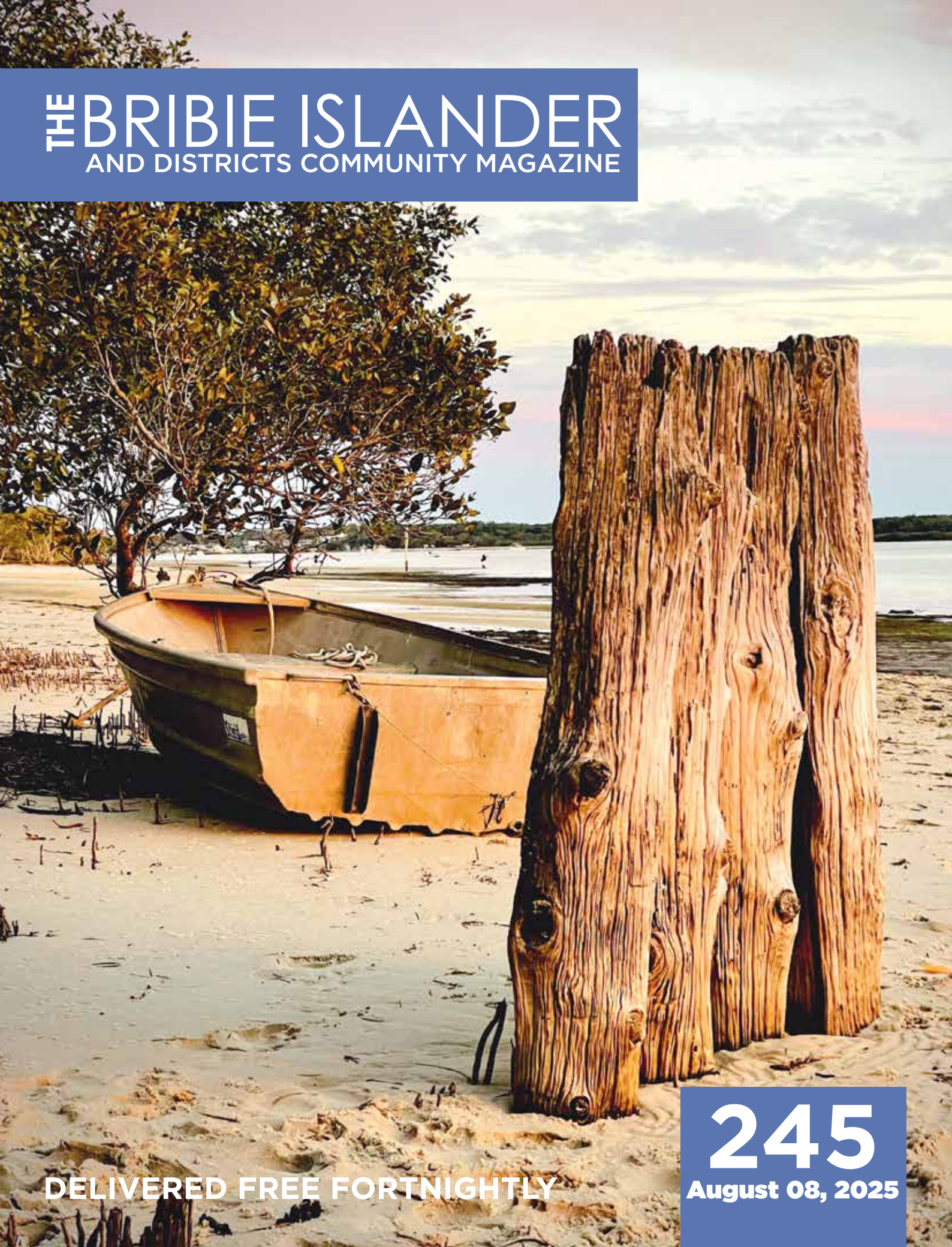




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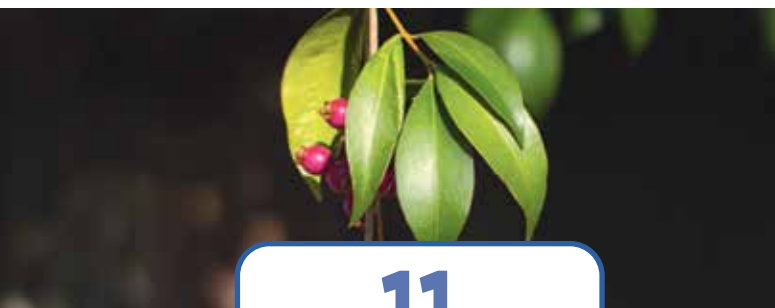
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245

AUGUST 08, 2025



11

REDISCOVERING BUSH TUCKER



20

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38/39

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Welcome

Dear Readers,

Welcome to Edition 245! In this issue, we have a collection of fascinating stories, creative ideas, and diverse voices. You'll discover tips for trying new foods while traveling, updates on local events, and enjoyable articles about home and garden. Whether you're looking for inspiration, information, or just a nice read to relax with, there's something for everyone here.

As always, this edition includes a variety of articles and contributions from writers of different backgrounds. Our goal is simple: to provide engaging content that showcases the diversity of our community, sparks your curiosity, and connects us through storytelling.

We're lucky to have an amazing selection of businesses around us. When you shop locally, you help our community thrive and support our business owners, allowing them to keep their doors open. We also have many community groups, sports opportunities, and arts activities available. Whatever you're interested in, there's something for you! So, get out there and explore what our community has to offer.

Thank you for being a vital part of our reading community! Your support means so much to us. We hope you find plenty to enjoy and share in this issue. We're always eager to hear your feedback and suggestions, so please feel free to reach out. Happy reading!

Stay safe, Take Care,

Cherrie

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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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How Eyeglass Frames Show Off Your Style and Personality

Eyeglass frames are much more than tools to help you see better. These days, they say a lot about who you are.

Whether you need them for reading, driving, or just as a fashion statement, eyeglass frames have become part of our daily lives and personal style.

From Necessity to Fashion Statement

Eyeglasses have been around since the 1200s, first used by monks and scholars in Italy. At first, they were made just to help people read and didn't look like much. But over time, frames changed with the times and became stylish accessories.

Today, you can find all sorts of shapes—like round, square, cat-eye, or aviator—and materials, from lightweight metals to fun, colourful plastics.

Thanks to new technology, frames are now more comfortable, durable, and eco-friendly than ever.

Expressing Yourself With Frames

When you put on a pair of glasses, you're showing a bit of your personality. Because they sit right on your face, frames can highlight your best features or add a little flair.

Some people pick thin, metal frames because they're simple and smart-looking. Others go for bold, chunky styles to make a statement.

Picking out a frame is like picking out an outfit—it helps show the world what you're all about.

People also tend to make assumptions based on glasses. Some might see someone in glasses and think they look clever or trustworthy. Classic styles might remind us of the past, while rimless frames can look modern and neat.

For some famous people, like Iris Apfel or Malcolm X, their eyeglasses are a big part of their signature look.

How Frames Are Made

A lot goes into making a good pair of eyeglasses. The best frames are comfortable, last a long time, and fit well.

Modern frames are often made from materials like acetate (a kind of plastic) or titanium (a strong, light metal). Some are even custom-made to fit your face perfectly.

While machines help make many frames, in some places, skilled workers still make them by hand, adding a special touch.

Trendy and Accessible

Eyeglass frames are now a big part of fashion.

HEALTH, WEALTH & COMMUNITY

Designers and brands create new styles every season, and social media helps spread new trends fast. You can choose a pair that blends in or stands out—it's totally up to you.

Glasses used to have a "nerdy" reputation, but now, people of all ages wear them proudly. Kids get fun, colourful frames, and adults can pick from all sorts of looks. Plus, buying stylish and affordable glasses is easier than ever before.

Frames With Meaning

Eyeglass frames can be special for personal reasons, too. They show up in important photos, get passed down in families, or mark new chapters in life. Changing frames can feel like changing your style or even your story.

Looking to the Future

The future of eyeglass frames is exciting. New smart frames can do more than just help you see—they may connect to your phone, help you track your health, or use eco-friendly materials.

But no matter how advanced they get, the real appeal of eyeglass frames will always be how they help you see the world and express who you are.

In the end, choosing glasses is more than picking a way to see—it's choosing how you want to be seen.

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Rediscovering Bush Tucker:

Australia's

Culinary

Heritage

Why Native Foods Matter—and How They're Making a Comeback

There's a special magic in the phrase "bush tucker." It brings to mind the wild heart of Australia—red earth, ancient trees, and the songs of birds at dusk. But bush tucker is much more than a romantic idea.

It's the heart of Australia's oldest food tradition, shaped by thousands of years of Indigenous knowledge.

What is Bush Tucker?

Bush tucker is the term for native Australian foods used by First Nations people for countless generations. It includes everything from kangaroo and emu to yams, bush tomatoes, macadamia nuts, finger limes, and Kakadu plums.

Each food has its own story, often linked to the seasons and the land where it grows.

Yet for many years, these foods were neglected or dismissed after European settlement. Instead, imported crops filled supermarket shelves, and the original food wisdom of this country was almost lost.

A Growing Interest

Things are changing. Chefs, home cooks, and food lovers are rediscovering bush tucker and celebrating its unique flavours. Lemon myrtle, wattleseed, and saltbush now find their way onto restaurant menus.

Kangaroo steaks and bush tomato relishes are becoming more familiar to city shoppers. This isn't just a trend—it's a way of recognising and valuing Indigenous culture.

But we must be careful. The rush to commercialise bush foods sometimes leaves Indigenous communities out of the picture. To truly celebrate bush

tucker, we need to listen to and support the people who have grown and gathered these foods for generations.

Why Bush Tucker Matters

The benefits of bush tucker go far beyond taste. Native plants are well adapted to Australia's climate. They often need less water and fewer chemicals than introduced crops, making them a smart choice for a changing environment. Growing more native foods could help tackle problems like drought and soil degradation.

Supporting bush tucker also means supporting jobs, businesses, and knowledge in Indigenous communities. It's a chance to build a stronger, more inclusive food industry—one that recognises the expertise and rights of First Nations people.

Shaping an Australian Identity

Bush tucker gives us the chance to create a truly local cuisine. For too long, what we eat has been shaped by overseas influences.

By putting native foods on our plates, we celebrate what's unique about Australia, and we honour the wisdom of those who first cared for this land.

How You Can Get Involved

Trying bush tucker can be as simple as tasting lemon myrtle in a dessert or cooking with warrigal greens. Look for Indigenous-owned businesses or local growers at markets. The more we learn, taste, and share these foods, the more we help keep a vital tradition alive.

Bush tucker isn't just about food. It's about respect, connection, and country. By embracing these traditions, we add rich new flavours to our meals—and help ensure that the knowledge behind them continues to thrive.

Beauty, hair & fashion

The Art of Harmony:



Why Shoes Should Match Your Outfit

In the fast-paced world of fashion, where first impressions happen in an instant, pairing shoes with outfits can really showcase your personal style.

Too often, shoes get treated like an afterthought—just something functional instead of a deliberate choice.

But that's a missed opportunity because shoes are the finishing touch to whatever you wear.

Matching your shoes to your outfit isn't about matching everything exactly; it's about creating a look that feels put-together and intentional.

The right shoes can enhance the lines, colours, and overall vibe of your outfit, boosting your confidence and adding some flair.

Whether you're rocking classic black loafers with a navy suit or colourful

sneakers with a laid-back look, coordinating your shoes can take your outfit from forgettable to eye-catching, putting you in charge of your style.

Plus, thinking about how your shoes fit the occasion is key. Picture a fancy dress with worn-out trainers or elegant stilettos with workout gear—it just doesn't work.

By showing that you've thought about how your shoes and outfit go together, you demonstrate respect for the setting and show an eye for detail, which is always in style.

In the end, fashion is all about creativity, and every great outfit deserves the right shoes to tie it together.

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THE ENDURING ALLURE OF JEANS

Why Denim Remains a Wardrobe Staple from the Outback to the City

There's something intrinsically Aussie about pulling on a pair of trusty jeans. Whether you're navigating the bustling city laneways, heading to the footy game, tackling a day's work on a cattle station, or chilling at a backyard barbie, denim seems to fit right in.

Jeans have stitched themselves into the story of our nation, evolving from sturdy workwear to a symbol of easy-going style and unpretentious comfort.

At face value, jeans are humble—just blue strides crafted from hard-wearing cotton. But that simplicity belies their depth.

When Jacob Davis and Levi Strauss first patented riveted denim pants in 1873, they were thinking of miners and labourers—a practical solution for tough work, much like the goldfields that helped shape early Australia.

Who could have guessed those same blue jeans would become a badge of individuality, rebellion, and timeless cool for Aussies everywhere?

The secret to their popularity might just be their adaptability. Jeans are the great equaliser, worn by tradies, teachers, musicians, and politicians alike. They suit everyone—kids playing backyard cricket, parents doing the school run, retirees soaking up the coast, and rockers on stage at Splendour in the Grass.

Dress them up with an Aussie-made linen shirt and boots or throw them on with thongs and a tee for a trip to Bunnings—they're as welcome at a country pub as they are at a city gallery opening. Denim moulds itself to our mood, our climate, and our laid-back attitude.

Every pair tells a story. The faded knees from chasing cattle, the

worn hems trudging around a music festival, the paint splatters from a weekend DIY project.

Unlike most clothes, jeans actually get better with age—each wash and wear adds a new chapter. Old jeans are like old mates: reliable, familiar, and always up for an adventure across this wide brown land.

Mind you, the denim industry isn't without its challenges. The environmental toll of cotton farming, water-hungry dyeing, and fast fashion all raise tough questions. Thankfully, more Aussie brands are stepping up—using organic or recycled fibres, cutting down on water use, and committing to ethical production.

As shoppers, we can do our bit too: buying better quality, mending instead of chucking, and recycling when our jeans have seen their last surf trip or bushwalk.

Styles will come and go—high-waisted “mum jeans,” ripped or skinny, bootcut, straight, wide-leg, you name it. Still, through all the trends, jeans keep their core appeal. They symbolise freedom, comfort, and a no-fuss authenticity that feels right at home.

In a world that's always changing, jeans give us a sense of continuity—connecting us to our roots, grounding us in the present, and adapting to whatever the future throws our way. Whether faded from the sun, ripped from a big night out, or crisp and classic for Sunday lunch, jeans are more than just a wardrobe staple.

So next time you wriggle into your favourite pair, remember: you're not just getting dressed, you're donning a piece of history. And maybe, just maybe, you're adding another awesome chapter to your own denim story.





The advertisement features a central white rounded rectangle on a dark blue background. Inside the rectangle, the text 'Forty Winks' is at the top in a blue serif font. Below it, 'SLEEP EVENT' is written in large, bold, red sans-serif capital letters, followed by 'OF THE YEAR' in a smaller red font. To the left of the text is a blue line-art illustration of a clock face, and to the right is a blue line-art illustration of a trophy. Below the main title, two columns of text offer discounts: 'UP TO 50% OFF MATTRESSES*' and 'UP TO 30% OFF FURNITURE*', both in bold red and blue fonts. At the bottom, a red ribbon banner contains the text '+ FREE LOCAL DELIVERY*'. The entire graphic is framed by a dark blue border.

Forty Winks

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Acupuncturists Wendy (left) and Jessica (centre) and Receptionist Katherine (right).

ACUPUNCTURE FOR ELBOW PAIN

Whether you're an avid golfer, a lawn bowler, or a weekend gardener, elbow pain can become a real nuisance — even when doing simple everyday activities like lifting a kettle or opening a jar.

Tennis elbow and golfer's elbow are two of the most common causes of persistent elbow pain. Despite their sporty names, you don't have to play tennis or golf to experience them. These conditions are most often caused by repetitive arm movements — like gardening, handiwork, or lifting:

- Tennis elbow affects the outer (thumb side) of your elbow and is often felt when opening your hand or lifting light objects.
- Golfer's elbow affects the inner (pinkie side) of the elbow and tends to cause pain when making a fist or gripping something.

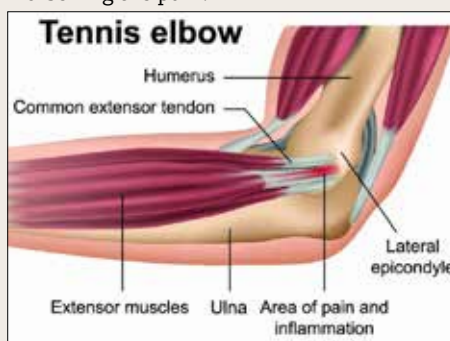
Both can feel like a burning ache or even sharp, shooting pain that radiates down

your forearm. Sometimes, even holding a coffee cup can become surprisingly painful.

Common Symptoms Include:

- Tenderness on either the inside or outside of the elbow
- Difficulty gripping, lifting, or carrying items
- Weakness in the forearm or wrist

Often, the muscles in the forearm become tight and overworked, which adds extra strain on the tendons around the elbow — worsening the pain.



How Acupuncture Can Help Elbow Pain

While some people reach for pain medications or cortisone injections, acupuncture offers a natural and effective alternative for relieving elbow pain and improving mobility. It's a gentle, drug-free therapy that helps your body heal itself.

