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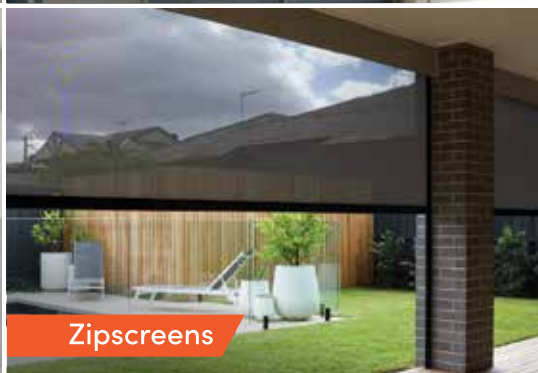
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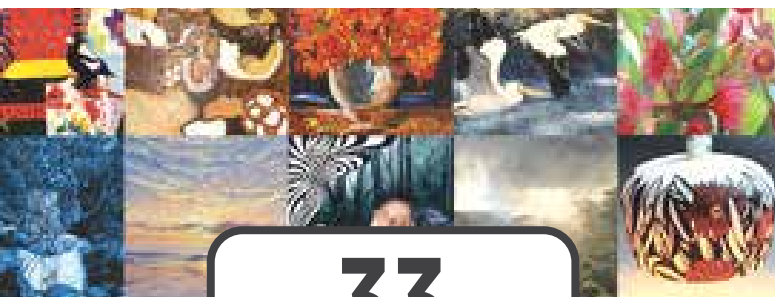
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AUGUST 28, 2026



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THE RISE OF INDIGENOUS FASHION IN AUSTRALIA



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BRIBIE ART TRAIL



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THE BENEFITS OF GROWING NATIVE PLANTS IN YOUR GARDEN



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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Dear Readers,
Welcome to Edition 271. It is hard to believe how quickly the year is moving along. Christmas is beginning to appear on the horizon, spring is almost here, and there is that familiar Bribie feeling in the air as gardens brighten, days get a little longer, and the island starts to show the first beautiful signs of the season. Around us, native wattle, wildflowers, and purple jacarandas are beginning to

bloom across gardens, streets, cities, and national parks. Our wildlife is also stepping into the season, with young kangaroo and koala joeys starting to emerge and explore. It is a lovely reminder of why we are so lucky to call this part of the world home.

This edition brings together many of the things we love most about local life: nature, creativity, community events, and the people who continue to put Bribie on the map. We look ahead to the annual Bribie Island Nature Festival and reflect on the Cairns Indigenous Art Fair, where the Pumicestone Indigenous Education and Employment Council proudly showcased its standout fashion collection, Yarunyung.

We also share news of Weaving Water: Looming, a community-led creative project connected with the Bribie Art Trail and invite local residents to join the Great Global Greyhound Walk at Bongaree. You will also find The Benefits of Growing Native Plants in Your Garden: A Bribie Island Guide, along with the light-hearted Part 2 feature, Shower Optional, Humiliation Included.

On a housekeeping note, I would like to acknowledge that in our last edition we regrettably published the incorrect photograph in our round about article, showing a European sign rather than an Australian sign. Thank you to our readers for your understanding, and for the kindness and good humour with which you brought it to our attention.

Finally, keep an eye out for IGA Sandstone's latest wonderful competition, with \$3,000 to be given away. Thank you, as always, for picking up this edition, sharing your stories, supporting local businesses and groups, and being part of the community that makes Bribie Island such a special place to live.

Until next time,
Take care, Stay Safe,

Cherrie

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We encourage respectful and constructive dialogue, and contributions that violate community guidelines or promote hate speech, discrimination, or illegal activities will not be accepted. Thank you for your understanding and support in maintaining a positive and inclusive community publication.

TERRY YOUNG MP

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Is Your Twitching Eye Trying to Tell You Something?

From kitchen-table warnings to medical explanations, a fluttering eyelid is one of the world's smallest—and strangest—conversation starters.

It usually happens at the worst possible time. You are reading, answering an email, stirring dinner or trying to look alert in a meeting when your eyelid begins to jump. It may not alarm anyone else, but you notice every flicker. You touch your face, blink hard and wonder, briefly, whether your eye is trying to tell you something.

Across the world, people have wondered exactly that. Long before a twitching eyelid was linked to sleep, stress or too much coffee, it was folded into folklore. In some families, it still is. A grandmother may warn that news is coming. A friend may laugh and say someone is talking about you. A random little spasm quickly becomes a story.

Caribbean Whispers: Who's Talking About You?

In some Caribbean traditions, the twitch is treated like social radar.

A fluttering left eye may suggest someone is speaking badly of you or that unwelcome news is coming. A twitching right eye, by contrast, can be a happier sign: praise, kind thoughts or good news heading your way.

Indian Signs: Luck Depends on Who You Are

In parts of India, the meaning can change depending on gender. A right-eye twitch may be lucky for men but unlucky for women, while the left eye may carry the opposite meaning.

Whether believed firmly or mentioned playfully, the idea turns a passing muscle movement into a tiny horoscope of the body.

Chinese Timing: The Hour Matters

Chinese folklore gives the twitch an even more detailed script. A left-eye twitch is often linked with good luck, while the right eye may be viewed with caution.

Some older interpretations add another layer by tying the meaning to the time of day, as if the eyelid kept its own mystical timetable.

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Am J Sports Med 2007; 35:972
* Int J Surg 2015; 24:113-222
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Africa and Hawaii: Visitors, Tears and Strangers

Elsewhere, the twitch becomes a sign of people arriving, emotions stirring or family news unfolding. In parts of Africa, eyelid twitching has been linked with unexpected visitors or tears.

In Hawaiian tradition, a twitching left eye may suggest the arrival of a stranger, while the right eye has sometimes carried a sombre meaning. The details vary, but the instinct is the same: the body flickers, and the imagination answers.

These beliefs may sound unusual if you did not grow up with them, but they are deeply human. We all search for patterns and enjoy the eerie timing of a coincidence.

A twitching eye feels private, sudden and mysterious—perfect material for a family saying, a village warning or a joke shared over tea.

What Science Says

Medicine offers a calmer explanation. The common eyelid twitch is called eyelid myokymia: a small, involuntary spasm of the muscles around

the eyelid. It is usually harmless, temporary and more irritating than dangerous, lasting seconds or returning on and off for several days. The usual culprits are not mysterious.

Too little sleep, too much stress, long hours on screens, dry eyes, eye strain, bright light, irritation, caffeine and alcohol can all play a part. In other words, your eyelid may not be predicting the future. It may be giving a brutally honest review of your week.

That is where folklore and science unexpectedly meet. Folklore asks, “What is coming?” Medicine asks, “What is already happening to you?”

If you are tired, tense, dehydrated or staring at a laptop until late, the answer may be less supernatural and more practical: slow down.

How to Calm the Flutter

The first fixes are pleasingly ordinary. Get a proper night’s sleep. Take regular screen breaks. Blink more often when using devices. Use lubricating drops if your eyes feel dry.

Cut back on coffee, energy drinks and alcohol for a few days. A warm

HEALTH, WEALTH & COMMUNITY

compress over closed eyes can also help the muscles relax.

Most twitches settle on their own. Still, seek medical advice if twitching lasts for several weeks, closes the eyelid completely, spreads to other parts of the face, or comes with redness, swelling, discharge, drooping, weakness or trouble opening the eye.

Those signs deserve a proper check. Perhaps that is the charm of the twitching eye.

It belongs to both the old world and the new: to aunties with warnings, grandparents with sayings, friends with teasing theories and doctors with sensible advice. Culture gives the flutter colour and drama. Science gives it a cause and a plan.

So the next time your eye twitches, you do not have to choose between folklore and common sense. Enjoy the old stories if they make you smile but also take the practical hint: rest your eyes, ease your stress, cut back on caffeine if needed and give your body a break. Most of the time, a twitch is not a warning from the universe—it is simply a small reminder to slow down.

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The Power of Lymphatic Drainage



The other day, I was catching up with my friend Amanda from Perfect Body, Bribie Island.

As often happens when two people passionate about wellbeing get together, the conversation quickly turned to health. We spoke about how many people focus on diet, exercise and supplements, yet often overlook one of the body's most remarkable systems, the lymphatic system.

Unlike our circulatory system, which has the heart to pump blood around the body, the lymphatic system has no pump of its own. It relies on movement, deep breathing, muscle contractions and manual stimulation to keep lymph fluid flowing.

This incredible network plays an important role in maintaining fluid balance and supporting our immune system by transporting lymph through vessels and lymph nodes throughout the body.

When lymph flow becomes sluggish, excess fluid can build up in the tissues, sometimes leaving us feeling puffy, heavy or simply not at our best.

This is where manual lymphatic drainage comes in.

Lymphatic drainage is a gentle, rhythmic massage technique specifically designed to encourage the natural movement of lymph fluid. Unlike deep tissue massage, it uses light pressure to stimulate the superficial lymphatic vessels just beneath the skin. The treatment is deeply

relaxing yet works with the body's own natural processes. Many people report feeling lighter after a session, particularly if they experience fluid retention or swelling in areas such as the ankles, legs or hands.

Others simply notice they feel more refreshed, energised and relaxed. While lymphatic drainage is sometimes promoted for weight loss, it is important to understand that it doesn't burn fat.

However, by reducing excess fluid and supporting healthy circulation, many people find they feel more comfortable in their bodies and more motivated to maintain healthy habits.

One of the things I love most about holistic therapies is that they remind us of our bodies are constantly working to restore balance. Sometimes they simply need a little support. Lymphatic drainage isn't about forcing the body to change; it's about encouraging it to function as nature intended.

Before we finished our conversation, Amanda generously offered something for our readers. If you've been curious about lymphatic drainage, improving health, releasing toxins to promote weight loss or would simply like to learn whether it may be suitable for you, she's happy to offer a complimentary consultation.

Simply let her know you read my article when you book.

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Maria Christina x
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Barefaced, Well-Dressed, and Not at All Sorry

A lighter look, a simpler outfit, and the underrated pleasure of not needing a small engineering team to leave the house.

There is a kind of elegance that does not arrive wearing six layers of foundation, shoes designed by a person with no sympathy for ankles, and an outfit that requires advance warning. It simply walks in looking fresh, comfortable, and quietly pleased with itself.

Frankly, it is refreshing. We have spent years being told that looking good requires correction: smooth this, lift that, brighten here, disguise there, and contour until your face could appear on a topographical map. Fashion joins in too, whispering that unless an outfit makes a statement, preferably in capital letters, it is not trying hard enough.

But perhaps the best style does not try so hard. Perhaps it owns a good white shirt, knows the value of clean skin, and has made peace with the fact that a cheekbone does not need to be visible from space.

Minimal makeup is not a moral position. No one is suggesting lipstick be locked away or sequins placed under national supervision. Makeup can be fun.

Dressing up can be glorious. There are days when a red lip and a dramatic sleeve do exactly what the doctor ordered, assuming the doctor is fabulous and owns excellent jewellery.

The point is choice. There is a difference between enjoying polish and feeling obliged to perform it. Heavy makeup can be lovely, but it can also require constant checking, touching up, and wondering whether your eyeliner has quietly moved suburbs. Overdone clothes can be exciting, but they can also make sitting down feel like a negotiation. This is where the pared-back look earns its place.

Skin that looks like skin has charm. Comfortable clothes have confidence. A simple dress, linen trousers, a soft knit, well-fitting jeans, clean shoes, or one excellent pair of earrings can say more than an outfit shouting across the room for attention.

There is also a small but important joy in not being held hostage by your own appearance. A lighter routine gives back time. A simpler wardrobe gives back ease. You can eat lunch without fear of lipstick archaeology, hug someone without leaving half your face on their shoulder, and bend down to pick something up without your outfit filing a formal complaint.

Looking good without excess does not mean giving up. It means editing. It means knowing what suits you, what feels good, and when enough is enough.

The most stylish people are rarely the most decorated; they are usually the ones who look as though they could make a cup of tea, answer the door, and still appear entirely themselves.

So let glamour remain a pleasure, not a duty. Let makeup be play, not armour. Let clothes be expressive, not exhausting. In a world full of filters, trends, and emergency-level beauty advice, there is something quietly radical about walking out the door looking like yourself — only rested, comfortable, and not at all sorry.



Step onto a runway, scroll through a swimwear drop or pick up a handmade pair of earrings, and you will see why Indigenous fashion is one of Australia's most exciting style stories: it is beautiful, wearable and rich with meaning.

Fashion That Begins With Country

Think of a garment as more than something you put on in the morning. In Indigenous fashion, a dress, shirt, scarf or necklace can carry a story about Country, family, language and identity. A flowing print might echo a river system. A colour palette might reflect a homeland. A woven accessory might use techniques passed down through generations.

That is what makes First Nations fashion feel so fresh. It is not trying to copy overseas trends or fit neatly into one category. It can be resortwear, streetwear, swimwear, tailoring, jewellery or runway art — sometimes all at once. What links it together is the way it turns clothing into conversation.

"Fashion can help us as First Nations people share our stories in different ways. It's a soft entry for people to want to find out more about First Nations culture." — Denni Francisco, founder of Ngali, quoted in Tonic Mag's "On The Frontline Of Indigenous Fashion"

From Community Platforms to Global Runways

Over the past few years, more Australians have started paying attention.

At Australian Fashion Week, First Nations designers have brought colour, confidence and cultural storytelling to one of the country's biggest fashion stages. The first all-Indigenous runway in 2021 was a landmark moment, and designers such as Denni Francisco of Ngali, Liandra Gaykamangu of Liandra Swim, and the team behind Joseph and James have shown that Indigenous fashion belongs everywhere from headline runways to weekend wardrobes. But this is not just a city runway story. In Darwin, Country to Couture brings together designers, artists, models and makers in a celebration that feels closer to community than spectacle. The National Indigenous Fashion Awards also shine a light on labels and creatives building careers, businesses and new pathways for the next generation.

"As First Nations people, we're very conscious of journeys and storylines." — Denni Francisco, founder of Ngali, quoted in frankie magazine's "Ngali designer Denni Francisco on First Nations fashion"

Designers to Know

If you are new to Indigenous fashion, start with a few names and follow where they lead. Grace Lillian Lee



Woven Stories: The Rise of Indigenous Fashion in Australia

creates sculptural woven pieces that feel part fashion, part art. Maara Collective makes elegant resortwear and collaborates with Indigenous artists. Liandra Swim brings cultural storytelling to swimwear you could imagine on any Australian beach. Clothing The Gaps turns T-shirts, hoodies and activewear into statements of health, pride and social change.

"For me, weaving is a deeply mindful practice—it's a way to slow down, reconnect with my culture, and honour my ancestors." — Grace Lillian Lee, quoted in Vogue's "Grace Lillian Lee's Weaving Is A Celebration of Cultural Identity"

The range is wider than many readers expect. Haus of Dizzy makes bold jewellery with attitude and message. Kirrikin turns licensed Indigenous artworks into textiles and clothing. Joseph

and James offers relaxed menswear. In art centres across Australia, artists continue to transform painting, weaving, dyeing and printmaking into pieces that can be worn, gifted and treasured.

The Ethics of Wearing Story

As Indigenous fashion becomes more popular, one thing matters: respect. Cultural designs are not just pretty patterns. Some stories, symbols and images belong to particular families, communities or places. Using them properly means permission, acknowledgement and fair payment.

"I wanted to create something with a purpose, so I decided to incorporate my cultural identity into the label." — Liandra Gaykamangu, founder of Liandra Swim, quoted in National Indigenous Times' "Dipping into inspiration"

For shoppers, the good news is that ethical buying does not have to be complicated. Look for First Nations-owned brands, community art centres and collaborations that clearly name the artist. Check whether the artwork is licensed. Read the label's story. If you are unsure, ask. The questions are simple: Who made this? Where does the artwork come from? Has the artist agreed to it? Was the artist paid?

What Comes Next

The future of Indigenous fashion in Australia looks bright because it is being led by First Nations people themselves. Designers are building labels, mentoring younger creatives, working with artists and taking their work to national and international audiences. They are not asking to be added as a trend; they are changing the shape of Australian fashion from the inside out.

So the next time you see an Indigenous-designed shirt, swimsuit, scarf or pair of earrings, look a little closer. You may be seeing more than a beautiful object. You may be seeing a story carried forward — one that connects creativity, culture and community, and one that deserves to be worn with care.



A vibrant fusion of cultural heritage, contemporary fashion, and youth empowerment made a powerful impact at the Cairns Indigenous Art Fair (CIAF), where the Pumicestone Indigenous Education and Employment Council (PIEEC) showcased their standout fashion collection, *Yarunyung*.

Created by a talented team of First Nations designers aged between 12 and 21, the unique streetwear collection blends traditional roots with modern design.

The title *Yarunyung* honours the traditional name for Bribie Island, with yung, representing the energetic new generation of creators behind the garments.

A Warm Reception in the Far North

The streetwear line earned a warmly enthusiastic reception from audiences and critics in Cairns, standing out for its fresh aesthetic, bold storytelling, and authentic connection to Country. For the young designers, taking their work to CIAF offered a national stage to express their cultural pride, creative talent, and community leadership.

"Seeing our young people take their culture, stories, and style to a national platform like CIAF is an incredible source of pride," said Co-Chair of PIEEC, Michelle Watson.

"*Yarunyung* is a testament to what happens when we back the creativity and vision of our youth."

Returning Home: Yarunyung: The Next Wave

Following its triumph in North Queensland, the acclaimed collection is coming home to celebrate with the local community.

Yarunyung will feature as the grand finale showcase—titled Yarunyung:

The Next Wave—at the Bribie Island Nature Festival on October 9, 2026.

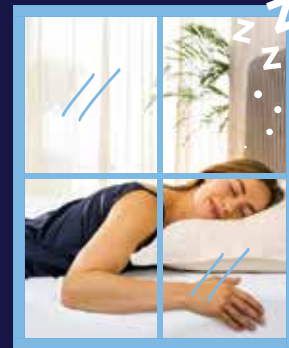
The event will give locals and visitors a firsthand look at the runway collection and honour the remarkable talent of Bribie Island's next generation of artists and designers.

This project was supported by City of Moreton Bay, Regional Arts Fund, The Benevolent Society and Aboriginal Art Company.

