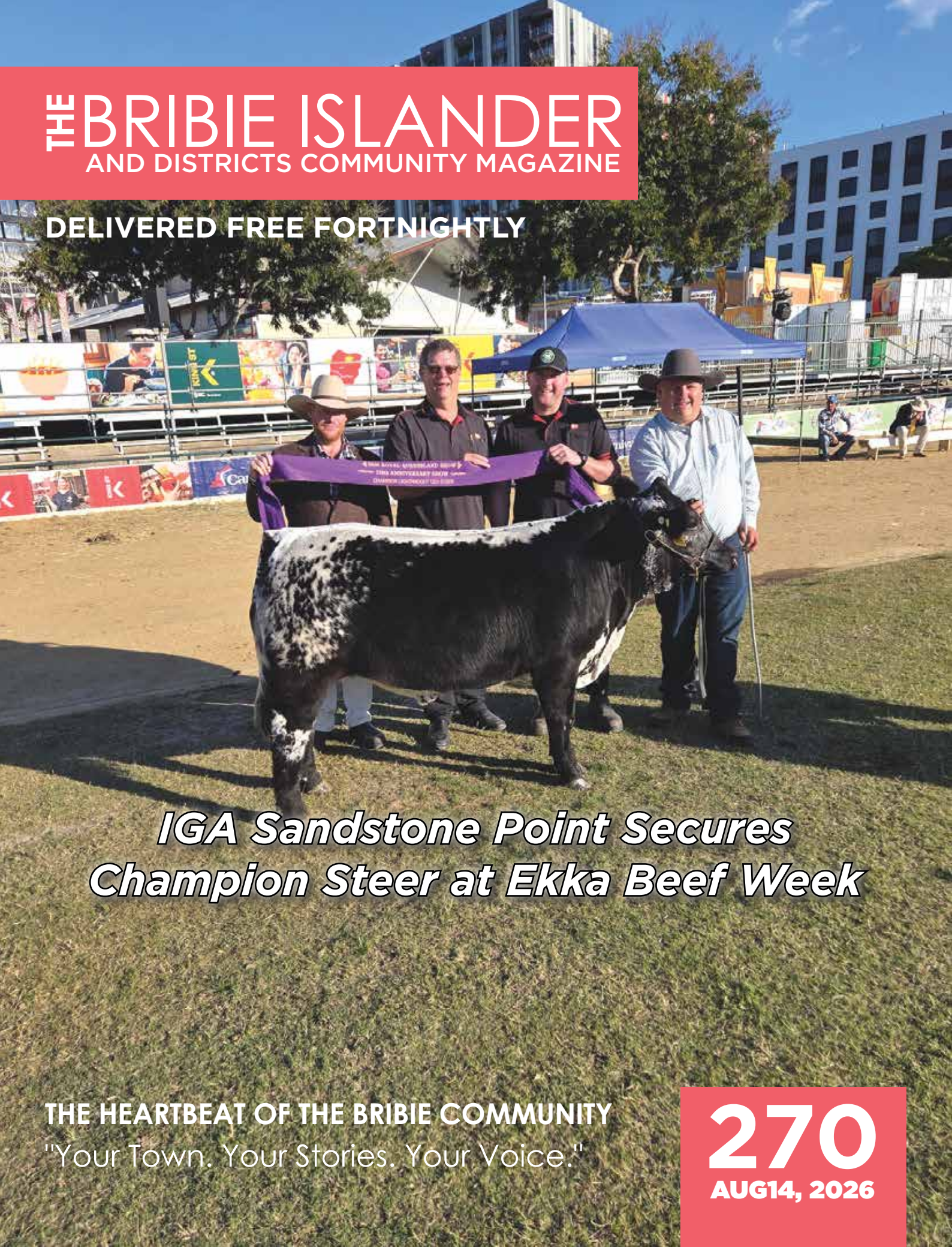


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270

AUGUST 14, 2026



16-17

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28-29

SANDSTONE POINT & BEACHMERE IGA
EXCITING NEWS



61

RENO REVELATIONS



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

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CHERRIE WILSON

EDITOR | GENERAL MANAGER

editor.thebribieislander@gmail.com

0448 694 507

ADVERTISING

JUNITA ARMSTRONG

sales.thebribieislander@gmail.com

0448 448 457

ADVERTISING

MARIE MEYER

features.thebribieislander@gmail.com

0412 298 588

GRAPHIC DESIGN

DAVID WRIGHT

design.thebribieislander@gmail.com

INVOICING

JENDA JACOBS

invoicing.thebribieislander@gmail.com





Dear Readers,

Welcome to Edition 270 — an edition filled with kindness, courage and community spirit, and with stories that remind us how much good can come from caring for one another. In this edition, we are proud to share IGA's continued commitment to giving back. Once again, IGA is reaching beyond our own backyard to support farming families

through its work with Farm Angels.

Andrew Cornett has always been someone who steps forward when help is needed, generously supporting charitable organisations wherever he can. This time, his efforts are helping to shine a light on the challenges faced by farming communities, and I encourage you to read the full stories inside to see the difference being made.

We also share the deeply moving story of Rylan Gold, a wonderful young man whose life was tragically cut short by meningococcal disease in May this year. I watched a truly moving YouTube clip about Rylan, and it touched me so deeply that I felt everyone needed to know about this incredible family. I was in tears the whole time. His father, Tim, has shown extraordinary courage and grace, finding a way through unimaginable grief by putting others first and helping to keep Rylan's legacy alive. It is a story that touches the heart and reminds us just how precious life, family and community truly are.

Across these pages, you will find stories to inspire, uplift and connect us — stories of everyday people doing extraordinary things, and reminders of why community matters so deeply.

And if you are looking for a lighter moment along the way, I have also shared a story on my bathroom renovations — because sometimes, amid the paint, dust and unexpected surprises, a little humour is exactly what we need.

Please take a moment to support IGA's Market Day and help honour Rylan's legacy by following @goldys_n70 and subscribing to @Built4Bush. Every show of support, in whatever way it is given, truly matters.

Until next edition,
Take care, stay safe,

Cherrie

CONTRIBUTORS

Anne Matthews
Al Finegan
Barry Clark
Elaine Lutton
Joie Scheinpflug
John Traill
Kathy Vincent

Maria Christina
Peter Schinkel
Peter Dallimore
Philip Arlidge
Robyn- B.I.
Boat Charters
Sue Wighton

Tracey Blinco
R3 Roofing
Paul Popham
Ivory T - fabric &
wallpaper
Yawk Yawk

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The eyes are the windows to the soul: Why We Still Believe the Old Saying

The power of the human gaze

People have long said that the eyes are the windows to the soul, and the phrase endures because it captures something we recognise before we can explain it.

We may not always know what another person is thinking, but we often feel that we can sense something of their inner life through their gaze. A person may choose words carefully, smile politely, or remain silent, yet the eyes often seem to speak anyway.

They carry fatigue after a long day, delight at an unexpected kindness, grief that has not yet found language, suspicion, warmth, fear and hope. In that sense, the old saying survives not because it is scientifically exact, but because it is emotionally true. The eyes appear to reveal what the rest of the face is trying to manage.

The idea is not merely sentimental. Human beings learn from infancy to study faces, and the eyes are central

to that reading. Before children understand complex speech, they follow a caregiver's gaze, notice attention, and respond to expressions of comfort or alarm. As adults, we continue to rely on those signals. We notice whether someone meets our gaze or looks away, whether their smile reaches the corners of their eyes, whether their expression sharpens with anger or softens with compassion.

Even in ordinary conversation, the eyes can confirm sincerity or expose discomfort long before a person admits what they feel. This is why a simple glance can reassure us, and why an avoided gaze can make a room feel suddenly tense.

That is also why eye contact is so closely linked with trust. A steady, gentle gaze can make another person feel seen and respected. It can say, without words, "I am listening" or "you matter."

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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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By contrast, a cold, distracted or evasive gaze can unsettle us, even when nothing openly hostile has been said. We interpret these signals quickly, sometimes too quickly, because human connection depends on reading more than spoken language. Of course, eye contact differs across cultures, personalities and circumstances.

Some people look away out of respect, shyness, anxiety or habit, not dishonesty. For that reason, we should be careful not to turn the old saying into a shallow test of character. The eyes may suggest emotion, but they do not give us permission to judge a person completely.

Still, there is something powerful about being looked at with real attention. In an age of screens, quick opinions and public arguments, genuine eye contact has become almost radical. Much of modern life encourages us to glance past one another: at notifications, headlines, profiles and images.

We form impressions from fragments and often mistake speed for understanding. Looking into someone's eyes asks us to slow down. It reminds us that the person before us is not merely an idea, a label, an opponent or an inconvenience, but a human being with an inner life as complicated as our own. That is the moral force behind the phrase. The eyes matter because they confront us with another person's presence.

The saying also appeals to us because the eyes seem less controllable than other forms of expression. We can rehearse a speech, craft a message, select a flattering photograph, or train ourselves to maintain a certain posture. But the eyes often betray small truths: a flicker of

hurt, a sudden brightness, a narrowing of doubt, a faraway look that suggests the mind has travelled elsewhere. Writers, artists and filmmakers return to the eyes for exactly this reason.

A close-up of a face can carry more weight than a page of explanation, because audiences instinctively search the eyes for meaning. We do the same in real life. We look for the moment when someone's guarded expression gives way to something more honest.

Yet the phrase should be held with humility. No glance can tell us everything about another person, and no expression should be treated as proof of guilt, virtue, love or deception. Human beings are too complex for that.

Weariness can look like indifference. Nervousness can look like secrecy. Confidence can be mistaken for honesty. If the eyes show the soul, they do so only partially and momentarily, like light through a window at dusk. They offer clues, not verdicts. The deeper truth is that the eyes invite us to pay attention, not to make assumptions.

That may be why we keep returning to the old phrase. The eyes matter because they are where emotion, attention and recognition meet. They do not give us the whole soul, but they often give us the first glimpse of it. They remind us that beneath language, performance and social routine, people are constantly revealing and concealing themselves.

To meet someone's eyes is to encounter a hint of that hidden depth. It is not magic, and it is not certainty, but it is one of the most intimate forms of human communication we have.

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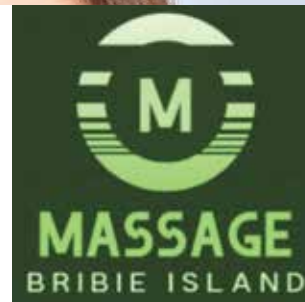
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Many people feel they have to apologise for enjoying beauty. They might say they are “just” getting their hair done, “only” buying lipstick, or “being silly” for caring about an outfit. But enjoying makeup, hair, fashion or cosmetic care does not make someone shallow. It can simply be a way to feel good, express personality and take care of oneself.

Beauty can sometimes feel complicated. People may feel pressure to look perfect, but they may also feel judged for enjoying beauty at all. The truth is more balanced. A person can disagree with unrealistic beauty standards and still enjoy a great haircut, a favourite lipstick or clothes that make them feel confident.

Often, beauty feels good because of the small routines around it. Brushing hair, putting on moisturiser, choosing jewellery or taking a few minutes to get ready can help a person feel calmer and more prepared for the day. These simple acts can be a reminder that they are worth time and attention.

A cosmetic practitioner can also help someone feel more comfortable and confident in their own skin. When they are ethical, well trained and respectful, their work is not about making people feel they must look perfect. It is about offering safe, thoughtful treatments that support personal choice. Like a good hairdresser or makeup artist, a cosmetic practitioner can be part of a beauty routine chosen with care rather than guilt.

Problems begin when beauty feels like a rule instead of a choice. Wearing mascara because it feels nice is very different from feeling unable to leave the house without it. Buying clothes that suit someone’s style is different from buying more and more because they feel never good enough. Beauty should not be driven by fear. It should be guided by comfort, confidence and enjoyment.

Feeling good about beauty does not mean ignoring responsibility. People can still think about cost, sustainability, inclusivity and the ethics of the products they use. They can buy less, reuse what they have, choose carefully and support skilled professionals. The point is not to consume without thought, but to enjoy beauty without unnecessary shame.

People have used beauty and fashion to express themselves for a very long time. Clothes, hair, jewellery, makeup and scent can all tell a story. They can show confidence, celebration, culture, creativity or simply a mood. These choices do not make people less serious or less valuable. They can help people show who they are.

A healthy way to think about beauty is to ask: is this being done from pressure or from enjoyment? If it comes from enjoyment, there is no reason to feel guilty. Beauty can bring confidence not because someone was lacking before, but because they have chosen something that makes them feel good.

Beauty should never feel like a cage, but it should not be treated like a crime either. Makeup, hair, fashion and cosmetic care can be joyful, personal and empowering. The goal is not to stop caring about appearance, but to care in a way that feels healthy, thoughtful and guilt-free.

Next edition

Barefaced, Well-Dressed, and Not at All Sorry

Bribie Simply HEALTHY

By Heenam Kim

Beyond the Physical: The Link Between Emotional Trauma and Your Health; Weight issue and Diabetes.

One of my customers, who told me that I had helped her dog recover after a tick bite, contacted me because she wanted to get to the bottom of her own health problems and wanted to book an iridology appointment. (Iridology may be able to identify areas of constitutional weakness, assess patterns that may indicate imbalance in different body systems, and provide an overall picture of her constitutional tendencies and general health patterns.) She had many health issues, including diabetes. In her case, without checking her eyes, I felt that losing some weight could be beneficial for her overall health.

I often recommend MCT oil and collagen powder together as part of a weight

management protocol, and I have many clients who have been very happy with the results they have experienced after taking them. MCT oil enhances metabolism and helps burn fat, while collagen supports the digestive system and leaves the stomach feeling full, reducing food cravings.

However, ***treating the physical body is only part of the equation.*** There are many studies stating that mental health is a major factor in creating adverse threat physiology.

Prescription medications are often used to manage symptoms, but they rarely address the underlying emotional and physical root causes of our health issues and we rarely receive enough attention regarding a person's emotional and



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psychological stress.

When we are chronically stressed, our body releases cortisol, alters stomach acidity, and triggers systemic inflammation. This toxic combination can mark the beginning of a war on our health, as prolonged stress quietly ravages the body as well as the mind.

Behind this particular client's health issues, I felt that she was also carrying a great deal of emotional pain, unresolved anger, and trauma. It made me think: ***How can we expect to have a healthy body when our emotions are in turmoil?*** The mind and body are deeply, inextricably connected. Being trapped by repressed feelings creates a deep, destructive internal environment. Ultimately, we cannot expect to have physical health and vitality while living in a state of internal chaos; we must first find inner peace to quiet the nervous system and allow the body to truly heal.

Many of us are stuck in our



past traumas, imprisoned by our own experiences and unsure how to free our thoughts from the past.

Using modalities like EFT (Emotional Freedom Technique), Psychotherapy, NLP (Neuro-Linguistic Programming), and Hypnotherapy are great tools to detach from a painful past, helping us move forward into the present and future. ‘

Most of my clients feel a massive shift in relief after just one session. It would help you reframe your perspective and detach emotions from past trauma or current stress, ending the cycle of suffering.

'Mediocre doctors treat symptoms. Skilled doctors treat the cause. A true doctor teaches the way of life. In this, there is neither coming nor going!' - Zen Master Thich Nhat Hanh

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There are many
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articles to read.



Bribie Simply Healthy | Bribie Healing Centre, Shop 2, 41 Benabrow Av, Bellara, QLD 4507

A woman with long dark hair, wearing a white and yellow patterned top, is sitting at a wooden table outdoors. She is writing in a notebook with a black pen. A pair of glasses is on the table next to her. The background is a blurred outdoor setting with greenery and a white building.

What Do I Really Want?

Last week, in a study group, we were all asked a simple question:

"What do you really want?"

It struck me how completely stumped I was.

Really!... how can we truly know what we want if we are fully present, observing what is now and appreciating the beauty in every experience?

It made me stop and reflect.

When we think about the things we want, they are often material. The house. The car. The better-paying job.

The holiday. The relationship. We tell ourselves that once we have these things, we'll finally feel happy, content or complete.

Though, is that really true?

Take buying a new car, for example. At first, it's exciting. We admire it, care for it and feel grateful. Yet, how long does that feeling last?

Before long, the excitement fades, and our attention shifts to the next thing we believe will bring us happiness.

It becomes a cycle.

A little like a drug, we're forever chasing the next hit, riding the ebb and flow of temporary satisfaction. Perhaps we've simply been looking in the wrong place.

What if life is not about collecting more, but connecting more?

Connecting with yourself, or perhaps reconnecting with a part of yourself you may have forgotten...

The part of you that existed before fear, comparison, expectations and the endless striving to become something more. The quiet

place within that already knows peace. The place that is simply love. From my own spiritual perspective, I believe we are each living expressions of the Divine.

Maybe our greatest purpose isn't to become someone different, but to remember who we have always been.

Can you imagine if every person lived from that space?

A space of presence rather than fear.
A space of compassion rather than judgment.
A space of love rather than separation.

What kind of world would we create?

Living this way doesn't mean we stop having goals or dreams. It doesn't mean we never desire a beautiful home, meaningful work or financial freedom.

Rather, those things no longer define our happiness. They simply become experiences along the journey. If we can let go, even a little, and simply be with what is, we begin to experience life differently.

It sounds easy. Though when we become truly still and listen to our hearts, we begin to notice how often fear has quietly taken the driver's seat.

Perhaps the invitation is simply this...

To let go.

To soften.

To trust.

To open our hearts.

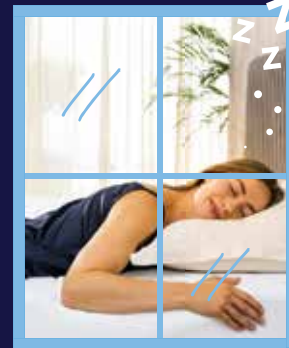
**To remember that love isn't something we find.
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The Impact of Sleep Apnea On Your Heart

Most people know that poor sleep leaves you tired and grumpy. Fewer people know it could be quietly breaking your heart. Literally. Untreated sleep apnea places enormous cardiovascular stress on your body, night after night, without you knowing. Here is what is actually happening.

Each time breathing stops during an apnea event, oxygen levels in your blood drop. Your brain sounds the alarm, flooding your system with adrenaline, spiking your heart rate, and shooting your blood pressure through the roof. All while you remain largely asleep and blissfully unaware. Now multiply that by thirty, fifty, or even a hundred times per night. Every. Single. Night.

Over time, that relentless cycle takes a serious toll. Here is what the evidence shows:

High Blood Pressure Sleep apnea is one of the most common secondary causes of hypertension. Repeated adrenaline surges keep blood pressure elevated not just overnight, but also throughout the following day. CPAP therapy has been shown to produce meaningful reductions, particularly in people whose numbers have been difficult to control with medication alone.