Acupuncture works by improving blood flow to the affected area, reducing inflammation, easing tight muscles, and stimulating the body's natural pain-relieving chemicals (called endorphins). Many patients experience relief after just a few sessions.

Chamomile, Lemon Balm, Passionflower, and St John's Wort. It's important to note that these herbs are not suited for everyone, and best prescribed by a Naturopath to ensure they are effective.

Herbs don't enter the body and instantly fix everything — they're gentle and restorative. They work by reminding the body of what it already knows but may have forgotten.

What foods can be helpful?

Food is a medicine that signals safety to your body. GABA, the calming brain chemical that tells you the stress has passed, is made from the nutrients in the food you eat.

A diet high in good quality protein, fruits and vegetables are a wonderful place to start. You are literally eating the ingredients your body needs, to re-learn how to calm again.

Some foods can also trigger anxiety. Folic acid in baked goods, artificial additives like colors, flavours and preservatives are often too much for the body to process, and can create a physical stress in the body. MSG and yeast extract — found in savoury, umami-flavoured snacks like Doritos, KFC, chicken

We use a variety of techniques depending on your individual needs, including:

- **Electroacupuncture:** Tiny needles are placed in key areas of the elbow and forearm, and a mild electrical current is applied. This relaxes tight muscles, boosts circulation, and relieves pain.
- **Motor Point Acupuncture:** We target specific points in the muscles where nerve and muscle activity meet. A quick contraction and release of the muscle acts like a "reset," improving strength and reducing tension.
- **Distal Acupuncture:** It might be surprising to learn that we don't always need to needle directly where the pain is. With a method called distal acupuncture, we treat the elbow by placing needles in other parts of the body — often on the lower legs, hands, or opposite arm — essentially utilising the body's internal wiring.

What to Expect from Treatment

We treat both new (acute) and long-standing (chronic) cases of elbow pain regularly in our clinic. If the injury is recent, we often see improvement in just a few sessions. Chronic cases may take a little longer, but relief is still very possible.

If you'd like to make a booking or if you'd like to discuss whether acupuncture and Chinese medicine is right for you, please contact us - Jessica, Wendy, and Katherine -

via our website www.bribieacupuncture.com.au or call 0423 160 228. You can also find us on Facebook and Instagram @bribieacupuncture. HICAPS is available onsite.

Pensioner discounts available.

WHEN ANXIETY IS RUNNING YOUR LIFE, START HERE!

What is anxiety?

Anxiety is a normal human emotion that creates feelings of dread, overwhelm, worry and exhaustion. It's a protective emotion designed to sense fear, and help you move to safety. Anxiety is so welcomed when it is situational - meaning, in response to a worrying situation or threat.

The issue with anxiety is when the worrying situation passes and anxiety stays and hangs out feeling stuck. This can result in a constant, low-grade, daily worry that wears you down over time.

What does chronic anxiety do to our bodies?

When anxiety dominates for too long, it can lead to inflammation, digestive issues, nutrient depletion, sleeplessness, hormone imbalances and depression! It can make life feel like a constant struggle.

How can Naturopathy help?

We call upon herbs that match what goals we are working on. Common herbs I use with anxiety are Ashwagandha,

salt, and (sorry to say) Vegemite — are common culprits.

Stimulants like energy drinks, caffeine, and alcohol can spike your stress hormones, putting more pressure on an already overworked body and keeping anxiety stuck. By increasing GABA-rich foods, reducing anxiety-triggering additives, and incorporating calming herbs, you can make a big impact on your mental wellbeing.

See how you go in implementing some of these strategies and if you need some extra support, I'm Charmaine, The Nourished Naturopath and Counsellor and I'd love to support you! I truly believe everyone has the potential to move out of chronic anxiety, into a life filled with more peace and joy.



Throughout the month of August, new clients can enjoy 30% off their initial naturopathic consultation, held at Bribie Acupuncture in Bellara. Bookings can be made at www.bribieacupuncture.com.au.

Research reveals genetic weak spot in hard-to-treat cancers



WEHI researchers have discovered a promising new strategy to suppress the growth of aggressive and hard-to-treat cancers by targeting a specialised molecular process known as 'minor splicing'.

Published in EMBO Reports, the study shows that blocking minor splicing can markedly slow tumour growth in liver, lung and stomach cancers, while leaving healthy cells largely unharmed.

The research in animal models and human cells demonstrates the potential of this strategy to target cancers driven by mutations in common cancer-causing genes.

At a glance

- New research shows that targeting minor splicing significantly reduces tumour growth in liver, lung and gastric cancers.
- The strategy is particularly effective for cancers driven by KRAS mutations, which are among the most common genetic changes found in cancer.
- The study demonstrates the therapeutic potential of minor splicing inhibition across diverse cancer models.

Why minor splicing matters

Splicing is how cells turn long strands of RNA into shorter pieces called messenger RNA, which provide the template for the production of proteins.

While major splicing carries out 99.5% of this work, minor splicing is an indispensable process for the remaining 0.05% of genes, affecting about 700 of the 20,000 genes in the human genome.

The new research reveals that blocking minor splicing causes the accumulation of DNA damage in cancer cells and activates a key tumour suppressor pathway that leads to cell death. Remarkably, healthy cells are largely unaffected.

Although it affects only a small sub-set of genes, minor splicing is crucial for the correct expression of genes that drive cell growth and division – making it a potential Achilles' heel for cancer cells. Importantly, many of these genes are

commonly hijacked by cancers driven by KRAS mutations, which are among the most frequent genetic changes found in solid tumours.

WEHI laboratory head Professor Joan Heath said scientists have long known that KRAS is central to many aggressive cancers but have struggled to turn that knowledge into broadly effective treatments.

"KRAS mutations come in a variety of flavours, making them extremely hard to treat, so even with decades of scientific effort there has been only limited progress so far," Prof Heath said.

"But our approach is different. Instead of trying to target specific mutations that may only apply to a subset of patients, we're disrupting a fundamental process that these fast-growing cancers rely on.

"This research offers a new way to tackle a problem that's long resisted conventional approaches, with the potential to help a much wider group of patients."

Striking result reveals path towards new treatments

Using zebrafish and mouse models, as well as human lung cancer cells, the WEHI-led research is the first to demonstrate the impact of inhibiting minor splicing in vivo models of solid tumours.

The study found reducing the activity of a protein encoded by the RNPC3 gene – an essential component of the minor splicing machinery – significantly slows tumour growth in liver, lung and stomach cancers.

"Just by halving the amount of this protein, we were able to significantly reduce tumour burden," said Dr Karen Doggett, first author of the study.

"That's a striking result, especially given how resilient these cancers usually are."

The study also revealed that disrupting minor splicing triggers the p53 tumour suppressor pathway, a critical defence mechanism in the body's fight against cancer. Dubbed the 'guardian of the genome', the p53

protein responds to DNA damage by stalling cell division, initiating DNA repair or triggering cell death. This well-known pathway is frequently mutated or disabled in many cancers, allowing these cells to grow unchecked.

"Blocking minor splicing leads to DNA damage and activates this critical defensive response, which means cancers with a functional p53 pathway are likely to be especially vulnerable to this strategy," Dr Doggett said.

"This opens the door to treatments that could be both more effective and less toxic, offering hope for patients with aggressive cancers that currently have limited options."

Drug discovery collaboration

To search for compounds that might inhibit minor splicing, the research team turned to the National Drug Discovery Centre headquartered at WEHI, with a screen of over 270,000 drug-like molecules identifying several promising hits.

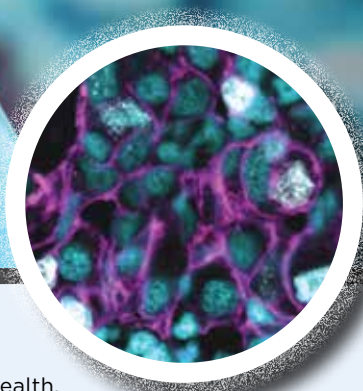
"We've validated minor splicing as a compelling therapeutic target – now the challenge is to develop a drug compound that can safely and effectively inhibit it," Prof Heath said.

The research draws on WEHI's deep expertise in gene discovery and cancer biology, showcasing the power of collaboration across multiple labs and technologies.

"One of the strengths of this study is the breadth of models and tumour types we used," Prof Heath said.

"We didn't just test one kind of cancer or use one analysis method. This diversity in our approach gives us confidence that our strategy could be relevant across many forms of cancer, and not just in a narrow set of conditions."

The research was supported by the National Health and Medical Research Council of Australia (NHMRC), Ludwig Institute for Cancer Research and the National Institute of Neurological Disorders and Stroke.



About WEHI (Walter and Eliza Hall Institute of Medical Research)

WEHI is where brilliant minds collaborate and innovate to make life-changing scientific discoveries that help people live healthier for longer.

lifelong health.

WEHI brings together diverse and creative people with different experience and expertise to solve some of the world's most complex health problems.

With partners across science, health, government, industry, and philanthropy, we are committed to long-term discovery, collaboration, and translation. At WEHI, we are brighter together.

Find out more at www.wehi.edu.au



Karen_Doggett and Joan_Heath

www.wehi.edu.au The study, "Inhibition of the minor spliceosome restricts the growth of a broad spectrum of cancers", is published in EMBO Reports (DOI: 10.1038/s44319-025-00511-8).

Our medical researchers have been serving the community for more than 100 years, making transformative discoveries in cancer, infection and immunity, and

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Jack's Law becomes permanent in Queensland, allowing police to search for knives in any public place

The Queensland Government is making Jack's Law permanent, enabling police to use handheld metal detectors in high-risk locations without a warrant.

A successful trial of Jack's Law began in April 2023, giving police powers to scan for, detect and remove dangerous weapons from Queensland safe night precincts, transport hubs, shopping centres and sporting and entertainment venues around the state.

The law allows police to use hand-held metal detectors to identify and seize weapons from people in all public places, expanding the powerful crime-fighting tool.

"Jack's Law is now permanent, and police can use these scanners across the State, not just in Safe Night Precincts and other previously prescribed places.

"This is about giving police the tools they need to detect and deter knife crime and prevent more families from living through the heartbreak the Beasleys have endured," Minister for Police and Emergency Services Dan Purdie said.

Jack's Law has already resulted in:

- 122,548 people scanned
- 1,190 weapons removed
- 3,248 people arrested
- 5,932 charges laid.

The legislation is named in honour of Brett and Belinda Beasley's late son, 17-year-old Jack, who was tragically stabbed in the back and chest in December 2019, when a fight broke out between his group and five other teens at Surfers Paradise.

Making Jack's Law permanent places the rights of victims over the rights



of offenders and builds on the Queensland Government's commitment to restore community safety.

Since his death, his parents, Brett and Belinda Beasley, have advocated for the new laws.

Quotes attributable to Brett Beasley (Jack's father):

"We can't wait to see Jack's Law go Australia- wide because that's our plan. Every day we live with the pain of losing Jack," Mr Beasley said.

"But knowing that his legacy is helping save lives and spare other families from that pain gives us strength.

Today is not just about making new laws, it's about protecting people and we're proud that Jack's legacy is about making Queensland safer."

The Queensland government has passed a new law allowing police to search people for knives in public places anywhere in the state. The Making Jack's Law Permanent Bill passed through state parliament on June 11, 2025, expanding its scope to the entire state and making it permanent.

"Jack's Law is a proven deterrent, and more than 3000 arrests shows just how critical it has become in modern policing," Minister for Police and Emergency Services Dan Purdie said.

"Jack Beasley's legacy will have a profound impact on the lives of Queenslanders, ultimately making our streets a safer place to live."



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Dear Pumicestone...

Dear Pumicestone...

Every Queenslander deserves to feel safe in their home, on their street, and in their community. That's why the Crisafulli Government is taking real action to turn the tide on the Youth Crime Crisis.

After more than a decade of weakened youth justice laws, our Making Queensland Safer laws are delivering results. In just the first six months since their introduction, the number of Serious Repeat Offenders recorded across Queensland fell by 17.5%.

In the first six months of this year, the number of crime victims per capita fell 5.7% statewide. Break-ins dropped by 12%, 6.4%, and robbery is down 13.2%, all compared to the same period last year and adjusted for population.

We've given police the tools they need through policies like Adult Crime, Adult Time, boosted frontline resources, and rolled out new early intervention programs that aim to stop crime before it starts.

While these results are encouraging, we know the job isn't done. Jack's Law, named in honour of Jack Beasley, whose life was tragically taken in a knife attack, gives

police enhanced powers to stop and scan for knives in public spaces. It's a practical, common-sense measure to help prevent further tragedy.

And for the first time ever, Queenslanders can now access up-to-date crime victim numbers on the QPS website: police.qld.gov.au/maps-and-statistics. This transparency is key; we want you to hold us to account.

Locally, I'll continue fighting to ensure Pumicestone gets its fair share of resources and that our police have the support they need to keep our communities safe.

Over the past couple of weeks, I've thoroughly enjoyed getting out and about across the electorate celebrating everything from the Abbey Medieval Festival to Toorbul's Christmas in July, Sandstone Point's 10th Birthday, Beachmere's Phoudini Great Gift Giveaway, and the Bribie Rotary Changeover Dinner.

A huge thank you to everyone who helped make these fantastic local events possible!

On a personal note, I've recently graduated with a dual degree in Environmental



Science and Business. I'm excited to put my skills into practice! Bribie Island and the Pumicestone region are incredibly special places.

I want to make sure we're protecting what we love about our community. Our beaches, bushland and wildlife must remain protected for future generations.

Ariana Doolan



As always, if you ever need help with a government matter, my details are below. We're here to help.

Ariana
DOOLAN MP
MEMBER FOR **PUMICESTONE**

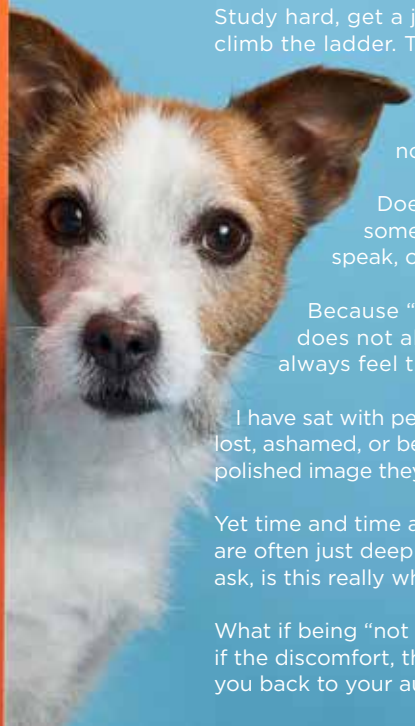
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What Is Normal, Anyway?



Yesterday, someone asked me if they were “abnormal”. The question lingered long after our conversation ended. It stirred something within me, not because it was unusual, though more because it was all too familiar.

What is normal really??? Who gets to decide? We live in a world that quietly, and sometimes loudly, tells us how life is supposed to look.

Study hard, get a job, find a partner, buy a home, settle down, climb the ladder. Tick the boxes. Don't rock the boat. Keep your feelings neat and your dreams within reason.

Though I often wonder... does this version of normal truly serve us?

Does it honour the way our hearts beat for something more? Does it make space for the soul to speak, or the spirit to dance?

Because “normal” doesn't always feel alive. Normal does not always feel kind, and it certainly does not always feel true.

I have sat with people of all ages and stories, people who feel lost, ashamed, or behind because their life doesn't look like the polished image they were told to aim for.

Yet time and time again, I find that the ones who feel “abnormal” are often just deeply awake. Sensitive. Curious. Brave enough to ask, is this really what I want?

What if being “not normal” is exactly where the magic lives? What if the discomfort, the longing, the rebellion is your soul nudging you back to your authentic path?



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Maybe you love more deeply, think more abstractly, feel things others skim past. Maybe your dreams stretch beyond the 9 to 5, or you crave solitude in a world that celebrates noise. None of that makes you wrong. It makes you, you!

Being true to yourself in a world that rewards conformity is one of the bravest things you can do. While it might feel lonely at times, I promise you, you are not alone. So, next time you ask, "Am I normal?" maybe try asking instead:

"Am I living in alignment with my truth?"

"Does this path nourish my spirit?"

"What would it feel like to follow my heart, even just a little?"



Because normal is overrated. Authentic is powerful! Alive, fully, fiercely alive, is where the real beauty begins.

Need to find your way back to yourself? Reach out!

Always with love,
Maria Christina x
Holistic Counsellor, Life & Wellness Guide

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Canada and Australia – Commonwealth Colleagues Collaborate to End Polio



©Anne Matthews Public Image Director D9560 Passport Rotary Club

Anually thousands of Rotarians from across the world attend the Rotary International (RI) Convention. The location is in a different country each year.

In 2023, a lovely lady named Sandra Fenton from St Albert Rotary Club in Alberta Canada purchased a Polio Koala from D9560 Passport Rotary Club. Sandra couldn't buy one at the 2023 RI Convention held in Melbourne, as our Club sold out. Thus, she put her name on our order sheet, and our Club Project Manager posted a Polio Koala to her.