Yarunyung: The Next Wave is assisted by the Australian Government through Festivals Australia

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Homeopath & Acupuncturist
Jessica Yung

Life HOMEOPATHY

Homeopathy: Understanding the Whole Person

From September, appointments will be available at Life Homeopathy, a new homeopathy clinic on Bribie Island founded by local acupuncturist Jessica Yung.

While many people have heard of homeopathy, few know what it is, how it differs from other natural therapies, or whether it might be the right approach for them.

Every person has a unique health journey. For some, there was a time when they felt well before something changed.

For others, certain symptoms or struggles have been part of life for as long as they can remember. Understanding how your health has unfolded can provide important clues about the bigger picture.

People often say:
“Ever since that stressful period, my health hasn’t been the same.”
“Everything changed after my surgery.” “I’ve tried so many things, but I still don’t have any real answers.” “I’ve always been like this.”

What is Homeopathy?

Homeopathy is a system of medicine developed more than 200 years ago by German physician Dr Samuel Hahnemann. It takes a highly individualised approach, looking beyond today’s symptoms to understand the person experiencing them. At Life Homeopathy, we’re interested in much more than symptoms alone.

Physical symptoms are important, but so are emotional wellbeing, family history and life experiences. Together, these pieces help build a picture of each person’s individual health pattern.

Sometimes health changes following an illness, surgery, grief, burnout or emotional shock. At other times, certain tendencies may have been present since childhood or may reflect inherited susceptibilities.

Sometimes the influences affecting our health may even have begun before us. When we experience

stress or trauma, the mind and body naturally adapt to help us cope. These adaptations can be helpful at the time, but years later they may no longer serve us. They might appear as perfectionism, people-pleasing, difficulty saying no, feeling constantly on edge, or physical symptoms that never seem to fully resolve.

Homeopathy looks for the broader pattern connecting symptoms — sometimes referred to in homeopathy as the “red thread.” The aim is to select a remedy that closely matches this individual pattern and supports the body’s natural capacity to restore balance.

Rather than simply turning off the smoke alarm (i.e. suppressing symptoms) while the fire is still burning, homeopathy seeks to understand the deeper pattern behind a person’s health concerns to allow healing.

How is Homeopathy Different?

Although homeopathy is often grouped together with other natural therapies, it is a distinct system of medicine with its own philosophy and method of prescribing.

Homeopathy uses remedies prepared from substances of natural origin. They are prescribed according to each person’s unique combination of symptoms, health history and individual characteristics. Because of this, two people with the same condition may receive completely different remedies. The treatment is tailored to the individual, rather than simply to the diagnosis.

Homeopathic remedies are taken orally and can be used alongside conventional healthcare and other complementary therapies.

What to Expect from a Homeopathy Consultation

A homeopathy consultation is very different from a typical appointment. The initial consultation takes around 90 minutes and is an opportunity to explore your health in depth.

You’ll be asked about your current concerns, but also about your general wellbeing, sleep, energy, digestion, emotional patterns, past illnesses, significant life events and other characteristics that make your experience unique.

The consultation is guided by questions designed to uncover the individual pattern behind your symptoms. From this information, one or more personalised homeopathic remedies are selected. Follow-up

consultations are typically scheduled 6–8 weeks later and focus on how you have responded, what has happened and the next steps.

Recently we’ve supported clients with a range of concerns, including:

- Insomnia
- Male and female fertility
- Endometriosis and painful periods
- Perimenopausal symptoms
- Hormonal migraines
- Low self-esteem and anxiety

Who is Homeopathy For?

Homeopathy is suitable for people of all ages and may be effective for a wide range of concerns, including allergies, eczema, asthma, digestive complaints, hormonal changes, autoimmune conditions, fatigue, anxiety, sleep difficulties and many other ongoing health concerns.

It may be particularly beneficial to people who feel there is more to their health story than a diagnosis alone, or who want to explore the patterns and influences that may be contributing to their overall wellbeing.

Why Life Homeopathy?

Many local residents already know Jess as the owner and practitioner at **Bribie Acupuncture**.

After many years supporting people through acupuncture and Chinese medicine, she became increasingly interested in how emotional wellbeing, life experiences and family history can influence health challenges. Homeopathy became a natural extension of her practice.

Before entering natural healthcare, Jess spent more than a decade working in project management in the corporate world. With a practical, analytical mindset and a lifelong interest in natural medicine, she brings both curiosity and compassion to her consultations.

Acupuncture and homeopathy can complement each other, but they can also be used independently.

Homeopathy is also well suited to telehealth, making consultations accessible throughout Australia and internationally.

If you’d like to make a booking, or simply discuss whether homeopathy might be right for you, **contact Jess via www.lifehomeopathy.com.au or call 0434 894 228.**

You can also find **Life Homeopathy on Facebook and Instagram at @life.homeopathy.**

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VOLUNTEER DRIVERS WANTED

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 - 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.

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- 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.

WHEN TECHNOLOGY HAS A TANTRUM

Why calling someone who knows what they're doing is usually better than yelling at the Wi Fi



We've all been there. One minute, technology is making life easier. The next, the printer has decided paper is beneath it, the Wi Fi has gone off for a little lie down, and your computer wants to install an update at the exact moment you actually need to use it. Brilliant timing, as always.

It's always the little things too. The phone that swears it has 20% battery for forty minutes, then dies the second you need directions. The TV remote that only works if you point it at exactly the right angle, offer a small prayer, and press the button like you're defusing a bomb.

The laptop that joins a video call with the camera off, the microphone muted, and your face frozen in the least flattering expression known to humankind.

And, of course, the password reset that insists your new password can't be too similar to the old one, even though apparently you are expected to remember both.

Naturally, we all have a crack at fixing it ourselves first. We turn it off and on again. We unplug things. We plug them back in with confidence, even if we're not entirely sure what they do.

Then we click on "advanced settings", which is basically the technology equivalent of wandering into the engine room of a cruise ship with a butter knife.

That's about the time getting a professional involved starts to look like a very sensible idea. A good technician can usually work out pretty quickly whether the issue is the device, the software, the internet, the settings, the security, or that one cable nobody admits they touched.

Meanwhile, the rest of us are still squinting at the modem lights like we're trying to read tea leaves. The other big thing is time. A "quick fix" can turn into an entire afternoon faster than you can say, "I found a forum post from 2014."

Before you know it, you've changed three settings, downloaded something suspicious, and somehow made the problem worse. At that point, paying a professional is not being lazy. It's called self-care.

And let's not forget security, the boring-but-important bit. Weak passwords, missed updates, dodgy emails and forgotten backups can cause real trouble. It's all fun and games until your files disappear, your inbox starts sending weird messages, or your "backup plan" turns out to be hoping very hard nothing bad happens.

Of course, not every tech hiccup needs a call-out. Sometimes turning it off and on again really does work, which is both annoying and magical.

But if the same problem keeps coming back, if work is getting held up, or if your laptop is making noises like a tired lawn mower, it might be time to stop pretending you're one YouTube tutorial away from greatness.

Getting professional help isn't admitting defeat. It's admitting your time, sanity and coffee break are worth protecting. Technology is fantastic when it works and an absolute pest when it doesn't.

So, the next time your screen freezes, your printer sulks or the Wi Fi vanishes like it owes you money, maybe skip the dramatic sighing and call someone who actually knows where the gremlins live.



The Hidden Trauma of Caring for a Person with Dementia at Home

By Terry Skidmore mrrmindful47@gmail.com

Family members often care for a person with dementia at home out of love, loyalty, and duty. Yet dementia progressively affects memory, judgement, communication, and behaviour, so care can dominate daily life.

Carers may manage meals, medication, personal care, appointments, finances, household tasks, and supervision while protecting their own health, employment, and relationships.

As needs increase, this unpaid role can equal or exceed full-time work, turning an act of love into a traumatic experience.

Understanding Trauma

Trauma is the emotional and psychological response to experiences that evoke fear, helplessness, or an inability to cope. It may follow a single crisis or develop from repeated stress. Dementia caregiving commonly produces the latter pattern, as carers repeatedly face uncertainty, disrupted sleep, grief, fear, and responsibility.

The home can intensify this impact because the caregiver cannot leave the source of stress. They may remain alert day and night because the person could wander, fall, forget safety rules, leave appliances on, or become confused. Privacy, rest, and a reliable sense of safety gradually erode.

As dementia progresses, assistance with basic tasks and substitute decision-making increase. Constant vigilance disrupts sleep and recovery, contributing to fatigue, irritability, anxiety, depression, and reduced life satisfaction.

Challenging Behaviour and Social Isolation

Up to 90% of people with dementia may develop behavioural and psychological symptoms, including agitation, apathy, delusions, wandering, sleep disturbance, shouting, or aggression. Carers may need to calm crises, prevent unsafe exits, or respond to accusations from a loved one who misunderstands the situation. Repeated incidents can erode trust and make the home feel unsafe.

Caregiving also narrows the carer's world. They may stop seeing friends, joining community activities, or pursuing hobbies because the person cannot be left alone.

Others may withdraw because they misunderstand dementia or feel uncomfortable with changed behaviour, removing practical and emotional support when it is most needed. Without respite, carers may neglect exercise, medical appointments, sleep, and healthy meals.

Financial pressure rises if they reduce paid work or buy equipment and services. Exhaustion weakens coping, isolation increases distress, and financial strain limits access to support.

Carers may feel trapped between competing needs: wanting a break yet feeling guilty, or considering residential care yet viewing it as failure. Many protect the person with dementia while concealing their own distress. This mix of love, duty, fear, and exhaustion explains why home care can feel traumatic even when undertaken willingly.

Burnout, System Pressure, and the Support Families Need

When stress exceeds a caregiver's capacity to recover, burnout can follow, leading to emotional exhaustion, anxiety, depression, detachment, and reduced confidence.

It can harm physical health, relationships, employment, and financial stability, and severe burden may increase the risk of harmful interactions. Caregiver distress must therefore be treated as a family and service-system safety issue, not a private weakness.

Aged-Care Delays Increase Family Pressure

Australian aged-care delays often leave families with this responsibility for longer. In May 2026, national reporting identified almost 3,300 older patients who remained in hospital after being cleared for discharge because suitable residential care or home support was unavailable—more than 35% higher than about six months earlier.

Reports counted about 2,500 patients in September 2025 and 2,743 in January 2026. Although sources may measure patients, bed-days or different categories of delay, the pattern is clear: hospitals continue to accommodate older people who need aged care rather than acute treatment.

For people with dementia, prolonged hospital stays can disrupt routines, autonomy, and family relationships.

Families may spend weeks arranging assessments, services, and placements while managing worry and travel.

Meanwhile, hospitals lose beds needed for emergency and acute patients, and staff devote time to discharge planning that the aged-care system cannot promptly complete. Timely home-care packages, residential placements, respite, carer education, and accessible psychological support are therefore essential. Supporting carers protects both the person with dementia and the carer while reducing avoidable hospital pressure.

Mid-Year Audit

When was the last time you gave yourself a mid-year audit?

Most of us are diligent about maintaining our cars. We book in regular services, replace worn parts, and repair issues before they become major problems. We understand that ongoing maintenance keeps our vehicles safe, reliable, and functioning well.

But how often do we give ourselves the same level of care and attention?

Halfway through the year is the perfect opportunity to pause and reflect. Take a moment to assess your lifestyle. What is serving you well? What habits, routines or stresses could you let go of? What new goals or healthy practices would help you thrive for the rest of the year?

Our bodies and minds deserve regular care. Sometimes our bodies need medical attention, and sometimes our minds need a safe space to talk, process life's challenges and recharge. Both are equally important.

Consider setting aside some quiet time with a journal. Reflect on the year so far, celebrate your achievements, acknowledge any challenges you've faced, and write down what you'd like

the next six months to look like. Small, consistent changes often lead to the greatest results. Or maybe you have achieved goals and can reflect on your current life.

A health check-up is another valuable part of your mid-year review. Just as a car benefits from regular servicing, our bodies benefit from routine health assessments. Booking an appointment with your GP to review your blood pressure, cholesterol, heart health or other preventative screenings can provide reassurance and help identify concerns early. If life has been particularly stressful, speaking with a mental health professional can also be an important investment in your wellbeing.

We are fortunate to live in such a beautiful part of the world, where our stunning natural surroundings encourage us to get outdoors, breathe in the fresh air and embrace an active lifestyle. Our community is also supported by a diverse range of health and wellbeing professionals.

From experienced GPs, physiotherapists, podiatrist, occupational therapist and mental health practitioners to naturopaths, Reiki practitioners, acupuncturists, personal trainers and many other allied health services, there are countless

opportunities to support your physical, emotional and holistic wellbeing. Whatever your health journey, there is a network of caring professionals ready to help you live your healthiest life.

Good health is rarely achieved alone. Building a team around your wellbeing allows you to stay proactive rather than reactive. Whether it's your doctor, physiotherapist, psychologist, exercise professional or another trusted health provider, these people are there to help you live your healthiest life.

There is a wonderful concept called homeostasis—the body's ability to maintain balance. When we care for both our physical and mental health, we give ourselves the best opportunity to achieve that balance and enjoy life to its fullest. So, as we reach the middle of the year, perhaps it's time to perform your own mid-year audit. Honour yourself by booking that health check you've been postponing, taking a walk in nature, reconnecting with your goals, or simply making time to rest.

After all, you are your greatest investment, and your health is the foundation that supports everything else in life.

Yours in Health and Wellness,
Tracey Blinco
Wellness Consultant



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The small things that help carry the load

In the last edition of Cyn's Corner, I wrote about the hidden journey of carers—the husbands, wives, children, neighbours and friends who quietly rearrange their lives around the needs of someone they love.

I ended with a promise that this time we would consider what the rest of us can do to help lighten that load.

Perhaps it begins with these simple words: **Don't wait to be asked.**

We often say, with the very best intentions, *"Let me know if there's anything I can do."* It is a kind thing to say. The problem is that many carers will **never** take us up on the offer.

When you have spent months or even years organising medications, appointments, meals, washing, transport and the countless little things another person can no longer manage, identifying something someone else can do—and then asking them to do it—can become another task on an already overwhelming list.

So perhaps instead of saying, *"Let me know if you need anything,"* we could say: *"I'm going to the shops this morning. What can I pick up for you?"*

Better still, notice the little things they enjoy. Perhaps it's their favourite chocolate, a packet of biscuits, a magazine or a good cup of coffee. Every now and then, simply drop by with one. No occasion. No need to ask. Just a small reminder that someone is thinking of them, too.

"I've made too much dinner. Can I drop some over?" "I'll sit with Bill for an hour. Why don't you go and have a coffee, walk along the beach, or simply sit somewhere quietly?"

Or perhaps the most important question of all: *"How are you going?"* If the answer is the almost automatic *"I'm fine,"* you might gently ask, *"But how are you really going?"* And then be prepared to stay long enough to hear the answer—whatever it may be. Supporting a carer doesn't always require grand gestures. Sometimes it is bringing the bins in, mowing a lawn, making a phone call, picking up a prescription or arriving with two cups of coffee.

Sometimes it is simply remembering that behind the person who is unwell there is often another person whose world has changed too. There is something else we can give carers that costs absolutely nothing: permission.

Permission to be tired.
Permission to laugh.
Permission to have an afternoon away without feeling guilty.
Permission to admit that today has been difficult.
Permission to love someone deeply and still occasionally wish life were different.
And perhaps, most importantly, permission to receive care themselves.



We cannot take away another person's diagnosis. We cannot restore the relationship that illness has changed, return a fading memory, or remove the uncertainty of what tomorrow might bring. But we can make sure nobody carries that journey entirely alone.

And if **you** are the one doing the caring, perhaps this next part is especially for you.

On Wednesday mornings from **9 am to 12:30 pm**, I hold a drop-in at our **Hope Hub**, on the grounds of Bribie Island Uniting Church at 80 Webster Street, Bongaree.

The Hope Hub has its own separate entrance, so you can simply drop in.

Perhaps you need a little headspace and someone who will listen. Perhaps you would like to talk through other avenues of support that may be available to you.

Or perhaps you simply need somewhere quiet to sit, gather your thoughts or pray.

There is no expectation and no need to have the right words. The kettle is always close by.

No one needs to walk alone.

Imagine what could happen across Bribie Island if each of us quietly looked around our street, club, friendship group, workplace or family and asked:

Who is caring for someone—and who is caring for them?

Then do one small thing.

Make the soup. Send the message.
Bring the coffee. Sit for an hour.
Listen without trying to fix anything.
Because to you it may seem like a very small act of kindness.

But to someone who has been carrying a heavy load for a very long time, it may feel as though someone has finally reached out and taken hold of the other end. And sometimes, that is enough to help them keep walking.

To God be the Glory,
Cyn

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.

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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Bribie Island celebrates Don O'Neil's 101st birthday

A well-loved local gentleman marks a remarkable milestone surrounded by friends.

Friends gathered on Bribie Island on Saturday, 8 August 2026, to celebrate a very special milestone: the 101st birthday of Mr Don O'Neil.

Born in Dunedin, New Zealand, on 7 August 1925, Don has lived a long, varied and remarkable life. He and his wife, Beulah, first came to Australia in 1989 for their honeymoon and quickly fell in love with Queensland's warm weather and relaxed lifestyle. After returning to New Zealand, the couple found the cooler climate difficult to readjust to and decided to make Australia their permanent home.

Don and Beulah initially settled at Mooloolaba on the Sunshine Coast, where they embraced the Australian way of life and enjoyed travelling through the countryside. In 1990, during one of their many excursions, they visited Bribie Island and were immediately taken with its beauty, community spirit and easy coastal charm.

That same year, the couple moved to Banksia Beach, settling on a canal block with a jetty for their boat. For six happy years, Don and Beulah enjoyed fishing, boating and everything island life had to offer. In 2007, after deciding their home and boat had become too much to manage, they downsized and moved to Bongaree.

Over the years, Don and Beulah became familiar and much-loved faces on Bribie Island. They made many friends, fitted naturally into the local community and were widely regarded as an island couple who truly belonged.

Sadly, Beulah passed away in 2021 at the age of 98. Don has remained in the home they shared and continues to be socially active. He is a valued member of the Probus Club and is held in high regard by many across the Bribie Island community.