Atrial Fibrillation People with sleep apnea are significantly more likely to develop AFib, an irregular heart rhythm that raises the risk of stroke and heart attack. Those already living with AFib and untreated sleep apnea are far more likely to experience an event.

Stroke The risk of stroke is two to three times higher in people with untreated sleep apnea. This is driven by elevated blood pressure, clotting changes and irregular heart rhythms.

Inflammation and Arterial Disease Regular oxygen deprivation in the body can trigger systemic inflammation and oxidative stress, contributing to arterial plaque buildup and increasing the risk of coronary artery disease. The sneaky part? Sleep apnea often goes undiagnosed for years. Watch for loud snoring, morning headaches, persistent daytime fatigue, or blood pressure issues that remain a struggle.

The good news is, CPAP therapy works fast and may help reduce blood pressure, lower the risk of atrial fibrillation and relief from excess stress on your heart. For a free chat about your situation, visit your local CPAP Direct store or take the online sleep assessment at cpap.com.au. Hand on our heart, you'll be glad you did!

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Rylan's Legacy: Love, Mateship and the Road Ahead

By Cherrie Wilson

At 18, Rylan's life was already roaring ahead — full of laughter, mateship, muddy tracks, shed nights beside his dad Tim, big plans for his Hilux and adventures still to come, before it was heartbreakingly cut short by meningococcal meningitis. His bond with Tim was evident through the life he loved: in the shed, on the tracks, over tools, motors and the kind of father-son yarns that a dad carries with him for the rest of his life.

Rylan Gold was active, healthy, hard-working and full of energy. He loved being with his mates, loved cars, loved animals and had a cheeky, caring nature that people remembered instantly. He had recently started his apprenticeship as a fitter at ARB, was a competitive shooter and was already building the life he wanted for himself.

He was never one to sit still. From the time he was little, Rylan wanted to be outside doing something, pushing a little further each time. If he jumped his bike, he wanted to jump it higher. If he surfed a wave, he wanted the next one to be bigger. That same sense of freedom drew him to four-wheel driving. To Rylan, his Hilux was more than a first car. It was a way to get off the beaten track, find a sunrise or sunset with his mates, and reach places an ordinary car could never take him.

Long before he had a licence, Rylan had plans for that Hilux. He had a list in his head of motors, lifts, changes and upgrades, and he would often come to his dad, Tim, with another idea. His way of saying "what about?" became one of those little phrases that stayed with the family and friends. Now, as Tim works through the build, each upgrade feels like another one of Rylan's ideas being brought to life.

"Ry wasn't just my son; he was my best mate. He was the first person I wanted beside me in the shed, the one I wanted beside me on the tracks, and the one I thought I'd have a lifetime of adventures with. Every time I work on his Hilux, I still feel like he's there with me, asking what we're doing next." — Tim

On March 2, Rylan developed a severe headache, began vomiting and broke out in a rash. A relative took him to Caloundra Hospital, where he was later discharged. At first, it seemed as though he had been given the all-clear. He went home, still unwell, but was texting his mates and making plans for the next day. He had only recently turned 18 so the pub was on the list.

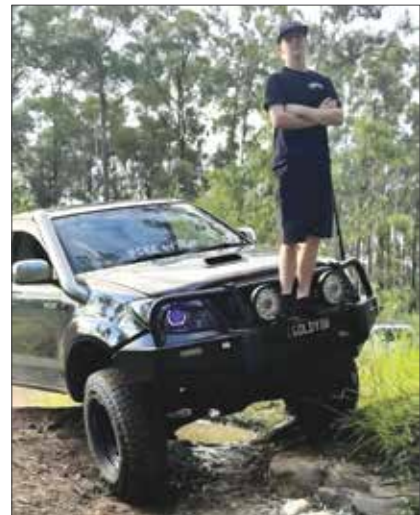
Within hours, his condition deteriorated rapidly. Rylan suffered a stroke at home and was rushed to Sunshine Coast University Hospital, where he was placed on life support. Tim and his wife Kelly were flying home from Western Australia when it happened. By the time they reached the hospital, Tim never got the chance to speak to his boy again. Rylan never regained consciousness.

In his final days, the difficult decision was made to donate Rylan's organs. In keeping with his generous spirit, his donation helped save the lives of four other people. Those who loved him describe Rylan as outgoing, down to earth, humble and genuine.

He had a smile that was infectious, a way of making people feel welcome and a loyalty that meant his mates knew he would always be there if they needed him. He was well mannered, loving and caring, with a soft spot for the family dogs and a heart that reached far beyond himself.

"Mateship was everything to Ry. It wasn't just about having a laugh or going for a drive; it was about showing up, having each other's backs and making sure no one was left behind." — Tim

Rylan had also begun chasing a dream of building a following around his four-wheel-drive journey. His goal was to reach 5,000 followers, sharing the adventures, the Hilux build and the life he loved through Instagram and YouTube. Tim now continues that journey as he completes the Hilux and carries Rylan's dream forward through @goldys_n70 and @Built4Bush. Please get behind Rylan's legacy: follow @goldys_n70 on Instagram, subscribe to @Built4Bush on YouTube, share the pages



now moves beyond the shed doors and onto the road to Cape York.

"I can't bring Ry back, but I can keep showing up for the people he loved. If opening this shed, finishing his car and taking his mates along for the ride helps even one of them feel less alone, then that's how I keep being his dad. That's how I keep him with us." — Tim

The Cape trip is now more than an adventure. It is Rylan's dream being carried by the people who loved him most. It is a father taking his son as far as he can, mates standing beside one another through the hardest kind of goodbye, and a promise that Rylan's spirit will keep travelling with them. For Tim, every kilometre north will carry pride, heartbreak and love. For Rylan's mates, it is a chance to stand beside his dad and finish something their friend never got to complete.

Rylan lived the best 18 years he could: adventurous, loyal, cheeky, loving and free. His story is a reminder that life can change in an instant, that tomorrow is never guaranteed and that the people we love should never be taken for granted. He may not have had the chance to finish the Hilux or make the Cape trip himself, but through his family, his mates, Tim's steady hands and the community that continues to rally around him, Rylan's journey is still moving forward.

Now it is up to all of us to help carry it. Follow @goldys_n70, subscribe to @Built4Bush, share Rylan's story, speak his name, back Tim and the boys, and help keep the dream alive all the way to the Cape and beyond. Every follow, every share, every message of

with your mates and help push one of Ry's goals across the line.

One dream stood above the rest: Cape York. Rylan had been there before with his family, and of all the places he had seen, the Cape was the one he wanted to return to. He wanted to take his own Hilux, tackle the Tele Track and reach the Tip in the vehicle he had imagined and built in his mind.

After Rylan passed away, Tim made a decision. He would finish the Hilux to Rylan's dream spec, take it to the Cape with Rylan's mates and lay part of his son to rest in the place he had always dreamed of reaching. What began as a build became something much bigger: a final journey, a promise from a father to his son and a way for friends to carry Rylan with them.

The shed became the heart of that journey. Rylan's mates kept coming around — to work on cars using some of Rylan's tools, talk, learn, laugh, watch footy or just sit quietly when words were too hard. In that shed, grief had somewhere to go, and the boys had a place where they could still feel close to Rylan.

For Tim, the shed became both therapy and purpose. In the middle of his own grief, he kept showing up for Rylan's mates, becoming a mentor, a steady presence and someone they could call when life, cars or grief got too heavy. He taught skills, offered advice and helped with late-night breakdowns, but just as importantly, he gave them the kind of support only a good bloke who truly cares can give.

What Tim has built around Rylan's memory is something rare. He could have closed himself off, but instead he made room for young people who were hurting too. He gave them tools, trust, time and a sense of belonging, turning a workshop into a support network and Rylan's legacy into something that continues to guide the people who loved him. Through his example, Tim has shown what real community looks like: showing up, sharing what you know and looking after one another without expecting anything in return. His strength has not come from pretending the loss is easy, but from turning love for his son into care for others. That same love, loss and loyalty



support and every person who takes the time to remember Ry helps make sure his legacy keeps travelling.

To Rylan's family, friends and wider community, our deepest condolences remain with you. May his memory live on in every shed night, every track driven, every sunrise reached, every mate who shows up and every kilometre travelled in his honour.

"Ry might not be sitting beside me in the passenger seat, but every track we drive, every spanner we turn and every mate who shows up keeps him with us. This trip is for him, this shed is for him, and every bit of good that comes from it is because of the bloke he was." — Tim



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The year is flying by, and we are already halfway through. Mid-year can be a valuable time for a personal check-in to reflect on what is serving you well and where there may be opportunities for growth.

Are you taking time for your own wellbeing? Have you created non-negotiable moments in your week dedicated solely to caring for yourself?

Structure and routines are important for managing our daily responsibilities and endless to-do lists, but so too is nurturing our mental wellbeing and calming our nervous systems.

Modern life often encourages us to constantly compare ourselves to others and keep up with expectations. Social media platforms are full of influencers telling us what success should look like and what habits we must adopt to achieve it. The reality is that success and wellbeing look different for everybody.

No two lives are the same. It is important to evaluate your own goals, values, and priorities and to discover the practices that best support your own health and happiness.

One powerful way to support wellbeing is by anchoring ourselves in nature.

Spending time in natural environments can help reset our nervous systems in an increasingly busy and overstimulating world. Never before have humans consumed so much information in a single day. News updates, Instagram, Facebook, TikTok, emails, and notifications create a constant stream of outside noise competing for our attention.

Taking time to limit social media intake and reconnect with the natural world can create healthier habits that support emotional wellbeing. While technology has made it easier than ever to stay connected, it may also come at a cost.

Humans were never designed to be constantly reachable. There is value in returning to simpler moments where we have space for privacy, reflection, and our own thoughts.

The growing body of research supporting nature and mental health is difficult to ignore. A recent review involving more than 10 million people examined exposure to green and blue spaces, including parks, forests, gardens, beaches, rivers, and lakes.

Researchers found that spending more time in nature may be linked to improved mental wellbeing, lower stress levels, and better emotional health.

The message from the research is encouraging. Supporting our mental health does not always require grand gestures or expensive programs. Often, it is the small and consistent habits that make the greatest difference. A morning walk among the trees, sitting quietly by the water, tending to a garden, or simply watching a sunset can all become moments of healing.

As we move into the second half of the year, perhaps the question is not what more we need to add to our lives, but what we need to slow down enough to notice.

Nature has always been there waiting for us to reconnect with it — and perhaps with ourselves as well.

Yours in Health and Wellness,

Tracey Blinco
Wellness Consultant.



Cyn's Corner

Who Stands Beside the One You Love?

The hidden journey of carers



One of the greatest privileges of ministry is being invited into people's lives during both the joyful moments and the difficult seasons. Over recent months I have spent time with many carers in our community, sometimes over a cup of tea, sometimes after church, sometimes during a quiet phone call, and occasionally through tears that had been held back for far too long.

Although every story is different, one question keeps returning to my heart: Who cares for the carer?

Here on Bribie Island, we are blessed with an ageing population. Alongside that blessing is a quiet army of husbands, wives, sons, daughters, neighbours and friends who faithfully devote themselves to caring for someone they love.

They rarely seek recognition or draw attention to themselves, yet the contribution they make is extraordinary. Caring is one of the greatest expressions of love, but it is also one of its greatest sacrifices.

Across Australia, around three million people provide unpaid care for a family member or friend living with illness, disability or the challenges of ageing. More than 1.2 million are primary carers, enabling loved ones to remain in their own homes.

While dementia is often the condition we hear most about, carers are also supporting people living with Motor Neurone Disease, Parkinson's disease, cancer, stroke, heart disease, frailty and countless other conditions that gradually reshape everyday life.

One thing I have noticed is that carers rarely complain. Many tell themselves they have no right to feel tired because they are not the ones who are ill. They quietly push through another day because someone else depends on them. Asking for help can even feel selfish. After spending so long putting another person's needs first, many no longer know how to ask for anything for themselves.

Perhaps the greatest hidden change occurs within a marriage. When your husband or wife becomes seriously ill, the relationship begins to change in ways neither of you ever imagined. You don't simply remain their spouse; you gradually become their nurse, advocate, medication manager, organiser, chauffeur and protector.

The partnership that once defined your marriage slowly gives way to caregiving, bringing with it a grief that few people speak about—the grief of watching the relationship you once shared gradually change, while your love for one another remains. Psychologists sometimes call this anticipatory grief—grieving the gradual loss of someone you love before they are gone.

Each week may bring another small change: a forgotten memory, a conversation that no longer happens, a favourite hobby quietly disappearing, or another piece of independence slipping away. It is not simply grief for what lies ahead; it is grief that arrives a little at a time.

One carer recently shared words that have stayed with me ever since.

"I love him dearly... but I miss my husband."

Those words capture something many carers struggle to express. Love does not disappear when illness arrives. In many ways it grows deeper. But love and grief can exist together. It is possible to be profoundly grateful that someone is still with you while quietly mourning the relationship you once shared.

There is another burden that few people ever see. As illness slowly steals independence, frustration often finds its way towards the safest person in the room, the carer. The one who gives the greatest love sometimes receives the sharpest words.

Understanding why this happens does not necessarily make it hurt any less, yet everyday carers quietly

choose patience, compassion and grace. We often speak about the courage of those living with illness, and rightly so. But perhaps it is also time we recognised the quiet courage of those who walk every step beside them.

They may never appear on the evening news or receive public recognition, yet their faithfulness sustains families, friendships and communities every single day.

Next edition we'll explore how each of us can help lighten that load, because sometimes the smallest acts of kindness create the greatest ripples of hope.

Remember to share your thoughts via our Facebook page, Uniting Church Bribie, by email at cynthia@ucabribie.org.au, or by writing to Cyn's Corner, c/- Uniting Church, 80 Webster Street, Bongaree QLD 4507. Thoughts may be shared anonymously.

To God be the glory, Cynthia Gusman-Nolan is a Ministry Agent at Bribie Island Uniting Church with qualifications in psychology, education, trauma counselling and community wellbeing. Through Cyn's Corner, she seeks to bring into focus the unseen people, stories and moments that quietly shape our community.

Disclaimer:

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What Else Can A Caregiver Do If They're Feeling Overwhelmed?

By Terry Skidmore

If you're feeling overwhelmed by caregiving, tending to your own needs may be the last thing on your mind. But taking time for yourself can make you a better caregiver. If you can find small ways to reduce your stress and lift your mood, you'll have more strength and stamina to care for someone else.

Below are some suggestions that may help when you're feeling overwhelmed. Remember, you don't have to do everything at once, especially if the thought of self-care just leaves you feeling more exhausted.

- **Be active.** Find something active you enjoy. That might be walking, dancing, gardening, or playing with a pet. Even short bursts of exercise can be beneficial.

- **Eat well.** Work on maintaining a well-balanced diet that includes a variety of healthy foods. Drink plenty of water every day.

- **Prioritise sleep.** Aim for seven to nine hours each night. Develop a relaxing bedtime routine to help you fall asleep more easily. Try to go to bed and wake at the same time each day.

- **Reduce stress.** Experiment with relaxation techniques such as meditation, tai chi, yoga, or Grief Yoga. Download a smartphone app with guided meditations or relaxing music. Many of these apps are free to use.

- **Make time to relax.** *Carve out time each week to do something you enjoy that has nothing to do with caregiving. It can be as simple as watching a favourite TV show, reading a magazine, or working on a hobby. *(Glimmers)

- **Keep up with your health.** Make that doctor's appointment you've been putting off. Tell your doctor you're a carer: they may be able to suggest resources online or in your community.

- **Reach out for support.** Talk to a trusted family member or friend, or seek counselling from a mental health professional. Join an online or in-person support group for carers. These groups include people who know what you're going through and may offer suggestions or advice.

- **Take a break if you need it.** Ask another family member or friend to step in, hire an aide for a few hours a week, or enrol the older person in an adult day care program.

- **Be kind to yourself.** You don't have to pretend to be cheerful all the time. Feelings of sadness, frustration, and guilt are normal and understandable. Express your feelings by writing in a journal or by talking with a friend. Remember that you are doing the best you can and that you are not alone. Many caregivers have trouble tending to their own health and well-being. But give yourself credit for everything you're doing. Your caregiving makes a big difference in someone else's life.



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Things My Mother Taught Me

5.

How to Look After the Pennies

© Hazel Beneke

My mother was always in charge of family finances and even ran a successful business in retirement. So, she taught us how to handle the pennies we received as pocket money. At first, she looked after those pennies, keeping account of our weekly income and expenditure on a wall chart we could all see.

When we were old enough to do our own sums, we each had our own “bankbook”. We could see when we had enough to spend on each other’s birthday or Christmas presents, or whether there was enough to blow on a treat. The book also recorded fines for misbehaviour when we did something really bad.

When my elder sister started high school and had to catch a bus, she was given five shillings a week, from which she had to pay ten pence for the bus to and from school. At the time, I received only two shillings (twenty cents) a week. But bus fares went up to sixpence per trip the following year, so parents had to buy passes. That, of course, was done by Mum, and it meant our pocket money was now all our own, even if it didn’t amount to a fortune.

Anything we really needed was paid for out of the family budget, so, apart from family presents, we were free to indulge in sweets. With Mum’s advice about teeth and diabetes, we were very self-controlled and rarely visited the school tuck shop. But when I did, my favourite purchase was a “Curl”, stiff caramel covered in chocolate. In senior high school, I obtained my first real bankbook — Commonwealth, of course — and could watch the sum grow and even gain a small amount of interest. So, by the time I went away to university, I was familiar with banking and had somewhere to deposit the money from my scholarship’s living allowance.

It was rare for children to have after-school jobs in those days, though some boys had paper runs. There

were plenty of jobs for anyone who left school. At university, some students had part-time jobs, such as waiting on tables in the refectory, but mostly jobs were available only during vacations. So my first one was as a shop assistant in a jewellery store called Saunders, after I had finished school. It was made easy for me because my elder sister worked in the office of the same store.

So, when I left home, I had quite a few pennies saved up. Unfortunately, my sweet tooth got the better of me away from home, and I suffered at the dentist when I finally took myself there. Mostly, I budgeted pretty well and had plenty for textbooks, stationery, and tickets to social outings. And, as I have mentioned before, I made some of my outer clothes. I bought only things I really needed, just as my mother had taught me. So by the time I was in my third year, I even had enough to provide a short-term loan of £300 to my parents!

The year I left university; I got married and combined my income — my scholarship — with my husband’s. We opened a new bank account, called a Home Savings account, and began to really watch the pennies. That didn’t mean we were stingy, though we rarely ate out, but there didn’t seem to be much left over at the end of the month. We did rely on second-hand furniture and baby equipment, with only white goods, such as a washing machine and vacuum cleaner, bought brand new. The fridge and TV were second-hand because, in those days, things were built to last. And I used my sewing skills to make curtains for our rented place.

