have even suggested these practices have been occurring for hundreds of thousands of years. However, historical evidence suggests that these traditions were actually developed in recent decades.

- Dot Painting was invented in 1971 by Geoffrey Bardon, a white schoolteacher, who introduced the technique to Aboriginal artists in Papunya. Traditional Aboriginal art existed long before this, but there are no ancient dot paintings found in caves or on rock walls. The distinctive modern style emerged as part of a contemporary art movement.
- The Welcome to Country ceremony was created in 1976 by Ernie Dingo and Richard Walley. It was originally performed to welcome visiting Māori performers as a reciprocal gesture of hospitality. Unlike the Māori haka, which has deep historical and linguistic roots, there is no traditional Aboriginal word for Welcome to Country. This raises the question: How can it be an "ancient ceremony" if no term for it existed in traditional Aboriginal languages?

- The Acknowledgement of Country was introduced even later, in the 1990s. It is not an ancient ritual but rather a modern protocol developed for official and corporate settings.
- The Smoking Ceremony, often presented as an ancient practice, is another modern invention, also linked to Ernie Dingo around 1976. While smoke was used in some Indigenous customs for cleansing or healing, the formalized smoking ceremonies seen today were not widely practiced before the late 20th century.

- There is no photographic, film, or video evidence of any of these ceremonies being performed at major

events—such as Royal Tours, AFL/NRL Grand Finals, the 1956 Melbourne Olympics, or ANZAC Day services—before the 1970s and 1990s. If these traditions were truly ancient and widespread, they would have been documented in historical footage, photography and in historical manuscript and observations by the many early explorers, historians and observers. There is no evidence that any of these practices were ever part of my cultural history.

The Importance of Truth Over Myth

Understanding history honestly is essential. While cultural traditions do evolve over time, it is misleading to claim that recent inventions are ancient practices. Rather than accepting myths at face value, we should question divisive offensive narratives that are presented as historical fact.

Dear Editor,

I read with interest the article in issue 243 from Tony Longland that seemed to be aimed at the RSL. I am not quite sure what sparked it. I would however like to point out that unless something recently changed, Australia is still a democracy, we are lucky we still have one.

I was however somewhat surprised that Mr Longland seemed to think that anyone who voted "NO" in the referendum was part of "the dishonest, deceptive and racist "No" campaign". As one of the 60 plus odd percent who voted NO, then I must say his remarks were not welcome. Given the inference that I took as a NO voter that this labelled me. In case he is not aware, a democracy is "Democracy, at its core, signifies "rule by the people". It's a system of government where political power is vested in the citizens, who can participate in decision-making, often through voting for representatives. Key features include free and fair elections, respect for individual rights and freedoms, and the rule of law."

The referendum was part of that democracy, where all Australians were asked to consider if a small group of Australians should be given more rights than others, so

that they had an additional say in the running Australia. That extra right is not democratic at all.

Just to be clear I am one of those people amongst us who fully support helping Aboriginal Australians and would like an enquiry as to why many of these people do not seem to receive part of the billions of dollars allocated to helping them. I am also one of the people who does not need a "Welcome" to my own country. Nobody owns this country, we are all here whilst we live and pass it on to others. Would it not be better to ensure that all Australians have a fair say in what the future brings? That is a democratic process.

"We are one and we are many", we are all entitled to a fair go.

A. Aussie

Dear Editor,

Thank you, Maria Christina, your beautiful article on Page 49 in Issue 243 says it all. It sums up completely how we (the superior species?) should treat our fellow creatures that we share this planet with. We love all your articles Maria Christina, but this one is special.

Sincerely,
Annette & Chris Schnack.

Letters to the editor





Help us help our Aussie Farmers facing disasters!

We're wearing flanno so a farmer doesn't have to wear the burden alone.

The conditions are tough, and the statistics staggering. Our hard-working Aussie farmers who feed and clothe our nation face a lot, but shouldn't have to do it alone.

We lose 1 farmer every 10 days to suicide

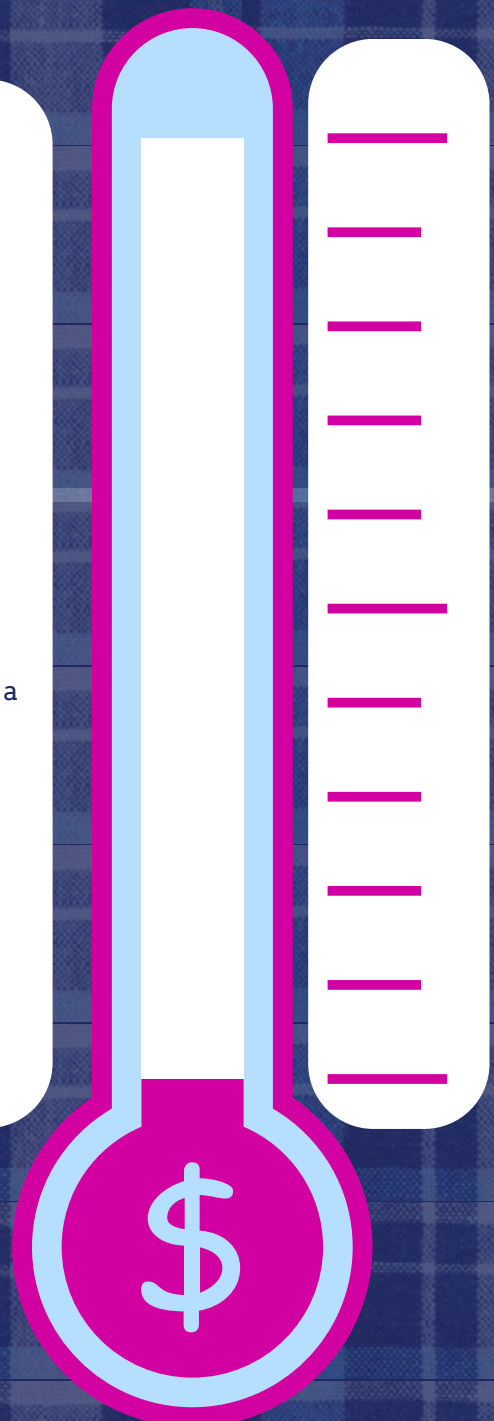
We're raising funds so that Farm Angels can continue to support farmers when and how they need it most.

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