Known for his friendly nature and love of a good chat, Don has no shortage of stories to tell. His working life included time as a farmer, store manager and dock worker during the Second World War, when he helped load munitions, supplies and other cargo onto ships bound for England. Always willing to lend a hand and help a mate, Don is remembered by friends as a genuine "old school" gentleman — kind, dependable and good company. As he celebrates 101 years, those who know him say Bribie Island is richer for his friendship, his stories and his enduring community spirit.



Congratulations, Don, on reaching this extraordinary milestone. Your friends and the wider Bribie Island community wish you good health, happiness and many more cherished moments ahead.




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
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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/

Why Are Some Children Bullied While Others Are Left Alone?

Ian Findley BA

Every school has children who are bullied. I am going to propose a question that few people like to consider.

Why does my child get bullied? After all, not all children get bullied, so why does mine?

Many other children, in the same environment, never become targets. Why?

This is an uncomfortable question. Some people believe that even asking it somehow puts blame on the victim. That is certainly not my intention. If we genuinely want to protect young people, we would do well to understand why bullies target one child and ignore another.

After more than forty years working as a teacher, counsellor and chaplain, I became convinced of one thing: bullies rarely choose their targets at random.

Bullies don't want a fight. They don't want someone who will confidently stand their ground, laugh off the insult, or attract the support of friends. They look for someone they believe is unlikely to fight back.

So, what is it they are looking for?

My observations indicate that the children most often targeted by bullies are generally quiet, appear a little nervous, tend to be apologetic, don't mix or make friends easily, and are often alone or socially isolated. They may be different in some way.

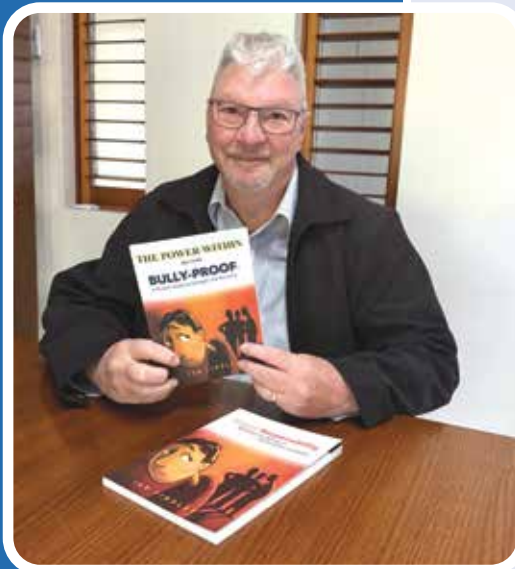
They may not yet have developed the confidence, social ability or assertiveness to stand up for themselves. They dislike conflict and do everything they can to avoid it. Some are highly sensitive and wear their emotions on their sleeves.

On the other hand, children who rarely become targets project something very different. They appear energetic and confident. Their strong body language says, "I'm comfortable with who I am." They make good eye contact, communicate assertively, have good friendship skills, and often possess a sense of humour that helps them defuse difficult situations.

Does that mean a child has to change who they are in order to be safe?

No.

It means helping them develop skills they may not yet possess.



Life is a journey of learning.

Some children naturally develop these skills. Others have to work much harder. That doesn't mean becoming someone else. It means learning, growing and becoming a stronger version of yourself. We practise to become better at sport. We practise to play music.

We study to gain knowledge and qualifications. We engage tutors to improve in subjects we struggle with. Life is no different.

We become stronger by facing and overcoming challenges. We learn new skills and stretch ourselves beyond what feels comfortable. Confidence, resilience, assertiveness and social skills can all be learned and developed.

This is why helping bullied children isn't simply about stopping today's bullying. It is about equipping them with the confidence, skills and resilience they will need for the challenges they will face throughout life.

The encouraging news is that these skills can be learned. They can build confidence through activities where they experience success. They can strengthen their social and communication skills.

They can learn assertiveness, develop positive, confident body language and discover responses that take the sting and power out of a bully's behaviour, rather than feeding it.

Most importantly, young people can learn that although they cannot control a bully's behaviour, they can control their response to it. As they develop confidence and inner strength, they begin to understand why the bullying has affected them so deeply.

They also discover that the reactions which once encouraged the bullying no longer have the same effect. In doing so, they take back their own sense of power and become far less vulnerable to future bullying.

We spend years teaching our children to read, write, play sport and prepare for a career. Surely, we should devote just as much effort to teaching them the skills that will help keep them emotionally safe and strong throughout life.

The goal isn't to change who they are. The goal is to help them become the strongest, most confident version of themselves. This may be the greatest gift we can give a child.

About the Author

Ian Findley BA

Author, counsellor, teacher and chaplain

Author of Shared Responsibility:

Beating Bullying in Australian Schools and The Power Within: Become Bully Proof.

Website: www.ifindbooks.com.au

Email: ifindley1@bigpond.com

Phone: 0402 114 034

It has been another busy period across Pumicestone, with a strong focus on keeping our community safe, strengthening local services and supporting the people who make our electorate such a wonderful place to live.

Keeping Queenslanders safe remains a key priority for the Crisafulli Government. Residents across Pumicestone and the wider Moreton Bay region have been calling for more police and stronger laws, and our Government is delivering. In just under six months, Moreton Police have arrested almost 500 people on around 1,200 charges, including approximately 200 juvenile offenders, through Operation Forge. Across Queensland, victim numbers have fallen by 9.6 per cent in the 2025–26 financial year compared with Labor's final year in office. The Government is continuing to strengthen laws, increase police numbers and invest in early intervention and rehabilitation to help restore safety where Queenslanders live.

The Crisafulli Government has also welcomed 10,000 extra health workers in just 20 months, including more than 7,000 frontline doctors, nurses, paramedics and allied health professionals.

This is fantastic news for our Pumicestone community, with so many local families relying on the expanding Redcliffe Hospital for the care they need. More health workers mean more services; more support and more local jobs across the Metro North region. Closer to home, I visited Eco Kids Early Learning in Beachmere to support their Pyjama Foundation drive, donating teddy bears and pyjamas to bring comfort to children in foster care. Thank you to the Eco Kids team, their generous families and the Beachmere Sands Craft Ladies Group for the beautiful handmade teddy bears.

Our volunteers continue to make a tremendous difference. I was pleased to visit the Justice of the Peace Bribie Island team and donate stationery and everyday essentials to support their important work helping locals. Free Fruit Friday has also been a great opportunity to visit local

schools, hand out fresh fruit and hear from students and parents about what matters to them. I look forward to visiting more schools across Pumicestone. It was a privilege to attend the Bribie Island RSL President's Luncheon and have the honour of proposing the toast, recognising those who keep the spirit of service and remembrance alive in our community.

I also attended the Vietnam Veterans' Day service at Clayton Park, hosted by the Beachmere RSL Sub Branch, where I laid a wreath and paid my respects alongside veterans, families and members of our community. This year marks the 60th anniversary of the Battle of Long Tan, and we will always remember the service and sacrifice of those who served.

I was proud to support the Bribie Island Surf Life Saving Club's Annual Charity Golf Day, helping raise funds for essential equipment for the volunteer patrol members who keep Woorim Beach safe. From the Ekka's 150th celebrations to the Great Gatsby Potters Soup Night at the Bribie Island Community Arts Centre, August has showcased the incredible community spirit across Pumicestone.

There is more work to do, but the Crisafulli Government is delivering the fresh start Queenslanders voted for: safety where you live, health services when you need them and a stronger future for our state. As always, I am here to represent and assist you. Please contact my office on (07) 3474 2100 or email pumicestone@parliament.qld.gov.au if I can be of assistance.



Ariana
DOOLAN MP
MEMBER FOR **PUMICESTONE**

📍 1/43 Benabrow Avenue, Bellara
☎ (07) 3474 2100
📧 ArianaDoolanMP
🌐 arianadoolan.com.au
📧 ariana4pumicestone
📧 pumicestone@parliament.qld.gov.au



*Scan ME!
to follow me
on Facebook*





One Mate's Memory,

10 YEARS OF RIDE FOR RED:

A Decade of Riding in Memory of Red

What began as a group of mates honouring the memory of a dear friend has grown into one of the region's most cherished community fundraising events. In 2026, **Ride for Red** proudly celebrates its **10th Anniversary** – a decade of friendship, generosity and determination to make a difference in the fight against cancer.

The story began in 2017, following the loss of much-loved friend **Ron "Red" Norman**. After Red lost his battle with brain cancer in 2016, members of the **Gronks Social Riders Club**, along with family and friends, created an annual motorcycle ride in his memory while raising funds to help others affected by cancer.

That first ride was modest but meaningful. Just **27 motorcycles and five cars** took part, raising just over **\$1,600** for cancer research.

By 2025, Ride for Red had grown to **84 motorcycles and 10 support vehicles**, raising **\$13,400** for the year. Since the first ride, the event has raised an outstanding **\$86,224**, thanks to the incredible generosity of riders, volunteers, businesses, families and supporters.

A New Goal for the 10th Anniversary

This year's fundraising has a very special purpose. Ride for Red is aiming to raise **\$10,000** to sponsor a room at the **Charles Wanstall Apex Lodge** for 12 months.

Established by **Cancer Council Queensland** in partnership with the **Apex Clubs of Queensland**, the lodge provides much more than accommodation. It offers



a welcoming environment designed to feel like a home rather than a hospital for cancer patients and their families travelling from rural and regional Queensland for treatment.

Sponsoring a room for 12 months will provide families with a safe, supportive place to stay, relieve the stress of finding accommodation and allow loved ones to remain together during one of life's most difficult journeys.

Cancer has touched almost every family in some way. Every raffle ticket purchased, every auction bid placed and every kilometre ridden helps make a real difference for Queensland families.

Join the Ride

The **10th Anniversary Ride for Red** will be held on **Saturday, 3rd October 2026**.

Participants will meet at the **Burpengary BP Northbound** from **8:00am** before riding to **Toogoolawah**, then stopping for lunch at **Linville Hotel** – Red's favourite watering hole – before arriving at the **Bribie Island Hotel** for an afternoon of fundraising and celebrations.

The Bribie Island Hotel will host the major fundraising finale, featuring:

- Live music
- Auctions
- Multi-draw raffle
- The draw of the Major Raffle

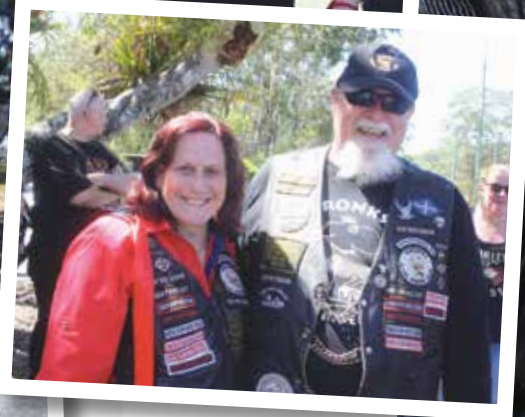
Major Raffle Prizes

1st Prize

- \$500 Discover Park Holiday Voucher
- E-bike



Thousands of Dollars of **Hope.**



2nd Prize

- Two nights' accommodation for four people at Gums Anchorage, Bribie Island.
- **Generously donated by Peter Gardiner Real Estate**

3rd Prize

- 90-minute remedial massage
- One month's Lifestyle Gym membership
- Two exercise physiology sessions
- **Generously donated by Bribie Island Physiotherapy & Lifestyle Gym.**

The Legacy Continues

Ten years ago, Ride for Red began as a way to remember one special mate.

Today, it has become a lasting legacy of friendship, compassion and community spirit. As the **Gronks Social Riders Club** celebrates the 10th Anniversary of the Ride

for Red, members invite everyone to join them in helping reach this year's goal of sponsoring a room at the Charles Wanstall Apex Lodge, giving families a home away from home when they need it most.

Can't join the ride? You can still support this year's fundraiser by **scanning the QR code** or donating via the **Do It For Cancer** fundraising page.

<https://www.doitforcancer.com.au/fundraiser/helenweir>

For more information:

Helen Weir – 0400 983 793

Gary "Blakey" Blake – 0407 570 651



GLEEMEN HONOUR LOYAL MEMBER, ALAN BLACKMAN



Alan's duty and diligence has been unsurpassed. He is very highly respected by all Gleemen members and also by many members of our local and very loyal Gleemen audiences!! Who could forget the moments when Alan's smooth Bass voice delivered songs such as... "OLD MAN RIVER", "MONA LISA" or "ON THE ROAD TO MANDALAY" and countless other songs over his long association with the Gleemen?

Also, mention must be made of Alan's creation and guiding hand in the entertaining mixed group, 'TWO PLUS THREE' which performed more than five sellout concerts in the Mathew Flinders Gallery in the Bribie Arts Centre.

Alan will continue to sing with the Gleemen, (so you loyal fans in our audiences, do not be disappointed!) but it is time for Alan to pass on his official duties to someone else. That new secretary is JOHN BALCHIN, who will fill Alan's shoes admirably.

Glenn Telford will continue as President, thank you Glenn! Be on the lookout for an exciting November 7th Concert repertoire, with the Sundown Singers! Already the wheels are turning in the creative mind of Trevor Vincent, our Musical Director. Watch This Space!!

Men who love to sing can join this popular choir anytime. ALL WELCOME.
Phone Shane **0493 215 823**

The Bribie Gleemen paid a well-deserved tribute to local stalwart, Alan Blackman, who after many years, is stepping down from the committee.

At the Annual General Meeting of the Gleemen on Monday 17th August, the choir presented Alan with a certificate granting him Lifetime Membership of the Bribie Gleemen.

Alan played a pivotal role in the development of the Gleemen and the Titanic Musical Company for the past 20 years. He has been an active committee member for many years and has held the position of both President and Secretary.

Caboolture's local flight experiences

Flights from \$600/20min

WAR PLANES

Scan to
book your
Adventure
Flight
today!

Call: 0401493999



GEMFEST Set to Rock Bribie Island

A sparkling family-friendly weekend of gemstones, fossils, jewellery and hands-on fossicking fun.

Imagine being the first person ever to see inside a stone millions of years old. For Barry Anderson, that sense of discovery is part of the thrill every time he works on a stone at the Bribie Island Gem & Fossicking Club. It is no wonder he feels like a true “rock star”.

The club’s annual **GEMFEST** will be held over the weekend of September 12–13 on the grounds of the Bribie Island Community Arts Centre.

The event will run from 8am to 4pm on Saturday and from 8am to 2pm on Sunday, offering the community an exciting family-friendly outing.

Entry is by gold coin donation, with a \$2 minimum for card payments. Admission is free for children aged 15 years and under.

Club President Sandra Moran said the annual festival is the club’s main fundraising initiative. Money raised from **GEMFEST** helps maintain the specialised equipment members use to pursue their interests in casting, faceting, silversmithing, enamelling, lapidary grinding, polishing



and cabochon work. Visitors will find a wide range of exhibitors displaying items for sale, making it a perfect opportunity to buy something special or get an early start on Christmas gifts. Gemstones, opals, jewellery, minerals, jewellery findings and equipment will all be available throughout the festival.

There will also be a children’s fossicking area, where young visitors can sift through material and try their luck at finding a gem or two. Food and drinks will be available throughout the show.

For anyone looking for a new interest, Bribie Island **GEMFEST** is a golden opportunity to speak with club members and learn more about the activities available.

Mark the weekend in your calendar and enjoy a truly wonderful experience celebrating the natural beauty of rocks, minerals and gemstones. The Bribie Island Gem & Fossicking Club’s **GEMFEST** is not to be missed.

“Don’t miss your chance to discover something special—bring the family, explore the treasures, and let **GEMFEST** rock your weekend.”

BRIBIE ISLAND NATIONAL SERVICE ASSOCIATION INC

UPCOMING EVENTS & ACTIVITIES

20 Sep 2026 – Modern Veterans’ Day Service, Bluey and Jean Piva Park, Woorim commencing at 11am.

A service to commemorate the commitment and sacrifice of ADF personnel in international peacekeeping and the conflicts in the Middle East since 1990

ALL VETERANS WELCOME

29 Sep – 01 Oct 2026 – Carnival of Flowers Toowoomba

Friday 2 Oct 26 – Veteran Wellbeing Foundation Race Night @ Sunshine Coast Turf Club

Wednesday 7 Oct 26 – Veteran Health Week – BBQ Boats

Thursday 22 Oct 2026 – Sunshine Coast Veterans’ Day @ Australia Zoo

Our activities are kindly supported by Busy Fingers Fundraisers

PLEASE JOIN US

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

Email: veteransbribie@gmail.com for further information.



BUSY MONTH FOR THE BRIBIE PINK DRAGONS

By Nicole Meakins



Earlier this month, we enjoyed great fun and success at the Cooloola Coast Tin Can Bay Regatta. Last week, we supported Rotary at their fundraising “feel-good” movie night, *Holy Days*, starring Miriam Margolyes of *Blackadder* fame, Jacki Weaver, and Judy Davis.

True to comedic form, it was hilariously produced in New Zealand. This week, our incredible crew supported a truly life-saving cause.

Alongside the wonderful team at Zonta International Australia, our members rolled up their sleeves to assemble clean birthing kits for Birthing Kits Australia. Together, we packed an impressive 1,600 kits.

These simple but vital kits are headed to Africa, where they will help save the lives of mothers and newborns. In many developing communities, women are forced to give birth on the muddy floors of their huts.

Without clean medical supplies, umbilical cords may be cut with dirty, unsterilised items, leaving both mother and baby highly vulnerable to deadly infections such as tetanus.

Each kit contains basic sterile items, including a clean plastic sheet, soap, gloves, gauze, and a sterile blade. These essentials can help turn a high-risk birth into a safer, more hygienic delivery.

Those of us who showed up worked hard and proved that our team spirit extends far beyond the water. **We are so proud of our community!**



LET'S GO TRAVEL

Our last meeting was held on 9 August 2026. With the beautiful weather we have been enjoying on Bribie, only five members attended, which has also been the case over the past couple of months.

Numbers seem to be dwindling, and we are wondering whether people are simply not interested in travel at the moment, or whether they are not currently looking for a travel buddy to share the experience with. We are not really sure.

We will continue for another couple of meetings, but if numbers do not look like improving, we may need to take a break for a while here on Bribie.

If you enjoy travel, would like to meet like-minded people, or are looking for someone to share future adventures with, please come along to our next meeting.

Your support and attendance will help us decide the future of the group.