After a couple of years, I wondered where all the money was going and started to keep a record. This meant my husband felt guilty whenever he bought a beer — unnecessary guilt! But in the process, I worked out that the spare cash was going on books and LPs, especially after we joined

the World Record Club. So, as soon as we had a firm five-year prospect — doing a PhD — I knew we could afford it, and we bought a house: ten squares, with three bedrooms and one bathroom, which cost less in repayments than our previous place did in rent. So we were on our way!

Only one piece of furniture was new or homemade — everything else was given by family members who no longer needed it. And we maintained our sensible spending, so that we always had enough for bills and repairs. We didn’t take expensive holidays and just visited family when we needed a break. But the luckiest thing was timing: inflation was rife in the seventies, and when we sold our house after five years, the value had risen from \$12k to \$30k.

This started us on the way to a comfortable retirement. Having been careful with our pennies, we built up a substantial nest egg. We enjoyed our own homemade fun, and the wonders that nature provides. Later, we toured this land as Grey Nomads. And then, finally, we were able to upgrade to a house with a swimming pool and indulge in overseas trips.

This happened because we kept our priorities right. We bought second-hand furniture and cars, didn’t follow the latest fashions for clothing, and didn’t buy frivolous items just because other people were doing so. We kept healthy by eating home-cooked meals. We didn’t buy everything new when we changed houses, and we lived in only three houses in fifty years. But despite what many of you might think, we were not Baby Boomers — we were born too early for that profligate generation.

We proved the adage that if you look after your pennies, the pounds will look after themselves. And we found that the greatest blessings are free: just go out and look for them. It may sound like a boring life, but we were always happy.

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MISSING

Tiny Teacup Poodle 'Maggie' — REWARD OFFERED

A devastated family is desperately searching for their beloved dog, Maggie, who has been missing since around 12:00 pm on Monday, 6 July.

Maggie is a very tiny, teacup-sized poodle. She is extremely timid and may be frightened, hiding, or moving quietly through the area.

Because timid lost dogs can easily panic and run further away if pressured, anyone who sees Maggie is asked to stay calm and avoid doing anything that may scare her.

If you see Maggie, please do not approach her, call out to her, chase her, follow her, or try to catch her.

Instead, note her exact location, the direction she is travelling, and any nearby landmarks, then call Joy immediately on **0419 783 991**.

A reward is offered for information that helps bring Maggie home safely.

Her family is devastated and desperate to find her, and



even the smallest sighting could be the clue that reunites Maggie with the people who love her. Please share this message widely and keep watch in your neighbourhood.

If seen, call Joy on 0419 783 991 immediately.

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BUSY FINGERS

The shop has been quite busy during the first month of the new financial year, we were delivering furniture the same day it was coming in which was very good to see, but many customers were disappointed when they saw the floor empty.

I am afraid we cannot predict what we will have available on any given day, it is best just to pop in and see what we have received.

VOLUNTEERS AND SALES

Once again, I have to advise that we have a few new volunteers but still not enough to recommence our \$1 sales of clothing as soon as we have enough sorters to go through the donation process we will start them again.

If you would like to volunteer please call Jacki on 3408 1014 or pop into the shop to see her.

NEW MEMBER OF THE TEAM

Last month another employee joined us, Lyn our new part-time Cashier assists us on Friday and Saturday, Lyn is enjoying her time with us, has made friends and is now part of the Busys' family, please make her welcome.

DONATIONS GIVEN

Edition 266 of the Bribie Islander included a list of the donations that we were able to grant to the schools, Bribie Kindy, and the many social and sporting associations of the island.

We would like to thank our many supporters including our customers and also the wonderful people who donate their preloved goods. Without you we would not be able to support

the island as much as we do each year. Over the last 2 months we have been able to supply the following donations. AFL Bulldogs required a new alarm system and also R U OK socks for the junior teams.

Once again, we were pleased to supply more DV coasters for distribution in our clubs and pubs.

The BI Radio Modellers Assn has a Trainer Aircraft, radio receiver and 2 radio transmitters enabling them to pass on their skills to new members.

The Bribie SES needed assistance in erecting a new colourbond fence and removing the old one.

BI Probus required a DJI Mic 2 digital Kit and the BI Family History Assn needed IT equipment.

BI Social Seniors went on a great bus trip to Esk for the Bush Bashers event, and the Bribie Pink Dragons have new Jackets for their members for upcoming events.

Bribie Gem and Fossicking Club received Floor renovations and also equipment and signage for this year's festival.

The Bribie Kindy will be receiving much needed new flooring during their school break time in September.

REQUEST FOR PRESENTATIONS AND DONATIONS

If you are a member of an island club or association and require assistance, please let us know. We try to assist all non-for-profit associations and sporting clubs, we also assist the Police, SES, VMR and the BI Hospice.

Our President Pauline is quite happy to come along to your club and present our aims and goals and how your club can apply for assistance.

Please call 3410 1920 or email busyfingers1@bigpond.com if you wish to have a presentation or if you wish to apply for a grant of assistance.

When applying for assistance please contact us for our 2026 Grant Guidelines Sheet on how to apply, include a contact name and phone number and also a current equipment quote (from an island business if possible), tell us a bit about your association/club and membership and why you need the equipment you are requesting, and email it to busyfingers1@bigpond.com

Please be aware we only support Bribie Island associations and groups, not individuals.

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

Giving Back to the Community

Well done, Bribie Croquet Club

Saturday, August 1, was the Bribie Island Croquet Club's Community Fundraiser Day.

The day began with a successful Come and Try session, which signed up 14 candidates for the Community Coaching series starting on Thursday, August 6. It was a splendid response.

The main event was the Community Challenge. This year, 10 teams each played five 20-minute games, with the finalists playing six games. Most games were closely contested.

The Mahalo Misfits came from behind to narrowly beat the previously undefeated Odyssey team in the grand final, making it two wins in a row for the Mahalo Misfits. Well done!

A special mention should also go to the Bribie Racketeers, who were the only team to peg out in a game — by that, we mean hitting the post in the middle, not fainting!

This year's fundraiser successfully raised \$1,800 for the Neighbourhood Centre Emergency Relief Service.

The Club would like to thank Bribie local businesses and our political representatives at local, state and federal levels — Brooke, Ariana and Terry — for their generous



contributions of gift baskets and vouchers for raffle prizes. A big thank you also goes to Brooke for taking time out of her busy schedule to drop in and see us.

The Community Fundraiser is an important day for our club. It is our way of giving back to the community that supports us throughout the year, while also helping raise our profile and standing within the community.

Come and join us — it's fun! Call Joan on 0429 165 643.



Busy Fingers Op Shop
38 Cotterill Ave, Bongaree

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SHOES, ELECTRICAL, TOOLS,
TOYS AND MUCH MORE**

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WELCOME**

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DELIVERY**

PH 3408 1014
Mon-Fri 8:00-3.30, Sat 8.00-12.00

BRIBIE ISLAND VOLUNTARY COMMUNITY HELP ASSOC. INC.

VOLUNTEER DRIVERS WANTED

Bribie Island Community Help is after volunteers to assist our active aged and frail clients with door-to-door transport. We transport clients around following areas:

- Bribie Island & surrounds
 - Caboolture, Redcliffe, Northlakes
 - North Brisbane & Brisbane City.
- Currently seeking to expand our Volunteering numbers to service all areas to assist our growing client numbers. We are seeking committed volunteers who can donate 5 to 8 hours per week. We are registered with Centrelink for those with

volunteering obligations.

We have a fleet of Toyota Commuter automatic minibuses, and we will provide training on driving the buses as well as orientation and ongoing support from our professional office staff.

MANDATORY REQUIREMENTS:

- Must hold Australian or NZ Citizenship or the capacity to permanently work in Australia.
- Above 25 years of age due to insurance constraints.
- Be able to pass a driving record history check by Qld Transport.
- Be able to pass a criminal history background check.
- Have a minimum of an Australian Open "C" class license check by Qld Transport.

If you wish to apply or seek further information, you can email your details to apply@bivchai.org.au or call on 3408-0111.



The Association receives funding from the Commonwealth Home Support Program, Queensland Department of Housing and Public Works and the Department of Communities to support our Services.

Sandstone Point IGA and Beachmere IGA

STAND WITH AUSSIE FARMERS

On Saturday 15 August, **Sandstone Point IGA and Beachmere IGA** are calling on their local communities to come together for something bigger than the weekly shop: standing beside Aussie farmers and rural communities doing it tough.

For one day only, every customer who chooses specially ticketed products in store at **Sandstone Point IGA or Beachmere IGA** will help turn everyday shopping into practical support for Farm Angels.

Proceeds from those selected products will be donated to help farming families and rural communities impacted by natural disasters, hardship and uncertainty.

As proudly local IGA stores, **Sandstone Point IGA and Beachmere IGA** understand the importance of backing the people who keep Australia fed.

Farmers are the backbone of our country, and when rural communities are hit by droughts, floods, fires or other challenges, local support can make a real difference. This fundraiser gives shoppers at both stores a simple, powerful way to help.

Both stores have long been part of the everyday life of their local communities—places where people shop, connect, support local jobs and back the neighbourhoods they call home.

Whether it is helping local families, supporting community spirit, or giving customers the chance to contribute to causes that matter, **Sandstone Point IGA and Beachmere IGA** continue to show that being local means more than opening the doors each day. It means standing up when people need a hand.

This Farm Angels fundraiser is another way both IGA stores are helping turn local support into real impact.

By choosing specially ticketed products, shoppers are not only buying the groceries they need; they are joining **Sandstone Point IGA and Beachmere IGA** in backing the farmers and rural families who help keep Australia moving.



Here's How It Works

1. Shop at Sandstone Point IGA or Beachmere IGA:

Choose specially ticketed products in store on Saturday 15 August.

2. Your purchase helps: Proceeds from these selected products will be donated to Farm Angels.

3. Farmers feel the support: The donation will help Farm Angels support Aussie farmers and rural communities affected by natural disasters.

This one-day fundraiser will run at both **Sandstone Point IGA and Beachmere IGA** on Saturday 15 August only.

Shoppers are encouraged to look for the specially ticketed products, support local, and be part of a community effort that reaches far beyond the checkout.

Make Your Shop Count

On Saturday 15 August, visit **Sandstone Point IGA or Beachmere IGA**, look for the specially ticketed products, and choose items that help make a difference.

Whether you are doing a full grocery shop or simply picking up a few essentials, your support can help Farm Angels reach farming families and rural communities when they need it most.

Shop local. Support local. Stand with Aussie farmers—at Sandstone Point IGA and Beachmere IGA this Saturday 15 August.

Every purchase counts. Every local shopper can help. Thank you for supporting Sandstone Point IGA and Beachmere IGA, shopping local, and standing with Farm Angels as they continue to support Aussie farmers and rural communities.



IGA Sandstone Point Secures Champion Steer at Ekka Beef Week

As the Ekka celebrates its 150th year, Beef Week kicked off on Monday 3 August and once again confirmed its place as the largest and most prestigious annual gathering of its kind in the Southern Hemisphere. Held behind the scenes in the week leading into the Ekka, Beef Week brings together the best of the Australian cattle industry and celebrates the people, livestock and genetics that continue to shape the future of beef production.

Showcasing 28 impressive breeds and outstanding Australian beef genetics, Ekka Beef Week is a celebration of the remarkable achievements of growers, handlers, breeders, schools and industry supporters from across the country. Competition spans four key areas: Stud Beef, Led Steer, Prime Beef and Paddock to Plate, each with its own judging pathway, standards and categories.

IGA Sandstone Point focus was firmly on the Led Steer competition, where ribbon winners were auctioned on Wednesday 5 August before being sent on for carcass judging. It was a rare opportunity to see award-winning cattle up close, understand the judging results and bid for premium Ekka beef with a direct connection to the exhibitors and the competition.

The IGA Sandstone Point team arrived at 1pm to register, inspect the winning entries and receive a quick briefing before the auction began. Darren, one of their butchers, was already onsite and had done valuable background research for them. His son had competed in Junior Led Steer, giving extra insight into the quality of the cattle, the competition atmosphere and the work that goes into preparing animals for a show of this calibre.

The auction kicked off around 2pm, with strong interest from buyers right from the start. Early in the proceedings came the Grand Champion auction, which was also the Champion Heavyweight Open Led Steer. Bidding opened with energy and moved quickly, before the steer was eventually purchased by The Breakfast Creek Hotel, continuing its long association with champion Ekka beef.

Not long after, the Champion Junior Led Steer entered the ring—Their first target for the day. There was a genuine feeling of trepidation as the bidding rose rapidly. They stayed in the contest beyond their expected price, but the eventual figure became too rich for them, and the steer was sold to Fair Dinkum Fresh of Emerald.

The day also included two charity lots, adding another important community dimension to the auction. Charlee the Charity Heifer was purchased by The Breakfast Creek Hotel, while the Charity Steer was secured by Keperra Quality Meats. These lots were a reminder that Beef Week is not only about competition and quality livestock, but also about supporting causes and strengthening industry connections.

The junior auctioneers' competition followed, with each young contender selling three steers or heifers. During this section, IGA Sandstone Point secured the first-place Class 1a steer, marking their first successful purchase of the day and giving them a strong result from the auction floor.

After the junior competition, the Champion Lightweight Open Led Steer came forward—another chance to buy one of the four champions. With the bidding slightly more subdued than it had been for the Junior Champion, IGA Sandstone Point held their nerve and secured the win. In a proud moment for the team, IGA Sandstone Point had bought an Ekka Champion Steer, and the auctioneer announced to the crowd That IGA Sandstone Point won the 2026 QNN Medium Meat Department of the Year Award. They will go on to represent QNN at the National IGA Awards of Excellence, where they will be up against their interstate counterparts across Australia in this category.

IGA Sandstone Point exemplifies a well-presented meat department with an impressive range. From premium cuts, and value-driven options, though to expertly prepared products, the choice for local shoppers is endless. With a full in-store butchery, the skilled team provides outstanding service, knowledgeable advice, and a personalised experience for shoppers.

For their butchery team, the purchase represents more than a trophy result. It is a chance to bring premium Ekka beef back to their local customers, showcase the quality of Australian beef, and celebrate the dedication of the exhibitors, handlers and industry professionals behind every animal presented at Beef Week.

Prime Ekka beef cuts are available now from the Deli counter at IGA Sandstone Point while stocks last. Customers are also reminded not to miss Market Day and the Flanno for a Farmer fundraiser on Saturday 15 August. Come along, support the cause, and help IGA Sandstone Point celebrate local community spirit alongside one of Australia's great agricultural traditions.



The Soundtracks of our Lives

© Anne Matthews

Next year marks the 50th anniversary of the death of Elvis Presley. That milestone, together with the recent death of Bonnie Tyler and hearing Sandra Hüller's stunning rendition of "Sign of the Times", in an impromptu karaoke scene, in the 2026 film "Project Hail Mary", set me thinking about just how important music is to our lives.

Music is far more than entertainment. It is the backdrop to our lives, a faithful companion that travels with us through childhood, adolescence, adulthood, and into old age. Certain songs have the remarkable ability to transport us instantly to another time and place.

A few notes of a familiar melody can awaken memories long forgotten, bringing back people, places, and emotions with startling clarity. For many of us, the story of our lives could be told through the music we have loved.

For those who grew up in the 1950s, music was entering an exciting new era. Radios occupied pride of place in family homes, and young people eagerly tuned in to hear the latest hits. The emergence of rock and roll brought a sense of freedom and rebellion.

Artists such as Elvis, Buddy Holly, and Little Richard created a soundtrack for a generation discovering its own identity. Dance halls, record players, and jukeboxes became gathering places where friendships and romances began.

Many will also remember the delight of hearing Louis Armstrong and Bing Crosby perform "Now You Has Jazz" in the 1956 film "High Society", a celebrated musical moment that brought the energy, humour, diversity and improvisational spirit of jazz into homes and cinemas alike.

The 1960s brought enormous social change, and music reflected the hopes, dreams, and challenges of the time. The Beatles, The Rolling Stones, Hermits and Animals, and countless other artists provided songs that became woven into everyday life. Music was no longer simply something people listened to; it became a voice for a generation. Whether heard on a transistor radio or played from a treasured vinyl record, the songs of the era remain powerful memory-makers today.

We also had the haunting melodies and words of Bob Dylan and Joan Baez. Helping a generation start to think about their future. In the 1970s musical tastes became increasingly diverse. Rock, folk, disco, and country music all found devoted audiences and often merged – Dylan went electric.

Families often shared music across generations, and songs became linked to weddings, celebrations, road trips, and special occasions. Many people can still remember exactly where they were when they first heard a favourite song from this period.

The 1980s introduced new technology and a fresh visual dimension to music. Cassette tapes allowed people to create their own personalised collections, and music television brought artists into living rooms around the world.

The soundtrack of life became even more personal. A favourite song could be replayed endlessly, becoming the anthem of a first love, a career milestone, or a memorable adventure.

By the 1990s and early 2000s, compact discs and digital music transformed how people listened. Music became portable, accompanying us in our cars, at work, and during exercise. Groups such as The Spice Girls, Cold Play, Snow Patrol and My Chemical Romance started at this time.

Also The Killers who formed in Las Vegas in 2001, became one of the biggest rock groups of the 21st century. Then came Taylor Swift, who became a global superstar.

Today, music is available instantly through streaming services, placing millions of songs at our fingertips. Yet despite the extraordinary changes in technology, music's role remains unchanged.

It still comforts us during difficult times, helps us celebrate our achievements, and connects us with others. A song heard decades ago can still stir emotions just as strongly as when we first heard it.

Perhaps that is music's greatest gift. It preserves moments that might otherwise fade with time. Long after photographs have been packed away and details have become blurred, a familiar song can reopen a chapter of our lives.



It reminds us who we were, what we felt, and how far we have travelled. The soundtrack of life is unique to every individual.

From the crackling 78's and LPs of the 1950s to today's digital playlists, music accompanies us through every season of our lives. I

t is the thread that connects our memories, enriches our experiences, and tells the story of our journey—one song at a time. Musical theatre has also given many people some of the most memorable soundtracks of their lives.

From the wit and charm of Gilbert and Sullivan to the grand emotion of Andrew Lloyd Webber's works, and the sweeping power of *Les Misérables*, musicals combine story, song, and spectacle in a way that lingers long after the curtain falls.

Their melodies become linked not only to performances in theatres, but also to family outings, school productions, community choirs, and treasured recordings played at home.

For many, a song from a favourite musical can recall the excitement of a night at the theatre or the shared joy of singing along with others. Classical music and opera have provided an enduring soundtrack for countless lives.

Their appeal lies in their ability to express grand emotions—love, sorrow, triumph, longing, and joy—without needing to belong to any single age or generation.

In recent decades, performers such as André Rieu have helped bring this music to a wider audience by presenting waltzes, operatic favourites, and light classical pieces with warmth, colour, and theatrical flair.