Sandra contacted our Project Manager about how she might obtain an RI licence to become a supplier for a stuffed Polio Moose. Her Club was interested in obtaining a licence to sell at the RI Convention, which was to be held in Calgary, Canada in from 21-25 June 2025.

The mighty moose is one of Canada's most iconic animals, representing strength, resilience, and the wild beauty of the Canadian wilderness. As the largest member of the deer family, the moose plays a significant role in the country's natural heritage. Our project Manager sent Sandra details of the Licence and then introduced her, via email, to the staff at RI Licensing in Evanston Illinois.

St Albert Rotary Club was then able to obtain a licence to officially sell their Polio Moose wearing the approved polio logo shirt. Our Passport Club remained in contact with Sandra throughout the lead up to the Calgary Convention and

afterwards. We sent Sandra a Polio Lion which our Club had taken to the Singapore RI Convention in 2024. to add to her Polio Koala, and the menagerie of Polio animals were then used in the advertising promotion for the Convention. They were also prominently displayed at the Polio Moose booth.

The St Albert Rotary Club kindly gifted a Polio Moose to our Passport Club to thank us for all our guidance and help. Our Rotary 9560 District Governor, Greg Marlow, collected the Moose on our behalf.

Polio Moose was very popular at the Calgary Convention with 100 sold pre-Convention and 628 sold at the Convention. Post Convention, the Club has received a number of enquires about selling them by the case to a few clubs. St Albert Rotary Club also sold very special blue T-Shirts showing the Peace Dove and bearing the inscription "Peace Through Service".

Our gifted Polio Moose has already had a big adventure in Australia as Greg lives in Tennent Creek, in the Australian outback, and our Project Manager lives on Bribie Island. A distance of over 2,500 kilometres. This collaboration between the two clubs is just a small example of the power of Rotary.

It demonstrates the strength of a combined effort. Working together can achieve more than individuals working alone. Helen Keller said, "Alone we can do so little; together we can do so much." The ability to collaborate effectively is crucial for long-

term achievements and this is how Rotary has achieved so much. With World Polio Day on 24 October, it is more important than ever that we continue the fight to eradicate this disease from our World. We can't stop now; we have come too far.

Polio is now only endemic in Afghanistan and Pakistan. So far this year 16 cases have been recorded (two in Afghanistan and 14 in Pakistan). This is positive compared to 99 cases recorded in the two endemic countries last year. However, with all the current wars, especially between Russia and Ukraine and in Gaza, vaccinations are a low priority.

Thankfully, in August 2024, Israel agreed to a series of "humanitarian pauses" in Gaza to allow for the vaccination of children against polio. These pauses happened following the announcement from United Nations officials who said a ten-month-old baby had been partially paralysed after coming down with Gaza's first case of polio for 25 years.

We can only hope for more "humanitarian pauses" between warring parties, as displayed by Israel. If Koalas, Lions and Moose can work together for friendship and humanitarian reasons, then surely humans can do the same. And yes, Moose is the plural for Moose.

Empowering Access:

Why Accessibility Matters

Accessible parking is

therefore not about convenience—it's a **medical and functional necessity**. Reducing the walking distance helps conserve energy, prevents overexertion, and improves safety.

Recent changes to the disability parking permit system are making a real difference for families with complex medical and disability needs.

For many, these improvements are long overdue and bring much-needed flexibility and relief.

One of the most helpful updates is the ability for eligible participants to access multiple permits—up to three per individual. This allows families to better manage day-to-day logistics, especially when more than one vehicle is used to transport the person with a disability.

Whether it's for school drop-offs, medical appointments, or accessing the community with a support worker, the added permits reduce the risk of forgetting or misplacing the only one.

Have you ever reached your destination only to realise the permit is in the other car? It's a frustrating and common scenario.

Without the permit, even if you're transporting someone who clearly meets the criteria, parking in a designated disability bay becomes illegal. Many families are left with no choice but to park further away, in spaces that are often not suitable for assistive equipment or accessibility needs.

Thankfully, the application process for

these additional permits remains the same: a completed form with updated medical certification. The good news? The fee is currently exempt, which helps ease the administrative and financial burden on families.

Disability parking permits are more than just a convenience—they are a legislated support designed to help people with disabilities fully participate in their communities. These updates reflect a growing understanding of what inclusive access really looks like, and they help lessen the daily impact on individuals and their families.

As a community, we still have a way to go. Ideally, one day we'll live in a society where accessibility is built in, not added on. For now, we hope shopping centres, businesses, and public spaces continue to go above the recommended minimum number of disability parking bays.

Equitable access isn't just the right thing to do—it also makes good business sense. Let's continue working towards a world that recognises and responds to disability as a standard consideration, not an afterthought.

Yours in Health and Wellness,

Tracey Blinco
Volunteer:

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



For many people with disabilities, getting from a parking space to a destination can take **significantly more effort and energy** than it does for someone without a disability — often **2 to 3 times more** or even higher, depending on the condition.

This includes:

- People with **physical impairments** such as paralysis, who may use orthotics, mobility aids, or wheelchairs.
- Individuals with **neurological conditions** (e.g. multiple sclerosis, cerebral palsy, stroke) that affect coordination, strength, or endurance.
- Those with **chronic fatigue, cardiorespiratory conditions, or pain disorders** who may appear outwardly able-bodied but experience serious difficulty walking long distances.

For these individuals, walking across a large parking lot can be **physically exhausting**, time-consuming, and sometimes unsafe.

Even a short distance can feel like a strenuous workout, leading to fatigue before they even begin their main task.

Accessible parking is not about convenience.

It's about ensuring that people with a wide range of disabilities can **conserve energy, protect their health, and participate fully and safely in daily life**.

Prestigious Pastels show at Bribie

AUGUST 5 - 17

The Pastel Society of Australia Inc. has chosen Bribie Island for its 2025 Annual Awards Exhibition this month.

You won't want to miss it! All the paintings are in the fine art medium of soft pastel – a pure pigment, with minimal binder, like oils and watercolour, only dry.

This medium is gaining a passionate following among artists and collectors! This is more than just an art show; it's a celebration of colour, creativity, and the very best in pastel art across Australia.

Among the 20 awards to be judged, the much-anticipated 2025 Pastellist of the Year award will be selected and announced at the Opening and Awards ceremony on Saturday August 9, 1 pm - 3pm

Whether you're an artist, art lover, a collector, or someone who's pastel curious, this exhibition is a must-see.

Members of the Pastel Society will be in the Gallery each day demonstrating their pastel painting techniques.

Come meet them and vote for your favourite for the People's Choice award.

And refresh yourself afterwards in the Arts Centre's Cafe 191, from 9am – 2pm.

Free entry. All artworks for sale.



We've a stack of fantastic events you can join at the Arts Centre this month.

UPCOMING WORKSHOPS AUGUST 2025

Looks Like Resin Workshop with Robin Jensen

3rd August

Cost \$90.

Further details, or to book, please contact Robin Jensen. Phone **0421 043 924** or Email j-robin@aapt.net.au



Fused Glass Bee Hive Sun with Shirley Heapy

17th August

Cost \$153;

includes all art supplies & use of tools.

Book with Shirley on shbribie@yahoo.com.au.



Vocal Workshop with Sue Wighton

23rd August

Cost \$25.

Send an email to: s.wighton@optusnet.com.au with 'vocal workshop' in the subject line to bookmark your place.



Gelli Plate Printing Workshop with Robin Jensen

24th August

Cost \$125

Further details, or to book, please contact Robin Jensen Phone **0421 043 924** or Email j-robin@aapt.net.au

Acrylic Pouring Workshop with Robin Jensen

31st August

Cost \$95.

All materials supplied. Further details, or to book, please contact Robin. Phone **0421 043 924** or Email j-robin@aapt.net.au



Further information on events and workshops is available on the BICAS website at

www.bribieartscentre.com.au



Bribie Island Community Arts Centre, 191 Sunderland Drive Banksia Beach, QLD 4507



THINGS WE CAN LEARN FROM ANIMALS

By Sue Wighton

We can learn a lot from animals. After all, we are one...

From **crocodiles** we can learn patience. We can learn to wait. Quietly. Their philosophy is to be very passive most of the time to conserve energy.

Save your strength for when it really matters. And then pounce! Like if there's a free meal involved. Or you need to kill someone.

Of course sharks get a particularly bad rap. But they have much to teach us. Our shark teachers tell us, 'Be yourself.' Being an upfront predator gives everyone a chance.

Unlike those sneaky stonefish.

They lie there on the ocean floor pretending to be a rock. Their camouflage is very convincing.

But try stepping on a stonefish and you'll receive the full brunt of their stonefish-ness and be poisoned to death. Not cool.

Canine's are man's (and woman's) best friend. Oh, yes, we can learn much from the domestic dog. For example, never hold a grudge.

Be happy to see everyone. And be totally obvious about it. Wag your metaphorical tail. You will be rewarded with treats and affection ... even from total strangers.

It's probably not a great idea to go around weeing on lamp posts but apart



from that, learn from your dog and you can't go wrong.

Cats are a different story. They teach us that sometimes (well, all the time,

really) we should and can hold a grudge. I guess the lesson here is just to be honest. Let's face it, defecating on someone's bed leaves them in no doubt about how you really feel.

And it's not a crime to hold an inflated opinion of yourself. And hold your ground. You don't need to acquiesce to anyone's demands.

Flaunt your high self-esteem. Remember some of us really ARE better than others. Relax. Sleep on your back with your genitals on display. And be proud of it.

Snakes teach us the rich pleasure of sleeping in the winter sun. They teach us to eat when we're hungry. And that it's not a sin to eat a lot, till our belly becomes distended. Then more sleep. Then they teach us to do it all over again. Snakes understand that life is a cycle.

We could do worse than learn from the sloth. Sloths teach us to slow down and embrace laziness. Also ugliness.

Dolphins find the joy in everyday life...

a lesson we could all benefit from. They take enormous pleasure in their bodies, moving, jumping, and splashing in the sea. And they seem to enjoy making happy noise.



Then there is the clam.

What can we learn from the clam? Shut up.

Sue Wighton is a singer/songwriter as well as being a writer.

A longtime friend of Bribie Island, Sue, is conducting a vocal workshop on Saturday 23 August at the Bribie Island Community Art Centre.

She's also performing a concert at the Centre on Friday evening (29 August).

For more information on both these events go to the BICAC website.

www.bribieartscentre.com.au

LET'S GO TRAVEL

Update for last Meetup on 27/7/25.

What an incredible turnout we had on Sunday, July 27, for our Let's Go Travel Meeting. The energy and enthusiasm were palpable, and we can't wait to see what the next meeting brings! We had around 20 people in the group, with 8 or 9 new faces. There was some lively conversation about travel.

Many of our members are seeking travel buddies for trips to Japan, Norway, the Greek Islands, or within Australia. If you're a keen traveller and would like to have a buddy to travel with, our meetings are the perfect place to find one.

You might just click with that one person and decide to go together. It's all about building connections and supporting each other's travel adventures.

Some great specials around at the moment on travels for later this year or even next year as well.

Our Next Meeting will be on August 24 at 3 pm in the RSL Social Area, typically at tables 48 and 49.

PS: Just a friendly reminder, we are not Travel Agents/ Consultants. We won't be booking anything for you, including accommodation, flights, transport, or travel insurance.

However, we're always here to offer guidance and share our travel experiences if you need it.



No Membership required,
just come along on the day.

Best Regards

Roslyn Sanderson
0401078187

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- ✓ Open Mon To Sat For Breakfast And Dinner
- ✓ Sun Fish And Chips On Beach From 5pm - 8pm

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Travelling as a foodie

HOW TO GET THE MOST OUT OF YOUR TRIP PART 1



Calling all food lovers! Are you ready to take your travel experience to the next level? Get ready to eat, explore, and indulge your way through the culinary wonders of the world.

In this ultimate food lover's guide, we will show you how to make the most of your travels by embracing the local cuisine and immersing yourself in the flavours and traditions of different cultures.

From savouring gelato on the streets of Italy to diving into a spicy bowl of pho in Vietnam, each destination has its unique gastronomic delights waiting to be discovered.

Benefits of Combining Food and Travel

Food and travel go hand in hand, offering many benefits for those seeking to explore both. First and foremost, experiencing local cuisine truly allows you to immerse yourself in a destination's culture.

Food is a universal language that transcends boundaries, and by indulging in traditional dishes, you gain a deeper understanding of a place's people, history, and traditions.

Moreover, food is often the gateway to discovering hidden gems and off-the-beaten-path locations. While popular tourist attractions can be

amazing, exploring local markets and street food stalls can lead you to hidden culinary treasures that only the locals know about.

Sampling dishes that are not on the typical tourist menus allows you to have a more authentic and unique travel experience.

Lastly, combining food and travel opens up a world of flavours and tastes that can tantalise your taste buds and create lifelong memories. From spicy curries in India to delicate pastries in France, each destination has its culinary signature.

By venturing out of your comfort zone and trying new dishes, you expand your palate and create a sense of adventure and excitement in your travels.

Researching Food Destinations

Start by identifying the food destinations you are interested in visiting. Are you craving the street food of Southeast Asia or the gourmet restaurants of Europe? Knowing the type of cuisine, you are most interested in will help you narrow down your options.

Research the must-try dishes and local specialties of each place. Look for popular food blogs, travel guides, and online forums where you can find recommendations from fellow food lovers.

It's also worth learning about the cultural and dietary customs of the destinations you plan to visit.

Understanding basic dining etiquette and cultural considerations can help you navigate the local food scene with respect and avoid any unintentional faux pas. For example, in some countries, it may be customary to eat with your hands, while in others, it may be considered rude. Awareness of these nuances will enhance your dining experiences and ensure a memorable and respectful visit.

WHAT ARE YOU WAITING FOR?

BON APPETIT and safe travels!



VOCAL WORKSHOP



with Sue Wighton

Come along to Sue Wighton's vocal workshop and she'll help you find your voice!

About The Event

FIND YOUR VOICE Ever wished you could sing? Should you sing?

Did Mrs Beris Bloodworthy – your choir teacher in Grade Four – say you were tone deaf? Did she banish you from

the choir? Ouch. Well, you CAN sing. And Mrs Bloodworthy was an old biddy. Come along to Sue Wighton's vocal workshop and she'll help you find your voice!

There'll be a bit of breathing (otherwise we all die, right?). There'll be some fun vocal exercises (think burpees for the voice) and some general mucking about and jumping up and down, singing songs and making sounds together.

*You will be vocalising in the key of FUN!
Take that Mrs B!*

About Sue

Sue Wighton is a well-known Brisbane singer and songwriter – across a range of genres from jazz to folk.

She's recorded her own albums and regularly gigs around town at The Bug in New Farm, acoustic festivals and the Brisbane Jazz Club.

TIME & LOCATION

23 Aug 2025, 10:30 am – 12:00 pm
Bribie Island Community Arts Centre, 191 Sunderland Dr,
Banksia Beach QLD 4507, Australia

REGISTER

Send an email to: s.wighton@optusnet.com.au with 'vocal workshop' in the subject line to bookmark your place.

FEE: \$25

BRISBANE CRUISES

The Difference Between A Good Cruise & A Great Cruise'

BRIBIE ISLAND LUNCH CRUISE 2025

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

Buy a GIFT CARD or BOOK Online now at
www.brisbanecruises.com.au

Price Includes BBQ lunch and cruise

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

2025 DATES:

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



THE LIONS CLUB OF BRIBIE ISLAND

COMMUNITY CHEST/MELBOURNE CUP RAFFLE

For over 50 years, the Lions Club of Bribie Island has been a dedicated presence in the Bribie and surrounding communities, committed to serving those in need. We offer a wide range of ongoing projects, including:

- Annual Camp Quality Picnic Day for Children's Cancer
- Annual Free Senior Christmas Lunch
- Youth of the Year program
- Children of Courage awards
- Clean Up Australia efforts
- Hearing tests for primary school children
- Yearly presentation of soft toys to preppies in Bribie schools
- Collection of used eyeglasses
- Recycling initiatives
- Maintenance of the Memorial Gardens on 1st Avenue in Woorim
- Monthly market at Tintookie Park Woorim
- Various forms of community assistance, including support for emergency services

This raffle, functioning as a Community Chest, presents a unique opportunity for the residents of Bribie Island, Sandstone Point, and Ningi to unite for a common cause.

All proceeds will be reinvested back into the community, benefiting us all. We are selling tickets at various locations on Bribie Island, including Woolworths Bribie Central and Mitre 10.

Look out for the Lions at work.

The Lions Club of Bribie Island is a beacon of service and dedication, always ready to lend a helping hand.

WE SERVE.



THE LIONS CLUB OF BRIBIE ISLAND

Melbourne Cruise & Flights ex. Sydney with Carnival Cruises

Brisbane / Sydney / Melbourne / Sydney / Brisbane

Entry to Cup and seating in the Garden Stand



\$5

Major Sponsors



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Claire Attley 0413 469 993
Kris Burley 0431 798 082



Drawn October 11th at 12 noon
Lions Markets Tintookie Park, Woorim

VOICES CHORAL GROUP
PRESENTS

THE MAGIC OF

Musicals

Sat. 13th & Sun 14th September
1.30pm Bribie Community Hall
Arcadia Ave WOORIM

Tickets on sale at: **THE INK SHOP** (cash only)
Warana Ave Bellara
Or online

\$22.00

www.voicesbribie.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



CHRISTMAS in July



GIFTS FOR CHRISTMAS IN JULY ??? REALLY ???