Please feel free to contact me at any time. I am always happy to help with any queries if I can be of assistance.

Our next meeting will be held on 13 September at 3 pm in the Auditorium at the Bribie RSL.

Safe travels,

Roslyn Sanderson
0401 078 187



VOICES CHORAL GROUP

presents

CONCERT FOR A CAUSE

"Together in Harmony"



**All profits go to support
NDIS participants unit**

Sat 26th & Sun 27th September

**Bribie Community Hall
Arcadia Ave Woorim**

1.30 pm

(afternoon tea incl'd)

Tickets Available online @ www.voicesbribie.com.au

\$22.00

33 Gidya St, Bellara

(opposite Lumus) (cash only)

**BRIBIE ISLAND
COMMUNITY KINDY**

Market Day

FUNDRAISER EVENT

**7 - 11 AM
SAT 24TH OCT**

SAUSAGE SIZZLE, FAMILY BAKED TREATS, BRIC-A-BRAC, LIVE MUSIC, KID-RUN LEMONADE STAND, FACE PAINTING, FRESH COFFEE, FOSSICKING & MORE

**COTTERILL AVENUE, BONGAREE
(Next to Busy Fingers)**



Bookings Now Open for the 2026 Bribie Island Nature Festival

October
9 | 10 | 11
2026



Tickets are now available for the annual Bribie Island Nature Festival, offering locals and visitors the opportunity to reserve their places across a range of boutique environment, art, comedy, and science events.

Taking place from Friday, October 9 to Sunday, October 11, 2026, the festival highlights the region's unique coastal landscape through guided field trips, creative workshops, live performances, expert presentations, and family activities. Because many sessions maintain small group sizes to preserve event quality and protect local habitats, community members are encouraged to review the website www.bribieislandnaturefestival.com and book early.

The 2026 line-up features a broad selection of activities, including art sessions inspired by the natural landscape, guided birdwatching, nocturnal wildlife walks, scientific discussions on local conservation, and a unique fashion and music event featuring local designers.

Libby Anstis, Executive Producer of the festival, highlighted the team's focus on creating meaningful community connections:

"We are pleased to launch this year's Bribie Island Nature Festival. Our team has collaborated closely with local artists, environmental scientists, and community leaders to build a program that celebrates the unique character of our island. With several workshops, guided tours, and special performances operating at limited capacity, it's a good idea to book early. Now's the time to invite friends and family to Bribie Island for the weekend of 9-11 October."

Program Highlights Include:

- **Featured Entertainment:** Birding Adventures with Geraldine Hickey — an original show created specifically for the festival by the award-winning comedian blending her signature observational humour with a hilarious look through the lens of a passionate bird-watcher.
- **Nature-Based Art Workshops:** Practical sessions led by local artists exploring creative connections to the environment.
- **Guided Field Tours:** Expert-led walks covering local ecosystems, native bird species, nocturnal wildlife, and coastal turtle conservation.
- **Science & Environment Presentations:** Informative talks highlighting regional research, biodiversity, including an opening night debate with a panel of experts exploring the question - Island Sanctuary: Fact or Fiction?
- **Community & Free Family Activities:** Interactive sessions designed for all ages, featuring local wildlife care education and community displays.

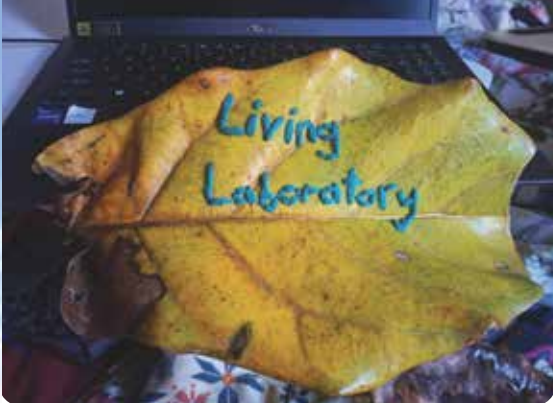
Due to venue and group size limits on selected guided tours and workshops, early registration is recommended.

Event & Booking Details:

Dates: Friday, 9 October – Sunday, 11 October 2026

Location: Various venues across Bribie Island, QLD

Bookings: View the full program and reserve tickets at bribieislandnaturefestival.com.au.



Looming: weaving resilience on Yarun

What happens when artists, Elders, children, scientists, environmentalists and community members come together to listen deeply to place?

On Bribie Island (Yarun), the answer is beginning to emerge through Weaving Water: Looming, a community-led creative project transforming the idea of an artist residency into a living laboratory for resilience, learning and connection.

Led by Treecreate Studio Inc., Looming is the latest evolution of the Weaving Water program, a long-term creative research initiative exploring water as a connector between people, ecosystems, cultures and futures.

The project builds on the foundations established through Weaving Water @ Yarun and ongoing collaborations with Pumicestone Indigenous Education and Employment Council (PIEEC), community organisations including Bribie Island Community Kindergarten and local knowledge holders.

Designing resilience

At its heart, Looming is about community resilience. Through a series of free workshops leading up to the October residency, participants are co-designing a site-responsive land-art installation inspired by local ecologies, cultural knowledge and conversations about climate adaptation. Rather than arriving with a predetermined artwork, the project has begun by asking a simple question: What would the community like to see created on Country?

Guided by Joondoburri Elders Aunty Leisha Krause and Uncle Phill Krause, ideas have emerged through workshops, walks and storytelling. One concept that captured the imagination of participants was the creation of traditional shelter forms such as humpys, gunyahs and wurleys. These structures, built from locally available natural materials, reflect a deep understanding of sustainability and living lightly on Country.

The concept for the project came from the freak storm event which hit Bribie Island and surrounds on 24 November 2025. Many people are still impacted from the storm's damage to their homes 8 months later, making this theme relevant to our current times.

Creating conversations

The project has also sparked intergenerational learning in unexpected ways. Along the Joondoburri Walk at Bongaree, miniature woven shelters and sculptural forms have appeared among the trees, inviting curiosity and play. Children from Bribie

FOOD, WINE & ISLAND TIMES

Island Community Kindergarten have embraced the project with enthusiasm, creating their own tiny humpys and adding new layers to the evolving installation. These small acts of making have become powerful conversations about belonging, care for nature and the stories held within the landscape.

Another wonderful aspect of Looming has been the contribution of community knowledge holders such as Uncle Ron Powell, whose research and stories about local plants, animals and cultural history has enriched every workshop. His presence reminds us that resilience is not only about preparing for future challenges, but also about valuing and sharing knowledge across generations.

As part of the 2026 Bribie Island Nature Festival, Looming will culminate in a temporary public artwork created collectively by local residents and visiting artists. The project's true legacy is unfolding as the relationships being woven along the way — between people and place, between generations, and between creativity and environmental stewardship.

Everyone is welcome to participate. Whether you are an experienced maker, a curious observer or simply someone who loves Yarun's unique natural environment, Looming offers an opportunity to contribute to a shared vision for sustainable futures. To learn more about upcoming workshops and the residency, [visit Weaving Water website \(www.weavingwater.net\)](http://www.weavingwater.net) and join the conversation as this community artwork continues to evolve.



WEAVING WATER: LOOMING FREE WORKSHOPS

IN-PERSON WORKSHOPS

BRIBIE ISLAND LIBRARY

Tuesday, 25 August 12pm to 3pm
Tuesday 1 September 12pm to 3pm
Tuesday 8 September 12pm to 3pm
Tuesday 15 September 12pm to 3pm

JOONDOBURRI WALK

6 September 11am to 2pm Sunday
13 September 11am to 2pm Sunday
20 September 11am to 2pm

ONLINE WORKSHOPS

Wednesday, 2 September 7.30pm (AEST) UTC +10 Wednesday, 9 September 7.30pm (AEST) UTC +10
Friday, 11 September 9.30am (AEST) UTC +10



Celebrate Young Talent at Bribie Arts Centre

The much loved and anticipated Next Generation Art Prize opens at the Bribie Community Arts Centre on August 26.

Now in its' 9th year this exhibition showcases the incredible talent of our City's youngest artists.

This annual event gives artists aged 7 to 18 years the opportunity to see their work curated for display in a well-appointed gallery, attended by thousands of local, national and international visitors. More than 190 artworks are on show.

The opening night and awards presentation on Saturday August 29 is sold out, with 300 expected to attend.

Visitors can see the winning 2D, 3D and Highly Commended works across five age groups and read the judges' comments. Additional prizes awarded are the Bribie Island Environmental Protection Association's Recycled Materials Prize, the State Parliamentarian's Prize, Pacific Harbour Golf & Country Club's prizes, Mavis Foster Pottery Prize, Flair Jewellery Design Award and the Bribie Island Community Arts Society Artist Mentorship Award.

This year, two local kindergartens are sharing a 'Kindy Wall' with an environmental focus. In its first year, this early engagement initiative encourages children to explore environmental themes through art while sharing their discoveries with the wider community.

Vote for your favourite for the People's Choice Award, proudly sponsored by Bribie Island Bowls Club.

There are three fantastic raffles valued at over \$1200 each, with prizes donated by local businesses and artists. Tickets are three for \$5.

All winners will be announced on our website www.bribieartscentre.com.au/nextgen2026. Follow our Socials for updates throughout the exhibition.

The Next Generation Art Prize team thank all the 2026 sponsors for their support.

Gallery is open from 9am to 4pm Tuesday to Saturday and 9am to 1pm on Sunday. Closed Monday.

The exhibition runs from August 26 to September 12. Don't miss it!



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



FOOD, WINE & ISLAND TIMES

12 - 13 Sept. 2026
10am – 4pm



Please check website for more details,
changes and updates.



www.bribie-art-trail.org

DISCOVER THE BRIBIE ART TRAIL

Meet the Makers. See the Spaces. Feel the Inspiration.

**12–13 September 2026 | Bribie Island,
Beachmere and surrounds**

This September, step inside the creative heart of our region as the Bribie Art Trail invites you to explore private studios, meet local artists, and experience art where it is made.

Across Bribie, Beachmere and surrounding communities, artists will open their doors for a rare behind-the-scenes weekend of discovery. Wander through hidden studios, talk with makers about their techniques and inspirations, and enjoy a closer look at the stories behind each finished work.

A weekend of creativity for everyone

From pottery, jewellery, sculpture and ceramics to surrealism, abstraction and impressionism, the trail celebrates the rich diversity of local artistic talent. Whether you are an art lover, a curious visitor, or simply looking for a memorable weekend outing, there is something to capture every imagination.

Begin wherever you like and take the trail at your own pace. Be sure to include the Bribie Island Community Arts Centre and Café 191 in your journey—an ideal place to collect a hard copy of the Art Trail flyer showing studio addresses on back, plan your route, enjoy refreshments, or reflect on the day over coffee and cake.

MORE STUDIOS. MORE ARTISTS. MORE TO EXPLORE.

This year's trail features exciting new studios to discover—fresh creative spaces, hidden gems, and even more inspiration to follow across the map.

Plan your trail

Make a weekend of it and discover both favourite stops and new studios tucked away in beautiful corners of the island and beyond. View participating artists, studio locations and updates at bribiearttrail.com, and follow the Bribie Art Trail on Facebook and Instagram for the latest news.

**Support local artists. Connect with your community.
Celebrate creativity on the Bribie Art Trail.**

STUDIO ADDRESSES

Banksia Beach

- ◀ **Bribie Island Community Arts Centre**
191 Sunderland Drive, 0734089288
- ◀ **Terri Giesen**
Oil, Acrylic Paintings
51 Emilia Close, 0418195547
- ◀ **Molly Galpin**
Multidisciplinary, Textiles, Glass, Acrylic
18 Green Street, 0400931279
- ◀ **Kathrin Dierich**
Multidisciplinary Artist
23 Beagle Avenue, 0416463530
- ◀ **Suzie Dennis**
Oil, Acrylic Paintings
102 Seaside Drive, 0424351356

Bongaree

- ◀ **Glenda Charles**
Earthy Abstract Oil Paintings
28 Spowers Street, 0432854378
- ◀ **Geoff Ginn**
Relief Printmaking/ Steam Punk Sculpture
28 Spowers Street, 0421724441
- ◀ **Sueramics / Sue Harrison**
Ceramics/Pottery
5 Nulu Lane, 0407158784
- ◀ **Gillian Marriage**
Metal, textile jewellery and installation
47 Spowers St, G: 0424393665
- ◀ **Kevin Marriage**
Erasure Drawing
47 Spowers St, K: 0424787673
- ◀ **Obsidian Bide: Art Gallery and Studio**
Judy Diamond & Ange Strong
9/9 Toorbul Street, 0432176275
- ◀ **Sam Pettigrew**
Ceramics/Prints
46 Spowers St, 0434533190

Woorim

- ◀ **Studio Sabine/ former studio Alice**
Painting/ Mosaic/ Interior
12 Bracken Street, 0414872118
- ◀ **Sue Gardner**
Acrylic & mixed media painting
7 Longland Crt, 0403466123

Beachmere

- ◀ **Ron Bryant/ Fine Art**
Impressionistic oils, acrylic, printmaking
38 First Avenue, 0408884346
- ◀ **Tricia Taylor**
Pastels and Oil
94 Bishop Road, 0419 176 986
- ◀ **Beachmere Art Society**
The Hub, Main St, 0431335901
Merryl Wuthrich and friends

Local Dining Guide

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



STEAKOUT PIZZERIA

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

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



THE DECK RESTAURANT

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

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

07 3410 4024

Scan The QR Code To Book Now!



Sunsets On Bribie



Experience classics you'll love and the new favourites you'll crave!

**NOW OPEN SUNDAY 8AM - 11AM
FOR BREAKFAST**

OPEN 7 DAYS

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

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

Bribie Island Bowls Club
11-23 Welsby Parade, Bongaree 4507



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

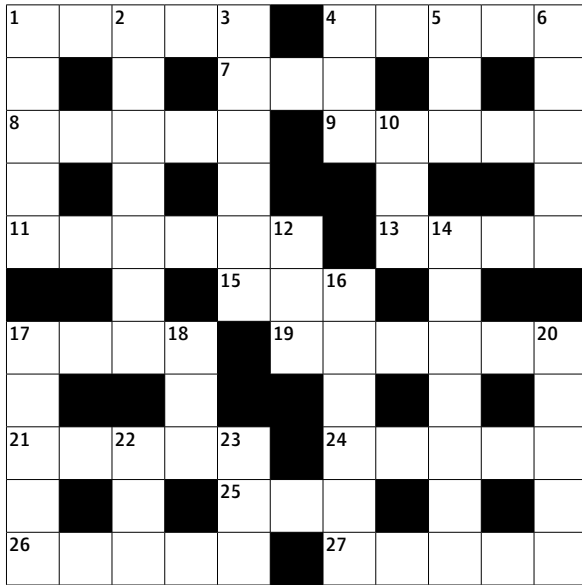
Saturday December 20th ~

9am ~ 2m

4pm ~ 8pm

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

CROSSWORDS – QUICK & CRYPTIC

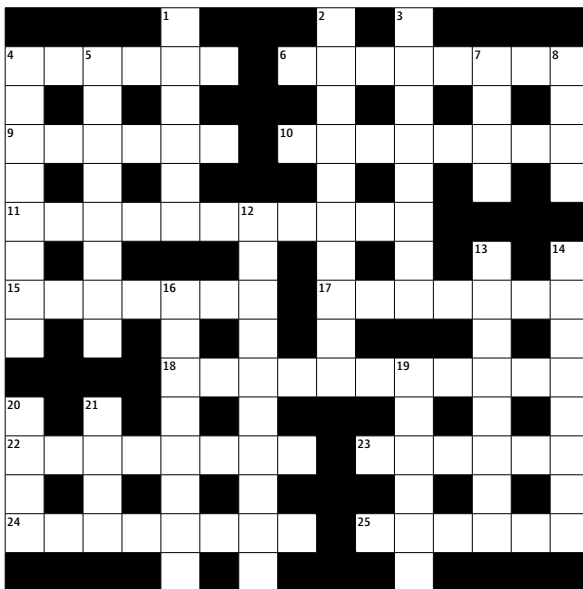
**Across**

- 1 Material gratifying – that's no good (5)
 4 Decorates without one item of underwear (5)
 7 Regularly retreat for period (3)
 8 Prepare narrow section in field (5)
 9 Subject of optic readjustment (5)
 11 Dangers of damaged pliers (6)
 13 Bronzes of army vehicles king disposed of (4)
 15 Partly bury a kinky beast (3)
 17 Mount skipping: cold leg? (4)
 19 Wanting energy, varied underwater explorers (6)
 21 Fastens missing page to form (5)
 24 Shape-changing spell (5)
 25 Oddly missing spoiled dish (3)
 26 Swift lacking power getting worn-out (5)
 27 Somewhere else holding dances (5)

Down

- 1 Prawns the writer chopped for rascal (5)
 2 Hero met unusual proposition (7)
 3 Can eat lychee piece tidily (6)
 4 Stroke is strangely apt (3)
 5 Encamps occasionally to sleep (3)
 6 Strikes and stuns leaving husband (5)
 10 Choose knitted top (3)
 12 Low islands odd characters departed (3)
 14 Mean saver aged internally (7)
 16 Captain of boat dropping small fish (6)
 17 Fastens shaky scale (5) 18 Club sually houses vehicle (3)
 20 Horses taking time in pits (5)
 22 Copy magpies on and off (3)
 23 Agent is in his pyjamas (3)

CRYPTIC

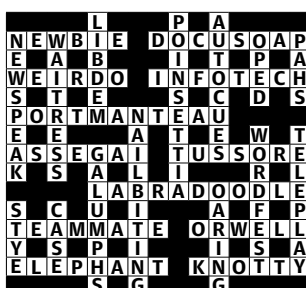
**Across**

- 4 Pay attention about opposing points, namely for novice (6)
 6 Medic and aged Brit traversing America for TV series (8)
 9 Current controller leading party is eccentric (6)
 10 Foci then shifted to computer applications etc (8)
 11 Piece of luggage left on board by guy you heard consuming drink (11)
 15 Weapon, for instance, deployed in unending attack (7)
 17 Coarse fabric making us hurt after short time (7)
 18 Awfully adorable old pet (11)
 22 Fellow in squad raving at me in first half, otherwise in second (8)
 23 One English author or another abridged (6)
 24 Owner of trunk that must be repacked for the plane (8)
 25 Like bad deal, difficult to undo? (6)

Down

- 1 Line from the same source about British political type (3-3)
 2 Popular houseplant I set in a pot adapted (10)
 3 They help people with deliveries after car gets in line, we hear (8)
 4 Quartet playing best performance? That's made-up propaganda (8)
 5 Female serving as half of ward sister's replacement (8)
 7 Newspaper article began in old-fashioned way (2-2)
 8 Negative reactions from pedant and his sort, primarily (4)
 12 Suspenseful part in capture (4-6)
 13 Concluding pieces from head of state in last literary event (8)
 14 Drama as seen from the box (8)
 16 Proceeds clumsily with talk about growth and height (8)
 19 Bellowing, losing head, and having a row (6)
 20 Pound's gone out of fashion – that could affect one's view of things (4)
 21 Legal action that may be taken on by boarder (4)

SOLUTIONS

CRYPTIC
SOLUTIONQUICK
SOLUTION

KIDS ZONE

SPOT THE 10 DIFFERENCES



Sudoku

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

FIND A WORD

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

- | | | | |
|---------|-----------|-----------|------------|
| 1.COW | 5.PIG | 9.GOOSE | 13.BUFFALO |
| 2.SHEEP | 6.ROOSTER | 10.CHICK | 14.MOUSE |
| 3.HORSE | 7.GOAT | 11.DONKEY | 15.PIGEON |
| 4.HEN | 8.DUCK | 12.RABBIT | 16.TURKEY |



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THE LIES THAT WON A WAR

By Al Finegan

History remembers the generals who won battles, but rarely the liars who made those victories possible. Yet from the Trojan Horse to the beaches of Normandy, deception has repeatedly proved to be one of mankind's most powerful weapons. In the 5th century BC, Sun Tzu, the ancient Chinese strategist, wrote *The Art of War*. His primary premise was that "all warfare is based on deception." This strategy involved making an enemy underestimate your strength by appearing weak when you are strong, and vice versa, using feints, misleading signals and misdirection to confuse them and create opportunities for victory with minimal conflict. His teachings have outlasted empires, becoming standard reading for everyone from generals to salespeople to poker players.