His concerts feel less like formal recitals and more like celebrations, reminding people that classical music need not be distant or intimidating.

Through familiar melodies, elegant orchestration, and a sense of shared occasion, Rieu has shown how music from the concert hall and opera stage can still touch hearts, stir memories, and bring people together.

Music and Memory

One of the most remarkable discoveries about music is its ability to reach people living with dementia. While



memories, names, and daily routines may become difficult to recall, familiar songs from earlier years often remain deeply embedded in the brain.

A melody from a person's youth can unlock memories that seemed lost, prompting conversations, smiles, singing, and sometimes even dancing. For many people with dementia, music provides comfort and connection. A song from the 1950s or 1960s may transport them back to a school dance, a wedding, a family gathering, or a favourite holiday.

Family members are often amazed to see loved ones who struggle with everyday communication suddenly remember lyrics word for word. Music can reduce anxiety, improve mood, and create moments of joy when other forms of communication have become challenging.

This powerful connection between music and memory reminds us that songs are more than entertainment. They become part of our identity, stored alongside life's most treasured experiences.

Even when other memories fade, the soundtrack of a person's life can continue to play, bringing comfort, familiarity, and a sense of self.

Where would we be at Christmas without all our favourite carols and hymns. At church or home, we love to hear them all repeatedly. It takes us back to our own youth and that magic of Christmas morning – the tree – the presents.

Perhaps that is music's greatest gift. It not only preserves moments throughout our lives but can also help us reconnect with them when memory begins to fail. From childhood to old age, music remains a faithful companion, enriching our lives and telling the story of our journey—one song at a time.

What Dads Teach Us **When** the Fish Aren't Biting



If there is one place where plenty of Aussies have learnt life lessons by accident, it is in a tinny, on a jetty or beside a river. No classroom, no big speech, no comfy chair. Just Dad, a tackle box, a thermos that tastes faintly of 1998. It is about patience, snacks, knots, weird smells, and pretending 4.30 am is “character building” instead of a crime against sleep.

For a lot of families, fishing is how dads pass things on without making a whole seminar out of it. The official reason is simple: chuck in a line, maybe bring home a feed, and see if

the fish are having a crack. The real reason is better: a few quiet hours together, limited phone reception or why Dad reckons a servo pie, a choccy milk and a packet of salt and vinegar chips counts as “getting provisions.”

Dad's fishing advice is usually short, practical and delivered with the confidence of a bloke wearing double pluggers who has forgotten half the bait but still thinks everyone else should “get their act together.” Watch the tide. Check the wind. Tie the knot properly. Do not stand on the rods, champ. Stop opening the chip packet

with bait hands, you animal. Cast near shade, snags or anywhere a fish might be hiding from its missus. None of it sounds flash, but it works. Look around first. Have a think.

Then send it. If that fails, blame the barometer, the moon, the jet skis, the lack of jet skis, or “bloody boat traffic,” even if the only traffic was a pelican with attitude.

When Dad checks the weather before launching, he is teaching preparation. When he re-ties a dodgy knot, he is teaching care. When he says, “One

VIETNAM VETERANS DAY SERVICE



**Tuesday, 18th of August
commencing at 4.30pm**

**Vietnam Park,
Toorbul Street,
Bongaree**

**We welcome the community
to share this special day with us**



The Management & Staff
wish to invite you and your family to our

Fathers Day

MEMORIAL SERVICE

to be held in the Chapel of Great
Northern Garden of Remembrance
31-35 Tallowood Dr, Deception Bay
Friday 4th September 2026
at 6:00 pm for a 6:30 pm start.



RSVP your attendance by Wednesday, 2nd September,
on (07) 3888 6622 as numbers are limited. For those
unable to attend, you will be able to click on to the
live stream at www.gngor.com.au/live-streaming/

more cast,” he is teaching hope — or possibly stubbornness in a faded fishing shirt.

Either way, it is useful. Dads tend to show more than they explain. They wait, adjust, try again, and somehow remain calm when a promising morning turns into three bites, two tangles, one missing sinker and nothing in the esky except melting ice, a sad mandarin and the crumbs from a packet of Shapes everyone claims they barely touched.

Fishing keeps everyone honest, which is part of the fun. Bait disappears like it owes someone money. A decent tug turns out to be weed. A snag is briefly described as “a good fish” until it becomes clear it is attached to the bottom of Queensland. The fish that got away grows steadily between the boat ramp and the driveway, and by dinner it has usually become “a proper unit,” which in Dad measurements means it was either slightly bigger than a fish finger or large enough to have, a postcode and feed a small country.

Still, the line gets baited again, the rod goes back out, and nobody chucks a tanty just because the esky is having a quiet one. The fish, frankly, have

knocked off early and suggest you go for a counter meal.

The spot matters too. It might be in an old tinny with a few dents, a jetty with worn boards, a quiet creek, or a bit of bank to someone else it is nothing special. To a family, it can be where the first bream was caught, where the weather turned feral, where Nan declared the whole operation “a waste of good daylight.” That is probably the best part. Fishing gives people time to sit side by side without making a big song and dance about it. Dad and a kid can stare at the same patch of water, say almost nothing, and still feel like they have done something worthwhile. Sometimes the quiet is the whole point.

Sometimes it is also because nobody has caught a thing and there is not much to report except, “Yep, pretty sure that was a nibble,” announced with the full authority of a bloke who once watched half a YouTube video on fish behaviour and now reckons he is basically David Attenborough in thongs.

The little rules stick with you. Hooks are sharp. Sunscreen is worth putting on before you look like a burnt snag and whatever you do, don’t touch the bait with sunscreen hands! Take your rubbish home. Do not count a fish until

HEALTH, WEALTH & COMMUNITY

it is in the boat. Never underestimate how quickly a sandwich can pick up the flavour of pilchard.

And if Dad says, “Hold this for a sec,” assume you are about to become responsible for something wet, pointy, slippery or legally questionable. None of this sounds profound, but it adds up: look after your gear, respect the place, do not get ahead of yourself, and keep a sense of humour handy — preferably somewhere it will not get covered in burley, dropped overboard or borrowed by your brother-in-law.

That is why an empty esky at the end of the trip does not always feel empty. There might be a few lost hooks, warm sandwiches, sunburn in the shape of servo sunnies, and one fish that will be discussed for years despite never being properly seen by anyone sober, awake or eve on the trip.

In the end, fishing wisdom from dads is pretty simple. Get organised. Pay attention. Do not panic when things go pear-shaped, enjoy the trip, even if the fish didn’t show up. As Dad would say, “Can’t catch ’em from the couch, champ.” Then, after a long pause, he would probably add, “And if we don’t catch dinner, we’ll just tell Mum we released it for emotional reasons.”



GO IN THE DRAW TO *Win* A TINNIE THIS FATHER'S DAY

MONDAY 24TH AUGUST TO SUNDAY 6TH SEPTEMBER

**PRIZE PACK
VALUED AT
\$9,500**

Simply spend \$50+ in Centre to enter via the Centre App.

Full terms and conditions are available on our website.

- 🐟 Quintrex 310 Dart Tinnie + registration
- 🐟 T Light Alloy Short 749 Trailer
- 🐟 Yamaha F6sMHA Motor
- 🐟 Smooth water safety pack
- 🐟 Fishing pack for Dad including:
 - 4 Crab pots • 4 Fishing rods • 2 Landing nets
 - 2 Dune 4wd heavy duty 25L icebox
 - 1 Black Magic Tackle Backpack



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UNDER THE WHITE ENSIGN

Loss of HMAS *Perth* I [D29]

Type: Modified Leander class light cruiser

Sister ship RAN: HMA Ships *Sydney* II, *Hobart* I

Commissioned: RN 1936. RAN 1939

Displacement: 7,150 t

Speed: 32.5 knots. 60 km/hr

Propulsion:

4 steam turbines

4 shafts. 72,000 hp

Crew: at loss 682

Armament:

4 x twin 6 in guns,

4 x twin 4 in guns

2 x quad 21 in torpedo tubes

Amphibian aircraft on catapult



Battle Honours:

Atlantic 1939,
Matapan 1941,
Malta Convoys 1941,
Greece 1941,
Crete 1941,
Mediterranean 1941
Pacific 1941-42,
Sunda Strait 1942

Fate:

Lost in battle 1 March 1942
Wreck discovered 1967

HMAS *Perth* I [D29]

HMAS *Perth* was commissioned into the Royal Navy [RN] in June 1936 as HMS *Amphion*. She was purchased by the Australian Government and commissioned into the Royal Australian Navy [RAN] in June 1939.

The early part of WW2 was spent on patrol and convoy escort in the Caribbean and around Australia. After effective service in the Mediterranean theatre the cruiser was recalled to Sydney for an extended refit in August 1941. Captain H Waller, DSO and bar, took command after his distinguished service on HMAS Stuart in the Mediterranean.

Because of the determined southern advance of Japanese forces, the fall of Singapore with the capture of 130,000 Allied soldiers, the capture of Timor and the bombing of Darwin, *Perth* was dispatched to the Dutch East Indies (Indonesia) in February 1942. The invasion of Java was imminent and an international force, American, British, Dutch and Australian ABDA Command, was faced with this grim naval situation. Air support of 32 US fighter aircraft was dispatched, however, the ship transporting these aircraft was lost to Japanese bombers.

On a report of its location, the Japanese invasion force was intercepted by an ABDA

detachment of 5 cruisers and 9 destroyers in the Battle of the Java Sea on the night of 27 February. Without air support and hindered by language and communication difficulties, the Allies were overwhelmed and lost five ships. *Perth* and the heavy cruiser, USS *Houston*, were fortunate to survive the Battle of the Java Sea.

The remaining ships were ordered south through the narrow Sunda Strait, that separated Java and Sumatra. Low on fuel and ammunition, *Perth*, in company with *Houston*, ran into the invasion force of 50 troop transports with a screening force of numerous cruisers and destroyers. At 2305 on 28 February a desperate and courageous night battle ensued over the next one and a half hours. Japanese records indicate that 87 torpedoes were fired at the allied cruisers.

Perth, on expending all 6 inch ammunition and having only sustained minor damage, set a course south through the strait. She was surrounded by destroyers who were able to close the range and deliver four torpedo strikes and gun fire. After the second strike, Waller gave the order to abandon ship before being lost with a strike on the bridge. *Perth* capsized and sank at 0025 on 1 March 1942. *Houston*, still fighting but ablaze, was sunk by torpedoes 20 minutes later.

From a crew of 682, 353 were killed in the battle. The survivors faced a desperate struggle to reach the shore where another 5 died. Those remaining became prisoners of war for three years under terrible conditions that included the infamous Burma railway. 106 died during their internment with only 218 repatriated after the war.

The Japanese lost 4 troop transports and a minesweeper with 3 cruisers and 9 destroyers damaged in this encounter.

Mogami, the Japanese heavy cruiser involved in the Battle of Sunda Strait, will be the class name for the new Japanese designed frigates to be supplied to the RAN.

The loss of the two sister ships *Perth* I and *Sydney* II provided the highest casualties the RAN has ever suffered.

Perth's wreck was discovered in 1967, but a survey in 2017 revealed much had been plundered by illegal Indonesian salvagers.

Indonesia has since legislated for its protection as a Cultural Heritage Site.

The RAN named a submarine, HMAS *Waller*, after Captain Waller and HMAS *Perth* is the only foreign warship commemorated in the grounds of US Arlington National Cemetery.



NAVAL ASSOCIATION of AUSTRALIA BRIBIE ISLAND SUB-SECTION

Welcomes EX-SHIPMATES to enjoy that comradeship they experienced when they served.
Please make contact at our Meet and Greet every Tuesday evening at the RSL Club from 1600 hours.

Rick Macchetta

Secretary

0422 889 693 | secretary.naabi@gmail.com

ONCE NAVY ALWAYS NAVY



LIEUTENANT COLONEL VIVIAN BULLWINKEL

Vivian Bullwinkel, the only nurse to survive the 1942 Banka Island massacre, was born in Kapunda, South Australia, on 18 December 1915. She completed training as both a nurse and midwife in Broken Hill, New South Wales, and first worked in Hamilton, Victoria, before taking a position at Melbourne's Jessie McPherson Hospital in 1940.

In 1941, Bullwinkel attempted to enlist by volunteering as a nurse with the RAAF, but she was turned down because of flat feet. She later joined the Australian Army Nursing Service and was posted to the 2/13th Australian General Hospital. In September 1941, she departed for Singapore. After briefly serving with the 2/10th Australian General Hospital, she returned to the 13th AGH at Johor Baharu.

When Japanese forces entered Malaya in December 1941, they advanced steadily south after a succession of victories. By late January 1942, the 13th AGH was forced to withdraw to Singapore. The island's defence soon collapsed, and on 12 February Bullwinkel and 65 fellow nurses boarded the SS Vyner Brooke in an effort to escape.

Two days after leaving Singapore, the Vyner Brooke was attacked and sunk by Japanese aircraft. Bullwinkel, along with 21 other nurses and many men, women and children, reached Radji Beach on Banka Island. The following day, around 100 British soldiers also arrived.

The survivors decided they would surrender to the Japanese. While the civilian women and children went to find someone to accept their surrender, the nurses, soldiers and wounded remained on the beach.

Japanese soldiers arrived and killed the men before ordering the nurses to walk into the sea. They then fired



on the nurses from behind with machine guns. Bullwinkel was shot, but survived by lying still and pretending to be dead until the soldiers had gone.

She remained hidden for 12 days with an injured British private before deciding to surrender again. Both were captured, although the private died soon afterward. Bullwinkel was later reunited with other survivors of the Vyner Brooke.

She told them what had happened on the beach, but they kept silent about the massacre until after the war to protect her as its witness. Bullwinkel endured three and a half years as a prisoner of war and was one of only 24 of the 65 nurses from the Vyner Brooke who survived.

After leaving the army in 1947, Bullwinkel became Director of Nursing at Fairfield Hospital in Melbourne.

She dedicated much of her later life to strengthening the nursing profession and preserving the memory of those murdered on Banka Island. She helped raise money for a nurses' memorial and contributed to many organisations, including serving on the Council of the Australian War Memorial and later becoming president of the Australian College of Nursing.

Over the years, Bullwinkel was recognised with numerous honours, including the Florence Nightingale Medal, an MBE and an AO. She married in 1977, and in 1992 she returned to Banka Island to unveil a shrine dedicated to the nurses who died during the war. Vivian Bullwinkel died on 3 July 2000.

BRIBIE ISLAND NATIONAL SERVICE ASSOCIATION INC

UPCOMING EVENTS & ACTIVITIES

18 Aug 2026 – Vietnam Veterans' Day function @ Coungeau House 5pm following the service in Vietnam Veterans' Park.

ALL VETERANS WELCOME

20 Sep 2026 – Modern Veterans' Day, Woorim 11am
29 Sep – 01 Oct 2026 – Carnival of Flowers Toowoomba

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Membership is open to all current serving and ex-serving ADF members, their spouse, and family members.

Email: veteransbribie@gmail.com
for further information.



Winning Pastels Feature at Bribie Arts Centre August 11 - 23

This exhibition, marking the Pastel Society's 40th anniversary, features some of the region's best local Pastelists and Australia's premier artists in the Pastel Society of Australia's Annual Awards.

They'll be competing for more than \$15,000 in prizes across landscape, animals, portraits and figures, still life and abstract categories and the Alexandra Awards for members who have never won first prize for a Pastel painting.

Winners will be announced at the opening at 1pm Saturday August 15, when there will also be a cake cutting to celebrate 40 years of promoting and supporting pastel art. The national Judge for the Annual Awards, Janet Hayes, will conduct a demonstration and workshop during the exhibition.

Information on these and other free demonstrations can be found on the pastel society's website. www.pastelsocietyofaustralia.com.au.

Come meet and see the artists at work, between 10am and 11:30am daily during the exhibition.

See the schedule is on the Pastel Society website. www.pastelsocietyofaustralia.com.au

Annual Awards 2026
PastelSocietyofAustralia.com.au

YOU ARE INVITED to the PSA national pastel competition

11TH AUG TO 23 AUG
TUE TO SAT 9AM-4PM
SUN 9AM-1PM
CLOSED MONDAYS

Free pastel demonstrations Daily

Over \$15,000 in prize money

AWARDS CEREMONY SAT 15 AUG 1PM
All welcome

Bribie Island Community Arts Centre
191 Sunderland Drive Banksia Beach.
www.pastelsocietyofaustralia.com.au

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with **Shirley Heapy**

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- Sunday 30th August
10am - 2pm

Join Shirley for a fun workshop creating a fused glass dragonfly design for a Lantern. You'll learn glass cutting, layering and incorporating decorative elements.

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with **Robin Jensen**

Distressing is almost a magical process!

Using a gelli plate, texture and paint, we will create beautiful distress prints on paper or fabric.

In this workshop we will explore different gelli plate printing techniques including botanical printing, mark making and stencil printing.

Produce lovely layered prints using transparent and opaque paints, using a wide variety of textures, with this easy to learn, and somewhat addictive process.

All materials are supplied including a 20cm x 25cm gelli plate, brayer, paints, paper, stencils, plants & tools.

You will leave the workshop with a series of finished prints and the knowledge to continue this amazing process at home.

10-2pm Sunday 23 AUG at Bribie Island Community Arts Centre

Cost \$23, pay on the day, cash or card.

Further details, or to book, please contact Robin Jensen:
Phone 0421043924 or Email j-robin@papt.net.au

j-robin@papt.net.au.

DOUBLE NEEDLE COPTIC BOOKBINDING WORKSHOP

by **Robin Jensen**

10am - 3pm SUNDAY 16 AUGUST at Bribie Island Community Arts Centre

Create your own unique handmade journal including the covers & pages, and use the ancient traditional method of bookbinding called Double Needle Coptic Stitching.

REQUIREMENTS - Everything is supplied.

BOOK SUPPLY

- Paper for the pages and decorative paper for the covers (a wide range)
- Book board for covers
- Thread for stitching
- All tools, glue, needles, etc. A pack of 4 needles is yours to keep.
- You may bring your own papers to incorporate into your book if you wish.

Cost \$55 - Cash or card, pay on the day.

Contact Robin Jensen.
PH 0421043924, Email j-robin@papt.net.au

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

THE TIME DETECTIVE

FAKE OR FORTUNE? RESEARCHING THE ART WORKS IN THE ABBEY MUSEUM

Michael Strong (Senior Curator)

Establishing the attribution and provenance of a painting, especially for Old Masters, is a costly, difficult and time consuming process. Anyone who has watched the BBC TV documentary series, *Fake or Fortune?* will be aware of the challenges authenticating a work of art entails. Rarely though do small museums and galleries have ready access to funds and specialist researchers for this task.