Kathy Vincent

Don't be ridiculous, we don't give gifts for Christmas in July; it is difficult enough on the 25th of December! But wait, let me explain. Pumicestone Passage Probus hosted a heartwarming Christmas in July Lunch at the Jetty, Bribie Island.

The food was a delight, the service was top-notch, and the company was as lively as ever. So, why were everyone taking a bag of goodies for lunch if we don't give gifts for Christmas in July? What was in those bags, and who were they for?

The bags were filled with a diverse range of items-jigsaws, puzzle books, colouring books, crayons, pens, storybooks, baby toys, cuddly

knitted people, toilet bags, cosmetics, and much more. The question remains, why?

Let me shed some light on this.

Bright Bags is a wonderful charity. Bright Bags provides three different bags to vulnerable children upon request by government departments, foster care service organisations, and schools.

- Essential Bag
- Hygiene bag
- Birthday bag



They provide for newborns to 17-year-olds, solely funded by the community.

We rely on the kindness of our supporters, like you, to ensure that our local children are helped in their time of need. Your support is invaluable and makes a real difference.

It is a wonderful thing to do to give a little something special to all the children taken into care, from babies to teenagers.

Perhaps you would like to contribute too? If so, contact: -

raedels@gmail.com

Chang's Marinated Steak

Tender marinated steak served warm over greens or rice — a comforting, shareable meal perfect for family dinners.

Ingredients - 4 Serves

- 1kg of your favourite cut of steak, cut to 3-4 cm thick
- 1 bunch asparagus
- 1 ¼ cups extra virgin olive oil
- 4 cloves garlic, crushed or grated
- 1 thumb ginger, grated
- Finely grated zest of half a lemon
- ½ – 1 medium chilli, finely chopped (optional)
- ½ cup finely chopped coriander
- ½ cup Chang's Original Oyster Sauce
- ¼ cup lemon juice
- 1 tbsp Chang's Sesame Oil

Method

Brush the steak with a little of the olive oil and cook over medium heat on a BBQ, char grill or frying pan, turning once or just a couple of times. When the steak is half cooked, add the asparagus to the hot plate. For the warm marinade, place a heavy metal baking dish just big enough to hold the steak on a flame and when hot, add a tablespoon of the oil, the garlic, ginger and chilli if using.

Cook for 30 seconds then add the lemon zest and juice, oyster sauce, coriander and the remaining olive oil. Remove from heat and add the sesame oil. Place the steak and asparagus in the warm marinade and cover with a clean tea towel or very loosely with foil. Rest for five minutes then turn steak over and rest for another five minutes. Slice steak against the grain and serve with warm marinade spooned over and asparagus.



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



Horoscope

If you want to upgrade your life this is the week for you! Kickstarting with the Full Moon in Aquarius, there's no better time to release any tired old patterns and replace them with exciting new options. Be on the look-out for intriguing possibilities - the Moon's light shines on the curious and the innovative. Breakthroughs are possible. And with Mercury (communication) moving forwards in Leo, creative, playful ideas will abound. It's a chance to honour unfulfilled dreams and desires. For your latest forecasts visit ozfree.cainer.com

SAGITTARIUS (Nov 23 - Dec 21)



Humans are experts at overcomplicating things. Which is why we often find ourselves involved in seemingly impossible scenarios. Ruled by wise Jupiter, you have a strong sense of justice, and it's been provoked by a situation in which an obvious wrong has been committed. If the obstacles standing in your way seem to grow in size this week, don't be daunted. The Full Moon highlights an innovative way to deal with someone who's doing their best to stop you in your tracks. If you persevere, justice will prevail.

PISCES (Feb 20 - Mar20)



When you've set your mind on getting something done, you'll seize hold of any opportunity to achieve it. But sometimes, when we've got a specific target in sight, we can overlook the simplest route towards reaching it. Like a tennis player who's preparing for an important match, you're ready to give something everything you've got. Yet if you stop and appraise the situation, you'll see the person on the other side of the net isn't as capable as you think. Victory is within easy reach this week. You've got all the skills you need.

GEMINI (May 22 - Jun 22)



When life's rumbling along in a satisfying way, if only things would stay the way they are. But they don't. Circumstances contrive to force us to make choices. And you've got an important one to make this week. Yet your options will turn out to be less mutually exclusive than they seem. Choosing to head in one direction won't necessarily mean losing the other. Although compromises can be challenging, your ruler's forward movement makes it easier. So, stop worrying. If you allow events to unfold, you'll be happy with your decisions.

VIRGO (Aug 24 - Sept 23)



The Full Moon in Aquarius highlights an aspect of your world that's going very well. But it's impossible to assess how well something's going when you're unsure of how, exactly, you want it to work out. The good news is that this week, your ruler turning direct brings insight that enables you to clarify your goals. This journey isn't going to be bump-free. There are bound to be uncomfortable moments. But once you're sure about what you want, you'll feel more motivated. And confident too, about how to get to your destination.

CAPRICORN (Dec 22 - Jan 20)



Suppose in a dream you went to heaven and plucked a strange and beautiful flower? And suppose, when you woke up, you had that flower in your hand? This idea, which comes from a Coleridge poem, describes what your week ahead has in store. With the Full Moon in Aquarius, expect to be dealing with unresolvable dilemmas and paradoxes. Yet there's a sense too, that something exciting lies ahead. If you let go of your desire to understand everything that's happening, and stay open-minded, you'll love what unfolds.

ARIES (Mar 21 - Apr 20)



Don't you have the right to lead a gratifying and comfortable life? Have you unintentionally done something which has annoyed the celestial helpers so that they're focusing on other people and leaving you to cope on your own? This might sound like a nonsensical idea. Yet somewhere, you're blaming your current problem on forces beyond your control. The Aquarian Full Moon has a clear message for you. If you shake off those negative thoughts and put your best foot forward, the happy ending you're hoping for is within reach.

CANCER (Jun 23 - Jul 23)



'I hope you don't mind that I put down in words, how wonderful life is, while you're in the world.' Elton John's lyrics delightfully describe how the people we love can make us feel. So, is there love on your horizon this week? Well, with Venus in your sign, and your ruler, the Moon, reaching the height of its powers in Aquarius, all your relationships are due for a revitalising energy boost. It might not be of a romantic nature. But heartfelt, honest affirmations and signs of appreciation will make you feel like singing.

LIBRA (Sept24 - Oct23)



Although the presence of power planet Mars in your sign is energising, it's also highlighting all the issues you've been putting off sorting out. There's so much going on that every second feels precious. The kettle seems to be taking too long to boil. And if you find yourself having to wait in a queue, you're more impatient than usual. But these telltale signs are helpful. This week, as Mercury changes direction and moves forward, you'll find it much easier to make decisions. Once your priorities are sorted, you'll be on fire!

AQUARIUS (Jan21 - Feb 19)



Sentimentality, whether it's for people or objects, makes life more complicated. Sometimes, it causes us to put too much effort into maintaining a relationship or achieving a goal. You're convinced that someone deserves your forgiveness. And, as you go out of your way to make them happy, you're overlooking (or making excuses) for their behaviour. Which means you're neglecting your own wellbeing. Luckily, the Moon, which reaches the height of its power in your sign, reminds you of the importance of self-care and self-respect.

TAURUS (Apr 21 - May 21)



You know the saying: 'If at first you don't succeed... give up. Get back under the duvet. Blame your lack of progress on other people'. OK. So, that's not the version we're all familiar with. But it's a feeling we all recognise. You've faced so many obstacles, it's no wonder you feel like throwing in the towel and letting something go. Yet the barrier you're up against is flimsy. If you push against it, you'll find yourself in a new position, with a very different view of the path ahead. Give a challenge another go this week. You've got this.

LEO (Jul 24 - Aug 23)



A sports commentator's job isn't easy. They need to stay focused on the action, have the knowledge to provide the audience with interesting intel, and sound excited when they don't care who's going to win. And if there's no action, they still need to keep people interested. If you find yourself having to talk up an ordinary event in order to raise someone's interest this week, you'll manage with style. Mercury, planet of communication, is turning direct in your sign. You'll easily be able to drum up the interest and support you need.

SCORPIO (Oct 24 - Nov 22)



This week, the Full Moon in Aquarius opens up a set of intriguing possibilities. Although they might not be new, under this aura of innovation you've got the insight to look at old options under a different light. Recently, you've been obliged to set aside a project that meant a great deal to you. Aided by Mercury, which is turning direct, you'll realise that as time has passed, you've gained knowledge that will help you move your plan forwards. Now, you're perfectly positioned to take positive steps towards achieving your goal.

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

CRUISING ABOARD EXPLORA II

A new era in ocean luxury

By Jacinta Blundell - Photos: by Brad Blundel

There's a new name making waves in luxury cruising – and if you haven't heard of Explora Journeys yet, allow me to introduce you to your next ocean escape.

Part of the MSC Group and still family owned, Explora Journeys has set out to redefine luxury at sea, combining the refinement of a private yacht with the sophistication of a boutique resort.

We recently had the pleasure of sailing aboard Explora II, and let me tell you, this is not just a cruise. It's a journey in every sense of the word. From the moment we stepped aboard, the attention to detail was apparent.

The oceanfront suites – every single one with a private terrace with day bed – felt more like a luxurious apartment than a cruise cabin. Think walk-in wardrobes with LED-lit makeup areas, heated bathroom floors with individual suite controls, and thoughtful touches such as glass-top drawers so you'll never lose sight of what you've packed (even if you're vertically challenged, like me!).

What truly elevated the experience was the in-suite attendant, who seemed to anticipate our every need before we even voiced it – offering the kind of personalised, intuitive service that made the suite feel like home.

Dining on board is a curated experience. There's no main dining room. Instead, four diverse, included restaurants offer themed culinary adventures from French to Pan-Asian, each crafted with precision. The Emporium Marketplace offers made-to-order casual fare all day.

For those wanting to elevate the evening, Anthology is a true fine-dining experience featuring globally renowned guest chefs and optional wine pairing (for a small surcharge).





FOOD, WINE & ISLAND TIMES



Let's not forget the drool-worthy afternoon tea, the artisanal gelato or the endless café nibbles – plus, unlimited premium beverages, including Moët as the house pour.



What stood out most on board Explora II is the luxury of space. With fewer than 900 guests and four pool areas (including an adults-only oasis), five separated heated whirlpools and scattered daybeds and cabanas, it was rare to have someone seated next to you.



Whether you're lounging poolside, enjoying a moment of tranquillity in the Thermal Wellness Spa (yes, there's even a salt cave!) or indulging in a personalised treatment by one of the expert therapists, it's all designed to relax and restore.

Entertainment on board was equally impressive. Many smaller luxury ships stick to a single nightly show. But our Explora II experience catered to every schedule, with two evening performances and live music flowing through various lounges into the night.

We even discovered our first pool table at sea – a surprisingly delightful and fun touch.

Fitness enthusiasts will be thrilled, too. Not only does the ship feature the first Pilates reformers I've seen at sea, but there's also an outdoor fitness space with bikes, rowers and equipment.

And yes, there is a kids' zone for the younger members of the family.

With daily programming that spans art and culinary classes, luminary guest speakers and trivia, there's always something to engage, inspire or simply enjoy. Explora II isn't just another luxury ship. It's an entirely new way to see the world.

And as someone who's experienced it first-hand, I would be thrilled to help you plan your own journey with Explora Journeys.

SAVE THE DATE!

Ocean & River Cruise Showcase



Wednesday 1st October 2025

**Pacific Harbour
Country Club**

**Trust me, you'll be counting down the days
until your next voyage**

**Are you ready to take on the adventure?
We would love to talk to you!**

**CABOOLTURE
CRUISE & TRAVEL**
EXPLORE THE WORLD ONE CONTINENT AT A TIME

Shop 3/75 King Street,
Caboolture
(07) 5495 5833
sales@caboolturetravel.com.au

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Helloworld Buderim
Shop 3 / 19 Main Street,
Buderim
(07) 5445 4022
buderim@helloworld.com.au

**'One Team, Two Locations,
Endless Possibilities!'**

Boost your mental and physical well-being

through dragon boat racing!



Dragon boat racing is more than just a thrilling water sport; it is a unique team-building activity that offers heaps of benefits for both corporate and social teams.

The sport is environmentally friendly and local dragon boaters regularly spot dugongs, turtles and dolphins.

Steeped in tradition, with its origins dating back over 2,000 years to ancient China the sport embraces its rich cultural heritage with boats decked out with dragon heads, tails and drum.

If you have been thinking about giving dragon boat a try – getting a team together for DragonFest 2025 is the perfect opportunity!

There are no superstars in a dragon boat; it's all about paddling in unison.

Gather your friends, family, workmates or gym buddies – it's time to get your team together and join a day full of excitement, community spirit and paddle-powered action at Pumicestone DragonFest!

Thrills on the Water:

Feel the rush as you paddle in unison, gliding through the beautiful Pumicestone Passage.

Fitness & Fun:

Get fit while having fun with an awesome crew who cheer you on every stroke of the way.

Exciting Opportunities:

Grab 10 friends, colleagues or family members to make up a team.

No experience? No worries!

We'll teach you everything you need to know. DragonFest is the perfect way to dip your paddle in the water and see what dragon boating is all about.

3 Reasons to Sign up for DragonFest

The sport provides a fun and engaging way to break down barriers, improve team dynamics, and foster a sense of community.

1. Accessibility:

Dragon boat racing is suitable for all ages and fitness levels, making it an inclusive activity where everyone can participate.

2. Unique Experience:

The novelty and excitement of dragon boat racing provide a memorable experience that sets it apart from typical team-building exercises.

3. Team Achievement:

The sense of accomplishment from working together toward a common goal of getting to the finish line enhances team morale and is a powerful motivator – especially when you walk away with a trophy!



Health Professional Challenge

A new category in **DragonFest 2025** is the Health Professionals Challenge with Bribie Doctors being the first entrants.

Wamuran Doctors following hot on their heels to register!
The poem (to the right) was penned by Louise Buckley on behalf of the Bribie Doctors team.

Pumicestone Dragon Fest takes place on Sunday, 14 September, on Bribie Island.

Registration is essential.

The cost is \$35 per person and includes pre-event training sessions, led by nationally accredited coaches and sweeps.

Teams consist of 10 paddlers, a drummer and a steer provided by the host club, Dragon Boat Pumicestone.

To register your interest or for more details contact:
dragonboatpumicestone@gmail.com or call **0418 898082**

*We hear there is a DragonFest,
And thought we should apply,
We don't really know what's involved
But we're going to give it a try.*

*The Bribie Doctors team of staff
Will have some fun, we like to laugh
There's Drs, Nurses and Receptionists too,
Come and see what we can do!*

*A day of funout in the sun,
At Pumicestone Dragonfest,
The team from Bribie Doctors
Just aim to do our best.*

*A trophy would be lovely
We'd have something to show
For all our efforts in the boat
The first time we had a go.*

VERY FIRST ROAD & BRIDGE ON BRIBIE



.....100 YEARS AGO

Bribie Island began as a *Company Town* when the **Brisbane Tug Co.** leased land and built a Jetty at Bongaree in 1912 to start the first island holiday destination. A new steamship named **KOOPA** came from UK to start excursion trips from Brisbane to Bribie via Redcliffe.

The Company built most of the early Bribie buildings and provided water, telephone and basic accommodation services. This enabled ordinary working people to go on a holiday for the first time as Bribie was a cheap island destination, offering free camping and abundant fishing.

It also had the closest surf beach to Brisbane, long before the Gold Coast was accessible, but it was more than 10 years before the first road was built from the Jetty to the Ocean Surf Beach.

In 1923 a Tug Company leased a strip of land across the island for the very first basic road from the Bongaree Jetty to Ocean beach which would initially be named Campbell Avenue.

Bill Shirley had come from Ireland to Australia in 1900 and served with the Australian Army Engineers in World War 1.

After the War he started a contracting business in Brisbane and in 1923 the Brisbane Tug Co. engaged him to clear the bush track for the first road from Bongaree to Woorim. Leaving his young family in Brisbane he came to Bribie and camped with his field team as the clearing progressed.



Today it is hard to imagine the complete isolation of Bribie 100 years ago and building a road before there were even any cars on the island.

One day Bill Shirley received news that his daughter had been rushed to Brisbane hospital with appendicitis, so he set out to be with her and walked to Caboolture and caught a train to Brisbane.

When the bush track to the Ocean Beach was cleared the Tug Co. contracted Blake Bros, road builders, to construct the road.

They constructed a basic straight dirt road



Barry Clark - Bribie Island Historical Society

from the Jetty to Woorim which had toll gates for Bill Shirley to charge for the use of it, and he initially used construction trucks as the first basic bus service.