During World War II, few leaders wielded deception as elegantly as Winston Churchill. His public speeches roared with defiance, while privately he agonised over slim odds. His secret? Never let them see you sweat—and always have a cigar handy. When the United States debated entering the war, Churchill personally shaped messages, telegrams and even photographs to project strength and confidence. He understood that morale itself could be the greatest deception: convince your people you are winning, and half the battle is done. Few leaders understood better that, in war, carefully crafted deception could save thousands of lives. By the end of 1941, the United States had entered the war. The Allies in Britain had become a major force, and by 1943 they had turned the tables. It was now time to consider the invasion of Europe to defeat Hitler.

One of the most dangerous and difficult strategies in modern warfare is landing on well-prepared enemy territory, leaving troops exposed as they scramble ashore from landing craft. Military planners study every possible scenario to convince the enemy that they are invading a different position from the most obvious one. This was the dilemma facing the Allied planners. In 1943, when the Allies decided to invade Sicily, Churchill knew the Germans expected such an attack. Sicily lay only a short distance from North Africa and was the obvious stepping stone into mainland Europe. If Hitler concentrated his forces there, the invasion could become a bloodbath.

British intelligence needed Germany to believe the Allies intended to strike somewhere else. An unlikely idea emerged from two brilliant intelligence officers, Ewen Montagu and Charles Cholmondeley. Instead of merely planting false rumours, they would place fake invasion plans directly into German hands. The problem was obvious: how could secret military documents be delivered to the enemy in a way that appeared completely accidental?

Their answer was both ingenious and macabre. They named their new plan Operation Mincemeat. The body of a recently deceased man was obtained and transformed into Major William Martin, a fictional officer of the Royal Marines. Every detail of his life was painstakingly created. He carried identity cards, theatre ticket stubs, bank statements, personal letters, receipts, photographs of his supposed fiancée, "Pam," and even love letters tucked affectionately into his pockets. The objective was simple: to convince anyone examining the body that this was a real man with a real life.

Most importantly, chained securely to his wrist was a leather briefcase containing what appeared to be highly confidential invasion plans. These documents suggested that the Allies intended to invade Greece and Sardinia rather than Sicily.



On the night of 30 April 1943, the body was released from the British submarine HMS Seraph off the coast of neutral Spain. British planners knew that, although Spain was officially neutral, German intelligence agents operated there freely. They were confident the documents would eventually find their way to Berlin. Everything happened almost exactly as planned. Spanish authorities recovered the body and, despite British requests for the documents to remain sealed, German agents secretly photographed every page

before returning them. The British carefully examined the envelopes when they were returned and found tiny signs that they had indeed been opened. The deception had worked. Even more remarkably, Hitler believed the documents.

German divisions were diverted to Greece, Sardinia and the Balkans. Sicily's defences were weakened at precisely the moment the Allies launched Operation Husky, the invasion of Sicily, on 10 July 1943. The battle that followed the landing in Sicily was quickly won. The German commanders had been caught looking in the wrong direction. The invasion succeeded, Mussolini's Fascist government soon collapsed, and Italy's long withdrawal from the war began.

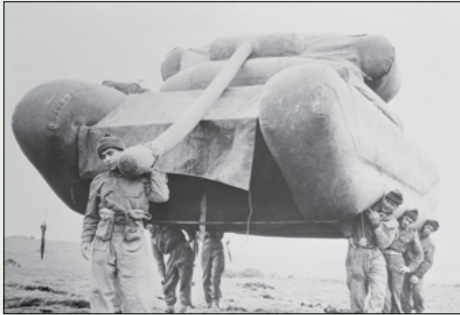
Operation Mincemeat remained one of Britain's most closely guarded secrets for years. In 1953, the remarkable story became public through a book entitled *The Man Who Never Was*. Decades later, the true identity of the unknown man was revealed as Glyndwr Michael, a homeless Welshman whose lonely death unexpectedly allowed him to play a remarkable role in one of history's greatest military deceptions. The lonely Welsh drifter died unknown and unlamented. Ironically, in death, he probably contributed more to the Allied victory than he ever imagined possible in life. By late 1943, the Allied High Command faced an overwhelming problem. Germany knew that, sooner or later, Britain would launch an invasion across the English Channel. If Hitler concentrated his armies at the correct place, the invasion could fail before it even began.

If Operation Mincemeat showed what one carefully planted deception could achieve, the Allies were now preparing a deception so enormous that it would involve entire armies that existed only on paper.

The codename for the biggest deception ruse ever attempted was Operation Bodyguard. It took its unusual name from a famous remark attributed to Winston Churchill during preparations for the invasion: "In wartime, truth is so precious that she should always be attended by a bodyguard of lies." Its objective was breathtakingly simple: convince Hitler that the Allies intended to attack almost everywhere except Normandy. Instead of relying on a single

deception, the Allies constructed an intricate web of lies stretching across Europe. Every false report supported another. Every fake military movement reinforced another illusion.

Bodyguard became a collection of many deception plans across Europe, including Operation Fortitude South, Operation Fortitude North, and a gigantic web of deception spread by spies through operations such as Zeppelin, Ironside and Vendetta. Operation Fortitude South was launched across south-eastern England, particularly in Kent. Known as the First United States Army Group, or FUSAG, it supposedly consisted of hundreds of thousands of American troops preparing to invade France through the Pas de Calais, the shortest crossing between England and the Continent. Its commander was none other than General George S. Patton, arguably the most feared Allied commander in German eyes.



Since Hitler regarded Patton as the Allies' finest battlefield general, it seemed perfectly logical that he would command the main invasion.

The Kent countryside suddenly sprang to life with military activity. Roads became crowded with convoys. Camps appeared almost overnight. Aircraft were seen arriving at newly constructed airfields. Landing craft clustered in harbours facing the narrowest part of the English Channel. Fields that appeared packed with armoured vehicles contained hundreds of inflatable rubber Sherman tanks. Made from rubberised canvas, they could be inflated in little more than twenty minutes and weighed barely forty kilograms.

Four soldiers could simply pick one up and carry it to another location before the next German reconnaissance aircraft flew overhead. From 20,000 feet, they looked every bit as convincing as genuine thirty-tonne tanks. Wooden artillery pieces pointed menacingly towards France. Dummy aircraft lined fake airfields. Canvas-covered trucks filled imaginary supply depots. Even fleets of mock landing craft floated in carefully chosen harbours where German aerial photography was certain to detect them.



The illusion extended far beyond the equipment. The Allies recruited stage designers, artists and special-effects experts from Britain's film industry to build convincing military camps. Smoke drifted from kitchens. Fresh tyre tracks appeared each morning. Washing hung from clotheslines. Vehicles constantly changed position to suggest bustling activity. To German pilots flying over Kent, it was a convincing sight: the Allies appeared to be preparing to invade Calais.

At the same time, Operation Fortitude North convinced Hitler that another invasion was about to strike Norway. Fake headquarters appeared in Scotland. Radio operators generated thousands of false military messages. Agents spread rumours that Britain intended to seize Norway's ports and cut Germany's supply of Swedish iron ore. Hitler took the bait. Even after D-Day, he kept nearly 400,000 German troops stationed in Norway, waiting for an invasion that never came. Those soldiers were never able to reinforce Normandy.

Bodyguard did not stop with Britain. False information suggested that Allied armies would invade southern France, the Balkans, Greece and even the Bay of Biscay. One of Bodyguard's greatest strengths lay in Britain's remarkable network of double agents. Almost every German spy sent to Britain had been captured and persuaded to work for the Allies. Rather than shutting down German intelligence, British officers fed Berlin a constant stream of believable but carefully manipulated information. The greatest of these agents was Juan Pujol García, codenamed Garbo. Although he did not visit Britain until late in the war, Garbo convinced German intelligence that he operated an extensive network of twenty-seven imaginary spies scattered throughout Britain. Some even had imaginary illnesses, financial problems and romantic relationships. German intelligence faithfully paid salaries and expenses for spies who had never existed.

Garbo became so trusted that, shortly after D-Day, he warned Berlin that Normandy was merely a diversion and that the real invasion would come later at Calais. Hitler believed him. On the morning of 6 June 1944, Allied soldiers stormed ashore on the beaches of Normandy. Even

then, Hitler remained unconvinced. Believing Normandy was simply a feint, he kept many of his strongest armoured divisions waiting near Calais for the "real" invasion that never came. Operation Bodyguard had worked. Hitler refused to release many of his elite Panzer divisions because he remained convinced that the main invasion was still to come.

For nearly seven crucial weeks after D-Day, powerful German forces remained waiting around Calais for an army that existed only in rubber, canvas, radio signals and imagination. Those precious days of hesitation gave the Allies time to establish their beachhead, land reinforcements and pour supplies into France. Historians continue to debate exactly how much Operation Bodyguard influenced the outcome of D-Day, but few doubt that it saved thousands of Allied lives and contributed significantly to the success of the invasion.

Operation Bodyguard demonstrated a timeless truth. The most powerful weapon on the battlefield is not always a gun or a bomb. Sometimes it is an idea planted so convincingly in an enemy's mind that he willingly deceives himself. On D-Day, Hitler did not lose because he lacked courage or soldiers. He lost because he believed in an army that never existed and an invasion location that was never intended.

Military historians estimate that Operation Bodyguard ranks among the greatest strategic deceptions in history. It did not sink a single battleship. It did not destroy a single tank. Yet by persuading Hitler to make the wrong decisions at the right moment, it almost certainly saved many tens of thousands of Allied lives and helped ensure the success of the Normandy landings.

From the wooden horse outside the gates of Troy to a homeless Welshman carrying forged documents, and from rubber tanks in the fields of Kent to today's digitally altered photographs, the methods of deception have changed dramatically. Human nature has not. We still believe what we expect to believe. Sun Tzu understood that more than 2,500 years ago when he wrote that all warfare is based on deception.

More than two millennia later, Hitler proved him right.



MILESTONES

THAT SHAPED BRIBIE



BARRY CLARK OAM

Bribie Historical Society



We have all recently completed the CENSUS which will show the significant increase in residents and visitors to Moreton Bay and Bribie Island. Social behavior and lifestyle choices create constant change in all aspects of our lives.

This article lists a few significant events and milestones over the last two centuries that have influenced the development of Bribie Island over the years.

1770 - James Cook sailed past and named the Glasshouses

1788 - First Fleet of convicts sailed into Sydney Harbour

1799 - Matthew Flinders explored Moreton Bay and Bribie.

1859 - New Colony of Queensland separated from NSW

1867 - Gold discovered at Gympie that started a gold rush

1887 - First Aboriginal reserve established at White Patch

1893 - Record rain and flooding in Brisbane and surrounds

1897 - Last Bribie aboriginal Kal-Ma-Kuta died

1905 - Queensland Women granted the right to Vote.

1908 - Sarah Balls relocates Fish Cannery to Bongaree

1909 - Oyster farming in Passage wiped out by mud worm





1912 - Jetty built at Bongaree for new Steamship Koopa

1918 - Hall and Bestman open first store on Bribie near Jetty

1918 - First car brought to Bribie before any road.

1923 - Road from Jetty to Woorim beach cleared

1924 - State School opens at Bongaree

1925 - 5000 people visit Bribie for Christmas holiday.

1939 - Blue Pacific Hotel built at Woorim, WW2 starts



1941 - Military Forts and training camps built on Bribie

1945 - Defence equipment and troops removed, WW2 ends

1952 - Steamship Koopa stops and replaced by car ferry

1954 - Mains Electricity connected to Bribie

1963 - Bribie Bridge opened with expensive Toll

1967 - Proposal for make Bribie Island its own Shire



1975 - Bridge Toll removed when bridge paid for.

1981 - Mains Sewage installed on Bribie Island

1986 - Abbey Museum opens on Old Toorbul Rd

1987 - First Woodford Folk Festival held

1988 - World Expo held in Brisbane

1989 - Bribie Island High School opens

1992 - Banksia Beach State School opens

1997 - Woolworths Centre opens on Bribie Island

HISTORY IN PERSPECTIVE

The above list of Milestones puts events and dates in sequence and perspective to better appreciate the evolution of Bribie.

In 1967 with less than 1000 residents, there was a proposal for Bribie to become its own Shire, independent of Caboolture. Today Bribie is a small part of a much bigger Moreton Bay City.

MORE BRIBIE HISTORY

Bribie Historical Society has public meetings with excellent guest speakers on the second Wednesday of each month at 6:30pm at the RSL Club and visitors are always welcome. You can see more stories & photos on Web site Bribiehistoricalsociety.org.au and Blog <http://bribieislandhistory.blogspot.com> or contact us on bribiehistoricalsociety@gmail.com

SPORTS PAGES



BRIBIE ISLAND BOWLS CLUB

Self-Select Pairs Results Friday AM 7 August 2026

Winners: J Flavey, G Jackson
Runners up: J Wallis, L Tweddle
Winning draw: B Pritchard, T Comacchio
Winning draw: L De-Roule, P Mann
Encouragement: B Snare, S Chandler

Self-Select Pairs Results Friday PM 7 August 2026

Winners: B Hosie, M Beutel
Runners up: S Lobo, K Piva
Winning draw: M Durham, T Paekau, G Paekau
Winning draw: D McMahon, K Burdon
Winning draw: M Cullinan, K Taylor
Encouragement: B Svensson, G Hartley

Random Fours Results Saturday 8 August 2026

Winners: I Smith, J Lonsdale, A Campbell, W Follett
Runners up: G Woollett, K Mulpeter, A Wells, Y McDonald
Lucky draw: P Gee, C Draper, J McNevens

Scrounger Results Monday 10 August 2026

1st: K Mulpeter
2nd: C Holland
3rd: L Savige
4th: K Brown

Self-Select Triples Results Tuesday 11 August 2026

Winners: K Brown, A Wells, P Maloney
Runners up: J Prowle, W Gunders, B Castle
Winning draw: C Wilkie, C Brayley, T Phillips
Winning draw: F Grimsey, I Gillard, G Olsen
Winning draw: L Williams, E Bateman, B Garfield
Encouragement: R McDermott, K Ayres, G Riley

Self-Select Pairs Results Wednesday AM 12 August 2026

Winners: D Hancox, J Dann
Runners up: L Reid, P Reid
Winning draw: T Dean, C Dean
Encouragement: D Bishop, L Beaven

Self-Select Pairs Results Wednesday PM 12 August 2026

Winners: J Oliver, P Gray
Runners up: M Cullinan, W Gilbert
Winning draw: L Godfrey, L Gilmore
Winning draw: F Bingham, J Park
Winning draw: K Perkins, C Perkins
Encouragement: T Commachio, T Bishop

Random Triples Results Thursday 13 August 2026

Winners: P Conn, M Cole, A Nicole
Runners up: S Brown, L Hackwood, K Soens
Winning draw: L Savige, K Henry, J De Ruyter
Encouragement: M Brown, R Leth, E Polloni

Self-Select Pairs Results Friday AM 14 August 2026

Winners: F Grimsey, D Dodd
Runners up: J Perry, D Hancox
Winning draw: L Comacchio, J Teakle
Encouragement: L Tweddle, J Wallis

Self-Select Pairs Results Friday PM 14 August 2026

Winners: D Hancox, E Holiday
Runners up: J Prowl, T Erfurth
Winning draw: J Oliver, W McKillop
Winning draw: M Durham, C Chidley
Winning draw: S Lobo, K Piva
Encouragement: G Kirby, C Wilkie

Random Fours Results Saturday 15 August 2026

Winners: G Woollett, C Ebert, L Hackwood, J Dunn
Runners up: C Stroud, A Pinzger, I Gillard, M Waters
Lucky draw: R Bickerton, M Brown, K Norton, C Cross

Scrounger Results Monday 17 August 2026

1st: R Eaton
2nd: W Gunders
3rd: L De-Roule
4th: S Brown

Self-Select Triples Results Tuesday 18 August 2026

Winners: L Deakins, E Deakins, R Brinton
Runners up: L Twiddle, L Tibbett, J Wallis
Winning draw: J Prowle, W Gunders, G Pitts
Winning draw: J Bell, D Dixon, C McMillan
Winning draw: M Gittins, V McDermott, J Hosie
Encouragement: J Brown, F Bingham, E Polloni