These difficulties are especially apparent for the paintings (and other objects) acquired for the Abbey Museum's forerunner, the Abbey Folk Park, that were brought to Australia in the 1950s. The 28 Old Masters that form part of the Abbey Museum's founding collection were all acquired in London by Rev. John Ward in 1929. Ward's collecting approach was largely ad-hoc, and as a consequence, few records relating to his purchases were kept. Since then, the paintings have lost their attributions and any links to their provenance – their history of ownership – prior to their acquisition.

However, on the backs of three of them are wax seals with an impression of a double-headed eagle. This is usually considered a symbol of Imperial Russia (although other countries also use this design). However, the Russian Revolution was largely between 1917 and 1923, when over a million Russians emigrated to escape the Red Terror. Many made their way to London, because of the relationship between the Russian and British royal families, and it is likely that some put their art collections on to the market in order to survive. This might explain why Ward was able to acquire such high-quality Old Masters from one source.

The Abbey Museum was fortunate to have enlisted the help of Julia Jackson, an independent art historian and researcher in Melbourne, who has worked on the National Gallery of Victoria's artworks, to catalogue and research the Old Master paintings and see if we could identify the artist and date. But, like all research, it is a time-consuming and tricky process with many rabbit-holes and false turns.

The process comprises three key stages, beginning with a thorough physical documentation of each of painting, paying careful attention to the medium, measurements, and whether any inscriptions or labels are present that might offer important clues for

further examination. The second step involves close stylistic and compositional assessment of each painting to broadly determine the period and place of production. This step also involves comparing the paintings with existing drawings and paintings in public collections, or documented in photo-archives, to begin to narrow an attribution from a broad regional artistic centre, such as Venice, to an artist's workshop or school, or even an individual artist.

At this point it is vital to seek opinions from art historians around the world. The advice and valuable experience these experts can bring is crucial.

Several of the of the works displayed in our new Art Gallery will only have broad attributions while research continues to attempt to ascribe paintings to specific artists.

For example, we have a lovely work of a Grottesque signed by Peter Paul Rubens, perhaps the greatest Baroque artist. Rubens created a large selection of architectural features, many similar to ours. However, this particular work is not listed in the official corpus of Ruben's prodigious output of paintings, drawings and engravings (more than 10,000 in his lifetime), and so more research is needed for it to be officially recognised as a work by the master.

This stage is often aided by conservators whose analysis and treatment, carried out in tandem with the art historical research, can shed light on an artwork's production. Old paintings, such as the Old Masters displayed at the Abbey Museum, often appear a dark brown from discolouration of the varnish layer and the accumulation of particles (such as soot) on the surface. Moreover, old paintings often require conservation to repair areas of damage and to stabilise them to increase their longevity.

The process of cleaning an ancient painting can reveal old damage and attempts at rectification, but also changes made by the artist to the composition, called pentimenti. It can also help to expose a painting's true colour palette, and brushstroke detail, allowing for a more cohesive reading. Some of the Abbey Museum's Old Master paintings displayed have been recently conserved in Melbourne



by one of Australia's leading paintings conservators. Lastly, by far the hardest, and the most time consuming, aspect of the Old Masters cataloguing project is the provenance research. This involves tracing the history of ownership of each painting from its production, right through to its acquisition by a gallery or museum (or, the reverse).

This research is carried out using digital and paper-based auction house and art dealer sales catalogues, estate inventories, and photo-archive documentation, and it is a very exacting process. The research into the Abbey Museum's Old Masters is complicated by the absence of paper records of sale to Rev. Ward.

Additionally, when Britain entered the Second World War and came under aerial attack from the German Luftwaffe, many commercial galleries and auction houses in London were severely damaged, or completely destroyed. Many dealers and auction houses lost their primary business records: stockbooks, account ledgers, photoarchives, exhibition catalogues. As a result, it may not be possible to have an unbroken history of ownership.

The works that the Museum is displaying are of high quality. By embarking on this research project, and by displaying them in this new gallery will assist in making them known to a wider audience. A work in progress... who knows, we might uncover another exceptional masterpiece.

Local Dining Guide

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



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DINNER Tue to Sun 4:30 - 8:30



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GAME NIGHTS!

ON BRIBIE

MONDAY TRIVA

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

TUESDAY

BINGO

Bribie Island R.S.L 10.00am

POKER

Bribie Island Hotel 6.30pm

WEDNESDAY MUSIC BINGO

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

RAFFLES

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

THURSDAY BINGO

Bribie Island R.S.L 7.30pm

RAFFLES

Bribie Island R.S.L Fishing Club 4.30pm
Every Thursday at the RSL prizes are
Meat Vouchers from Avondale Meats and
Seafood Vouchers from Saviges.

FRIDAY

MEAT TRAY RAFFLES

Bribie Island Bowls Club 4.30pm
Bribie Island Golf Club 5.30
Blue Pacific Hotel (from) 3.00pm
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 12.45pm-3.45pm.
\$5 which includes raffle prize.
Please arrive 10mins before play starts at 12.45pm
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

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 change of location

Saturday November 15th ~ 9am ~ 2pm

Saturday December 6th ~ 9am ~ 2 pm

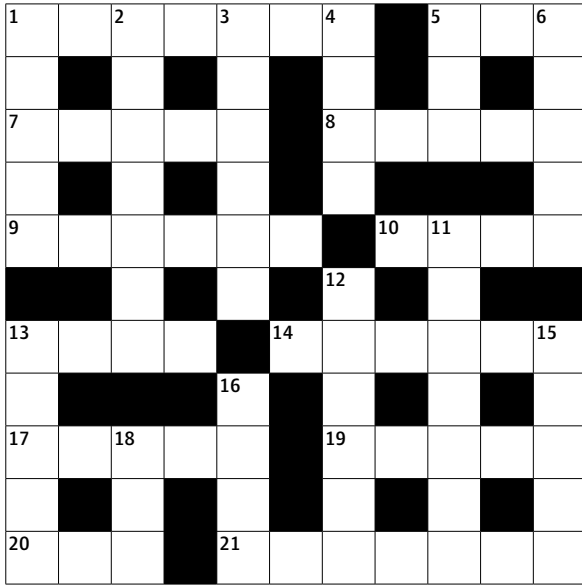
Saturday December 20th ~

9am ~ 2m

4pm ~ 8pm

There is also an outdoor market to run alongside
indoor market called This 'n' That

CROSSWORDS – QUICK & CRYPTIC

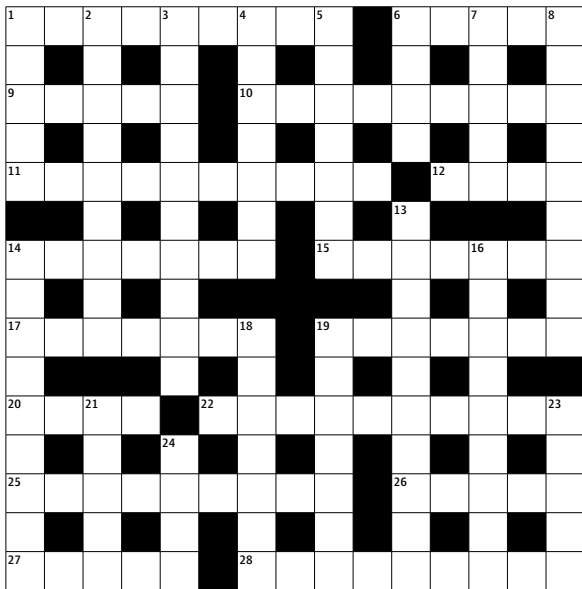
**Across**

- 1 Forged paper at bank (7)
 5 Raises caps on untaxed personal savings (3)
 7 Urge on section of slim peloton (5)
 8 Doctor needs compact (5)
 9 The best deli tests sandwiches (6)
 10 Payment for release of package picked up (4)
 13 Cook starts to create healthy, enticing food (4)
 14 Organise a truce at sea (6)
 17 Parisian obelisk enthralls Swedish inventor (5)
 19 Sounded note for singer (5)
 20 To begin with, naturalist inspects turtle egg (3)
 21 Gives model to Danes (7)

Down

- 1 Group of large cats examined when leaving trap (5)
 2 Cold-blooded type let pier out (7)
 3 Tray covered by papal letters (6)
 4 Initially tracks information detailing economical flow of water (4)
 5 Reportedly deserve vase (3)
 6 Take sample of toothpaste? Always (5)
 11 Opposed to a giant's dancing! (7)
 12 Author acknowledging universally sensed truth enhances novel openings (6)
 13 Clergy member, a big gun, we hear! (5)
 15 Change or use currency (5)
 16 Happy carrying lady's boxes (4)
 18 Animal found in bushes and tree tops (3)

CRYPTIC

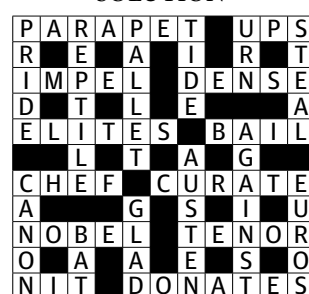
**Across**

- 1 Rugby player lacking weight put in the shade? (9)
 6 Words to live by, not initially arse-backwards (5)
 9 Joe, for one, allowed a padded jacket (5)
 10 Call for monsoon? Mumbai resident dropping one in a hurry (4,5)
 11 Tigress, with 'Yum!', mauled grumbler (6,4)
 12 Some charity, perhaps, would be kind (4)
 14 Showed desire to embrace one in make-up? (7)
 15 US lawyer ready to accept thanks for information (7)
 17 A goal almost entirely securing first place in league, in general (2,5)
 19 Duke's decline largely involving unknown figure in French scandal (7)
 20 Desire to lose, discarding diamonds (4)
 22 Allowing style's suitable, but not fine (10)
 25 Pompous Unionist blocking a timid one, mostly? That's of doubtful value (9)
 26 Friend I'm backing to invest in a success (5)
 27 Big noise in family group estranging nearly all? (5)
 28 Drink in the past contributing to atmosphere in islands (9)

Down

- 1 How stamps are affixed? Crikey! (2,3)
 2 Starry Parisian is one active in political group (9)
 3 University brought in rare title, fantastic writing (10)
 4 Book salvaged from rubbish daughter stored (7)
 5 Peculiar warped wits hosted by talks provider? (7)
 6 A way with meter and rhyme? (4)
 7 Fish like the location where fish are readily shot? (5)
 8 Stereo apt to distort musical works (9)
 13 US actress swallowing whisky up – by the way, it's illuminating (6,4)
 14 A chap is upset about scripture lessons being hypocritical (9)
 16 Promoting us following cake decoration appearing to be enough (9)
 18 Billionaire probing work unit soon (7)
 19 Starring role involving some cut upset the old girl (7)
 21 Government committee's firm support (5)
 23 Unrefined Imperial measure? (5)
 24 Eager to see name removed from a medal (4)

SOLUTIONS

CRYPTIC
SOLUTIONQUICK
SOLUTION

KIDS ZONE

SPOT THE 7 DIFFERENCES



Sudoku

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

FIND A WORD

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

CAT GOLD FISH LIZARD
 CHICKEN GUINEA PIG MOUSE
 DOG HAMSTER RABBIT
 FERRET HEDGEHOG RAT
 FROG HERMIT CRAB SNAKE



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Gympie Gold

By Al Finegan

On 10th December 1859, Queensland separated from New South Wales. There was widespread optimism, but this optimism was misguided. The new colony covered an immense area, almost a quarter of the Australian continent, but it possessed very little money with which to govern it. Brisbane had been chosen as the capital, Sir George Bowen became the first Governor, and the fledgling government immediately faced the daunting task of building an entirely new colony from scratch.

Queensland's population was tiny by comparison with the southern colonies. Fewer than 30,000 Europeans were scattered across an enormous landscape stretching from the NSW border to Cape York. Most people lived in Brisbane, Ipswich, Maryborough, Rockhampton and a handful of coastal settlements, while vast inland pastoral stations carried sheep and cattle over millions of acres. Roads were little more than rough bush tracks, railways did not yet exist, and communication between settlements often depended on horseback or coastal steamers.

The colony's economy relied almost entirely upon wool, cattle and a slowly expanding agricultural industry. Unfortunately, nature was unkind. A severe drought during the mid-1860s crippled farming production just as overseas investment began to dry up. Businesses failed, unemployment soared and confidence in Queensland's future almost disappeared. By 1866 the financial position had become desperate. The collapse of the Bank of Queensland sent shockwaves through the colony. Public works were halted - the government had simply run out of money. Road construction stopped, railway projects were suspended, and



hundreds of unemployed men marched through the streets of Brisbane demanding work. Newspapers openly questioned whether Queensland could survive as an independent colony. The government recognised that only a dramatic change of fortune could rescue Queensland. Hoping to encourage prospectors into unexplored country, it offered a reward of £3,000 for the discovery of a payable goldfield. It was a gamble born of desperation. Gold had been found in small quantities elsewhere in Queensland, but none of the earlier discoveries had been rich enough to transform the colony's fortunes. Queensland had an existential crisis. The Colony needed a miracle to survive.

That miracle came one day in October 1867 when a tired prospector named James Nash walked into Maryborough carrying a bag of gold nuggets. The presentation of the gold itself was not especially remarkable. Men had found gold before. What made Nash's bag of gold different was that there were enough quality and volume to signal a change in the future of the colony.

His discovery would create one of Australia's greatest goldfields, give birth to the city of Gympie, and inject millions of pounds into the Queensland economy, thus saving the colony from financial disaster.

James Nash had lived a life of hard work and disappointment. Like thousands of others before him, he had been bitten by gold fever. He had wandered across Qld and NSW searching for that elusive discovery that would finally bring success. By 1867 he found himself exploring the rugged country along the upper reaches of the Mary River. The district was remote and heavily timbered. Travelling north from Brisbane was no easy matter. There were no highways, no comfortable service stations and certainly no four-wheel drives. Instead, there were rough bush tracks winding through dense forests and steep ranges. Huge trees towered above travellers. Thick scrub hemmed in the narrow tracks. The journey could take days.

Nash had spent weeks searching gullies and creek beds. Most prospectors knew that gold often washed down from surrounding hills and collected in creeks and alluvial deposits. The method was simple enough. A shovel of dirt was placed in a pan and washed carefully in water. If fortune smiled, tiny specks of gold would remain. Usually, fortune did not smile.

Then, during August and September of 1867, Nash began finding encouraging traces. Small colours appeared in his pan. Then larger amounts. Near a dry creek bed, he struck something extraordinary. Within days he had recovered substantial quantities of gold. His excitement almost overwhelmed him. This was no isolated find. This was a payable field.



Realising the significance of his discovery, Nash travelled to Maryborough and reported his find to the authorities. On 16 October 1867 he officially submitted his claim for the government reward offered for the discovery of a new goldfield.

The government inspectors arrived with considerable scepticism. They soon changed their minds. Their reports confirmed what Nash had claimed. Rich alluvial gold existed throughout the district. News of a rich gold field was dynamite. It exploded rapidly across Queensland and beyond.

While the news had just begun to cause a frenzy of excitement, Nash recovered 75 ounces of gold in six days from Nash's Gully. Together with later claims, he reportedly earned about £10,000, an extraordinary fortune in 1867 when many labourers earned only £1 - £2 per week. He also received the reward of £3,000 for his discovery.

And so, in a hysteria of activity, the gold rush began. Across Brisbane and Ipswich, men simply walked away from their employment. Blacksmiths left their forges glowing in the fire. Carpenters put down their hammers. Farm labourers told their employers they were leaving "for just a week or two." Clerks who had never held a shovel in their lives suddenly imagined themselves as wealthy miners. Every dray, bullock wagon and horse available was hired. Some men walked the entire 170 kilometres, carrying little more than a blanket, frying pan and shovel.

The bush tracks became crowded with hopeful prospectors, merchants, gamblers, publicans, thieves and dreamers. There was not one single track for the crowds to follow. In the more than 100 km of bush between the outskirts of Brisbane and the goldfields, the notorious Gympie-Gympie shrub was endemic. Simply brushing a bare arm along its leaves could leave a grown man in tears. Its tiny stinging hairs delivered agony unlike almost anything else in the Australian bush. Victims described the pain as feeling as though they had been burnt by fire and shocked by electricity at the same time. Thus, despite widespread news of this danger in bashing through the bush to the newly named Nashville,

prospectors took their chances. Within only a few months, Nashville became one of the fastest-growing towns Australia had ever seen. Canvas tents stretched across the hillsides as far as the eye could see. At night, hundreds of campfires flickered beneath the giant gums while fiddles played outside rough timber hotels. Men from Cornwall, Ireland, Germany, China, Scotland and America all chased the same dream. Different languages and accents echoed through the gullies, but everyone understood the universal language of gold.

Many of the earliest prospectors needed only a pan, shovel and cradle. Contemporary newspaper reports described men washing dirt from the creek and finding several ounces of gold in a single day, with nuggets lying almost on the surface. One miner reportedly remarked that the gold was "picked up rather than mined."

Some of the first claims yielded hundreds of ounces before they were exhausted. Several men walked into Maryborough carrying leather bags of gold nuggets worth more than they had earned in years of labour. Merchants quickly noticed prosperous miners buying new clothing, watches, saddles, horses and supplies with gold nuggets laid directly on the shop counter.

Every week, thousands of ounces of gold had to be carried by armed escorts travelling with the gold shipments. They knew that bushrangers were aware that a single escort might be carrying a fortune. While there never was a successful holdup of a gold escort shipment, there were a few failed attempts. Nashville also attracted several thousand Chinese miners. Unlike many Europeans, they patiently reworked abandoned ground. Many struck payable gold where others believed there was none. Despite contributing enormously to the goldfield history, they often suffered discrimination and hostility.

Meanwhile, the town's name, Nashville, was being confused with another Nashville that existed in the USA. Local authorities decided they needed a new name. They chose Gympie. It was a word that was on everyone's lips. Thus, one of Qld's new towns inherited its name from a plant capable of making grown men cry. There is something very Australian about that.

Within weeks, thousands of people were living there. The transformation was astonishing. Only months earlier the district had been little more than bushland. Now it was one of the busiest places in Queensland. The alluvial gold was remarkably rich. Men who had spent years scratching a living elsewhere suddenly found themselves earning fortunes. Stories circulated of lucky diggers recovering ounces of gold in a single day. Whether all the

tales were true hardly mattered. Gold fever had taken hold.

As always happens during a gold rush, the easy gold did not last forever. By 1868, much of the shallow alluvial gold had been worked out. Many goldfields would have faded into obscurity at that point. Gympie was different. Miners discovered that the real wealth lay underground. Quartz reefs carrying gold extended deep beneath the hills. Recovering this gold required far more than a pan, a shovel and a strong back. Now mining became a serious business. Shafts were sunk into the earth. Steam engines were installed. Crushing



batteries pounded quartz day and night. Companies were formed. Investors poured money into the field.