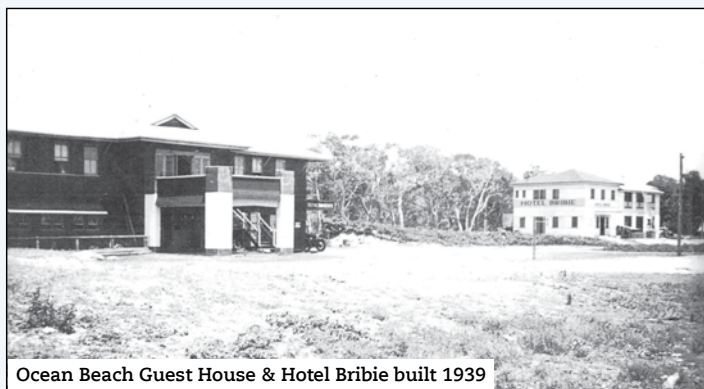
The State Government then offered the first land for sale at Woorim of which it was said

"Some of the large portions adjoining the new road near the Ocean brought bids up 500 pounds and conditions of sale were to be a lease in perpetuity with the annual rent equal to 3% on the capital value bid at auction, subject to appraisal every fifteen years to the satisfaction of the Minister of a value of not less than twenty-five pounds."

The first years' rent, survey fee and stamp duty had to be paid at the time of sale, and the higher priced sections were purchased with a view to building a residential hotel, which no doubt would be the making of Bribie Ocean Beach.

However, the Shire of Caboolture had a 'No license clause' in force which applied to Bribie Island and the only alcohol available was on the Company's Steamship Koopa.

Thirteen years later in 1937 Thomas Welsby was a resident of Bribie and wrote about the lack of alcohol which eventually led to elimination of the 'No license clause' enabling the building of the **Hotel Bribie** at Woorim in 1939, close to the **Ocean Beach Guest House**.



Ocean Beach Guest House & Hotel Bribie built 1939

FIRST COTTAGES WOORIM

The Beerburrum Soldier Settlements were established after World War 1 in 1918 to provide land, homes and work for soldiers returning from the War. They struggled to survive and after several years of drought and poor crops it was abandoned.

In 1927 fifteen of the original settlement cottages were relocated to Woorim for sale on land north of the road and near the Beach.

The house and land sale took place at the Brisbane Lands Office but as the rate revenue would be very small the Shire had not built an access road to the cottages, which were placed in clearings at intervals where bush fires would be a threat.

The land and cottages did not sell so the Department later arranged Bill Shirley to clear an access road behind the sand dunes, and in return for this work he was given a couple of the cottages.

Bill Shirley saw the huge future potential for Bribie and decided to stay on the island and bring his family from Brisbane. He operated the first bus service on the Ocean beach Toll Road, and as a contractor he cut and transported Cyprus Pine tree poles to extend and repair the jetty.

He became a House & Land Agent and assisted by his wife and two daughters was proprietor of a new Ocean Beach Guest House.

FIRST HONORARY COUNCILLOR

Within a few years Bill Shirley and his family became an integral part of the emerging commercial success of the new tourist destination of Bribie Island.

In 1933 he was appointed as the first honorary Councillor on the Caboolture Shire Council representing the resident Bribie population of less than 200 people. However, with regular Steamship excursions bringing many thousands of people every week, the holiday population of Bribie was often greater than the entire population of Caboolture Shire.

He attended a monthly meeting in Caboolture which took three days. He caught the steamship from Bribie to Brisbane, spent the night in a hotel, caught a train the next morning to Caboolture, attended the meeting, then returned by train to Brisbane.

He spent another night in a Brisbane then returned on the steamship the next morning arriving at Bongaree after lunch. Some years later he went by motorboat across Deception Bay and up the Caboolture River.

Bill Shirley worked in an honorary capacity, with no payment other than his travel costs. He is remembered in the name of **Shirley Creek** on Welsby Parade near the Caravan Park, and the original small wooden **Shirley Creek Bridge** which was the very first item of Council infrastructure he had built on the island and opened in 1935 to replace a single plank walkway. This opened up possible development north of the previous limit of Shirley Creek.



Shirley Creek Bridge opened 1935

The large Ocean Beach Guest House was relocated and extended from eroding sand dunes by 1930 and occupied by the military during WW2, but was completely destroyed by fire in 1947. After World War 2 Bill Shirley sold most of his interests on Bribie Island and retired to Scarborough.

More than 70 years later I brought his daughter Dorothy Shirley back to Bribie for a reunion with two other girls who had all been together at school on Bribie back in the 1930's. So many wonderful memories.

MORE BRIBIE HISTORY

Historical Society meetings are on the second Wednesday of each month at 6:30pm at the RSL Club and visitors are always welcome.

See more stories & photos of Bribie history on Web site bribiehistoricalsociety.org.au and Blog <http://bribieislandhistory.blogspot.com> or contact us on bribiehistoricalsociety@gmail.com

IF YOU WANT GOOD SURFING, FISHING AND FIRST-CLASS ACCOMMODATION

SHIRLEY'S OCEAN BEACH GUEST HOUSE
BRIBIE ISLAND
(Miss Dorothy Shirley, Proprietress)
WILL SATISFY YOUR REQUIREMENTS

Build on modern lines. Running Water in all rooms
Hot and cold Showers. Septic System and rated
for Cuisine. "A holiday spent at the "Ocean
Beach" is a holiday worth while

PHONE : BRIBIE ISLAND 8

FOR COTTAGES AND FLATS
BOATS FOR HIRE Consult... **W. SHIRLEY**
JETTY OFFICE or "OCEAN BEACH." BRIBIE IS.

Isobel Marion Dorothea Mackellar

By Al Finegan

My Country

The love of field and coppice,
Of green and shaded lanes.
Of ordered woods and gardens
Is running in your veins,
Strong love of grey-blue distance
Brown streams and soft dim skies
I know but cannot share it,
My love is otherwise.

I love a sunburnt country,
A land of sweeping plains,
Of ragged mountain ranges,
Of droughts and flooding rains.
I love her far horizons,
I love her jewel-sea,
Her beauty and her terror –
The wide brown land for me!

A stark white ring-barked forest
All tragic to the moon,
The sapphire-misted mountains,
The hot gold hush of noon.
Green tangle of the brushes,
Where lithe lianas coil,
And orchids deck the tree-tops
And ferns the warm dark soil.

Core of my heart, my country!
Her pitiless blue sky,
When sick at heart, around us,
We see the cattle die –
But then the grey clouds gather,
And we can bless again
The drumming of an army,
The steady, soaking rain.

Core of my heart, my country!
Land of the Rainbow Gold,
For flood and fire and famine,
She pays us back threefold –
Over the thirsty paddocks,
Watch, after many days,
The filmy veil of greenness
That thickens as we gaze.

An opal-hearted country,
A wilful, lavish land –
All you who have not loved her,
You will not understand –
Though earth holds many splendours,
Wherever I may die,
I know to what brown country
My homing thoughts will fly.

Dorothea became a national figure after she wrote *My Country*

"I love a sunburnt country,
A land of sweeping plains
Of ragged mountain ranges
Of droughts and flooding rains"



These evocative words are from one of Australia's most quoted poems. They are from the second verse of *My country* written by a homesick young Australian, Dorothea Mackellar in about 1904, at just 19 years of age. Dorothea's iconic verse is now regarded by many Australians as the universal statement of our nation's connection to the land.

The poem was first published in the *London Spectator* on 5 September 1908, titled as "Core of My Heart". It reappeared several times in Australia before being included as "My Country" in her first book, "The Closed Door and Other Verses" published in Melbourne in 1911. This famous poem is believed to have been directly inspired by Dorothea's experience of life on the land, and her love of the Allyn River district, NSW.

Dorothea was a third generation Australian. Her Grandparents arrived in

Sydney, from Scotland, on the 21st May 1839. She was born on 1st July 1885 at her parents' home, "Dunara", on Point Piper in Sydney. Dorothea was one of four children born to Doctor Charles Mackellar and his wife Marion, formerly Marion Buckland. Charles was a doctor registered with the NSW government medical board. He also worked as a politician and businessman. Dorothea had three brothers. Keith and Eric were older than Dorothea, and Malcolm was younger. She was baptised Isobel Marion Dorothea Mackellar on 8th August 1885, at All Saints, Woollahra.



Dorothea (front right) with her family at Dunara.

From 1898 to 1901, the Mackellars owned Torryburn station, near East Gresford in the Hunter Valley of NSW. It was one of the region's driest times. In later life she recalled the young Dorothea's heartbreak of watching the daily struggle of animals and vegetation desperately trying to survive the drought. She also recalled the joy the family experienced as they witnessed the breaking of the drought and how, after the rain, the grass began to shoot across the

parched, cracked soil of the paddocks. She often told the story of how, when after the drought was broken, she danced barefoot in the rain, and was enthralled at the sight of a mist of green grass that began to appear across the paddocks. She also said many times throughout her life that one of her best memories was watching from the veranda as the land to the horizon turned green before her eyes.

Her youth was protected and highly civilized. She moved easily between the society of Sydney's intellectual and administrative elite, life on her family's country properties, and among their friends in London. She resented the tendency of acquaintances in her youth to discredit Australia, and to refer to England as "Home". As a young girl, Dorothea was clearly aware of the variety and beauty presented by the Australian landscape. The majority of her poetry has taken its imagery from her love of the natural Australian scenery.

Her education consisted of private tuition at home until she attended lectures at the Sydney University. Her home schooling was very informal with respect to subject matter. Dorothea was given special tuition in painting, fencing, and languages.

Travelling overseas to countries such as England, Europe, America and the East, with her family, was also considered part of her education. Due to this exposure to different cultures, she became fluent in many languages, including French, Spanish, German and Italian. Frequent visits to theatres, galleries and museums added to her knowledge of the Arts. Later when she travelled overseas with her father, she assisted him as an interpreter.

Dorothea began writing while quite young and surprised her family when magazines not only published, but paid for her verses and prose pieces. On 5th September 1908 her poem, "Core of My Heart", reappeared several times in Australia before being included as "My Country" in her first book, "The Closed Door, and Other Verses" printed in Melbourne in 1911. She published "The Witch-Maid, and Other Verses" in 1914 and two more volumes of verse in 1923 and 1926. She was also a talented novelist, publishing "Outlaw's Luck" in London in 1913, a story set in Argentina. With Ruth Bedford, her childhood friend, she wrote two other novels in 1912 and 1914. During World War I, as a result of its frequent inclusion in various anthologies, "My Country" became one of the best-known Australian poems, appealing to the sense of patriotism fostered by the war and post-war nationalism.

Photographs of Dorothea in her twenties show her to have been then an ideal image of the Australian girl, pretty, sensitive, and fashionable. She was said to be a strong swimmer, a keen judge of horses and dogs.

Her verse shows that she was cultivated and spirited, her novels that she was hopelessly romantic.

The Dreamer

*Over the crest of the Hill of Sleep,
Over the plain where the mists lie deep,
Into a country of wondrous things,
Enter we dreaming, and know we're kings.*

*Murmur or roar as it may, the stream
Laughs to the youngster who dreams his dream.
Leave him alone till his fool's heart breaks:
Dreams all are real till the dreamer wakes!*

Between 1911 and 1914 she was twice engaged. The first engagement she broke because the man was over-protective. The second lapsed through misunderstanding and lack of communication after the outbreak of war. Her writing, once the product of youthful passions and enthusiasms, became increasingly souvenirs of travel or dependent on nature for inspiration. She was unable to write of her disappointment in love except in powerful translations from little-known Spanish and German poets.

Henry Mackenzie Green, a noted Australian journalist, librarian and literary historian described her as a "lyrist of colour and light", in love with the Australian landscape. She, "... never professed to be a poet. I have written from the heart, from imagination, from experience - some amount of verse".

Privileged and unusual, she was also typical of many Australian women of her generation in the contrast between the inspired vigour of her youth and the atrophy of her talent and vitality through lack of use.



Dorothea loved acting. With her friend Ruth Bedford, together, they would act out the stories and characters that they developed. They would drive to a quiet bush setting around Sydney, where they could play act out their many imagined characters.

Politics became a long-term interest. After 1902, women could vote in the NSW state elections on equal terms with men. Her diaries record her interest and concerns of that period, in particular, the discussion on the need for conscription in the lead up to World War I.

Throughout her life, despite her "loathing all restrictions and meetings", she maintained an active interest in the community, politics and the arts. She was appointed honorary treasurer of the Bush Book Club of New South Wales.

During the 1920's, Dorothea helped Ruth to establish a Zonta Club in Sydney. Later, in 1931 she assisted with the establishment of the Sydney Publishers, Editors and Novelist Club (PEN). The PEN Sydney branch became part of the international organisation dedicated to defending freedom of expression on behalf of writers silenced by persecution or imprisonment.

She always maintained a deep concern for her family's needs. Family country properties in the Hunter Valley, and near Gunnedah, were places she loved to visit. The rural communities respected and always considered the Mackellar family to be generous to local needs.

Dorothea was a proficient horsewoman and was proud of her ability to ride side-saddle, even in the rough country terrain. There were many domestic responsibilities for her to consider. She helped her mother in the home and often accompanied her father to various charity functions.

She became responsible for her ageing parents and apparently wrote little after her father's death in 1926. Her mother died in 1933 and Dorothea, "... a not particularly robust dormouse", was frequently in poor health, spending ten years in a Randwick nursing home. Yet she outlived her younger brother and after her mother died in 1933, Dorothea moved to Cintra, a neat, late 19th century two-storey home at 155 Darling Point Rd, Darling Point.

In the New Year's Day Honours list of 1968, Miss Isobel Marion Dorothea Mackellar was appointed an Officer of the "Order of the British Empire" for her contribution to Australian Literature. Fourteen days later, she died after suffering an extended period of ill health. She was eighty-two years old.

Dorothea never married. Maybe she never found that special someone.

After a service at St Mark's Anglican Church, Darling Point, she was cremated, and her ashes laid in the family vault in Waverley cemetery. At her funeral service, at her request, one of her favourite poems, "Colour", was read.

Colour

*The lovely things that I have watched unthinking,
Unknowing, day by day,
That their soft dyes have steeped my soul in colour
That will not pass away -*

*Great saffron sunset clouds, and larkspur mountains,
And fenceless miles of plain,
And hillsides golden-green in that unearthly
Clear shining after rain;*

*And nights of blue and pearl, and long smooth beaches,
Yellow as sunburnt wheat,
Edged with a line of foam that creams and hisses,
Enticing weary feet.*

*Thanks be to God, Who gave this gift of colour,
Which who shall seek shall find;
Thanks be to God, Who gives me strength to hold it,
Though I were stricken blind.*

SPORTS PAGES

**BRIBIE 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 Russel, 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 Maplettoft

O of H winner: P Gee, L Tebbutt, A Riley, D Gilbert

BONGAREE BOWLS RESULTS**Bongaree Bowls Club Results 18/7/2025 to 31/7/2025****Results of Friday 2-4-2 18/7/2025****Results of Saturday Scroungers 19/7/2025**

1st. Sheena Bath. 2nd. Glen Colledge. 3rd. Peter Blake

Results of Tuesday Turkey pairs 22/7/2025

Winners: Maureen and Richie Ferguson

R/Up: Jacque Murdoch, Ken Kajewski

Bonus Draw: Jackpot

Results of Wednesday Fours 23/7/2025

Winners: Trish Paskin, Pat Warwick, Clare O'Donohue, Di Drew

R/Up: Bill Wilkens, T Bone, Anthony Gordon, Jimmy Parker

Results of Thursday Jackpot Pairs 24/7/2025

Winners: Mike and Judy Hansen

R/Up: John Bell, Peter Blake

Results of Friday Paddle Pop Draw 25/7/2025

Winners: Bob Vonarx, Leonie Timmerman, Adrian Taylor

R/Up: Gaynor Johnson, Narelle Pender, Mick Holz

Thank you to the Sponsor of the day: Bongaree Boutique (Secondhand Clothing)

Monthly Shopper Docket
Winner: John Morrison

Results of Saturday Scroungers 26/7/2025

1st: Steve Patching. 2nd: Yuki King. 3rd: Trevor Mallouk

Results of Tuesday Turkey Pairs 29/7/2025

Winners: Victor Wright, John Miller

R/Up: Ken Kajewski, Jacque Murdoch

Bonus Draw: Jackpot

Results of Wednesday Fours**30/7/2025**

Winners: Sandra Scott, Frank Levey, Robert Johnson, Di Drew
R/Up: Yuki King, Paul Kruger, Jaarpung Blundell, Tim Carlton

Results of Thursday Jackpot Pairs 31/7/2025

Winners: Richie Ferguson, Neil Smith

R/Up: Ian Paterson, Graham Symonds, Richard Harvey

Our club challenge Australia versus the rest of the World. A fun social day where Aussie born members play off against members born in other countries. Lots of fun.

Sponsored by Wilson & Co Real Estate.