Self-Select Pairs Results Wednesday AM 19 August 2026

Winners: N Bolton, D Cherry
Runners up: D Hancox, J Dann
Winning draw: J Wallis, L Tweddle
Encouragement: D Hancox, R Stuart, R Reilly

Self-Select Pairs Results Wednesday PM 19 August 2026

Winners: S Lobo, K Piva
Runners up: P Gray, J Oliver
Winning draw: L Godfrey, L Gilmore
Winning draw: J Hattie, A Buckmaster
Winning draw: E Bateman, S Mitchell
Encouragement: M Mills, T Bennett

Random Triples Results Thursday 20 August 2026

Winners: K Brown, K Norton, R Donnelly
Runners up: W Manson, C Ormarod, L Reid, B Ward
Winning draw: L Savige, E Thean, A McDonald, S Horn
Winning draw: M Gaggiano, G Mellors, C Hamilton, E Polloni

Self-Select Pairs Results Friday AM 21 August 2026

Winners: S Chandler, B Snare
Runners up: D Jackson, D Hancox
Winning draw: A Sturm, G Skoien
Encouragement: D Russell, S Russell

BONGAREE BOWLS RESULTS

Bongaree Bowls Club Results 31/7 to 13/8

Bongaree Bowls Club Results 31/7 to 13/8

Results of Friday 2-4-2. 31/7
Winners: Marg McGarry, Janice Mason, Jacque Murdoch R/Up: Max Goding, Max Lowe Shopper Docket
Winner: David Vaughan

Results of Saturday Scroungers 1/8

1st: Adrian Taylor, 2nd: Lee Wallace, 3rd: Martin Jones, 4th: Joe Hayes, 5th: Marissa Renton

Results of Tuesday Paddle Pop Draw Triples 4/8

Winners: John O'Donohue, Graeme Hanlin, Dee Morrison, Arne Jensen
R/Up: Kathy Gambling, Narelle Pender, Andrea Pike, Brenda Hutchinson
Bonus Draw: Kathy Gambling, Narelle Pender, Andrea Pike, Brenda Hutchinson, Linda Leone, Terry Keatch, John Morrison

Results of Wednesday 4's 5/8

Winners: John Bell, Richard Fell, Robert Johnson, Gideon Croukamp R/Up: Ray Black, Barry France, Gordon Pitts, Ray Horne

Results of Thursday Jackpot Pairs 6/8

Winners: Richie Ferguson, Neil Wagstaff R/Up: Jacque Murdoch, Greg Hemphill

Results of Friday 2-4-2 7/8

Winners: Pat and Jim Warwick R/Up: Pam Walker, Bob Vonarx

Results of Saturday Scroungers 8/8

1st: Sheena Bath, 2nd: Joe Hayes, 3rd: Marg Griffiths, 4th: Yuki King, 5th: Julie Brown

Results of Tuesday Paddle Pop Draw Triples 11/8

Winners: Terry Keatch, Christine Nathan, Arne Jensen, Marissa Renton
R/Up: Pat Spice, Graeme Hanlin, Glenys Griffith
Bonus Draw: Jackpot Next Week \$60

Results of Wednesday 4's 12/8

Winners: Ray Black, Jeff Paskin, Gordon Pitts, Ray Horne R/Up: Dee Morison, Ross Bryant, John Morrison

Results of Thursday Jackpot Pairs 13/8

Winners: Dave Dixon, Chris McMillan R/Up: Diana Stowers, Ian Gillies

SOLANDER LAKE BOWLS RESULTS

Tuesday 4 August 2026 - Club Select Triples/Fours:

Winners: Darryl Heilig, Chris Cummins, Bill Dobe 2nd: Jenni Cummins, Alex Kinnear, Bruce Pursehouse, Sheila Jeffrey
3rd: Jeff Niblett, Dave Bentley, Barb Tanner, Tony Musial

Wednesday 5 August 2026 - Self Select Pairs:

Winners: Brian Wrice and Barry Nolan 2nd: Rob Dickson and Kevin Burdong
3rd: Barry and Terri Curtis
Jackpot \$378 - Winners - Deb and Ian Jackson, John Thiel and Ian Boast

Thursday 6 August 2026 - Self Select Triples:

Winners: Cheryl Crawford, Bruce Crawford, Robert James 2nd: Carmel Sorrensen, Doug Brown, Anthony MacGregor
3rd: Jacki Player, Maggie Zahl, Wally Schmidt
Jackpot \$180 - Winners - Carmel Sorrensen, Doug Brown, Anthony MacGregor

Friday 7 August 2026 - Self Select Pairs:

Pool A Winners: Ian Boast and John Thiele
Pool A runners-up: Steve Ross and Ian James
Pool B Winners: Jenni Cummins and Vicki Mitchell
Pool B runners-up: Brad Jackson and Alex Kinnear

Saturday 8 August 2026 - Club Select Triples:

Winners: Tom Dempsey, Debbie Jackson, Greg Hemphill 2nd: Doug Hogan, Rosa McLeod, Robyn McLean

Tuesday 11 August 2026 - Club Select Triples:

Winners: Jeff Dalton, Brad Storey, Mark Proctor
2nd: Gary Podosky, Debbie Jackson, Sheila Jeffrey
3rd: Paul Boldero, Ted Parker, Lane Neilson

Wednesday 12 August 2026 - Self Select Pairs:

Winners: Maggie Zahl and Ray Zahl 2nd: Tony Miguel and Peter Nixon 3rd: Ralph Chaplin and Brian Wrice

Thursday 13 August 2026 - Self Select Triples:

Winners: Des Stewart, Ray Griffin, Vicki Mitchell
2nd: Jacki Player, Maggie Zahl, Wally Schmidt 3rd: Lane Neilson, Peter Neilson, Glenn McCarthy
Jackpot - \$60 - Winners: Jacki Player, Maggie Zahl, Wally Schmidt

Friday 14 August 2026 - Self Select Pairs:

Winners: Sandra and Chris Monk (visitors from Port Elliott) 2nd: Andy Ives and Steve Jameson
3rd: Robert Stumbles and Paul Dixon

Saturday 15 August 2026 - Club Select Triples/Pairs:

Winners: Chris Cummins, Nev Graham, Beryl Cowperthwaite 2nd: Alan Thompson and Grant Riley

BRIBIE ISLAND WOMEN'S GOLF RESULTS

Results for Bribie Island Women's Golf 11 Aug to 20 Aug 2026

11/08/26 Single Stroke - Club Championships Rd 2

DIV 1 WINNER Carol McKenzie 72. 2nd Abby Driver 75. 3rd Linda Urquhart 76 c/b.
DIV 2 WINNER Toni Grossman 74. 2nd Myra Thomsen 75 c/b.
3rd Diane Fitzpatrick 75.
DIV 3 WINNER Roz Crossley 74 c/b. 2nd Charmaine Price 74. 3rd Bev Isaksen 75
NTP. Hole 4 Myra Thomsen. Hole 7 Leonie Buxton. Hole 14 Ann Squires. Hole 16 2nd shot Di Benghamy. Hole 4 (Div 3 2nd shot) Roz Crossley

13/08/26 Single Stroke - Club Championships Rd 3

DIV 1 WINNER Vicki Cronan 74. 2nd Abby Driver 75 c/b. 3rd Linda Urquhart 75.
DIV 2 WINNER Tanya Zanow 69. 2nd Maree Bailey 70. 3rd Diane Fitzpatrick 73.
DIV 3 WINNER Maureen Driscoll 72. 2nd Charmaine Price 73. 3rd Suzanne Peet 76 c/b.
NTP. Hole 4 Di Benghamy. Hole 7 Tanya Zanow. Hole 14 Nikki Hyde. Hole 16 2nd shot Tanya Zanow ITH.

18/08/26 Single Stroke - Club Championships Final Round

DIV 1 WINNER Jo Malone 72. 2nd Lorna Burns 74. 3rd Jo McCowan 75 c/b.
DIV 2 WINNER Ailsa Lauchlan 75. 2nd Carole Watson 77 c/b.

3rd Diane Fitzpatrick 77.
DIV 3 WINNER Charmaine Price 74. 2nd Lulu Drew 76. 3rd Ann Rogers 77.
NTP. Hole 4 Kate Wesener. Hole 4 (Div 3 2nd shot) Jennifer McKay. Hole 7 Lorna Burns. Hole 14 Jo Malone. Hole 16 2nd shot Jo McCowan ITH.

20/08/26 4BBB Stableford - RED ROSE FOUNDATION CHARITY DAY Sponsored by Ross Hinckman, @realty Bribie Island Everything he touches turns to SOLD!

Member/Member WINNERS
Noleen Brown and Sandy Wroblewski 65. 2nd Ann Rogers and Jude Dorhauer 60 c/b. 3rd Tricia Brown and Maureen Bailey 60.
Member/Guest WINNERS Myra Thomsen and Pauline Sleet 57. 2nd Nadia Aylott and Lesley Foran 56. 3rd Jenny Williams and Janelle Griffiths 55.
NTP. Hole 7 Vicki Cronan. Hole 14. Pauline Sleet. Hole 16 Kate Wesener.

CHARITY PRO PIN Hole 18 3rd shot Lorna Burns.

ACCURACY DRIVE HOLE 8
DIV 1 Barb Newcomb. DIV 2 Janelle Griffiths. DIV 3 Rae Clarke.

ENVIRONMENTAL AWARD
Robyn Harper and Lauren McDonald.

MM Winners Noleen and Sandy with Sponsor Ross Hinckman

MG Winners Myra and Pauline with Sponsor Ross Hinckman

MORETON BRIBIE BRIDGE CLUB

Strong Visitor Field at Moreton Bribie Bridge Club Congress

Almost 100 bridge players gathered at Moreton Bribie Bridge Club for its 2026 Congress, held over the weekend of 8-9 August.

The annual event featured a Pairs competition on Saturday followed by Teams play on Sunday, drawing visitors from Caboolture, Caloundra, Noosa, Redcliffe and Brisbane, as well as players from as far afield as Mackay and Melbourne.

While visitors claimed the major prizes, local players also featured strongly.

Bribie pair Shirley and Chris Watson finished second in Saturday's Pairs competition, with Bob King and Mike O'Reilly the next-best Bribie pair.

In Sunday's Teams competition, the leading Bribie combination was Chris Watson, Gary Gibbards, Deb Gibbards and Shirley Watson.

Results

Saturday 1 August:
S Watson and R Sutton finished first, followed by D Scown and J Borowski in second place and L Carr and J Wright in third.

Wednesday 5 August:
In North/South, L Carr and J Wright finished first, ahead of J Kinross and J Reiter, with B Pridham and J Budgeon third. East/West was won by J Hays and K Cohen, followed by E Viney and J Greet, with A Fielding and L Groves third.

Wednesday 12 August:
In North/South, K Cohen and J Hays finished first, followed

by S Watson and R Sutton, with P Edis and K Strickland third. East/West winners were L Heap and B Connell, ahead of T Gordon and J Honeybone, with R Medhurst and P Breene third.

BICBC

Monday 3 August:

In North/South, L Wilson and J Brazier finished first, with A Fielding and J Easey second and B Moxham and L Hutton third. East/West winners were L Manson and P Swan, followed by P Hexel and C Browne, with J Kennedy and C Page third.

Monday 10 August:

In North/South, A Fielding and J Easey finished first, ahead of M Peterson and D Quinan, with P Edis and L Groves third. East/West was won by B King and N Denvir, from S Smith and M O'Reilly, with P Lynch and P Morton third.



Moreton Bribie Bridge Club welcomes visitors and new players.

For general enquiries, contact Ruth on **0417 656 693**.

Lessons and supervised play are also available; contact Helen on **0427 567 670**.

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MIND YOUR PETIQUETTE:

RULES FOR AUSTRALIA'S FOUR-LEGGED SOCIALITES

Australia is becoming more pet-friendly, with almost three in four households now owning at least one pet. But as dogs become more visible in cafés, airports, parks, apartment buildings, beaches and other shared public spaces, pet owners need to practise good “petiquette” by respecting venue rules, other people and other animals around them.

Pets are increasingly regarded as family members, with many owners bringing their furry companions along for everything from quick errands and social catchups to extended holidays.

Brad Smith, CEO of RSPCA Pet Insurance, says the rise of pet-friendly venues, travel options and public spaces is positive, but it comes with greater responsibility for pet owners. “Australians clearly see pets as part of the family, but that does not mean every social setting is suitable for every animal. A dog that is calm at home may not cope well in a busy café, airport queue, crowded market or off-leash beach.”

Under Australian food safety guidance, assistance animals must be allowed in customer-accessed areas, while pet dogs may only be permitted in unenclosed outdoor dining areas. Food businesses can also decide whether to allow pet dogs and set their own conditions, including requiring dogs to stay on the ground or remain on a lead.

Rules also vary across parks, beaches and public spaces, where leash, off-leash and dog-prohibited areas are generally managed by state, territory or local council rules. In the ACT, for example, dogs must be under effective control, kept on leash on public land unless otherwise indicated, and owners must clean up after them.

Television veterinarian Dr Katrina Warren says good petiquette is not only about following venue rules but also understanding that not every dog wants to meet another dog.

“Dog-friendly does not mean every dog should be allowed to approach every other dog,” says Dr Warren. “Dogs of different breeds, sizes, temperaments and energy levels may not always interact well, so owners need to give

other dogs space and ask before allowing a greeting.”

Dr Warren says owners should never assume a dog that is relaxed at home will behave the same way around food, children, crowds or unfamiliar animals.

“Some owners may be managing dogs that are anxious, reactive, older, injured, in training or simply uncomfortable with close contact,” she says. “Letting your dog rush up to another dog, even with friendly intentions, can create stress very quickly.”

Signs a dog may be uncomfortable include a stiff body, tucked tail, ears pinned back, lip licking, yawning, turning away, hiding behind their owner, raised hackles, growling, barking, lunging or freezing in place.

“These signs are a dog’s way of communicating that they are unsure, stressed or need more space,” says Dr Warren. “The safest response is not to force the interaction. Move calmly away, give the dog room and allow both animals to settle.”

Smith says dog bite incidents can also result in significant vet bills, with RSPCA Pet Insurance claims data showing dog bite-related claims can exceed \$1,500 while often involving emergency consultations, wound treatment, medication, follow-up care and in more serious cases, surgery.

“Responsible ownership means planning for the full reality of having a pet,” says Dr Warren. “That includes training, socialisation, emergency vet costs, public-space rules, travel arrangements and knowing when your pet is better off staying at home.”

Smit concludes by stressing the future of pet-friendly Australia depends on owners showing that pets can be included in public life safely and respectfully. “The more considerate owners are, the more likely cafés, councils, accommodation providers and transport operators are to keep making space for pets.”

Dr Katrina Warren’s top ‘petiquette’ tips for social outings:

- **Check first** - Rules vary, so check signage, council guidance and venue policies before bringing your dog along.
- **Keep control** - Your dog should stay in sight, respond to commands and not approach people, wildlife or other dogs without permission.
- **Respect venue rules** - Dog-friendly does not mean dogs are welcome everywhere. Businesses can set their own conditions.
- **Clean up** - Always carry waste bags and dispose of droppings properly.
- **Watch for stress** - Barking, lunging, trembling, hiding or refusing to settle can mean your dog needs space.
- **Respect assistance animals** - Assistance animals have different access rights and should not be approached, distracted or disrupted by other pets.



GREYHOUNDS, COMMUNITY SPIRIT AND A TOUCH OF MAGIC

Bribie Island locals are invited to join the Great Global Greyhound Walk at Bongaree

There is something special about seeing a group of rescued greyhounds strolling together by the water. On 27 September, Bribie Island Rescued Greyhound Walks will bring that gentle magic to the Bongaree foreshore as part of the annual Great Global Greyhound Walk.

Locals, visitors, sighthound owners and supporters are warmly invited to come along for a relaxed 4pm walk beside one of Bribie Island's most familiar waterfront spots. The group will meet in the grassy area under the big tree behind the Jetty, next to Scoopy's at 2 Toorbul Street, Bongaree. Arrivals are welcome from 3:30pm.

Before the walk begins, visitors can browse the Friends of the Hound stall, with merchandise available for both hoomans and pups. This year's theme is "Mythical Mutts", so expect a few dragons, unicorns, wizards or other wonderfully imaginative houndie outfits. There will also be a prize for the best-dressed hound.



"Every walk helps show the world what greyhound people already know: these gentle hounds make wonderful companions."

A local walk with a global purpose

The Great Global Greyhound Walk is an annual worldwide event celebrating greyhounds, lurchers, whippets, salukis, galgos, podencos, borzois and other sighthounds. On the same special day, groups around the world head out for local walks to raise awareness of these beautiful dogs and show how well they fit into family and community life.

Some walks are large community events, while others are simple catch-ups in parks, along coastal paths or outside local cafés. No matter the size, each one helps promote responsible ownership, support adoption and celebrate the calm, affectionate nature of sighthounds.

Community, companionship and rescued hounds

Bribie Island Rescued Greyhound Walks is a friendly local group of people owned by rescued greyhounds.

The group meets fortnightly on Bribie Island, giving dogs and humans the chance to socialise, enjoy the outdoors and connect with others who understand the joys of life with a greyhound.

The group is anti-racing and passionate about celebrating greyhounds as much-loved companions.

The Bongaree walk is open to all sighthound owners and supporters, whether you already share your home with a hound, are thinking about adoption, or simply want to learn more.

Event details

When:

27 September, arrive from 3:30pm; walk begins at 4pm

Where:

Grassy area under the big tree behind the Jetty, next to Scoopy's, 2 Toorbul Street, Bongaree

Theme:

Mythical Mutts

Highlights:

Friends of the Hound stall, merchandise for people and pups, best-dressed houndie prize, relaxed foreshore stroll

Facebook: <https://www.facebook.com/bribiegreyhounds/>

Come along, enjoy the foreshore, meet some wonderful dogs and help spread the word that greyhounds and other sighthounds make gentle, loving and loyal pets.

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The Benefits of Growing Native Plants in Your Garden: A Bribie Island Guide

A garden full of native plants doesn't just look beautiful — it works with the land, not against it. In the Bribie region, where sandy soils, coastal winds, and salty air are part of everyday life, planting local natives is one of the smartest ways to create a low-maintenance, wildlife-friendly garden that thrives.