The lone prospector gradually gave way to the mining engineer. Deep reef mining transformed Gympie from a temporary gold rush settlement into a substantial town. Wealth flowed into Queensland on an unprecedented scale. Gold exports increased dramatically. Businesses prospered, and Government revenues increased significantly. As the years passed, Gympie continued to prosper. Elegant buildings replaced rough timber structures. Churches appeared, schools were established, and Banks flourished. And of course, hotels multiplied. Mary Street became one of the busiest commercial centres in regional Queensland.

The town also endured its share of disasters. Fires swept through business districts. Floods repeatedly surged along the Mary River. Mining accidents claimed lives underground. Economic downturns periodically struck the industry.

Yet Gympie survived them all. And the goldfield continued to prove remarkably productive. Generation after generation of miners continued extracting wealth from beneath the hills. New technologies allowed deeper workings. Rich reefs were discovered, keeping investors interested. By the late nineteenth century, Gympie had become one of Australia's premier gold mining centres. Its mines produced enormous quantities of gold and supported thousands of families. Fortunes were made, and fortunes



were lost. Share prices soared one week and collapsed the next. Mining promoters promised riches beyond imagination. Some delivered while others disappeared with investors' money. Human nature, it seems, has changed very little.

Yet amid all the speculation and excitement there remained one undeniable fact. Without Gympie, Queensland's history may have unfolded very differently. From serious financial difficulties, Nash's discovery generated employment, attracted investment and provided desperately needed revenue. By the time large-scale mining finally declined, the Gympie Goldfield had produced more than four million ounces of gold and measured in today's values, that represents \$24.12 billion AUD.

Today, visitors driving along the Bruce Highway, now bypassing Gympie, merely notice a regional city on the way to somewhere else. Few realise they are passing by one of the most important places in Queensland's history. Beneath the streets lie the tunnels, shafts and workings of a goldfield that transformed an entire colony. The old mining buildings, heritage structures and surviving relics tell the story of a remarkable era when gold fever gripped the State.

Queensland owes much of its prosperity to many industries, but perhaps none arrived at a more desperate moment than the gold found by one lonely, stubborn prospector beside a creek in 1867. James Nash never became as famous as some of Australia's other gold discoverers, yet his achievement ranks among the greatest.



SPORTS PAGES



BRIBIE ISLAND BOWLS CLUB

Self-Select Pairs Results Friday AM 24 July 2026

Winners: P Nelson, T O'Loughlin
Runners up: G Charters, B Tomkins
Winning draw: I Jackson, D Jackson
Winning draw: R Sadgrove, N Sadgrove
Encouragement: G Lucas, B Stuart

Self-Select Pairs Results Friday PM 24 July 2026

Winners: B Lamb, F Crockett
Runners up: M Durham, K Piva
Winning draw: K Pitt, D McMahon
Winning draw: W Gunders, G Pitts
Winning draw: R Black, C Smith
Encouragement: D Hancox, A Sturm

Random Fours Results Saturday 25 July 2026

Winners (HM): W Manson, K Norton, C Cross
Runners up: M Cherry, A Campbell, J Brown, J De-Ruyter
Lucky draw: D Draper, T Phillips, A Pinzger, J Downey

Scrounger Results Monday 27 July 2026

1st: T Holland
2nd: W Gunders
3rd: S Soens
4th: J Muller

Self-Select Triples Results Tuesday 28 July 2026

Winners: A Mann, J Prowle, B Castle
Runners up: L De Roule, J Wallis, M Cole
Winning draw: L Wright, J Brazier, J Herbert
Winning draw: D Merrett, J Jackson, S Pomroy
Winning draw: B Kinnear, L Godfrey, L Gilmore
Encouragement: G Paekau, W Manson, K Henry

Self-Select Pairs Results Wednesday AM 29 July 2026

Winners: K Muller, D Gibson
Runners up: C Dann, J Dann
Winning draw: B Stuart, R Stuart
Encouragement: G Charters, B Tomkins

Self-Select Pairs Results Wednesday PM 29 July 2026

Winners: W Schmidt, I James
Runners up: W Kelly, G Olson
Winning draw: A Buckmaster, J Hattie
Winning draw: C Perkins, K Perkins
Winning draw: W McDougall, D McDougall
Encouragement: R Avern, W McKillop

Random Triples Results Thursday 30 July 2026

Winners: D Cherry, E Thean, D Clarke
Runners up: M Cherry, R Leth, C Brayley
Winning draw: D Neumann, G Barringhaus, K Tinker, T Newstead
Winning draw: P Conn, G Mellors, B Ward
Encouragement: M Gaggiano, S Hoelscher, L Mather, A McBride

Self-Select Pairs Results Friday AM 31 July 2026

Winners: L Tweddle, J Wallis
Runners up: W Manson, T Phillips
Winning draw: J Falvey, G Jackson
Winning draw: R Eaton, BJ Adams
Encouragement: L Comacchio, J Teakle

Self-Select Pairs Results Friday PM 31 July 2026

Winners: P Reid, C Hayles, D McMahon
Runners up: K Ford, A Legosz
Winning draw: P Gray, D Ackroyd
Winning draw: J Prowle, T Erfurth
Winning draw: N Piva, R Avern
Encouragement: G Hazelwood, R Fowler

Random Fours Results Saturday 1 August 2026

Winners: W Manson, G Hutchison, P Bennett, H Groves
Runners up: G Mulpeter, K Muller, K Norton, J Wood
Lucky draw: M Cherry, A Pinzger, L Hackwood, R Donnelly

Scrounger Results Monday 3 August 2026

1st: W Wiegand
2nd: W Gunders
3rd: R Cross
4th: J Teakle

Self-Select Triples Results Tuesday 4 August 2026

Winners: S Lobo, A Cornett, P Campbell
Runners up: A Mann, J Prowle, B Castle
Winning draw: T Dean, D Merritt, J Murray
Winning draw: J Park, J McKay, L McKay
Winning draw: W Baker, J Warwick, S Horn
Encouragement: J Sutherland, D Puls, P Andrews

Self-Select Pairs Results Wednesday AM 5 August 2026

Winners: J Coleman, S Hancox
Runners up: E Bateman, M Garfield
Winning draw: C Dean, T Dean
Encouragement: D Gibson, A Feichter

Self-Select Pairs Results Wednesday PM 5 August 2026

Winners: G Reily, F Crockett
Runners up: M Retchford, T Smith
Winning draw: J Sparks, F Bigham
Winning draw: C Kelly, P Mann
Winning draw: D McDougall, W McDougall
Encouragement: M Diego, M Prewett

Random Triples Results Thursday 6 August 2026

Winners: W Gunders, E Thean, D Donaldson
Runners up: D Draper, J Wallis, B Mathew
Winning draw: L Beaven, S Soens, C Boxsell
Winning draw: C Stroud, T Comacchio, D Bignell
Winning draw: G Mulpeter, R Ward, J Downey

BONGAREE BOWLS RESULTS

Bongaree Bowls Club Results 17/7 to 30/7

Results of Friday 2-4-2 17/7

Winners: Ross Bryant, Peter Vljajic
R/Up: Ernie Connolly, Di Drew

Results Of Saturday Scroungers 18/7

1st: Peter Black. 2nd: Yuki King. 3rd: Rob McLaren. 4th: Pip Hamersley

Results of Tuesday Paddle Pop Draw Triples 21/7

Winners: Richie Ferguson, Errol Fender, Marissa Renton
R/up: Andrea Pike, Clare O'Donohue, Gail Parker
Bonus Draw: Dylan Hayes, Frank Levey, John O'Donohue

Results of Wednesday 4's 22/7

Winners: Claire McCarthy, Laine Paterson, Keith McLeod, Sheena Bath
R/Up: Garry McCarthy, Ian Paterson, Gordon Heaps, Col Valentine

Results of Thursday Jackpot Pairs 23/7

Winners: David Vaughan, Dave Dixon
R/up: Ken Kajewski, Richie Ferguson

Results of Friday 2-4-2 24/7

Winners: Adrian Taylor, Peter Caruso
R/Up: Jacque Murdoch, Richie Ferguson

Results of Saturday Scroungers 25/7

1st: Wayne Ganders. 2nd: Trevor Mallouk. 3rd: Peter Blake. 4th: Gideon Croukamp

Results of Tuesday Paddle Pop Draw Triples 28/7

Winners: Ann Clarke, Christine Nathan, John Morrison
R/up: Linda Leone, Alan Simon, Peter Caruso
Bonus Draw: Jackpot

Results of Wednesday 4's 29/7

Winners: Billy Moor, Elaine Levey, Frank Levey, Beryl Moor
R/Up: Ernie Connolly, Ellen Corrick, Gaynor Johnson, Ron Corrick

Results of Thursday Jackpot Pairs 30/7

Winners: Graham Symonds, Ian Paterson
R/up: Errol Fender, Arne Jensen

SOLANDER LAKE BOWLS RESULTS

Tuesday 21 July 2026 - Club Select Triples:

Winners - Ted Fairman, Janelle Day, Ian Jackson
2nd - Debbie Jackson, Philip Carter, Merv Adams
3rd - Gaenor Mallet, Grant Riley, Ross Luscombe

Wednesday 22 July 2026 - Self Select Pairs:

Winners - Manny Regan and Terry Nash
2nd - Brad Jackson and Peter Nixon
3rd - Jeff and Linda Gilbert

Thursday 23 July 2026 - Self Select Triples:

Winners - Sue Lupi, Leonie Schmidt, Wally Schmidt
2nd - Darryl Wilkins, Wayne Shackell, Ray Zahl
3rd - Shaun Dempsey, Nev Graham, Bob Edwards

Friday 24 July 2026 - Self Select Pairs:

Pool A Winners - Tully and Joan Tennant
Pool A runners-up - Keith Tucker and Steve Jameson
Pool B Winners - Tony Ollier and Terry Nash
Pool B runners-up - Alex Kinnear and Brad Jackson

Saturday 25 July 2026 - Club Select Triples/Fours:

Winners - Mitch Magnussen, Jan Van Arnhem, Rosa McLeod, Ted Parker
2nd - Julie Watson, Robert Clavell-Pearson, Alan Matheson

Tuesday 28 July 2026 - Club Select Triples:

Winners - Ted Fairman, Leonie Schmidt, Merv Adams
2nd - Manny Regan, Dave Bentley, Ron Boddenberg
3rd - Bill Dobe, Grant Riley, Daryl Heilig

Wednesday 29 July 2026 - Self Select Pairs:

Winners - Vernon Dean and Mark Wendt
2nd - Ian Boast and Jenni Cummins
3rd - Steve Jameson and Andy Ives

Thursday 30 July 2026 - Self Select Triples:

Winners - Carmel Sorrensen, Ralph Chaplin, Anthony MacGregor
2nd - Daryl Wilkins, Wayne Shackell, Ray Zahl
3rd - Darryl Heilig, Ross Luscombe, Ian Carr

Friday 31 July 2026 - Self Select Pairs:

Pool A Winners - Jan and Rod Jeeves
Pool A runners-up - Terry Nash and Ray Zahl
Pool B Winners - Manny Regan and Graham Hubbard
Pool B runners-up - Trevor Rennick and Ralph Chaplin

Saturday 1 August 2026 - Club Select Triples:

Winners - Debbie Jackson, Jan Van Arnhem, Ross Luscombe
2nd - Jenny Jones, Jeff Wall, Ron Schultz

BRIBIE ISLAND WOMEN'S GOLF RESULTS

Results for Bribie Island Women's Golf 28 July to 6 Aug 2026

28/07/26 Single Stroke

DIV 1 WINNER Val Phinn 70. 2nd Vicki Jones 74. 3rd Linda Urquhart 75 c/b. DIV 2 WINNER Jenny Stafford 74. 2nd Paula McKenzie 75 c/b. 3rd Mary Carruthers 75. NTP. Hole 4 Kate Wesener. Hole 7 Gwen Clutterbuck. Hole 14 Val Phinn. Hole 16 2nd shot Di Barker. Hole 14 (Div 3 2nd shot) Vivienne Learoyd.



DIV 1 WINNER Val Phinn with Kate



DIV 2 WINNER Jenny Stafford with Kate

30/07/26 Women's Foursomes Championship 27 holes - GROSS winners were Di Benghamy and Vicki Jones on 125. GROSS runner ups were Gwen Clutterbuck and Ros Gardiner 129.

Nett winners - Myra Thomsen and Linda Urquhart 109 Nett runner ups - Rosanne Sullivan and Sue Navie 111.25
Women's Foursomes Gross



Winners Vicki Jones and Di Benghamy with sponsor Brian from Vernazza Restaurant



Women's Foursomes Nett Winners Linda Urquhart and Myra Thomsen with sponsor Brian from Vernazza Restaurant

04/08/26 Single Stroke - Round 1 Club Championships DIV 1 WINNER Julie Bell 70. 2nd Di Benghamy 71. 3rd Lorna Burns 73. DIV 2 WINNER Tricia Brown 71. 2nd Toni Grossman 72. 3rd Tanya Zanow 75 c/b. DIV 3 WINNER Sonia Ferrante 70. 2nd Roz Crossley 74 c/b. 3rd Lesley Heap 74. NTP Hole 4 Jo Malone. Hole 7 Di Benghamy. Hole 14 Ros Gardiner. Hole 16 2nd shot Tricia Brown ITH. Hole 4 (Div 3 2nd shot) Sylvia White.

06/06/26 Single Stroke - MONTHLY MEDAL sponsored by Churches of Christ DIV 1 WINNER Linda Urquhart 73. 2nd Gwen Clutterbuck 77 c/b. 3rd Carol McKenzie 77. GROSS WINNER Di Benghamy

88 NTP Hole 4 Abby Driver. Hole 7 Di Benghamy. Hole 16 2nd shot Di Benghamy.



MM DIV 1 WINNER Linda Urquhart with Helen from Churches of Christ

DIV 2 WINNER Myra Thomsen 71. 2nd Debra Dunn 72. 3rd Paula McKenzie 73. GROSS WINNER Myra Thomsen 94. NTP Hole 7 Lulu Drew. Hole 14 Chris Pronk. Hole 16 2nd shot Myra Thomsen.



DIV 2 MM WINNER Myra Thomsen with Helen from Churches of Christ DIV 3 WINNER Charmaine Price 67. 2nd Sue Navie 73. 3rd Sylvia White 74. GROSS WINNER Charmaine Price 95. NTP Hole 4 Maree Bailey. Hole 14 Helena Winterflood. Hole 16 2nd shot Heather Croukamp



DIV 3 MM WINNER Charmaine Price with Helen from Churches of Christ

MORETON BRIBIE BRIDGE CLUB

Championship graded teams competition was held on 25th July.

Other results - Friday 17th

July (Novice) N/S 1 J Easey & A Fielding 2 C & J Nelson 3 J Greet and S Smith E/W 1 P Morton & Z Dilmitis 2 J Lawson & A Bronn 3 C & R Perrott

Sat 18 July N/S 1 K Cohen & S Hunting-Wynne 2 L Carr & J Wright 3 B Pridham & J Budgeon E/W 1 C Frederikson & J Hays 2 R Webb & L McLaren 3 D Scown & J Easey

Wed 22 July N/S 1 L Carr & J Wright 2 K Kinross & J Reiter 3 K Cohen & J Hays E/W 1 C & R Perrott 2 E Hutton & I Best 3 G Lock & K Strickland

Sat 25 July - Championship teams - as above

Wednesday 29th July N/S 1 J Kinross & J Reiter 2 R Sutton & M Bailey 3 H Tyler & L Heap E/W 1 R King & M O'Reilly 2 L Gadsby & N Denvir 3 R Medhurst & P Breene

BICBC: Monday 20 July N/S 1 M Peterson & D Quinan 2 C Page & J Kennedy 3 M Arthur & R King E/W 1 L Hutton & B Moxham 2 S Smith & M O'Reilly 3 J Lawson & A Bronn

Monday 27 July N/S 1 M Peterson & D Quinan 2 K Taylor & D Quinan 3 A Fielding & J Easey E/W 1 S Smith & M O'Reilly 2 P Hexel & C Browne 3 J Lawson & P Morton

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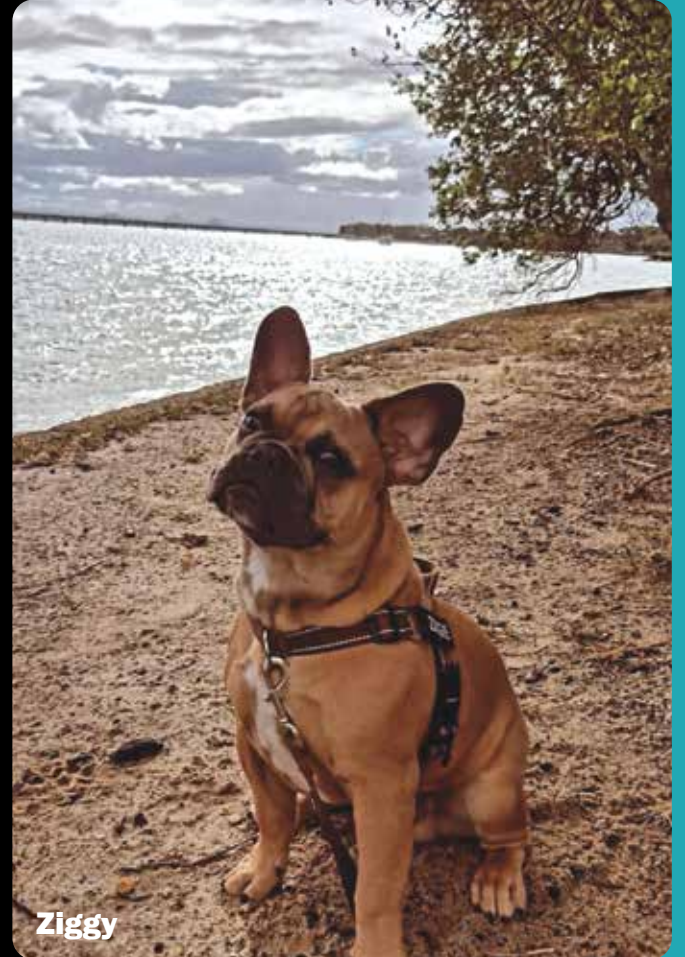
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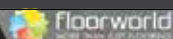
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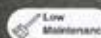
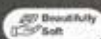


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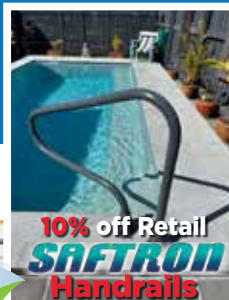
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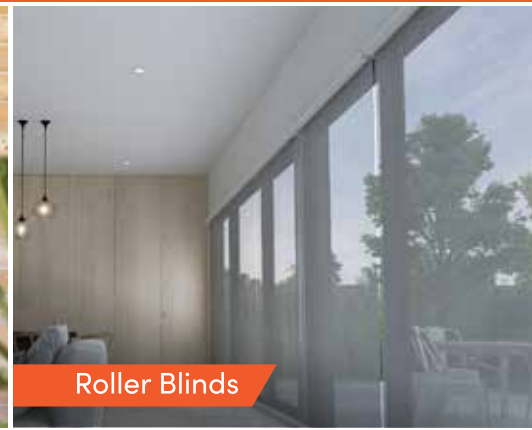
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Deb B

Jack, is a master at his trade, he provides an excellent service and his visits are always educational. He takes the extra time to fully explain everything and his knowledge is second to none. Would highly recommend his services.