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

BRIBIE ISLAND WOMEN'S GOLF

22 July 2025 to 31 July 2025

22/07/25 SINGLE STABLEFORD

DIV 1 WINNER Carol McKenzie
38. 2nd Vicki Jones 36 c/b. 3rd Gill Lee 36
DIV 2 WINNER Angela Jordan
40. 2nd Suzanne Peet 36. 3rd Stina Barnulf 35
NTP Hole 4 Carole Watson.
Hole 7 Charmaine Price. Hole 14 Elizabeth Smyth. Hole 16 2nd shot Suzanne Vallely. Hole 4 (Div 3 2nd shot) Nadia Aylott.

24/07/25 FOURSOMES CHAMPIONSHIP - Sponsor Vernazza Restaurant

GROSS WINNERS Abby Driver & Pauline Grooby 136
Gross Runner Up Di Benghamy & Vicki Jones 141
NETT WINNERS Gill Lee & Rae



GROSS WINNERS Abby & Pauline



GROSS RUNNER UP Di & Vicky

Clarke 114.5
Nett Runner Up Angela Jordan & Vivi Lloyd 117



NET WINNERS Gill & Rae



NET RUNNER UP Angela & Vivi



29/07/25 Winners Maxine & Pauline

29/07/25 4BBB STABLEFORD

WINNERS Maxine Langham & Pauline Smith 45. 2nd Ros Gardiner & Christine Pronk 44. 3rd Vivienne Learoyd & Charmaine Price 43 c/b. 4th Kate Wesener & Carol McKenzie 43
NTP. Hole 4 Ros Gardiner. Hole 7 Carole Watson. Hole 14 Christine Pronk. Hole 16 2nd shot Susan Brown. Hole 4 (Div 3 2nd shot) Stina Barnulf

MORETON BRIBIE BRIDGE CLUB

Sat 19 July.

N/S 1 S Watson & R Sutton
2 D Quinan & D Brady 3 R Medhurst & P Breene
E/W 1 B Pridham & S Hunting-Wynne 2 R Webb & L McLaren 3 D Scown & J Easey

19 July (Handicap)

N/S 1 L Groves & S McCulloch
2 D Quinan & D Brady 3 D Quinan & C McAlister
E/W B Pridham & S Hunting-Wynne 2 R Webb & L McLaren 3 E Hutton & T Avenia

Wed 23 July

N/S 1 C & S Watson 2 D & D Quinan 3 R Webb & L McLaren
E/W J Hays & K Cohen 2 D & G Gibbards 3 D Scown & B Connell

Sat 26 July

Graded Teams: 1 D Quinan team 2 R Deacon team 3 R Medhurst team

Wed 30 July

N/S 1 H Standfast & P Breene
2 H Browne & L Gadsby 3 M & L Dawson
E/W 1 G & S Barnulf 2 L Carr & J Wright 3 J Hays & K Cohen

BICBC: Monday 21 July

N/S 1 B & F Van Dongen 2 P Edis & C McAlister 3 M Arthur & R King
E/W 1 J Lawson & L Groves 2 I Best & B Moxham 3 C Frankcom & K Strickland

Monday 28 July

N/S 1 C Page & J Kennedy 2 D Quinan & M Peart 3 M Arthur & R King
E/W 1 I Best & E Hutton 2 J Day & S McCulloch 3 C Frankcom & K Strickland

The Club welcomes visitors and new players. For information phone Ruth 0417656 693. Lessons and refresher classes available, phone Helen 0427 567 670



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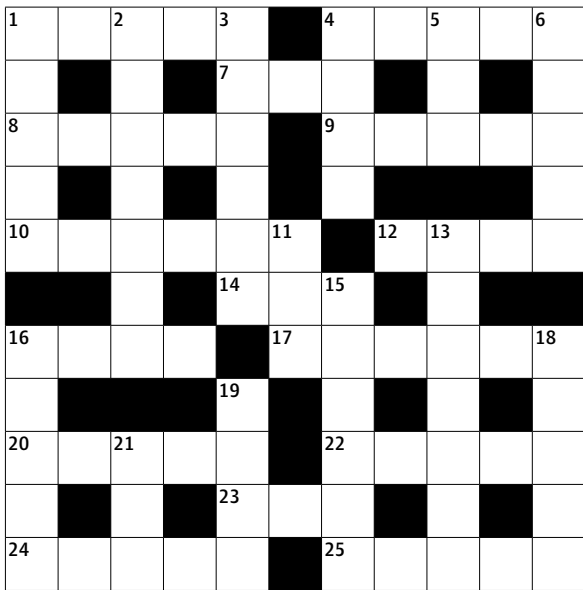
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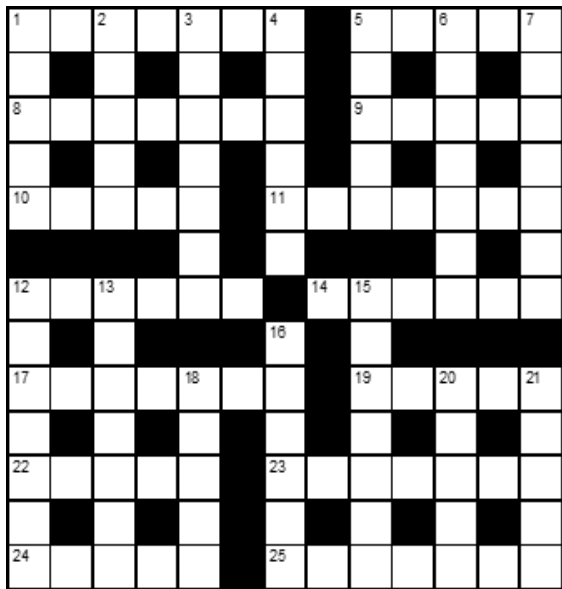
Crosswords - QUICK & CRYPTIC



1 Paddy harbours
boomerangs (5)
4 Neat electric vehicles
reversing (5)
7 Person eagerly holding individual (3)
8 At no time name first lady Queen (5)
9 Outcast people person embraces (5)
10 Aggressive dog: small
number wanting restriction on time
outside (6)
12 Prohibit bold, spiteful remark (4)
14 Hit part of car apparently (3)
16 God going back to city in Egypt (4)
17 Flipping student's error (4-2)
20 Art AI reconstructed
somewhere in church (5)
22 Plant in sea waving (5)
23 Article by new woman (3)
24 Dug revolting material (5)
25 At that point ether
exploded (5)

- 1 Travelling around the speed of sound,
coins melted (5)
- 2 Setback concerning poetry (7)
- 3 Hotel employee in stop or terminus (6)
- 4 Ego of small magical being (4)
- 5 Victoria's python consumed another
snake (3)
- 6 Beat broth wildly (5)
- 11 Lived with a son (3)
- 13 Brief application increase (7)
- 15 Flexible plan - it changed (6)
- 16 Saint with bear (5)
- 18 Groupie celebrated hiding titbit (5)
- 19 Caught sheep pack (4)
- 21 Section of vibrant, entertaining
number (3)

CRYPTIC

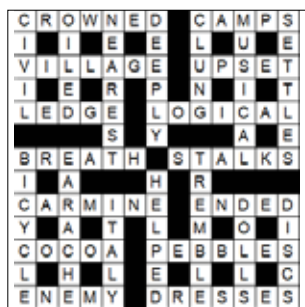


- 1 Hit on the head - with honour (7)
- 5 Temporary addresses, mostly (5)
- 8 All give generously for settlement (7)
- 9 Set up display - bother (5)
- 10 Grizzled General holding a mantel (5)
- 11 I go mad - call support - that's good thinking (7)
- 12 Inspiration has the supporter trained (6)
- 14 Stems chats after Pole is recognised (6)
- 17 Colourful American dropped a bomb (7)
- 19 Finalised in weekend edition (5)
- 22 A warm drink for company repeating a meeting (5)
- 23 Little rocks for Fred and Wilma's daughter (7)
- 24 They are against you, seriously (5)
- 25 Tarts up costumes (7)

- 1 Cordial domestic affairs (5)
- 2 Worked hard without leader, smoothly (5)
- 3 Resent a change close by (7)
- 4 Down - extremely so (6)
- 5 Attached to fancy gun with cool handles (5)
- 6 University head claims programme is harmonious (7)
- 7 Pays amount due for seats (7)
- 12 Economy transport arranged by Cecil (7)
- 13 Audio problem ahead - what a pain (7)
- 15 Shake like a leaf after getting the treble around a magic start (7)
- 16 Gave a hand with notice about Liberal Party leaders (6)
- 18 A typical CPA sacked and upset in Europe (5)
- 20 Sold out and left to play with (5)
- 21 CID's station head breaks records (5)

SOLUTIONS

CRYPTIC
SOLUTION



QUICK
SOLUTION





Sudoku

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

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

SPOT THE 10 DIFFERENCES



FIND A WORD

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

Word list:

BLIZZARD
CLOUD
DEWPOINT
DROUGHT
ECLIPSE
FLOOD
FOG

FROST
GUST
HAIL
HEATWAVE
HURRICANE
LIGHTNING
MIST

OVERCAST
PRESSURE
RAIN
RAINBOW
SLEET
SNOWFLAKE
SNOWSTORM

STORM
STRATUS
THUNDER
TORNADO
TYPHOON
WILDFIRE
WIND



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City of Moreton Bay

ushers in new era of habitat restoration and conservation

- City of Moreton Bay has updated its Land Buy back for Environmental Purposes policy to include a greater focus on restoring properties back to their native vegetation cover
- The voluntary program has secured over 100 hectares of key environmental land and connecting wildlife corridors since it was first implemented in 2020
- The policy supports Council's goals to maintain 42% native vegetation cover and preserve 75% of the city as rural and natural landscapes

City of Moreton Bay is ready to acquire more environmentally significant land for conservation and restoration purposes following a key update to its Land Buyback for Environmental Purposes policy.

Mayor Peter Flannery said the buyback policy now included a greater focus on restoring properties back to their native vegetation cover, as well as broadening the range of acquisition opportunities to more parts of the City across an array of habitats.

"City of Moreton Bay has a huge opportunity to create a progressive city that balances the needs of protecting and enhancing the environment for current and future generations with our requirements to build more homes to reach our growth targets," he said.

"The Land Buyback for Environmental Purposes policy is a voluntary program that has significant success since it was implemented in 2020, securing over 100 hectares of key environmental land and connecting wildlife corridors.

"While its focus has primarily been on conservation, we have now altered the scope to include the opportunity to restore vegetation to native like conditions.

"We have 84 complex regional ecosystem types throughout City of Moreton Bay, some of which are currently threatened.

This update will help us not only preserve our current ecosystems but

grow them and bring them back to native conditions.

"Restoring vegetation and habitats can take up to 15 years so it's important that we have a vision for the future, to ensure that our environment can grow alongside our population in a balanced ecosystem.

"It also supports our goals to maintain 42% native vegetation cover and preserve 75% of the city as rural and natural landscapes.

"We will continue to strategically plan our acquisition program around properties that have significant conservation qualities and add to wildlife corridors, so that our local animals like koalas can move freely around our City."

Work is currently being done to finalise an updated priority acquisition list as part of this update, which will go before Council for endorsement in the coming weeks.

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City of Moreton Bay Council

You may need Council approval before clearing or cutting trees and vegetation on your property. Protecting natural areas and wildlife habitats is important to Council and our communities. Preserving biodiversity is essential for supporting our local wildlife and ecosystems. This helps ensure they will be around for future generations to enjoy.

Before clearing or cutting any vegetation, you should contact Council. A Council officer will assess your property to ensure it can be cleared.

Vegetation clearing and lopping

Lopping a tree means cutting or pruning its branches. This cutting isn't severe enough to kill the tree. It also does not include removing the trunk. Clearing means removing or damaging plants.

This includes:

- cutting trees down
- ring-barking (cutting bark around a tree)
- pushing over or poisoning trees
- burning, flooding, or draining the area
- removing undergrowth or thinning vegetation.

Tree and vegetation regulations

Council's planning scheme and state legislation regulate clearing and lopping on public and private land. This includes local and national parks, as well as habitats for threatened species. It also covers areas of native vegetation and wildlife corridors.

Matters of Local Environment Significance

MLES are environmental areas important at a local level. They're any vegetation with biodiversity, cultural or heritage value. This includes but is not limited to:

- **Habitat trees.** Habitat trees are native trees with large canopies or structural hollows. They provide many native animals with places to live, breed, and seek shelter. Even old or dead trees can be a habitat tree as they can still provide important habitat for wildlife.
- **Koala habitat trees.** A koala habitat tree is a food tree used by koalas. Species common to Moreton Bay include gum, brush box, paperbark, bloodwood and myrtle trees.
- **Non-juvenile koala habitat trees.** A non-juvenile koala habitat tree offers both food and shelter for koalas. These trees help koalas travel through changed or developed areas.

MLES are managed through Council's planning scheme and environmental policies. Council considers these matters in decisions about land use or development. This protects local environmental areas from degradation.

Consult your landscaper to understand what is allowed; they can help you avoid issues and, with their licenses and expertise, ensure the job is done properly.

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THE DO'S & DON'TS OF RE-ROOFING

If you're thinking about re-roofing your home, there's a lot more to consider than just picking a new colour or material. The type of roofing you choose can have a huge impact on the performance, lifespan, and structural integrity of your home. Here's a practical guide to help you navigate the do's and don'ts of re-roofing.

DO CONSIDER WHAT'S ALREADY ON YOUR ROOF

Before making any decisions, take a good look at what's currently on your roof. If you have a metal roof, it's usually best to stick with metal. If your roof is tiled, replacing it with new tiles is typically the safest option.

Why? Because houses are engineered differently depending on the roofing material. Homes built for tiles have stronger, heavier timber frames—often with rafters spaced at 600mm centres—to support the weight. In contrast, homes designed for metal roofing usually have lighter frames, spaced at 900mm centres, but with much more intensive cyclone tie-downs, such as metal rods that anchor the top plate to the slab.

Tiles are heavy and require structural support. Metal is light, but in a high-wind event, it can behave like an airplane wing and lift off if the tie-downs aren't up to standard. So when people want to switch from tile to metal or vice versa, I often cringe—because if it's not done properly, it can be illegal and dangerous.

DON'T LET SALESPEOPLE DICTATE YOUR CHOICES

Some metal roofing companies only specialise in metal and will try to sell you sheets regardless of your home's design. That's fine—if your home is suitable and the tiedown upgrades are engineered all the way down, not just to the top plate. Partial upgrades aren't compliant and can void insurance in storm-prone areas.

DO THINK ABOUT LOCATION AND WARRANTY

If you live near the ocean, you need to choose the right finish. Colorbond Ultra is guaranteed for 25 years within 100 metres of a surf break. Standard Colorbond, on the other hand, has no warranty within 2 kilometres of the ocean. Choose wisely or you could be facing early corrosion with no support from the manufacturer.

DO CONSIDER CONCRETE ROOF TILES FOR LONGEVITY

If you're leaning toward a tiled roof, you can't go past SCR Monier concrete roof tiles. With a 50-year manufacturer's warranty, and

a potential lifespan of up to 150 years when installed correctly with sufficient pitch and an approved underlay (such as Bradford CSR Roof Tile Plus), this option offers a “forever roof” solution for many homeowners.

DO CHECK TSR RATINGS

TSR stands for Total Solar Reflectance—it tells you how much heat the roofing material reflects instead of absorbing. The higher the TSR, the cooler your home will stay. This is critical for energy efficiency, especially in hotter climates.

DO WORK WITH A CONTRACTOR WHO OFFERS ALL OPTIONS

Many roofing companies will only offer one service—typically roof painting or full replacements—and push that solution no matter your situation. At R3 Roofing, we believe in giving you the full picture. We provide repairs, restoration, and replacement options, allowing you to make an informed decision that best suits your needs and budget.

DON'T FORGET THE GUTTERING AND FASCIA

If you're replacing your roof, it's the perfect time to assess the condition of your guttering and fascia boards. It's far more cost-effective and convenient to address these issues while the roof is being done, rather than a few years down the line. Why Choose R3 Roofing?

At R3 Roofing, we pride ourselves on delivering tailor-made solutions for each and every customer. We don't push one option—we put them all on the table and let you decide with the right information in hand.

From structural compliance to warranties, from colour choices to thermal performance, we've got you covered. At R3 Roofing, we really do go over and above.

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Designing your perfect bedroom bedwear and cushions with IvoryT - fabric & wallpaper

Your bedroom should feel like a personal sanctuary, a space that nurtures rest and rejuvenation. Therefore, it is wise to make thoughtful and sensory-based choices.

Designing your bedroom bedwear means combining style, comfort, and practicality. Consider your bedroom's overall design and preferred bedding materials, such as cotton or linen.

Create an inviting atmosphere by incorporating diverse textures and patterns within a unified colour scheme. Exercise restraint with patterns and colours to minimise visual clutter. The following are some ways to create a comfortable atmosphere through your choice of bedwear.

A Headboard serves as a visual element in a room and provides a base for arranging pillows, cushions, and bed linens. It can be used to add depth and interest to the overall appearance of the space.

Doona Cover / Coverlet

Assess whether your chosen design will clash with or complement your existing decor. You will need to decide if you want a bold pattern that stands out or a more subtle design that blends in. Please note that bold patterns can be overwhelming and detract from the overall calming atmosphere.