1. Built for Local Conditions

Bribie sits on the edge of Moreton Bay and the open ocean, which means hot summers, sandy soils, and salt-laden breezes. Native plants have evolved here for thousands of years, so they've already adapted.

Plants such as Callistemons, Grevilleas, Westringias and dozens more naturally tolerate excess drainage, drought, and salt. That means less watering, less fertiliser, and far fewer losses after a dry spell or a big storm.

2. Support Bribie's Birds, Bees and Butterflies

Your garden can be a mini wildlife corridor. Native flowers provide nectar and pollen at the times local animals expect it. Here at Bribie Garden Centre, we have a range of 15 Bribie natives. Like other natives, they are magnets for plant-loving birds such as cormorants, doves, egrets, terns, and so many more. Check out BIEPA's "Bribie Birds" book for a full list.

Even small gardens can help connect larger patches of habitat like the Bribie Island National Park and the Pumicestone Passage foraging areas, giving birds and pollinators a safe place to feed and move.

3. Less Water, Less Work

Bribie's sandy soil drains fast, so water-wise gardening matters. Once established, most natives need little to no extra watering. Their deep or efficient root systems are designed to find moisture.

That also means less weeding and fewer chemicals. Natives have their own defences against local pests, so you don't need to reach for sprays as often. A mulch of leaf litter or straw mulch keeps roots cool and moisture in — exactly what plants around Bribie need.

4. Protect the Passage and Coastline

Runoff from gardens can end up in the Pumicestone Passage, Moreton Bay, and onto the region's beaches, but with natives needing little to no fertiliser or other chemicals, there'll be less leaching into waterways, leading



to less algal blooms. Dozens of Bribie natives, including Pig Face, Sea Purslane, and Scaevola also help strengthen slopes and banks, reducing erosion.

5. Sense of Place and Year-Round Interest

There's something special about a garden that looks like it belongs here. The silver foliage of Coastal Rosemary, the papery flowers of Bracteanthas, and the purple flowers of Hardenbergia vines, give a distinctly Moreton Bay feel.

And natives aren't just "green." Many flower in winter, giving colour when you want it most. Prune Grevillea after flowering and you'll get repeat blooms, while Lomandra gives structure all year.

Getting Started on Bribie and Adjacent Mainland Towns

Start small. Visit us at Bribie Garden Centre, and ask for Bribie / other Queensland natives. Group plants with similar water needs, mulch well, and water deeply for the first few months to help roots establish.

By growing native, you're not just gardening. You're creating habitat, saving water, and helping the Bribie region stay resilient in the face of heat and storms. The result is a garden that's easier to care for, alive with birdsong, and truly part of the island.

TO LEARN MORE about both natives and exotics, along with plant and garden care, join us for a fun-filled GARDEN INFO DAY —

SATURDAY 12TH SEPTEMBER
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There'll be a SAUSAGE SIZZLE supporting Bribie Men's Shed, and special guests from POHLMANS (plants), RED FOX ORCHIDS, GROW (plant care), ROCKY POINT (soils, mulches, etc), and BIEPA (caring for the Bribie region).

We look forward to seeing you here, and as always, thank you to locals and visitors alike, for your ongoing support.

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Bringing Nature Back to the Backyard

Local owner-operator Lachlan Forbes is helping residents create gardens that look good, feel good and give wildlife a place to belong.

For many of us, the backyard is where life happens. It is where the washing dries, children play, the dog wanders, the barbecue is lit and the day slows down. But with a little thoughtful planning, that same patch of outdoor space can also become part of a much bigger story: helping local wildlife find food, shelter and safe places to move through our neighbourhoods.

That is the idea behind Forbes Native Habitat Co., an owner-operated local service created by Lachlan Forbes to bring nature back into everyday living. Through native planting, habitat features and practical landscaping, Lachlan helps transform residential gardens into natural, useful spaces that support birds, pollinators, lizards, small marsupials, macropods and other local wildlife.

Why Backyards Matter

Conservation is often thought of as something that happens in national parks, reserves and untouched bushland. Those places are vital, but they are no longer the only spaces that matter. As more homes, roads and fences divide natural areas, suburban gardens can become important stepping stones between larger patches of habitat.

One wildlife-friendly garden may seem small on its own. Many gardens connected street by street, can help create wider corridors that give native animals more chances to move, feed, rest and survive. For local residents, it is a practical way to make a difference without giving up the outdoor spaces they use every day.

A Garden That Works for Real Life

Forbes Native Habitat Co. is not about turning every backyard into dense bushland. Lachlan works with the way people actually use their homes and gardens, combining conservation training, native plant knowledge and practical landscaping skills to create spaces that are natural, attractive and usable. That might mean planting for shade near the house, refreshing tired garden beds, creating a quiet corner for birds and pollinators, or designing around lawns, paths, fire pits and outdoor seating areas. The focus is on gardens that feel relaxed and lived-in while still offering real value to the wildlife that passes through.

Planting with Purpose

Every garden has its own conditions, and Lachlan starts by paying attention to what is already there. Sun and shade, soil type, drainage, exposure, existing vegetation and the way the household wants to use the space all help shape the final plan. Nearby Regional Ecosystems and remnant local vegetation are also considered, so plant choices are guided by what naturally belongs in the area. This site-specific approach helps create gardens that are more likely to thrive once established. Layered planting can cool outdoor areas, soften harsh sun, provide privacy and create shelter at different heights. Plant choices also

HOME AND GARDEN

favour low-maintenance and drought-tolerant species, helping residents enjoy a garden that is both beautiful and manageable.

From Garden Care to Habitat Features

The service includes practical garden care and landscaping, such as weed control, garden maintenance, mulching, garden bed refurbishment, planting preparation, and small tree, shrub and green waste removal. These jobs can make an immediate difference to how a garden looks and functions, while preparing the space for longer-term planting.

Native planting and garden design are at the heart of Forbes Native Habitat Co. Lachlan can help select plants for the site conditions, develop layered planting for shade and shelter, and create low-maintenance designs with seasonal interest. The aim is always to balance wildlife value with the way people want to live outdoors. Backyard habitat features can also be added, including nest boxes, habitat logs, rocks and refuge areas. These simple additions can help create garden zones for lizards, birds, pollinators and other local species, while giving homeowners practical ideas they can build on over time.

Small Changes, Shared Benefits

The appeal of Forbes Native Habitat Co. is its simple, hopeful message: restoring habitat does not have to start somewhere distant. It can begin at the front gate, along a fence line, beneath a shade tree or in a forgotten corner of the yard. Each garden has the potential to become part of a healthier, more connected local landscape.

Forbes Native Habitat Co. helps residents create natural outdoor spaces that work for people, plants and wildlife — planting with purpose, one backyard at a time.



Forbes Native Habitat Co.

— Bringing the Wild Back to Life —

Forbes Native Habitat Co. was created to help bring nature back into everyday living. Through native planting, habitat features and thoughtful landscaping, residential gardens can become small but valuable stepping stones for birds, pollinators, lizards, small marsupials, macropods and other local wildlife.



Garden Care & Landscaping

- Weed control and garden maintenance
- Small tree, shrub and green waste removal
- Mulching, garden bed refurbishment and planting preparation
- Landscaping for natural, usable outdoor spaces



Native Planting & Garden Design

- Native plant selection for your site conditions
- Layered planting for shade, shelter and wildlife value
- Low-maintenance garden design with seasonal interest
- Planting plans for natural, usable outdoor spaces



Backyard Habitat Features

- Nest box supply and installation
- Habitat logs, rocks and refuge areas
- Lizard, bird and pollinator-friendly garden zones
- Advice on making your garden more wildlife-friendly

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RENOVATING:

Part 2: Shower Optional, Humiliation Included.

By Cherrie Wilson

There are many stages of home renovating. There is the hopeful stage, where you believe the plan. There is the budgeting stage, where reality clears its throat.

And then there is the stage I am currently in, where basic plumbing has become a privilege and I have started rating household fixtures by their emotional reliability.

Last time, I shared the glamorous details of my new relationship with the loo, the bucket and the complete collapse of modern flushing.

Foolishly, I promised the next update would be about the shower situation, because apparently, I had not suffered enough humiliation and thought the public deserved a progress report from my personal decline. That is the sort of generosity people rarely thank you for.

Now, I have showered in some interesting places in my time, and I am not above a bit of improvising.

But standing outside under the garden hose while hot water runs from the laundry is a special kind of renovation luxury, if your idea of luxury includes goosebumps, mild panic and the possibility of someone dropping in at exactly the wrong moment.

Thankfully, for the neighbours' benefit, we have a shower tent, which sounds reassuring until you realise it is basically a fabric suggestion standing between me and utter mortification. It offers just enough privacy for everyone involved to pretend this is normal.

The whole process feels like it needs a council permit, a lookout at the front gate and possibly a trauma counsellor and rescue team on standby.

First, I get the temperature right in the laundry, because nothing says modern convenience like operating a shower from another room.

Then I head out to the pool area, attempt to undress in the tiny "dry" section, wrestle with the zipper before the water soaks my clothes and towel, leap into the shower section, zip myself in, and enter what can only be described as a water-based negotiation between me, the hose and whatever remains of my dignity.

It becomes even more delightful when the breeze picks up and the tent fabric clings to me like it has separation anxiety.

Then comes the grand finale: yelling across the yard for someone to turn the water off, followed by a damp and deeply undignified attempt to get dressed in the so-called dry section, which exists mainly in theory and wishful thinking.

The word "dry" is doing a lot of unpaid labour there.

On the bright side, we no longer have to yell, "Get out of the shower!" because absolutely no one lingers long enough to reconsider their life choices.

Family water usage has never been more efficient, mostly



because misery is a wonderful timer. My partner summed it up best by saying, "Well, at least no one's wasting hot water anymore." Which is true, in the same way a flat tyre saves petrol.

Showering outside in winter is unpleasant, but it does have one advantage: long pants and long dresses are now less of a fashion choice and more of a witness protection program for my legs.

Shaving in the shower tent would require circus-level balance, three spare hands and the unearned confidence of someone who thinks this will somehow end well.

So, for now, the hairy legs remain. If anyone asks, I am calling it insulation: practical, seasonal and deeply unattractive, which is very on brand for this stage of the project. So that is where we are now: I operate the shower from the laundry, bathe in the backyard, conduct towel manoeuvres in a tent with the structural confidence

of a shopping bag, and call it progress because apparently words no longer need meaning.

Next time, Part 3:

No Kitchen, No Bench Space, No Remaining Standards where we move indoors to the no-kitchen situation, where dinner is less a meal and more a rumour started by hungry people, bench space has been downgraded to the top of the washing machine and dryer, and the laundry sink continues its quiet, stainless-steel rise to power.

It is currently the only fixture in the house exceeding expectations, which is impressive considering its original role was rinsing socks and minding its own business.

I now have to accept that the most capable member of this household has a plughole.



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A Homeowner's Guide

to Choosing Paint That Lasts



The colour may catch your eye, but the right paint choice does far more than set the mood. From durability and washability to comfort and long-term value, here's why a beautiful finish starts with choosing the right product for the job.

Choosing paint is one of the most enjoyable parts of refreshing a home. It is where mood boards, colour swatches and weekend plans start to feel real. But paint is more than a finishing touch.

The right choice can protect your walls, make rooms easier to live in, improve indoor comfort and help your home look freshly cared for long after the brushes have been washed.

"A beautiful finish is only truly beautiful when it is made to last."

For homeowners, durability should be high on the list. A busy hallway, a child's bedroom, a kitchen splash zone and a sunny exterior wall all ask different things of paint. Interior products need to stand up to fingerprints, cleaning and the occasional furniture bump, while exterior paints must cope with sun, rain, humidity and changing temperatures.

A bargain tin may seem appealing, but if it chips, fades or peels too soon, the saving quickly disappears in extra labour and repainting.

Comfort matters as well. Many homeowners now look for low-odour and low-VOC paints, especially in bedrooms, nurseries, home offices and spaces with limited ventilation. A room should feel fresh when it is finished, not overwhelming.

Choosing a paint that suits the way your household lives can make the difference between a renovation that disrupts daily life and one that feels easy to enjoy.

The surface underneath is just as important as the colour on top. Timber, metal, plasterboard, render and brick all have different needs. Some areas need extra moisture resistance, others need a tough washable finish, and some require a primer before colour will perform properly.

Before choosing from the shade card, it helps to ask a few practical questions: Is this room humid? Will the wall be scrubbed often? Does the exterior get harsh afternoon sun? Is the surface new, previously painted or slightly worn?

There is also a sustainability benefit in getting it right the first time. Paint that lasts longer reduces waste, avoids unnecessary repainting and helps preserve the materials beneath it.

A thoughtful paint choice is not only about selecting a greener product; it is about choosing a finish that suits the climate, the room and the demands of everyday home life.

Of course, colour still has the power to transform a home. It can make a small room feel calm, a front door feel welcoming or a living area feel brighter and more personal. But the most successful paint choices balance beauty with practical performance: sheen, washability, coverage, durability and suitability for the surface.

For homeowners, the right paint is an investment in how a home looks, feels and lasts. It protects the work you have put into preparation, supports healthier spaces and saves future frustration.

So before falling in love with the perfect colour, take a moment to choose the right product for the job. A beautiful finish is only truly beautiful when it is made to last.

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Rodney Rock

(Director/Owner)

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How to Get Mildew Smell Out of Clothes

These simple laundry-room fixes help freshen musty towels, shirts, and linens using ingredients you may already have at home.

Few things spoil the satisfaction of a clean load of laundry faster than a musty towel or shirt. Mildew thrives in damp, enclosed spaces, which is why clothes left in the washer, piled in a hamper, or tucked away before they are fully dry can quickly develop an unpleasant smell.

In some cases, mildew may also leave pale marks and gradually weaken natural fibres. The good news is that a few pantry and laundry staples can help restore freshness. Before you begin, always read the care label, test treatments on an inside seam, and dry garments completely after washing.

1. Treat small stains with lemon and salt

For light mildew spots, combine lemon juice and table salt to make a paste. Rub it gently onto the affected area, then place the garment in direct sunlight until dry. This simple method works best for minor stains and washable fabrics that can tolerate sun exposure.

2. Freshen odours with white vinegar

White vinegar is a practical choice for laundry that smells stale even after washing. Soak the affected area in equal parts vinegar and water, or use full-strength vinegar for stronger odours. Wash the item as directed on the label. Never mix vinegar with chlorine bleach, as the combination can release harmful fumes.

3. Soak stubborn patches in borax

For more persistent mildew, dissolve 2 cups of borax in about 2 litres of warm water. Work the solution into stained areas and let the garment soak until the marks begin to lift. Rinse thoroughly, then dry immediately to help prevent mildew from returning.

4. Use bleach carefully on washable fabrics

Chlorine bleach can remove mildew from some white, washable fabrics, but only use it if the care label allows. For colours or delicate items, oxygen bleach is often a gentler option. Follow the product directions closely, rinse well, and avoid over-treating fragile fabrics.

To keep that fresh-laundry feeling, remove clothes from the washer promptly, leave the machine door open between loads, and make sure towels, linens, and garments are completely dry before storing. A little prevention keeps wardrobes, linen cupboards, and laundry baskets smelling clean longer.

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How to Make an Open House Truly Successful

A seller's guide to preparing your home before the real estate agent opens the door

Make the First Five Minutes Count

The first impression begins before a buyer reaches the front door. Lawns should be mown, paths swept, weeds removed, bins out of sight and the entrance made welcoming. Wash the front door if needed, clear cobwebs, tidy outdoor furniture and make sure the mailbox, driveway and garden beds look cared for. Street appeal can shape a buyer's opinion before the agent has said a word.

Simple Tricks That Make a Big Difference

Small tricks can make a home feel larger, lighter and more inviting without spending much money. Remove one or two pieces of furniture from crowded rooms, leave clear walking paths and use lighter colours on beds or soft furnishings. The aim is simple: help buyers notice the space, not the stuff.

Keep styling simple. A coffee table, kitchen bench or bathroom vanity usually needs only one neat feature item, such as fresh fruit, a small vase, a folded towel or a carefully placed book. A few thoughtful touches suggest care; too many can feel staged or distracting.

Use the "Hotel Room" Test

A useful way to prepare each room is to ask: would this feel comfortable if I walked into it as a guest? Beds should be made neatly, towels folded, surfaces wiped and personal items removed. Bedrooms should feel restful, and bathrooms should feel spotless.

For cupboards and wardrobes, use the "two-thirds full" rule. If shelves, rails and drawers are packed to the edge, buyers assume there is not enough storage. Pack away off-season clothes, extra linen, bulky appliances and rarely used items before inspections. A little empty space is more persuasive than a room full of storage boxes.

Think About What Buyers Hear, Smell and Feel

Presentation is not only visual. Before an inspection, switch off noisy appliances, avoid having the television on and make the temperature comfortable. The longer buyers feel at ease in the home, the more time they have to connect with it.

For scent, fresh air is usually the best option. If you use fragrance, keep it gentle and natural. Freshly washed floors aired linen and clean bathrooms are more convincing than strong candles or room sprays. Buyers should remember the home, not the perfume.

Do Not Neglect Safety and Security

Because an open house invites strangers into a private property, safety should be part of the plan. Valuables, medications, personal documents and spare keys should be removed or secured. Internal doors should be open where appropriate, and the host should know the layout well enough to manage visitor flow without creating blind spots.

If attendance is expected to be high, consider having another team member present. This is not only safer; it also improves the visitor experience because one person can greet arrivals while another answers questions inside the home.