Liana L

Jack was extremely professional and helped educate me on how to get the garden of my dreams. My yard has never looked so lush and my children are loving being outside again definitely recommend.



Irene M

Jack has our lawn looking the best it has in years, we were using every weed killer we could get our hands on, trying every fertiliser spending 100's of dollars yearly and the lawn was always a mess full of weeds, since using Jack we save a fortune paying the bi-monthly bill and our lawn looks fantastic, so green and thick and FINALLY weed free.



Kevin R

Jack has been treating our lawn for several years now and taken it from basically weed, to a lush spongy green lawn all year round. The regular fertilising and weed treatment is fundamental to this result but equally important is his advice and ongoing support that allows us to keep it this way.

Getting Your Garden Spring-Ready

A practical local guide for giving your coastal garden a fresh start before the warm weather really kicks in. Spring has a lovely way of sneaking up on Bribie Island.

One week the mornings still feel a little cool, and the next you notice new shoots, brighter lawns and that familiar urge to get outside with the secateurs.

Now is the time to give your garden a bit of attention before the heat and humidity move in.

Gardening here is a joy, but it does ask a bit from us. Our sandy soils drain fast, the sea breeze can be tough on tender plants, and once the weather warms up, pests and fungal problems can appear almost overnight.

So spring gardening is not just about grabbing a tray of colourful seedlings from the nursery. It is about setting things up properly so your garden can cope with the season ahead.

Start with the soil

Start by having a good look at your soil. In many Bribie gardens it is sandy, which is great for drainage but not so great for holding water or nutrients. Digging in compost, well-rotted manure or other organic matter can make a big difference. Then add mulch. It does not have to be fancy — sugarcane, lucerne, tea-tree or forest mulch will all help keep moisture in, weeds down and roots cooler as the days warm up.

Keep GO GO green!

Sort right, bin right and keep it GOing.



Hints to keep your bin fresh in Spring:

- Line your bin with leaves or sticks and add lawn clippings last.
- Put your bin out every fortnight, especially after your Spring garden cleans.
- Mow your lawn as close to bin day as possible.



Apply to opt-in to the GO service or order additional bins.



This initiative is supported by the Queensland Government's Recycling and Jobs Fund



Queensland Government



Choose plants that belong here

One of the easiest ways to make gardening less stressful is to choose plants that actually like living here. Coastal natives, wallum plants, grevilleas, bottlebrush, banksias, lomandra and other hardy locals are made for sandy soils, salty air and dry spells. They also bring in birds, bees and helpful insects, which makes the whole garden feel more alive.

If you grow vegetables or herbs, think like a South East Queensland gardener rather than following southern planting calendars too closely. August and September are good times to get moving with tomatoes, beans, capsicum, cucumber, zucchini, lettuce, silverbeet, rocket and basil.

The trick is to get plants settled before the muggy weather arrives, then keep an eye out for fruit fly, mildew and sudden dry spells.

Prune, clear and water wisely

Give shrubs and garden beds a tidy-up while the weather is still pleasant. Trim out dead growth, cut back anything that is getting too crowded, and let a bit more air move through your plants. That airflow matters once the humidity builds.

Clear leaves and debris from gutters, paths and damp corners, but do not feel you have to make everything spotless. A little natural leaf litter in the right place can help protect the soil and support garden life.

It is also worth checking how you water. A quick sprinkle every day often does less good than a deeper soak a few times a week. Water early in the morning if you can and consider drip irrigation or soaker hoses for garden beds. Pots and hanging baskets need extra attention on Bribie because a warm breeze can dry them out faster than you expect.

Make space for wildlife and shade

A good garden can do more than look pretty from the street. It can cool the house, give small birds somewhere to hide, feed pollinators and make the neighbourhood feel softer and greener.

Try mixing groundcovers, grasses, shrubs and small trees instead of relying on one layer of planting. Even a balcony,

courtyard or verge can become a little patch of habitat with the right plants.

A local spring resolution

This spring, we do not need to overcomplicate things. Feed the soil, mulch well, plant what suits the coast, water sensibly and leave a little room for wildlife. Do that, and your garden will not only look fresher — it will be better prepared for the hot, humid months that follow.

Spring is just around the corner, so this is the perfect moment to pull on the gloves, make a cuppa for after the job is done, and give your garden the head start it deserves.



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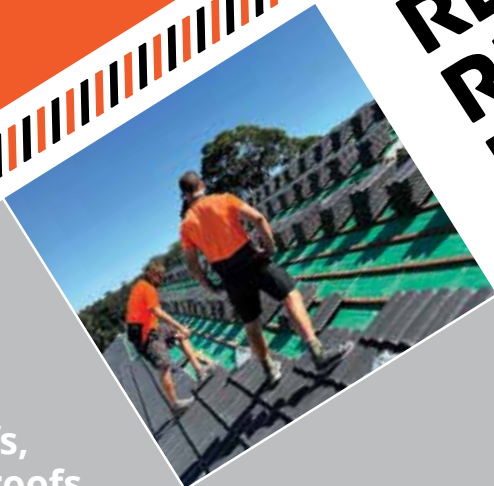
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RENOVATING:

BECAUSE RUNNING WATER WAS CLEARLY MAKING ME SOFT



Part 1 The Loo and I Are Now in a Manual Relationship

By Cherrie Wilson

Being from a small county town, I've never been too precious about a bit of dust, a dodgy tap or having to make do. I grew up knowing most problems can be fixed with a bucket, a bit of gaffer tape, a length of hose, and someone saying, "Stand back, I've got an idea."

But renovating while living in the house has tested even my strongest "she'll be right" muscles.

At the moment, my home has all the charm of a rural disaster zone, only with more bills, less running water, and the thrilling daily bonus of wondering which basic convenience has packed up and left next. It is basically camping, except I still have a mortgage, and no one has offered me toasted marshmallows.

I went into this thinking I was fairly capable. I can handle mud, heat, mozzies, flies, power tools screaming from sunrise, and people saying "it's just a quick job" when we all know that means three weeks, two extra trips to Bunnings and someone muttering I did not sign up for this.

What I did not expect was to become the sort of woman who discusses toilet flushing technique with the authority of a water board inspector. These days, if the loo needs flushing, I do not press a button. I march in with a bucket like I am leading a military operation called Operation Send It Down.

The bucket has become my most reliable household appliance, which is a sentence no grown woman should have to write. It does not need charging, updating, pairing, resetting or swearing at.

Actually, scratch that. I am constantly swearing at the last person who left one sad centimetre of water in the bottom, as though the bucket runs on hope. It simply sits beside the toilet, humble but powerful, like an old cattle dog that knows the job and has seen things and would very

HOME AND GARDEN

much like to retire. Visitors now receive a bathroom briefing that sounds like a workplace safety induction: fill it up, pour straight, keep your feet clear if you're a bad shot, and if anything is still floating, do not scream just refill the bucket and hit it again, mop is there if you miss.

Nothing says sophisticated homeowner quite like issuing bucket-handling instructions before offering a cup of tea.

Of course, this system would run beautifully if it were just me, because naturally I would always refill the bucket, respect the process and maintain this five-star bathroom facility with the dignity it deserves.



But add my partner and two grown kids into the mix and suddenly it becomes a domestic battlefield. Nobody knows who used the last of the water. Nobody saw the empty bucket. Nobody, apparently, has working arms when it comes time to refill it.

My partner reckons, "I wait till I'm at work" one kid says, "I wasn't even here," and the other gives the classic adult-child defence: "I was going to do it," At which point I stare at the empty bucket, the silent loo and my bloodline, and wonder if common sense skips a generation or just moves out during renovations.

My eldest daughter Tahlie, once a frequent weekend visitor, made the executive decision to preserve both her sanity and her standards by removing herself from the drama, announcing, "Love you, Ma, but I'll see ya when the toilet becomes civilised again."

And honestly, I respect that. She has achieved what the rest of us can only dream of: distance, dignity and access to a toilet that does not require a pre-start safety check.

Meanwhile, the rest of us remain here on active duty, living the renovation dream one bucket at a time.

Next edition: the shower situation, or as I like to call it, backyard bathing with low expectations and dignity depends on towel placement.

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- Lemon juice
- Citric acid
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- Hydrogen peroxide
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- Olive oil
- Salt
- Distilled water
- Reusable glass spray bottles
- Microfibre cloths or washable cotton cloths

Natural Cleaning Recipes

All-Purpose Vinegar Spray

Mix 1 cup white vinegar with 1 cup distilled water in a reusable glass spray bottle. Add 5–10 drops of lemon, lavender, tea tree, or eucalyptus essential oil if desired. Use on sinks, tiles, benches, and general wipe-downs. Avoid natural stone such as marble or granite.

Bicarbonate Scrub Paste

Mix 3 tablespoons bicarbonate of soda with enough water to form a paste. Apply with a washable cloth to sinks, tubs, stovetops, or tiles, then rinse well. Add a small pinch of salt for extra gentle scrubbing power.

Castile Soap Surface Cleaner

Mix 2 cups distilled water with 1 tablespoon Castile Soap

HOME AND GARDEN

in a spray bottle. Add 5 drops of essential oil if desired. Use on sealed benches, cupboards, tables, and washable surfaces. Shake gently before use.

Glass and Mirror Cleaner

Mix 1 cup white vinegar with 1 cup distilled water. Spray lightly onto glass or mirrors and wipe with a microfibre cloth until dry and streak-free.

Lemon and Bicarbonate Sink Freshener

Sprinkle 2 tablespoons bicarbonate of soda into the sink, scrub with half a lemon, then rinse with warm water. This helps lift mild stains and freshen odours.

Hydrogen Peroxide Grout Brightener

Apply 3% hydrogen peroxide directly to stained grout, leave for 5–10 minutes, scrub with a cloth or brush, then rinse. Do not mix hydrogen peroxide with vinegar in the same bottle.

Toilet Bowl Freshener

Sprinkle 1/2 cup bicarbonate of soda into the toilet bowl. Add 1/2 cup white vinegar, let it fizz for 10 minutes, scrub, and flush. Use immediately rather than storing this mixture.

Wood Polish

Mix 2 tablespoons olive oil with 1 tablespoon lemon juice. Apply a small amount to a washable cloth and polish sealed wooden furniture. Test on a hidden area first.

Safety Notes

- Do not mix vinegar with hydrogen peroxide in the same bottle.
- Do not mix vinegar with Castile Soap, as it reduces cleaning effectiveness.
- Do not use vinegar on marble, granite, travertine, or other natural stone.
- Label all bottles clearly and store them out of reach of children and pets.

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Before the First Inspection: The Small Things That Help Sell a Home

Selling your home is never just about the price. It is also about memories, routines, and all the little signs of daily life: mail on the bench, shoes by the door, family photos on the wall, a pet bowl in the laundry, and a garden that has had good weeks and busy weeks. But once the home goes on the market, it needs to feel less like your private space and more like a place where someone else can imagine starting their next chapter.

That is where the simple jobs matter. Find your papers. Get a few estimates. Straighten the mailbox. Declutter. Take down some of the personal items. Give the place a serious clean. Tidy the garden.

Move the pets out of sight for inspections. Make a plan for the kids to be elsewhere for a while. Then take a deep breath — and take some good photos. None of this is flashy, but it helps buyers relax, look around properly, and see the home clearly.

Start by finding your papers

Before buyers fall in love with a home, they usually want to know whether it has been looked after. Having warranties, approvals, rates notices, appliance manuals, inspection reports, and maintenance records ready can make a big difference. It shows you are organised, but more importantly, it shows there is nothing to hide. A tidy folder of paperwork can give buyers confidence before they have even made an offer.

Remember, buyers notice the outside first

Buyers start forming an opinion before they reach the front door. A crooked mailbox, messy edges, tired mulch, or a cluttered entry can make a home feel neglected, even if the inside is lovely. So yes, straighten the mailbox. Sweep the path. Trim the lawn. Add fresh mulch if you can. These little jobs send a clear message: this place has been cared for.

Declutter, then make it less personal

Decluttering does not mean stripping the house of personality. It just means giving each room to breathe. Clear the benches. Thin out the cupboards. Tidy the garage. Put away the extra bits and pieces that make rooms feel smaller than they are.

Buyers are looking at space, storage, light, and layout, and clutter makes all of that harder to see. Then take it one step further and de-personalise. Family photos, children's

artwork, collections, and very personal décor are all part of what makes the house yours. But during an inspection, you want buyers imagining their own furniture, their own photos, and their own life there. Aim for warm, welcoming, and simple.

Clean as if the buyer will look everywhere

Because they will. Buyers open cupboards, inspect corners, notice grout, study windows, and register smells before they can explain why a home feels fresh or stale.

A deep clean is one of the most economical forms of staging. Floors, skirting boards, glass, ovens, bathrooms, ceiling fans, vents, and light fittings all deserve attention. Cleanliness does not guarantee a sale, but its absence can quickly create doubt.

Manage pets and children with kindness and strategy

Pets and children are part of family life, but inspections are not family life; they are brief moments of theatre. Pet beds, litter trays, food bowls, toys, odours, and barking can distract buyers or trigger concerns about wear, allergies, or cleanliness. Children's routines can be just as disruptive, not because children are a problem, but because buyers need space to move slowly, ask questions, and imagine calmly. Planning for pets and children to be elsewhere during showings is a practical courtesy to everyone involved.

Take the pictures seriously

Then comes one of the most important steps: photography. For many buyers, the first inspection is online. Strong photos do not misrepresent a home; they allow its best qualities to be seen. Good light, clear surfaces, tidy landscaping, and uncluttered rooms can turn a casual browser into a serious visitor.

The real lesson: preparation is respect

Preparing a home for sale is not about perfection. It is about respect: respect for the buyer's time, respect for the value of the property, and respect for the transition the seller is making. The small tasks matter because they reduce friction. They make the home easier to understand, easier to trust, and easier to love. In a competitive market, that ease can be the difference between a property that is merely inspected and one that is truly considered.

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Creative Interiors with Ivory T - fabric & wallpaper **Coastal Farmhouse Interior Styling in 2026: Relaxed Living Meets Timeless Elegance**

While Farmhouse and Coastal Farmhouse interiors share many characteristics, each creates a different feeling. Traditional farmhouse styling is rooted in country living, with a focus on warmth, heritage details and handcrafted finishes. Coastal Farmhouse keeps that same sense of character but introduces a softer, lighter mood through natural textures, fresh colours and an emphasis on open, sun-filled spaces.

In 2026, homeowners are seeking interiors that feel peaceful, inviting and connected to nature. Coastal Farmhouse styling answers this beautifully, combining the charm and authenticity of farmhouse design with the breezy openness of coastal interiors. The result is a look that feels relaxed, elegant and easy to live with.

For Australian homes, this works seamlessly with indoor-outdoor living, bright interiors and relaxed family routines, while celebrating finishes such as timber flooring, stone surfaces, textured wallpapers, linen curtains, S-Wave sheers and handcrafted furniture. The overall effect is timeless, comfortable and beautifully refined.

Natural materials bring Coastal Farmhouse interiors to life. Wide-plank oak floors reclaimed timber pieces, limestone surfaces, handmade ceramics and woven baskets create a layered sense of texture and warmth. Details such as exposed timber beams, VJ panelling, shiplap walls and custom joinery add character and craftsmanship without making the space feel heavy or too rustic. These classic finishes give the home a relaxed, authentic quality that will remain stylish for years to come.

Colour palettes in 2026 have become softer and more organic. Crisp whites are paired with warm ivory, sand, oat, mushroom and soft taupe, while muted shades of sage, eucalyptus, dusty blue and seafoam green introduce subtle coastal influences. These calming colours reflect Australia's beaches, dunes and bushland, creating interiors that feel light and airy.

Comfort is at the heart of Coastal Farmhouse furniture. Oversized linen sofas, relaxed slipcovered chairs, sturdy timber dining tables and upholstered occasional chairs help create rooms that feel calm, inviting and easy to enjoy

every day. Mixing vintage pieces with newer furniture adds character and makes the home feel personal.

The right window furnishings can completely change the feeling of a Coastal Farmhouse home. Linen curtains that fall from ceiling to floor create softness and movement, while S-Wave sheers allow sunlight to drift gently through the room. Natural woven Roman blinds bring warmth, texture and practical privacy, making the home feel relaxed and connected to its surroundings.

In 2026, wallpaper is helping Coastal Farmhouse interiors feel more personal, textured, and lived-in. Natural grasscloth, linen-inspired finishes, delicate botanical designs and understated heritage patterns add softness and dimension without overpowering the room. Whether used behind a bed, in a dining space or through an entryway, wallpaper brings quiet charm and visual interest while preserving the fresh, neutral palette that makes this style so easy to love.

Lighting is what gives a Coastal Farmhouse home its sense of warmth and atmosphere. Woven pendants over dining tables, ceramic lamps beside sofas, antique brass wall sconces in hallways and sculptural floor lamps in quiet corners all help create a layered, lived-in feeling. Rather than relying on one strong light source, this style uses soft, warm illumination to make each room feel comfortable, welcoming and beautifully connected to its natural materials and architectural details.

Coastal Farmhouse styling continues to resonate in 2026 because it speaks to how people want to live: simply, comfortably and with a stronger connection to nature. Its mix of breezy coastal calm and farmhouse warmth creates interiors that feel relaxed, personal and welcoming from the moment you walk in. With natural textures, thoughtful finishes and timeless pieces, this style helps Australian homes feel beautifully grounded, effortlessly elegant and ready for everyday living.

Images from Thibaut

Ivory T - fabric & wallpaper 0422 599 084

FISHING REPORT

August

Winter's Ekka weather has arrived right on cue, bringing cool mornings and drier westerlies – and great fishing. The best news of the past month has been the flathead. This wintry weather brings the females into the Passage and creeks to breed, and plenty of male fish have come with them – commonly more than 40 cm, often over 50cm and every now and then some really big ones.

It's always nice to see the big, fat ones go back in the water, to keep breeding for future fish stocks.

There are lots of flathead being found at low tide in Ningi Creek, especially dusky's. Pretty much every Fishability Queensland trip has anchored near the yellow cross marker at Ningi, and there is good flathead being taken home every time.