A neutral colour palette like soft whites, greys, and beiges creates a serene and calming environment. If your room features a particular theme (for

example, floral or minimalist), select a design that corresponds with and enhances that aesthetic. Consider the existing colours in the room and choose a doona cover / coverlet that either matches or provides a good contrast. Printed covers may be utilised to reinforce a cohesive theme or introduce a subtle accent of colour. However, it is advisable to avoid excessive patterns that could dominate the décor.

A simple doona cover / coverlet may create a soothing atmosphere. Additionally, incorporating textured covers can introduce a sophisticated tactile dimension to the space. Ensure the doona cover / coverlet matches the size of your bed (single, double, queen, king, etc.). I recommend a larger size for a more luxurious, draped look.

Euro and Standard Pillows / Cushions

Think about size, shape, and how they complement the overall look. You can coordinate with your doona cover / coverlet. Layering adds dimension when experimenting with different textures, patterns and colours.

Consider the layering levels from the headboard to euros to pillows to cushions to doona cover to bed throw when working with either a neutral palette for serenity i.e. Whites, greys, beiges or bold and colourful. Remember to limit bold patterns and colour to avoid visual chaos.

Euro pillows are a great starting point when you are layering and can be used against the headboard. Standard pillows are the next step in the layering. Then rectangular or square cushions add support and visual interest in their

pops colour or texture.

A throw blanket serves not only as a source of additional warmth but also enhances the visual appeal. As an often understated yet impactful element of bedroom design, a throw blanket contributes to layering, adds diverse textures and enhances the space's visual story.

Custom Bedwear provides you with the ability to customise your bedding according to your preferences, presenting a distinctive opportunity to design and align with personal style. Sweet Dreams.



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Residents urged to take action ahead of bushfire season

- City of Moreton Bay is urging residents to prepare now ahead of bushfire season
- Council is conducting a series of planned burns to reduce bushfire risk
- Residents can do their part by taking measures around their own homes and staying updated on the Council website
- City of Moreton Bay residents are being urged to prepare now to avoid needlessly putting their lives at risk as bushfire season approaches.

Council conducts planned burns during low bushfire risk periods to:

- reduce available bushfire ground fuels
- minimise the risk and severity of bushfires
- reduce the threat to life and assets.

Council uses Bureau of Meteorology weather forecasts to determine suitable days to carry out a burn, which must adhere to permit conditions.

Protecting flora, fauna and habitats

Initially, Council's Fire Management team will conduct a site assessment of the proposed location. The assessment highlights flora and fauna that may need protecting. This process helps preserve native plants, animals, and habitats such as tree hollows, nests and dens, which may need preparation works.

Ignitions are carried out to allow them to move slowly at low intensity. This, plus raking around trees, helps crews protect any significant flora and fauna habitats. A wildlife spotter is also on-site to monitor wildlife.

Notification of planned burns

Residents are notified through the planned burn schedule and area maps. Nearby residents who are signed up for MoretonAlert will get a text message or email. Council will also notify people living in properties adjoining a planned burn location by mail and signage.

Community safety and potential impacts of bushfire smoke

Residents in surrounding areas may notice smoke during and after the burn. Council recommends asthmatics and people sensitive to smoke stay indoors. Keeping windows and doors closed will reduce smoke in the home.

Secure pets and livestock, if necessary. Motorists in the area should drive to the conditions. People should avoid the site during and in the days following.

In an emergency call 000 (triple zero).
For more information, contact Council.

ONE IS NEVER TOO OLD TO LEARN SOMETHING NEW!

The Story of Manure. An interesting fact.

In the 16th and 17th centuries, everything for export had to be transported by ship. It was also before the invention of commercial fertilisers, so large shipments of manure were quite common.

It was shipped dry, because in dry form it weighed a lot less than when wet, but once water (at sea) hit it, not only did it become heavier, but the process of fermentation began again, of which a by-product is methane gas.

As the stuff was stored below decks in bundles you can see what could (and did) happen. Methane began to build up below decks and the first time someone came below at night with a lantern, BOOOOM!

Several ships were destroyed in this manner before it was determined just what was happening.

After that, the bundles of manure were always stamped with the instruction 'Stow high in transit' on them, which meant for the sailors to stow it high enough off the lower decks so that any water that came into the hold would not touch this "volatile" cargo and start the production of methane.

Thus evolved the term 'S.H.I.T', (Stow High In Transit)
"So, it's really not a swear word" which has come down through the centuries and is in use to this very day.

You probably did not know the true history of this word.

Neither did I. I had always thought it was a golfing term.

Author Unknown



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New research reveals Australia's homelessness blind spot



New research reveals a concerning lack of education surrounding homelessness, with only one in ten Australians very confident they can correctly define homelessness.

In fact, nearly two thirds view homelessness as sleeping rough – despite over one in three having experienced elements of homelessness themselves and rough sleepers comprising only 6.2% of people experiencing homelessness.

With the reality of homelessness extending to people from all walks of life, Orange Sky is inviting Australians to be a part of the

conversation to build greater education and awareness of what it means to be homeless.

Despite the research, by not-for-profit Orange Sky, showing over one in three (35%) Australians having experienced elements of homelessness themselves, nearly two thirds (65%) believe homelessness is 'sleeping rough' or in an improvised shelter for at least 10 consecutive days¹, even though sleeping rough only accounts for 6.2% of people experiencing homelessness.

The reality of homelessness and hardship reaches far beyond the

experience of sleeping rough, with housing insecurity affecting over 122,000 Australians on any given night². Over one third (37%) includes those in supported accommodation or temporarily living with other households (such as people couch surfing or staying with friends and family for a short time), and nearly three fifths (57%) in severely crowded dwellings or boarding houses.

Lucas Patchett, Co-Founder and CEO of Orange Sky, says the research reflects the reality their volunteers are seeing on the ground at their free laundry and shower services.

"Homelessness can happen to anyone; we know this firsthand from our experience across the country. Our research is telling us that Australians believe they know what the face of homelessness looks like, however when we break it down, this isn't the case.

The truth is, homelessness is far more than people sleeping rough, a lot of homelessness is hidden from plain sight and there is a greater need for education and awareness surrounding what homelessness actually looks like here in Australia," Mr Patchett says.

"We are hearing from students, people with employment, single parents and older Australians – people who never thought they would need help, now choosing between essentials just to get by.

The pathway from struggling to making ends meet, to experiencing homelessness, can be a short pathway. The face of homelessness and hardship is changing, and we need to change the conversation along with it," Mr Patchett concludes.

Orange Sky's service delivery reflects these numbers, with the organisation having steadily increased shifts to keep up with the incredibly evident demand. Their 'Pick Up Drop Off' laundry service, designed for people experiencing secondary and tertiary homelessness who lack access to laundry facilities, has seen a 442% increase in average washes in the first half of 2025, compared to the 2023 pilot of the program.

Shayne Herriott, Chief Operations Officer at Orange Sky, says often those the most in need are not the ones you expect. "Homelessness can happen to anyone - all it can take is failing to pay rent once, a rental increase, the loss of employment, or an unfortunate circumstance for the cycle to start.

"Since we launched in 2014, Orange Sky has delivered over 5.7 million kgs of washing and over 60,000 warm, safe showers, but just as important is the opportunity for connection and conversation.

However, this is only made possible through community support, and with more and more Aussies forced into homelessness and extreme hardship, we need your help to be there for those who need us most," Mr Herriott concludes.

Orange Sky is inviting Australians to be a part of the conversation to build greater education and awareness of what it means to be homeless.

Visit [orangesky.org.au](https://www.orangesky.org.au) to view the new data and education resources, or to help keep the washing machines spinning and conversations flowing, visit [orangesky.org.au/donate](https://www.orangesky.org.au/donate) - every little bit helps.

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Coral-eating starfish's scent could help protect coral on Great Barrier Reef

Researchers have found a new, naturally derived technology that could help control outbreaks of the coral-munching crown-of-thorns starfish – by mimicking one of its own scents.

It is based on a discovery by scientists from the University of the Sunshine Coast (UniSC), the Australian Institute of Marine Science (AIMS) and Japan's Okinawa Institute of Science and Technology (OIST) that the starfish uses its characteristic spines to 'smell' peptides released by other individuals and communicate with one another.

Using those insights, the research team created synthetic peptides (short chains of amino acids involved in messaging between cells and between organisms) that consistently attract coral-eating starfish in the laboratory. The results have just been published in *iScience*.

Crown-of-thorns starfish (or CoTS for short) are native to the Great Barrier Reef and Indo-Pacific region and feast on hard coral. A single CoTS can consume up to 10 m² of coral tissue each year, and when present in low numbers their preference for fast-growing corals can help enhance coral diversity.

However, thousands of starfish can appear on reefs during outbreaks, stripping hectares of hard-bodied, reef-building corals in just a few months, degrading reef health and stability and preventing reefs from adapting to their greatest and on-going threat: climate change. Four waves of CoTS outbreaks have been recorded on the Great Barrier Reef since the 1960s.

Currently, the main method of combatting crown-of-thorns outbreaks is by manually culling each starfish one-by-one. This form of CoTS control has shown to be effective in protecting corals at regional scales; however, it is labor-intensive, and costly.

UniSC Professor Scott Cummins said the study pointed toward a potential lure-inspired technology.

"Using synthetic attractants to draw starfish to a single location could support the simultaneous removal of many in one efficient sweep," he said.

"Further development of these synthetic peptides holds real potential for a targeted and environmentally safe control strategy."

Professor Noriyuki Satoh, head of the Marine Genomics Unit at Okinawa Institute of Science and Technology said genomic and proteomic analysis by the research team led to the discovery that the starfish uses its spines to both sense and secrete a wide range of peptides – not just defensive toxins.

"These may promote swarming, and so we synthesised the peptides that we suspected function like pheromones for communication and found that they consistently affect the trajectories of the starfish," he said. Further testing in behavioural trials was conducted at the Australian Institute of Marine Science's National Sea Simulator.

Dr Cherie Motti of AIMS said the synthetic peptides – which were confirmed to be non-toxic – consistently altered the movement patterns of the starfish, even at low concentrations.

"We saw the starfish responded in predictable and measurable ways."

"The approach, has only been tested in the laboratory, but it shows real promise and demonstrates the value of innovative thinking and research in addressing this decades-old problem."

This research is part of the CoTS Control Innovation Program (CCIP), funded by the partnership between the Australian Government's Reef Trust and the Great Barrier Reef Foundation.

Credit:

© AIMS | Justin Rowley



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FISHING REPORT



Corey had lots of bites with red-dyed chicken (one of his favoured baits), but only one bream. This flathead took a hard-body lure.

Well, it's official EKKA weather; we've even had biting cold winds blowing over from Stanthorpe's "snowfields"! The typically dry westerlies kept SE Qld free of any real rainfall since early July, so the water clarity is amazing!

Water temperature is cooler than usual, and the flathead seem to be looking for a bite to eat, as usual through the winter.

Reports of decent flathead have come from right through the Passage. Lorna and Shane found a good spot for flathead when they were anchored at Lime Pocket. They used fresh yabbies, which are always popular with flathead.

Tylon and Corey were using hard-body plastics (cream and yellow), and found flathead wherever they went - Wright's Creek, Shag Island, and around the Sandstone Point Hotel jetty.

Gulp bio-degradable soft plastic paddle-tails, in pearl white and camo, kept Will busy when he and his dad were drifting along the markers south of the bridge. Not only a couple of flathead but about 20 tailor, too. Joe saw the birds circling, headed straight for them, "and there we go!"

Ningi Creek entrance has also been a good area for the flathead, Fishability has been bringing in regular catches from north of the yellow marker. It's a little trickier boating around there, though, with the dredge-pipe coming across the Passage from Pacific Harbour.

Remember, go slowly and look for the buoys.



Our advice is to go slowly and enter Ningi Creek between the second and third yellow buoys along the line from the dredge barge.

Going north towards Pacific Harbour, look for a new red buoy north of the usual red marker and go around that one - heading NE from the red



Young Will, holding one of his many tailor!

marker might take you across where the pipe is sitting in shallow water. Clear as mud, eh? I've added the VMR warning map, to help.

Tailor have been prolific this winter. Lures (soft, hard and spoons), squid and pilchards have all shown success, and they've been caught all through the Passage. If the wind is not a bother, the



Christos had to go all the way to Straddy for his flathead - he was spearfishing, when he saw a baitball of fish suddenly spooked, looked down and there it was!



Kelven Parker caught this 145cm Spanish Mackrel last Tuesday out of Cape Morton

best place is still around Sandstone Point, near the second green marker.

Rhonda and Adam only ever use lures, and they were lucky enough to bring a few in from around Sandstone Point.

Sadly, there have been heaps of snapper taking bait during the closed season - lots of disappointed fishers dropping them back in.

Clint was complaining over the past weekend that for every tailor he picked up, he got a good snapper as well. Closed season finishes on August 15th, so only a week or so and we'll be able to keep them again!

There's no closed season on winter whiting, which is a good thing - lots are being caught, especially around the yabby banks of Banksia Beach. There's another good reason to get pumping - always the most likely bait for whiting.

There's a fair bit of sand being spread on the Passage side of Kalmakuta Park right now, which is a favourite yabbing spot, but it doesn't look like it'll do any harm.

Another winning strategy during winter is to use burley. It almost doesn't matter what sort, just as long as you're making a good scent trail. When I was a girl, I was in charge of making burley balls for my dad, using old bread and wet sand along the edge of the water.

Things have come along since then, although they did work a treat! Neither Ronny nor Clint

like to head out without a burley bomb. Ron's not interested in fishing until the snapper come back on the menu, but he and Clint have both made sure we're stocked up on burley bombs ready for the day!

TIDE TIMES

Bribie Island
AND
Moreton Bay

Fri 8 Aug 3:41 am 0.46m 9:09 am 1.37m 2:52 pm 0.24m 9:43 pm 2.03m	Sat 9 Aug 4:11 am 0.39m 9:45 am 1.45m 3:30 pm 0.17m 10:16 pm 2.09m	Sun 10 Aug 4:44 am 0.33m 10:23 am 1.52m 4:09 pm 0.13m 10:51 pm 2.11m	Mon 11 Aug 5:16 am 0.28m 11:03 am 1.57m 4:49 pm 0.15m 11:27 pm 2.06m	Tue 12 Aug 5:51 am 0.26m 11:45 am 1.61m 5:31 pm 0.22m	Wed 13 Aug 12:02 am 1.96m 6:24 am 0.26m 12:29 pm 1.65m 6:17 pm 0.32m	Thu 14 Aug 12:39 am 1.8m 6:57 am 0.28m 1:15 pm 1.67m 7:07 pm 0.45m
Fri 15 Aug 1:17 am 1.62m 7:30 am 0.31m 2:07 pm 1.69m 8:07 pm 0.58m	Sat 16 Aug 2:00 am 1.43m 8:10 am 0.36m 3:07 pm 1.69m 9:26 pm 0.68m	Sun 17 Aug 2:58 am 1.26m 9:04 am 0.41m 4:21 pm 1.7m 11:02 pm 0.72m	Mon 18 Aug 4:18 am 1.15m 10:20 am 0.45m 5:45 pm 1.74m	Tue 19 Aug 12:39 am 0.66m 6:00 am 1.14m 11:45 am 0.43m 7:01 pm 1.83m	Wed 20 Aug 1:54 am 0.55m 7:26 am 1.23m 1:03 pm 0.36m 8:06 pm 1.93m	Thu 21 Aug 2:47 am 0.44m 8:28 am 1.36m 2:09 pm 0.26m 9:00 pm 2.01m



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.

BUSY SATURDAY

White Saturday Crew had a busy day Saturday 5th July 2025: - With 4 assists commencing with a 7.3m Half Cabin member from North of Moreton Island to Spinnaker Marina at 6:52am, followed by a Medevac of a patient from Tangalooma at 12:12pm. Followed by a 6.1m Cuddy Cabin member from the mouth of Pumicestone Passage to Spinnaker Marina at 2:17pm, then a 7.4m Half Cabin member from Comboyuro Point to Spinnaker Marina at 3:38pm.

Photos by Kevin Fraser



Doug Lythgo at the helm of Bribie 1, watched by David Dodsworth and Skipper Allan Tranter.



Garry Comerford keeps watch on the towed vessel.



Bribie 1 tows the stricken vessel back from Comboyuro Point, Moreton Island.



Witnessed a lovely sunset on the way home.