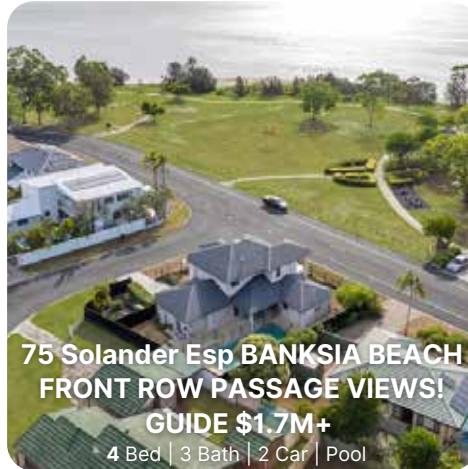
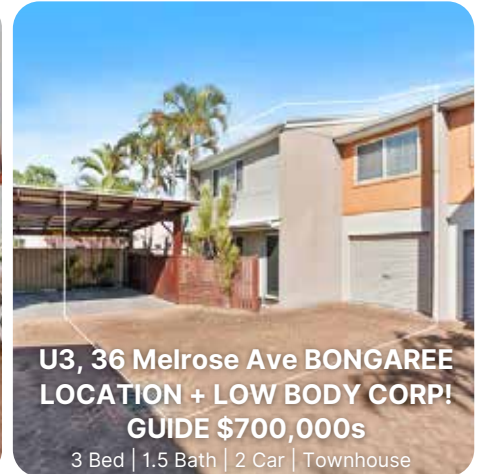
Summary of Key Tricks and Hints

- Remove excess furniture so rooms feel larger and easier to move through.
- Use light bedding, matching towels and simple styling for a fresh, calm impression.
- Keep benches, tables and vanities mostly clear, with only one neat feature item.
- Make cupboards and wardrobes look spacious by keeping them no more than two-thirds full.
- Open blinds, add light to darker corners and check bulbs before inspections.
- Fix obvious small faults such as dripping taps, loose handles and chipped paint.
- Clear away pet items, personal documents, valuables, laundry and everyday clutter.
- Use fresh air rather than strong fragrance so buyers notice the home, not the scent.
- Give each room one clear purpose so buyers immediately understand the space.
- Give the agent details about improvements, warranties, approvals and local features.

Final Word

A successful open house is not just an open door. It begins with the seller doing the quiet work beforehand: cleaning, decluttering, repairing, organising and preparing the home so the agent can show it at its best.

Buyers make fast judgements, and those judgements are shaped by small details. When a property feels cared for, spacious and easy to imagine living in, the agent has a stronger story to tell, and buyers have a better reason to listen.



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FLAT-PACK FURNITURE VS SOLID FURNITURE

When furnishing a home, one of the biggest decisions is whether to choose affordable flat-pack furniture or invest in solid, well-made pieces. Both have their place, but they offer very different experiences when it comes to quality, longevity, appearance and value.

Flat-pack furniture has transformed the way we furnish our homes. It is affordable, accessible and available in an enormous range of styles.

For someone decorating on a budget, moving into a first home, furnishing a rental or simply wanting to update a room without spending a fortune, flat-pack can be an excellent solution. It can also be practical for rooms that change frequently, such as children's bedrooms, home offices or temporary living spaces.

However, the lower price often comes with compromises. Many flat-pack pieces are manufactured from MDF, particleboard or other engineered materials. While these products can look beautiful when new, they may not have the same strength or longevity as solid timber furniture.

Repeatedly assembling, dismantling and moving flat-pack furniture can also weaken joints and fittings. Once a panel becomes damaged, it can sometimes be difficult to repair.

Solid furniture tells a different story. There is something unmistakably substantial about a beautifully crafted timber table, solid bedhead or quality cabinet. It has weight, texture and character. Rather than simply filling a space, solid furniture can become part of the story of a home.

One of the greatest advantages of investing in quality furniture is longevity. A solid timber piece can often be sanded, repaired, refinished or reupholstered as its appearance changes. What might begin as a new dining table can eventually become a much-loved family piece, carrying the marks and memories of everyday life.

Solid furniture can also create a more sophisticated interior. When combined with quality fabrics, curtains, wallpaper and carefully selected accessories, it gives a



room a sense of permanence and individuality. Instead of everything looking like it came from the same showroom, the furniture can provide layers of texture, craftsmanship and personality.

Of course, solid furniture is not always the right choice. It can be considerably more expensive, heavier to move and sometimes requires a greater initial investment. Flat-pack furniture makes decorating accessible and allows homeowners to experiment with trends without committing to expensive pieces.

Ultimately, the choice comes down to how you want to live. Flat-pack furniture is about affordability, flexibility and convenience, while solid furniture is about craftsmanship, durability and longevity.

The smartest approach may be a combination of both. Save money where it makes sense but invest in the pieces that you use every day and want to keep for years.

After all, a beautiful home isn't necessarily about having the most expensive furniture, it is about choosing pieces that work for your lifestyle and creating an interior that continues to feel good long after the latest trend has passed.

Images from Thibaut, Ikea, Amart Furniture,
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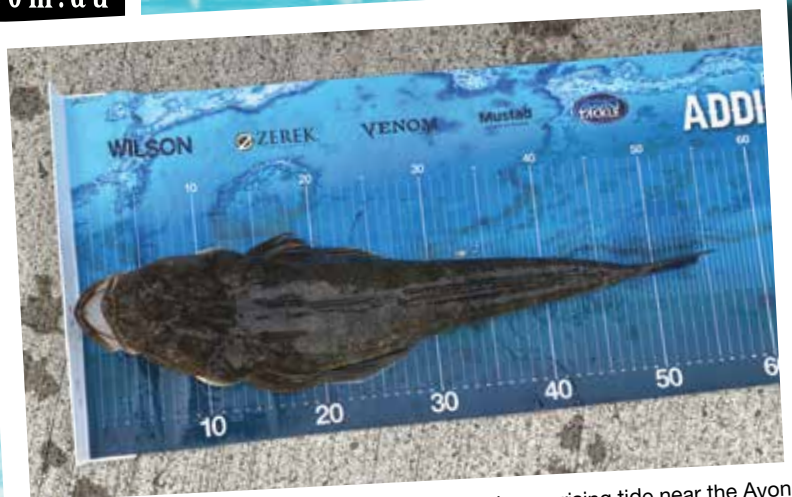
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Snapper season has started again and there's been a good number being found at the bridge and Pacific Harbour. Luke obviously enjoyed his fishing trip!

Pumicestone Passage Pirates are holding another great competition day next weekend. All the info is right here – what a fantastic way to introduce the kids to fishing, make a few new mates and get to know your community and beautiful environment!



Rae's flathead was taken with a chunk of pilchard, on a rising tide near the Avon wreck. 54cm and chubby!



Jen and the kids decided to swap saltwater fishing for fresh – they camped out at Somerset dam and had a lot of fun. Elli caught this nice yellow-belly, and Austin is holding one of their red-claws – they caught a few of them, so they made a good feed!



Wally, of Fish Moreton, has been taking his customers to some of his favourite spots. Here are a thumping big snapper and a Māori cod, caught on pilly and squid, east of Moreton Island. A couple of lovely take-home meals!

TIDE TIMES

Bribie Island
AND
Moreton Bay

Fri 28 Aug 4:11 am 0.34m 9:56 am 1.52m 3:42 pm 0.21m 10:15 pm 1.96m	Sat 29 Aug 4:37 am 0.29m 10:29 am 1.59m 4:16 pm 0.21m 10:45 pm 1.94m	Sun 30 Aug 5:04 am 0.26m 11:03 am 1.64m 4:53 pm 0.24m 11:15 pm 1.87m	Mon 31 Aug 5:32 am 0.25m 11:41 am 1.68m 5:32 pm 0.31m 11:47 pm 1.76m	Tue 1 Sep 6:00 am 0.26m 12:20 pm 1.71m 6:16 pm 0.41m	Wed 2 Sep 12:22 am 1.61m 6:30 am 0.29m 1:03 pm 1.71m 7:05 pm 0.52m	Thu 3 Sep 1:00 am 1.44m 7:02 am 0.34m 1:54 pm 1.7m 8:08 pm 0.63m
Fri 4 Sep 1:49 am 1.28m 7:46 am 0.41m 2:58 pm 1.67m 9:37 pm 0.7m	Sat 5 Sep 2:58 am 1.15m 8:54 am 0.47m 4:17 pm 1.66m 11:18 pm 0.69m	Sun 6 Sep 4:35 am 1.1m 10:30 am 0.49m 5:47 pm 1.72m	Mon 7 Sep 12:45 am 0.6m 6:20 am 1.17m 11:59 am 0.42m 7:03 pm 1.83m	Tue 8 Sep 1:49 am 0.47m 7:32 am 1.32m 1:14 pm 0.3m 8:04 pm 1.95m	Wed 9 Sep 2:39 am 0.35m 8:29 am 1.48m 2:15 pm 0.19m 8:55 pm 2.02m	Thu 10 Sep 3:22 am 0.27m 9:17 am 1.61m 3:07 pm 0.12m 9:40 pm 2.04m



OVERTURNED VESSEL

Friday 31st July 2026 – 5.9m Centre Console overturned 500m South of Bongaree Jetty. Vessel towed to shore at Bongaree and left with owner



SUNSET DRINKS - XMAS IN JULY

Friday 31st July 2026 – 76 Active Members and partners were treated to a Christmas in July feast of honey mustard baked ham, roast chicken, gravy, baked potato & pumpkin, peas, carrot, and bread rolls. Desert was plum pudding with a candy raspberry, custard and ice-cream. Santa (a.k.a. Peter McNamara) paid a visit handing out chocolates, there was the usual raffles and a door prize. Cheryl Robinson and her Social Committee did an amazing job producing a wonderful night. Barmen for the evening were Doug Lythgo and Phil Helgesen. New members Paula Rodney Robinson were introduced and July birthdays recognised for Noel Wendt, Brenda Allardyce, and Doug Lythgo.



Cheryl Robinson, Robyn Young, Sharyn Giles, Brenda Allardyce, and Beth MacDonald take a moment during meal preparation.



Jim & Kate Brown & Peter Bell at the Bain-Marie.



Kelly Langworthy, Sue Sclater, Mary Brown with Santa.



Santa asks Ian Grimes if he's been naughty or nice!



The July Birthday trio – Noel Wendt, Brenda Allardyce, and Doug Lythgo.

RSL RAFFLES

Friday 7th August 2026 – Marine Rescue Bribie Island Supporters Association members selling raffle tickets at the Bribie Island RSL. 1 x \$50 Savage's Seafood Voucher, 6 x \$40 vouchers from Aussie Meats & Seafood. Drawn at 7:40 pm.



Photo shows – Mike Phillips, Carol Thomas, and Gary Lynskey selling tickets.

RADIO OPERATORS MEETING

Tuesday 4th August 2026 – 6pm

20+ Radio Operators attended this meeting to catch up with the latest information and developments in the world of

communication and radio at Marine Rescue Bribie Island.

Peter McNamara stood down as Radio Officer effective 1st August 2026. Peter had been in the role of Radio Officer or Deputy Radio Officer for nearly 20 years and believed it was time to hand over the baton. During this time, we have gone from Paper Logs to E-Logs to G-Logs, to the Frequentis Digital Radio System, to rebuilding the top of the Radio Tower, and now to Activate-MRQ/Noggin. All presenting different and unique challenges with their implementation and training requirements. But none more so than the new Radio Room after 10 years of planning.

Peter thanked all the Radio Operators, past and present, for their help and support but more importantly for their friendship.

New Radio Officer John Rice put forward his proposals for re vamping the Radio Training and Operating Manuals.

Peter McNamara, now Senior Radio Advisor, explained the latest developments with the Activation Process.

Unit Commander Gary Voss presented John Rice with the Radio Officers Badge having been endorsed by the unit Executive Leadership Team (UFLT).

All enjoyed a pizza and general chat.



Unit Commander Gary Voss presents John Rice with his Radio Officer badge.

12 HOUR ASSIST TO NZ YACHT

Thursday 6th August 2026 - URC Ross Jones received a call from QPS Water Police at 0200 requesting that we have a crew on standby at 0600 to attend a 17m 20-ton Yacht somewhere East of Cape Moreton for a tow to safe water. The Yacht was under sail but had lost power. Water Police later advised that the Yacht was off Cape Moreton, 2 POB with no medical issues and a simple breakdown. Vessel has requested a tow to Rivergate; from 19.7nm ESE of Cape Moreton and no AIS on board. Contact was via WhatsApp and no other details currently available.

Contact details were provided prior to Bribie 1 arrival. Water Police confirmed that the vessel is a domestic NZ flagged vessel of aluminium construction.

0816 - Bribie 1 advised they have the vessel under-tow via the Freeman Channel

at around 5.8 knots. Border Force approved Bribie 1 to anchor the vessel in a safe area outside Scarbrough Marina, arriving at 1742 - advised Border Force the coordinates of the moored vessel.

1829 - Refuel complete & returned to base.

Great job all involved: -Bribie 1 - Skipper Stephen Parry and crewed by Phil Hagen & Wayne Schultz. Radio Operators - Gavin Wright, Jeff Kidner & Ian McKay

Crew Phil Hagen commented - "The yacht had formally departed Australia bound for Fiji. Consequently, we had to take the vessel to a port that allowed Customs/Border Force to process back into the country. Round trip 102nm to assist 21m disabled yacht from 20nm past Moreton Island. Total trip time was around 12 hours. Biggest challenge was dodging the whales."



The disabled yacht under tow East of Cape Moreton.

TOW FROM MUD ISLAND

Sunday 9th August 2026, 0836 Radio Operator Gavin Wright received a phone call from a 4m Half Cabin requesting a tow from near Mud Island back to Bribie Gardens at Bongaree. - Bribie 1 skippered by Ian Grimes and crewed by Mark Purtell, Damian Goodair and Phil Helgesen located the vessel North of Mud Island at and towed it back in calm conditions to the MSQ mooring at Bongaree arriving at 1110. Apparently, an electrical fire had disabled the vessel. Bribie 1 returned to base and the crew transferred to Bribie 3 to tow the vessel into Bribie Gardens through the lock. Finally arriving back at the pontoon by 1220.



Let's Talk About VHF Radio!

A VHF radio is one of the most important pieces of safety equipment you can have on a boat. It can be your lifeline to a rapid rescue. Unlike a mobile phone, a VHF radio is

designed for the marine environment and, importantly, your call can be heard by other boats around you as well as Marine Rescue.

A VHF radio won't go flat on you (as long as your boat battery is OK!)

VHF radio will work almost everywhere around Bribie and Moreton. - you just have to choose the right channel. You don't have to worry about losing mobile coverage.

Speaking of channels - Channel 16 is the emergency channel - most rescue authorities as well as ships at sea monitor this channel. Here at Marine Rescue Bribie we also monitor VHF Channel 73 for our local area, and repeater channels 21 and 81 if travelling out wider.

If you don't already have a VHF radio fitted, it is a really good idea to get one- they are reasonable cheap and easy to install. You might already have an older 27MHz radio - these are being phased out and are not monitored by authorities. It would be a good idea to replace it with a modern VHF. Once you have your VHF radio, take the time to learn how it works. Know how to select the right channel, how to adjust the volume and squelch, and most importantly, how to make a call. Marine Rescue Bribie runs 'how to use a marine radio' courses from time to time for members, so keep an eye on emails from us.

Don't forget to look after your radio. Check the aerial, connections and power supply, and make sure it can be heard clearly. Do an occasional radio check - ideally while logging on with Marine Rescue! Don't switch it off at sea to stop the 'noise' - you may miss an important call from another boat, or from Marine Rescue if you have logged on.

So if you don't have a VHF, consider fitting one. Learn how to use it and keep it switched on when you're on the water.

You never know when you might need to call for help - or hear someone else who does.

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!"



Dear Editor,

Mankind has always recognised that our memories are unreliable and therefore devised ways to record information.

First, there were artworks and dances; and then writing provided a better way to record memories.

Writing allowed us to pass on sufficient information to invent technologies like moveable type, radio, sound recordings, typewriters, and finally digital devices.

Each time, there were new skills to learn, to keep our brains stimulated and active.

But the latest invention, AI, has the potential to do the opposite, because it outsources the effort required to learn and remember, and that might result in us forgetting how to really use our brains - what makes humans stand out.

So apart from the threats to jobs, copyright, and the truth, there may be a more serious threat.

The occurrence of brain diseases like Alzheimer's is inversely proportional to levels of education and the amount the brain is used.

A plentiful food supply may have overcome starvation, but it also lead to diseases like obesity and type 2 diabetes.

Likewise, excessive use of AI could result in more and more dementia.

The social media cat got out of the bag before the government acted.

Let's hope there is a response before AI causes real damage.

Cheers,
Hazel

Dear Editor,

A week ago, while using my computer, I was attacked by a scammer and was unaware of what to do to fix this issue.

I rang The Ink Shop where the boys told me what the next step was to be.

This was to go to Westpac, Bribie Island and get my accounts secure.

I wish to acknowledge the boys at The Ink Shop for their professional and kind assistance to me at this time, also Westpac was most professional and considerate of my dilemma.

Julie at Westpac, took on board this issue and secured my accounts swiftly.

Our branch of Westpac is of paramount importance to us and have rectified the problem in a very short time frame.

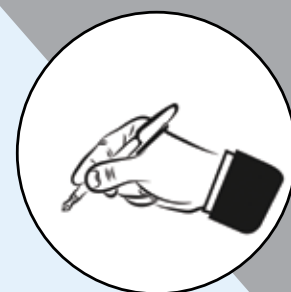
The boys at The Ink Shop cleaned my computers and presented me with certificates to take to the bank.

Again, professional and friendly support which is much appreciated.

To others who may think they are being scammed, please contact the professionals like the bank or a computer shop as soon as possible.

It warms my heart that "people" remain paramount to our happiness and wellbeing of our community.

Christine Wilson



letters
to the editor

CASTRIKUM, Wilhelmina "Willy"

Passed away peacefully on 11 August 2026, surrounded by the love of her family.

Willy was an amazing woman whose warmth, strength, and kindness touched the lives of all who knew her. She will be lovingly remembered and forever held in the hearts of her family and friends.

In our hearts forever.



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.



A Note to Our Readers

In our last edition, we regrettably published the incorrect photograph with this article, showing a European sign rather than an Australian sign. We sincerely apologise to those affected and to our readers for the mistake, and we appreciate your understanding. To put this right, we have rerun the article in this edition with the correct photograph. We appreciate our readers' attention to detail and the opportunity to correct the record.

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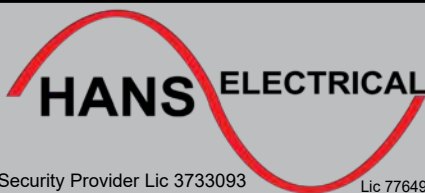
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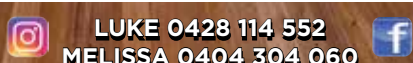
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