Will was on board one day, when he thought a stingray had taken off with his 2.5" Gulp Bloodworm shrimp. It ran hard, tangled at the back of the boat, then went down to sit at the bottom – "chaos – I thought I'd lost it!". Finally, he brought it in – a 65cm dusky; then his next cast landed another one, this time 55cm.

Elimbah and Bullock Creek mouths, as well as Lime Pocket, have been other places to go for the flathead as well as to get out of the worst of the wind.

"Getting lucky" with flathead is often about being persistent and looking for sandbanks and draining channels along the western shore of the Passage.

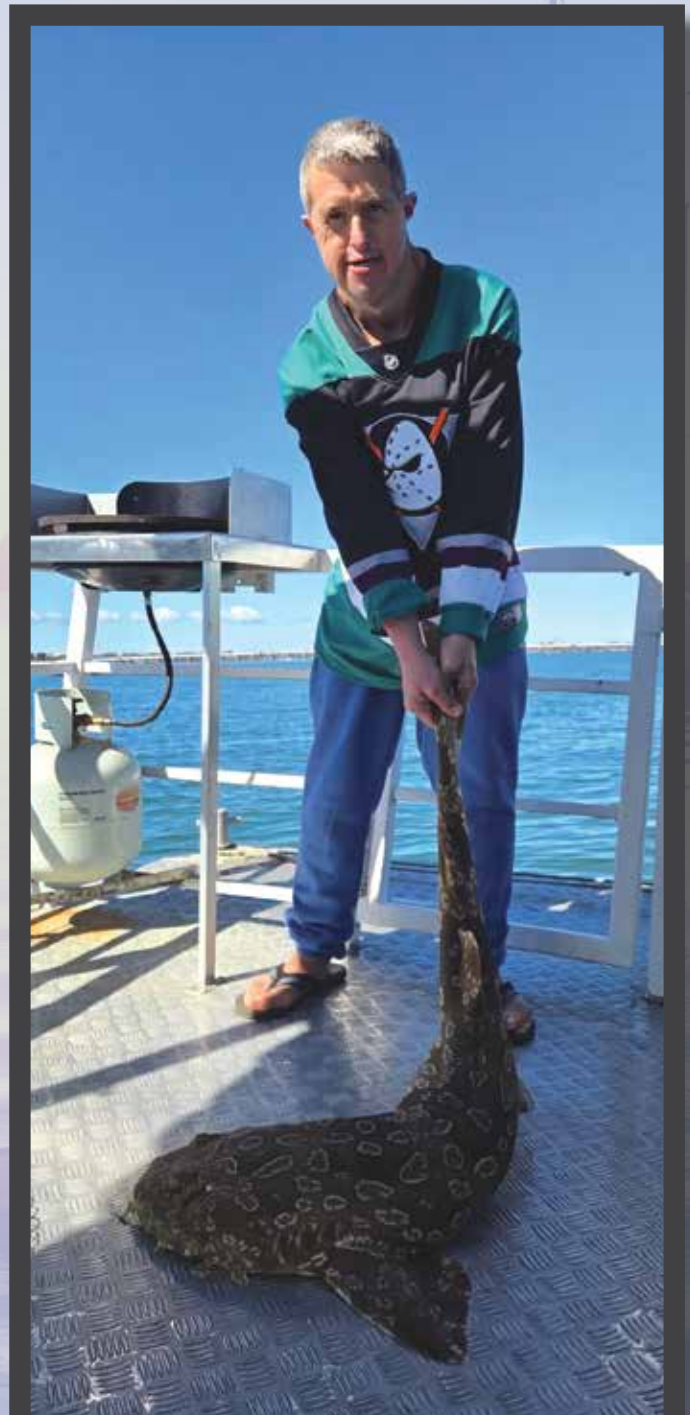
Luke said he'd been finding flathead every time he went out, sitting off Toorbul and Donnybrook – with three or four to take home every time. Camping over the Ekka long weekend, he found a few in the deeper sections off Donnybrook and in the mouth of Bullock Creek, during morning fishing sessions, using soft plastic "vibes".

An early morning start, and casting out lures, were successful strategies when the Caboolture River Fishing and Boating Club recently had an outing – with the catch totalling 87.55kg between 20 competitors.

One fisher tells me that Wilson Tango Shad hard-bodied lures were the most successful on the day for him, with 9 flathead hooked in an hour and a half!

Kelly and family used a grey/white Berkley minnow when they fished around the Avon wreck, to bring in three bar-tailed flathead, all nearly 40cm.

Mark, also fishing around the Avon, used a soft plastic minnow(4" petrol), catching a big dusky on his first cast. Vincent's 54cm flathead took a soft plastic too, this time a yellow and pink paddle-tail.



Scott was thrilled with his wobbegong catch – a couple of photos, then straight back in the water!

The flathead are also taking bait too, of course. Blake and Shelley used pilchards to hook up three lovely flathead (68cm, 52cm and 48cm) at two favourite spots along the river at Beachmere.

Jim and Brent also used gang-hooked pillies to bring in two flathead, both over 65cm, just inside Ningi Creek.

Everton Park Fishing Club had a competition day last weekend, and a lovely flathead was caught by one of their competitors, using "salted down chicken-breast".

Alan, with Fishability Queensland, landed a very fat 56cm flathead - just north of Spinnaker Sound Marina, on the turn of tide, using a peeled prawn.

Alan believes in using a diluted aniseed spray over the prawns (5:1 ratio), if the fishing's a bit quiet, to encourage the flathead, but "if they're biting, I don't bother!".

Well, I can certainly say – they're biting!!



There where plenty more jennies than bucks in Ken's crabpots, in the creeks and in the Passage.



Vincent picked up this flattie on a soft-plastic yellow/pink paddle-tail. LOTS of them in the Passage this winter!



Darcy's family got a swag of fish last weekend, including some nice tailor, on mullet and pillies – at a "secret spot" that couldn't be revealed...

TIDE TIMES

**Bribie Island
AND
Moreton Bay**

Fri 14 Aug 5:07 am 0.26m 11:01 am 1.61m 4:47 pm 0.13m 11:23 pm 2.06m	Sat 15 Aug 5:45 am 0.27m 11:45 am 1.63m 5:31 pm 0.22m	Sun 16 Aug 12:00 am 1.92m 6:18 am 0.29m 12:29 pm 1.63m 6:16 pm 0.34m	Mon 17 Aug 12:34 am 1.76m 6:50 am 0.32m 1:12 pm 1.64m 7:02 pm 0.47m	Tue 18 Aug 1:08 am 1.6m 7:22 am 0.35m 1:58 pm 1.63m 7:55 pm 0.58m	Wed 19 Aug 1:45 am 1.44m 7:58 am 0.4m 2:49 pm 1.61m 9:00 pm 0.68m	Thu 20 Aug 2:30 am 1.29m 8:44 am 0.46m 3:52 pm 1.59m 10:20 pm 0.74m
Fri 21 Aug 3:34 am 1.15m 9:44 am 0.53m 5:10 pm 1.58m	Sat 22 Aug 12:00 am 0.73m 5:07 am 1.09m 10:57 am 0.58m 6:29 pm 1.62m	Sun 23 Aug 1:28 am 0.66m 6:43 am 1.11m 12:13 pm 0.56m 7:32 pm 1.69m	Mon 24 Aug 2:20 am 0.57m 7:45 am 1.2m 1:17 pm 0.49m 8:19 pm 1.77m	Tue 25 Aug 2:57 am 0.5m 8:27 am 1.28m 2:02 pm 0.4m 8:54 pm 1.83m	Wed 26 Aug 3:24 am 0.45m 8:58 am 1.37m 2:38 pm 0.32m 9:23 pm 1.89m	Thu 27 Aug 3:47 am 0.4m 9:27 am 1.44m 3:10 pm 0.25m 9:49 pm 1.94m



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VISIT BY BRIBIE RESPITE & SUPPORT SERVICES

Friday 24th July 2026 - Bribie Respite and Support Services Inc. arranged for a group of NDIS participants to tour our Base. Thanks to John O'Hagan and Rosemary Blythe for showing them through the Radio Room and Kelly Langworthy, Phil Hagen, Wayne Robinson showing them over our Rescue Vessel Bribie 1.





CONGRATULATIONS LUCINDA

Green Saturday Skipper and Senior Coxswain Ian Grimes presented Lucinda Sinclair with her Crew Epaulettes.



Green Saturday Skipper Ian Grimes presents Lucinda Sinclair with her Crew Epaulettes.



Saturday's Sunset from the Radio Room – with Trainee Radio Operator Peter Bell at the workstation.

BREAKDOWN NORTH OF BRIDGE

11:13am Thursday 30th July 2026 – Radio Operator Jeff Kidner received a call for a broken down 4.25m Runabout with 2 persons on board just North of the Bribie Bridge. Callout Crew Skipper Jim Brown with Mark Paterson and Wayne Schultz, who had already started the day transporting 6 RFS Fire Fighters to Bulwer in Bribie 1, launched Bribie 2 and towed the stricken vessel back to Sandstone Point Marina.



Bribie 2 leaves the marina with the stricken vessel now safely on the sand.

MORETON ISLAND FIRES

Thursday 30th & Friday 31st July 2026 Marine Rescue Bribie was tasked to ferry RFS QLD Fire Fighters to and from Moreton Island to control hazard reduction burn on Moreton Island. Thanks to Marine Rescue Bribie Skipper Jim Brown with Crew Mark Paterson, and Wayne Schultz on Thursday; and Skipper Gary Voss and Crew Allan Davey, and Wayne Schultz on Friday.



UNIT COMMANDER GARY'S MESSAGE:



Let's Talk About Tides!

You would be surprised how many times we go out to assist boats that have run aground or found themselves in trouble because the

skipper didn't take notice of the tides. Take Pumicestone Passage. There are plenty of sandbanks and shallow areas, and a fishing spot up a creek with lots of water at high tide can be a very different place a few hours later. There are lots of areas up the Passage – even in the main channel – that are not passable at low tide. You don't want to be on the wrong side of a bank up at the Skids when the tide goes out. You might be very late for dinner!

If you are travelling somewhere unfamiliar, have a look at the chart, and make sure there will still be enough water to get home at low tide.

Did you know that the tides get later as you go up Pumicestone Passage? Donnybrook tides are about an hour later than Bongaree, and the Skids are two hours later. Make sure you take that into account when planning your trip.

In more open waters, the tide can make a big difference to the conditions – particularly around the Bongaree Jetty. With an outgoing tide and a strong southerly, this Southern end of the Passage can be treacherous. Just last week a boat rolled over in these conditions.

When the tides are ripping in or out there is also a nasty bit of water called the 'washing machine' that builds south of Skirmish Point. This is all about tide vs wind, so take care there.

Tides are also important when you are anchoring. If you anchor in one spot, the boat will obviously swing around as the tide changes. You need to make sure you have enough room around you and aren't going to end up sitting on a sandbank or drifting towards another boat.

So before you head out, check the tides as well as the weather. Think about where you are going, where you will be when the tide changes, and whether you will still have enough water to get home.

A little bit of planning can save a lot of pushing, swearing, and calling Marine Rescue!

Stay safe on the water.

“BUT importantly – Always remember if you are heading out on the water LOG ON with your local MRQ. VMR or Coast Guard, it's a free service for everyone, so why wouldn't you! It just may save your life!”

“PLEASE WEAR YOUR LIFE JACKETS!”



Dear Editor,

An inspiration quote on my desk prompted me to reply to A Concerned Australian (BI 31 Jul). 'Whatever you look for – that's what you'll find'. I sympathise deeply with your viewpoint. Life can seem hopeless and challenging at times. It probably doesn't help to say, 'this situation will pass' and that you are not alone.

Materially and globally, we have ridden excess and greed until what we're experiencing now is a shock to what we imagined our future would be. We have done this to ourselves, all of us. We chased 'the dream' of materialism and the lifestyle that goes with it. If there is one thing we can learn from capitalism – it is that money does not buy what we truly want from life.

It buys us options, yes, but what lasts are values, attitudes and gratitude for what we have. Here. Now. These also keep us looking for options and opportunities through difficult times. I don't need to tell you that it is the mismanagement and disillusionment of capitalism globally that is dampening enthusiasm for life. We have outsourced our lives and lost important skills in accountability and community, working with nature and even respect towards each other.

It is, also, unreasonable to expect things to always be better into the future – we bring up kids in our moment, and it's usually only the attitudes and practical skills we offer them that last. Money has its place, but we abuse ourselves with it now. I have known poverty, and when survival is threatened it's not easy to be philosophical and positive, but it does help to reassess expectation and remember life doesn't come with a guarantee. Read Kahlil Gibran's *The Prophet*. A kinder perspective on your expectations might help a bit.

P Robinson

Dear Editor,

Cuts that put lives at risk
The Queensland Government's latest Budget sends the wrong message to some of our most vulnerable citizens. It reportedly reduces funding for domestic and family violence initiatives by around \$38.5 million and cuts about \$42 million from the Immediate Housing Response program, despite growing demand for these essential services.

Every day, specialist workers help women and children escape violence, secure emergency accommodation and rebuild their lives. Yet these services are already under enormous pressure. When funding fails to

keep pace with demand, rising costs and award wage increases, organisations are forced to reduce staffing, increase waiting times or cut services.

Domestic violence and homelessness are inseparable. A person fleeing abuse needs both specialist support and somewhere safe to live. Weakening either service leaves victims with fewer options and greater risk.

This is a false economy. Investing in prevention, crisis support, transitional housing and affordable homes saves lives while reducing long-term costs for hospitals, police, child protection and the justice system.

Queenslanders expect governments to stand with people in crisis, not make it harder for them to get help. The Government should reverse these funding cuts, provide secure, indexed funding for frontline services and ensure the workers who support vulnerable Queenslanders have the resources they need to keep people safe.

Lyn Rushby

Dear Editor,

We are constantly told that Australia is one of the richest countries in the world. We hear about record exports, economic growth, rising national wealth, and the opportunities that lie ahead.

Yet I find myself asking a simple question- If Australia is doing so well, why do so many Australians feel they are falling behind?

Do young Australians believe they have a realistic chance of owning a home? Do working families feel they are getting ahead, or merely treading water?

Do retirees feel confident about rising costs, or worried about what comes next?

Australia is blessed with abundant land, minerals, energy resources, and natural advantages that many nations can only dream of. Yet many households struggle with electricity bills, housing costs, insurance premiums, and the everyday expenses of modern life.

We are told the economy is strong. The statistics may well support that view. But ordinary Australians do not live in GDP figures, government reports, or economic forecasts. They live in the reality of their weekly budgets.

Perhaps that is why so many people are asking a question that deserves an honest answer- Australia is told it is richer than ever. Yet many Australians have never felt poorer. If the country is succeeding, why does it feel like so many of its people are not?

A prosperous nation should produce more than impressive numbers. It should provide affordable housing, reliable energy, opportunities for young people, and confidence that hard work will be rewarded.

Most Australians are not looking for special treatment. They simply want to believe that their children will enjoy a better future than they have.

Unfortunately, that confidence appears to be fading.

So, I would like to ask my fellow Australians-

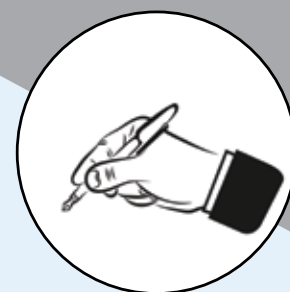
Do you feel better off than you did five or ten years ago? Do you believe your children will have greater opportunities than you did?

And if Australia is indeed prospering, why does that prosperity seem so difficult to see in everyday life?

I suspect the answers may tell us more about the state of our nation than any economic report ever could.

Yours sincerely,
A Concerned Australian

letters
to the editor



Bribie Drivers, Let's Make Roundabouts Simple Again

On Bribie Island and the road in and out, clear indicators and proper giving way can make every trip safer and calmer.

A simple rule for every roundabout: give way to traffic already on it, then signal clearly so others know what you are doing.

Ask almost anyone who drives around Bribie Island, and they will have a roundabout story. The complaint is often the same: drivers who do not indicate, drivers who indicate too late, and drivers who seem unsure about who should give way.

The good news is that the main rule is easy to understand. In Queensland, when you enter a roundabout, you must give way to vehicles already on the roundabout. It is not simply a matter of "give way to the right". Most of the time the vehicle you need to watch will be coming from your right, but the real test is whether another vehicle is already circulating. If it is, you wait.

Indicators matter because they are the only way the rest of us can read your intentions. If you are turning left, indicate left before you enter and keep indicating as you leave. If you are going straight ahead, do not indicate on the way in, but indicate left when you exit if you can. If you are turning right or making a U-turn, indicate right as you approach, then change to a left indicator before you leave.

This is not just a technical road-rule lecture. On Bribie, traffic includes locals heading to work, retirees doing the weekly shop, tradies moving between jobs, visitors towing boats or caravans, cyclists, pedestrians and learner drivers. When one person fails to signal, everyone else has to guess. That guessing slows traffic, raises tempers and can put people at risk.

The biggest mistake is leaving other drivers unsure. A car that keeps its right indicator on while leaving the roundabout can make waiting drivers hold back for no reason. A car that suddenly exits without a left indicator can surprise the vehicle behind it. A car that rushes in without giving way forces others to brake. None of these actions saves meaningful time; all of them make the road less predictable.

Clear indicating is also a small act of neighbourly courtesy. Bribie Island is not a place where people should have to drive aggressively just to get through a roundabout. A simple signal says, "Here is what I am doing." Giving way properly says, "I have seen you." Those two habits make a noticeable difference, especially during busy holiday periods or school and shopping times.

The wider Bribie corridor is already under pressure as more residents, visitors and services rely on the same key roads. Government road upgrades can improve capacity and traffic flow, but no upgrade can fix poor habits behind the wheel. Roundabouts only work well when drivers are patient, alert and predictable.

So, the message for Bribie Island drivers is simple: slow down on approach, give way to vehicles already on the roundabout, use the correct lane, and indicate clearly when entering and leaving. It takes only a second, but it can save confusion, frustration and danger. Roundabouts are not the problem. Uncertainty is. The fix begins with a proper look, a little patience and the small but vital click of an indicator.



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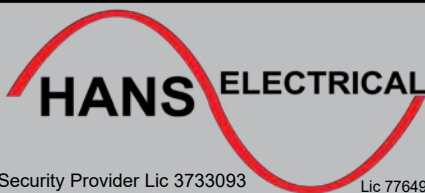
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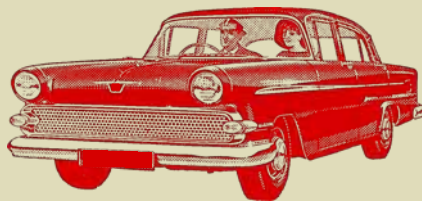
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