MEDEVAC MORETON BAY

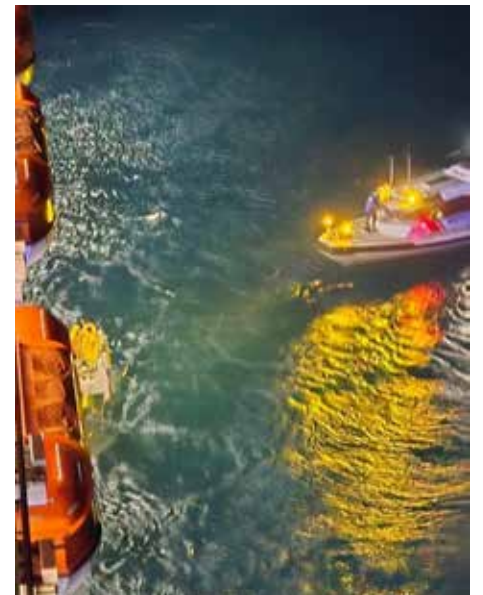


Friday 18th July 2025 at 1926hrs - the callout crew (Gary Voss, Scott Normile, Henry Graffen, and Phil Hagen) was activated tonight to evacuate a person from the cruise ship Carnival Splendor to Tangalooma, from where they were helicoptered to the mainland. The activation was right in the middle of tonight's storm, which made the crossing a bit unpleasant, but the master of the cruise ship manoeuvred the vessel to give us shelter so it all looks pretty calm in the photos! The

weather then gave us a bit of a break for the Tangalooma drop-off.



Henry Graffen and Scott Normile await the receipt of the patient from the Carnival Splendor.



Photos taken by a passenger on the ship and shared to our Facebook page.

GREEN SATURDAY CREW

Saturday 19th July 2025 - Green Saturday wore their VMR blue shirts for the last time.



From left: - Ian Grimes, Lindsay Crompton, and Noel Wendt. Our next crew day in August on the 16th we will be MRQ if everything goes according to plan. Our day consisted of vessel handing, docking, towing and rafting of the vessels.

MRQ ACCEPTANCE TESTING

Tuesday 22nd July 2025, Coast Guard Redcliffe hosted the MRQ Activate User Acceptance Testing Session 3.

Again, there were about 30 representatives from all around the state with representatives from MRQ/VMRs and Coast Guard Squadrons.

The group was split into groups and were asked to perform 4 different scenarios; playing various roles using MRQ Activate and Off Shore SMS.

All part of the testing process where some good ideas arose.



Group Photo on the pontoon.



Overall pic of training area.

THE ROAD TRANSITIONING TO MRQ

Our preparation work for transition to Marine Rescue Queensland (MRQ) is continuing well, thanks to everyone involved. We have incurred some unexpected delays along the way and as a result our transition date has been revised and is now confirmed by MRQ for 14th August 2025.

For 90% of Active members, there will not be a lot of change initially and it will be business as usual.

Boat Crew and Radio Operators will be wearing their new uniforms from Thursday 14 August 2025.

"Marine Rescue Bribie" will remain as our radio call sign and also when answering phone calls. There will be no change to the

vessel log on/off GLog system until a new system has been fully tested.

Members who signed on for MRQ membership should have received an appointment letter containing information such as your position, a new email address (for MRQ comms), ID card details and details of the MRQ induction program.

New signage to our building and vessels will progress at a time to be confirmed. Building renovations are now progressing well with an estimated completion of stage 1 of end of August 2025.

For the services to our boating community there should be very little change.



MRQ Change partners meeting with VMR Bribie Committee.

BLUE SUNDAY

Sunday 27th July 2025 – Was the last Blue Sunday Crew Day in our VMR uniform, the next will be in our new MRQ uniform.



From Left: - Lloyd Clark, Wayne Robinson, Garry Bunker, Mark Paterson, Graham Parker, and Phil Hagen.

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 18/07 1926PM – Tasked by QAS to transport 2 Ambulance Officers to Cruise Ship and medevac patient to Tangalooma for air lift to hospital.

SAT 19/07 1600PM – MRQ SAREX South of Mud Island.

THU 24/07 1054AM – 5.1m Half Cabin 2POB member required a tow from Passage near Ningi Creek to Pacific Harbour canal.

THU 24/07 2132PM – Water Police tasked VMR to tow 7.7m Cruiser 3POB non-member with a fuel problem from 200m North of Pacific Harbour to Spinnaker Sound Marina.

MON 28/07 1230PM – 4.5m Quintrex 1POB non-member with motor issues near Parrot Island required tow to Toorbul Boat Ramp.

MON 28/07 1454PM – 7.3m Bayliner 1POB member with new vessel's motor overheating at Sylvan Beach, eventually rectified and crew stood down.

MON 28/07 1527PM – 12m Yacht 1POB non-member on unsafe mooring at Bongaree, investigated and replaced the mooring line.

YEAR TO DATE RADIO ROOM STATISTICS

CALLS	9,363
VESSELS LOG ONS	2,779
VESEL ASSISTS	166
SITREPS	933
REQUESTS	878
OVERDUE VESSELS	29
VESEL TRACKING	18
RADIO CHECKS	813
WEATHER BROADCASTS	6
SECURITE BROADCASTS	2
PAN PAN CALLS	0
MAYDAY CALLS	0
VHF CALLS	56.5%
27MHz CALLS	0.1%
PHONE CALLS	27.9%
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!"

Letters to the editor



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

Welcoming Reality

My recent letter about the rise in comment derogatory and hostile towards our indigenous citizens elicited a couple of replies.

One appeared to be a direct response from Senator Jacinta Price, but a quick search showed it to be a reprint of an article she published in an online right-wing site called Frontline. Its statements were, at best, half-truths.

Two of them were: that the Welcome to Country ceremony was created in 1976 and has no history in Aboriginal lore; and that Dot Painting was invented in 1971 by Geoffrey Bardon, a white schoolteacher, and never previously existed. Research shows that both of these statements are incorrect.

Welcome to Country

ceremonies have long been a part of Aboriginal cultural practices, and are mentioned in colonial records as early as the mid-1800s. They are ancient rituals, used to welcome visitors into a clan's country.

The ceremonies were for giving and/or gaining permission for safe passage and presence across different "countries", and engaging in trade. Smoking ceremonies were often also performed.

In 1976 Ernie Dingo and Richard Walley were asked to perform a Welcome to Country ceremony at the Perth Festival, for a group of visiting Māori performers who would not perform without one.

They developed a modern expression of existing cultural practices – nothing was new or invented, just presented in a



way different from how it was done previously. It became the popular event we see today, adapted to local customs practices and language.

Aboriginal dot painting art

can be traced back over tens of thousands of years, and is found in caves around the country. But other works were ephemeral – painted and drawn on their skin, on bark or on the ground, they didn't last long. Geoffrey Bardon was a teacher



at Papunya, near Alice Springs. He was familiar with Aboriginal art, including dot painting, and encouraged the Papunya artists to transition their traditional symbols and stories from sand and other surfaces onto canvas and board using acrylic paint.

He helped adapt an ancient tradition to modern media and methods, but he did not invent the art form, and never claimed to have done so.

So no, dot painting and welcome ceremonies are most definitely NOT modern inventions made up from nothing, with no indigenous roots or ties to Aboriginal culture.

Acknowledgement of Country

though, is a modern ceremony (and I can't find any reference to anyone claiming otherwise).

It's given by non-indigenous people to, as the name implies, acknowledge the millennia-long habitation and stewardship of the land where an event is taking place.

The truth matters!

Senator Price's article said we should question narratives that are presented as historical fact.

I agree, and I'd add that we also shouldn't publish or repeat a narrative that we know misrepresents, contradicts or distorts historical fact.

Critics please note – I sign my own name to my letters, and articles I submit for publication also have links to my research where necessary. If you expect a reply, or don't want to be dismissed as a crank, you know what to do.

References:

AAP Fact Check:

<https://tinyurl.com/248rwx2z>

Mandel Art Gallery:

<https://tinyurl.com/4z5u24t6>

Art Ark:

<https://tinyurl.com/2kyk2vc5>

Geoffrey Bardon:

<https://tinyurl.com/4mtwp9cd>

Acknowledging Country:

<https://tinyurl.com/mwhyxt5n>

Smoking Ceremony: <https://tinyurl.com/2s3ffpue>

"Seirian Shines at Battle by the Bay: A Celebration of Skill and Spirit"

The Shorinjiryu Koshinkai team, from the Seiryukan at Bribie Island, recently excelled at the Battle by the Bay event held in Redlands Bay.

This prestigious competition featured over 120 competitors and was fiercely contested, showcasing high-quality martial arts.

The Battle by the Bay highlighted various martial arts disciplines, including Kata, points sparring, continuous sparring, weapons Kata, and Koshiki (contact) sparring. Our team participated in these events with great skill and determination.

Our dedicated team





Hi-Jinks at the Tin Can Bay Regatta

We started the day with an early 4:30 a.m. commute on our bus, navigating through the swirling mist that surrounded us. Wayne, one of our keen paddlers and supporters took the wheel as we set off on our journey, crossing the bridge on our way to Tin Can Bay.

Upon our arrival at the Cooloola Dragon

members—Michael Forte, Angus Stillie, David Norton, and Eric Tabor (shown in the photo)—represented Seiryukan impressively.

Michael earned both a silver and a bronze medal, while Angus secured three bronze medals.

Congratulations to everyone involved!

For those inspired by our team's performance, we invite you to join us.

The Shorinjiryu Koshinkai Karatedo Seiryukan holds regular training sessions on Tuesdays and Thursdays from 6:30 PM to 8:00 PM.

These sessions take place at the Lions Hall beside the skate park on Sunderland Drive in Bellara, under the expert guidance of Kyoshi Jim Griffin, an 8th degree black belt, and Kyoshi Lesley Griffin, a 7th degree black belt.

www.shorinjiryu.com.au
0428288866



Boat Regatta, we were greeted by gentle breezes, warm sunshine, and calm waters—perfect weather for paddling.



The Bribie Dragons wholeheartedly embraced the festive spirit, with the "Bribie Boobies" promoting breast cancer awareness by adorning and wearing bras over our paddling gear.

We had a great time entertaining the spectators and were thrilled to win Third Prize in the fancy dress competition.

The Bribie Pink Dragons, a team known for our commitment and dedication, practice on the water three times a week.

We always welcome new members or those who would like to "Come and Try".



For further information, contact President 0499990352.

*letters
to the editor*



Neighbourhood Watch

BRIBIE ONE NHW - NEWSLETTER

AUGUST 2025

SHREDDING DAY

Saturday morning, August 23rd, at Bribie Central from 9.00 until 12.00. Bring any paper-based material that you wish to dispose of in a secure environment – those old letters, greeting cards, meeting minutes, tax records, official (and unofficial) correspondence, etc. Clear out your filing cabinet and the boxes in your garage. This is a secure way of getting rid of stuff you may feel is too sensitive to put in your recycling bin. Shred-X will shred and reprocess this material into computer paper at their Ormeau plant. And all for a gold coin donation. X-rays and photos too.

ELECTRIC SCOOTERS

Increasingly common on the shared pathways on the island, is the practise of two abreast. I've even been confronted by trikes doing the same. In daylight it is bad enough, but at night it is exceedingly dangerous. We have a large population of elderly people who use the footpaths for walking.

Side by side on scooters – perhaps to facilitate ease of conversation – is neither lawful, nor considerate. Speeding is also a common worry, and frightens pedestrians.

SCAM WATCH-CRYPTO INVESTMENTS

Australians are scammed out of millions of dollars each year by criminals using the promise of big financial rewards by investing in crypto. Once money is sent via crypto, it is very hard – if not impossible – to get it back. Watch out for the following:-

- Unsolicited contact by someone offering to help you invest.
- Guaranteed high returns – if it sounds too good to be true, it will be!
- So called “celebrity” endorsements.
- No risk.
- Pressure to act quickly.

Be suspicious of phishing! Stay alert, be informed and cautious. This is your best protection

BANKSIA BEACH - BELLARA - WOORIM - BONGAREE - SAND- STONE POINT - NINGI

RATS

Remote Access Trojans. Cybercriminals may use these to gain access and control over your webcam. Cover it when it is not in use. This will prevent hackers from various forms of spying, identity theft and accidental exposure. Even reputable software can be vulnerable. Hackers can activate webcams without triggering a notification, setting alerts or lights.

SOCIAL MEDIA

Be mindful of the postings you make on various platforms, such as Facebook, X and the like. Observations of material posted on public platforms can be used to find out a lot about you. Deletion does not always work – once posted, it is there – forever!

FEELING SAFE VS BEING SAFE

We are more sensitive to losses than gains. So our fear of crime outweighs the actual risk we may face. We may have an illusion of safety and security, but it is better to be safe than sorry. Lock up, be aware of your surroundings and take sensible precautions in all your activities. Opportunistic crime is the most common type of crime. Take care, so that you do not become a victim.

DATES FOR YOUR DIARY

Our August meeting is on the 19th, and we have an interesting speaker, Dominic Markgraf-Smith, from Traditional Funerals. September is our annual general meeting, and we will decide at that whether to continue with our regular monthly get togethers, or whether we will become an electronic group, as are many other Neighbourhood Watch groups. Then in October we have a digital day, where everyone is invited to learn more about how your phone or tablet can be used. We have a grant, and a professional presenter will be engaged – and we will have a morning tea supplied – all free!

Our meetings are on the third Tuesday of the month, at 9.30 in the ANZAC Room of the RSL.

More information on your local Neighbourhood Watch:- Ring Peter on 0408 841 306

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





CRIME REPORT

BRIBIE ISLAND WRAP

MAY 2025

www.mypolice.qld.gov.au/moreton

45 Offences

5 JUL 2025 — 4 AUG 2025

Drug charges, Moreton District

Four men have been charged with 26 offences following investigations by the Moreton District Tactical Crime Squad (TCS).

On Wednesday, July 9, officers from Moreton TCS, with assistance from the Dog Squad, executed three search warrants across the Moreton District, in suburbs including Morayfield and Sandstone Point.

During the searches, officers successfully located a large quantity of methylamphetamine, cocaine, MDMA, as well as two stolen motorcycles, cash and weapons.

A 56-year-old Morayfield man was charged with seven offences including possessing dangerous drugs, authority required to possess explosives and receiving tainted property.

He was due to appear in Caboolture Magistrates Court on August 7.

A 60-year-old Morayfield man was charged with one count of possessing dangerous drugs. He was due to appear in Caboolture Magistrates Court on August 7.

A 46-year-old Morayfield man was charged with eight offences including two counts of possessing dangerous drugs and one count each of possess property suspected of having been used in



connection with the commission of a drug offence and authority required to possess explosives.

He is due to appear in the Caboolture Magistrates Court on August 21.

A 37-year-old Sandstone Point man was charged with 10 offences including four counts of possessing dangerous drugs, and one count of Possession of property suspected of being the proceeds of an offence under Drugs Misuse Act.

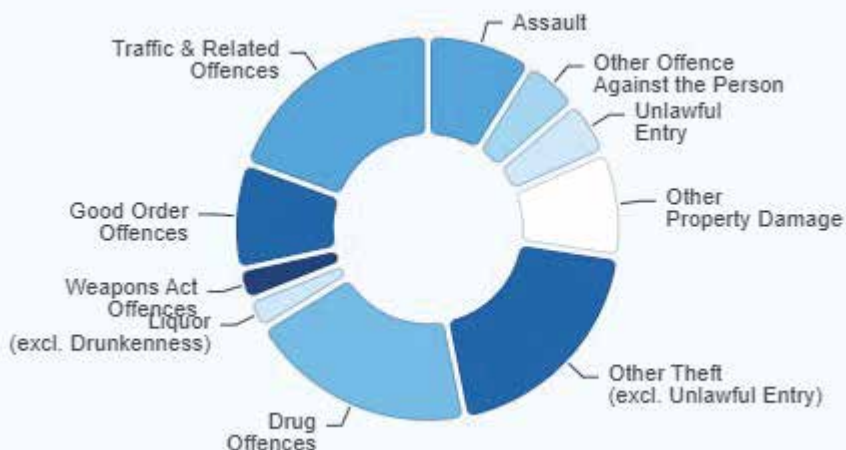
He was due to appear in the Caboolture Magistrates Court on 10 August.

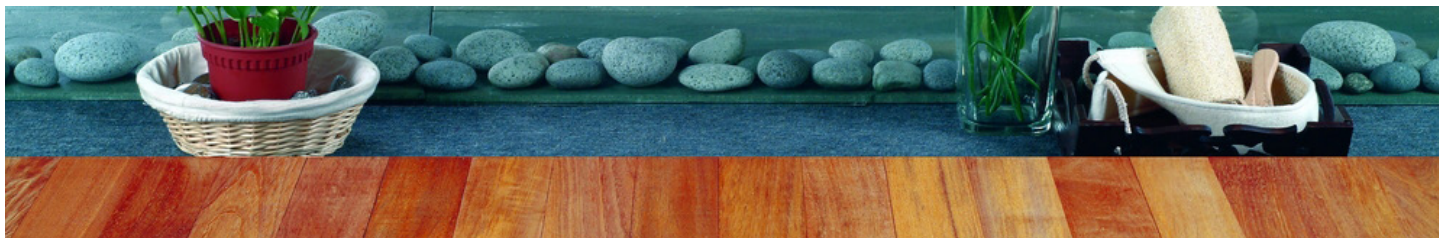
If you have information for police, contact Policelink by providing information using the online suspicious activity form 24hrs per day at www.police.qld.gov.au/reporting.

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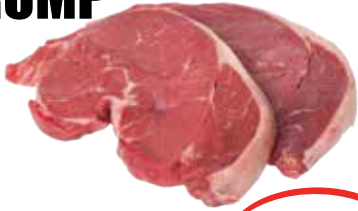


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