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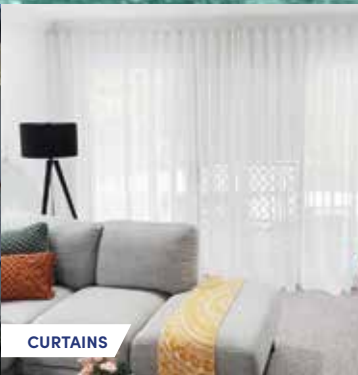
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# 203

Nov 3, 2023

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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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BIEPA GIANT TURTLE

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# Welcome

Dear Readers,  
Welcome to edition 203. It has started to heat up, and it will get hotter and hotter in the coming months, so please make sure you are ready for this season. As we

know, bushfires have been around; we are not immune to them, so now is the time to get your house in order. Clean the gutters, get rid of junk around the yard that could be a flying missile in a storm or a great little hidey shack for nope ropes. Check in with your neighbours, and make sure older people are doing okay in the heat. Make sure you have heaps of water out for pets as well!

When your house is sorted, get out there and see some of the fantastic events and new businesses that are now opening. Don't forget our regular ones, though; they need our support! Get your Christmas orders into your preferred shops before you miss out! {this is a note to me as I am a last-minute shopper; I always miss out and promise myself not to do it again but have for all of my life}.

On a cranky note, the amount of hoons and idiots that are out there at the moment is unbelievable! Every single night, we hear the screeching of tyres. I am always reading about hit-and-runs in the shopping centre damaging people's cars, one day they will kill someone, and it won't be funny then! So many times, I have wanted to "go country" on them and fix the hooning issues, but alas, I would be the one sitting in jail. So, all we can do is be vigilant and pray our kids, elderly, and pets remain safe. It only takes a second for a kid or dog to run on the street, and there is no chance when a thief of oxygen is screaming up the road!

Okay, rant over; I hope you all have a fantastic fortnight and until the next edition,

Until next time,  
Take care, stay safe

Cherrie

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**T**eenage years are a critical time in a person's life, marked by rapid physical and emotional changes. It's also a time when establishing a good skincare routine can lay the foundation for a lifetime of healthy, beautiful skin. In this article, we'll explore the importance of skincare for teens, providing guidance on the essential steps and products needed to build a strong foundation for life.

### THE IMPORTANCE OF SKINCARE FOR TEENS

Teenage skin is in flux, undergoing significant hormonal changes that can lead to various skin issues. Acne, blackheads, and excessive oiliness are common concerns during this period. A consistent skincare routine can help manage these issues and prevent long-term skin damage. Additionally, proper skin care habits established during the teen years can contribute to healthier and more resilient skin in adulthood.

### THE FUNDAMENTAL STEPS: CLEANSE, MOISTURIZE, AND PROTECT

A good skincare routine for teens should begin with three fundamental steps:

#### A. Cleansing:

Thoroughly cleansing the skin is essential to remove dirt, sweat, and excess oil. Teens should use a gentle, non-stripping cleanser suitable for their skin type, whether oily, dry, or sensitive.

#### B. MOISTURIZING:

Many teenagers with oily skin skip moisturiser, thinking it will make their skin even oilier. However, moisturising is crucial for all skin types. Opt for a lightweight, non-comedogenic moisturiser that hydrates without clogging pores.

#### C. SUN PROTECTION:

Sunscreen is a non-negotiable step in any skincare routine. Protecting the skin from harmful UV rays prevents premature aging and skin damage. Choose a broad-spectrum sunscreen with at least SPF 30 and remember to reapply when outdoors.

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# Skincare Routine for Teens: Building a Foundation for Life

not need intensive anti-aging ampoules, they can benefit from ampoules designed to target issues common during adolescence. For instance, ampoules containing salicylic acid or niacinamide can help manage acne and reduce redness. These targeted solutions can be incorporated into a teen's skincare routine to address individual concerns effectively.

## MAKEUP AND SKINCARE: FINDING THE BALANCE

Many teens experiment with makeup as a form of self-expression. While makeup can enhance one's features and boost confidence, it's important to balance makeup and skincare. Always ensure that makeup is removed thoroughly at the end of the day to prevent clogged pores and breakouts. Consider using makeup products with added skincare benefits, which combine makeup and skincare in one.

## LIFESTYLE FACTORS: DIET, SLEEP, AND HYDRATION

Skincare isn't just about products; lifestyle factors play a significant role in skin health. A balanced diet rich in fruits, vegetables, and water can help nourish the skin from within. Getting

enough sleep is also crucial, allowing the skin to repair and regenerate. Proper hydration is essential for maintaining skin moisture and overall health. Encourage teens to drink an adequate amount of water throughout the day.

Establishing a solid skincare routine during the teenage years is more than just a matter of vanity – it's an investment in long-term skin health. With the proper guidance, teens can build a foundation for a lifetime of beautiful, healthy skin. The fundamental steps of cleansing, moisturising, and sun protection should be the core of any skincare routine.

Finding a balance between makeup and skincare is crucial, ensuring that makeup is removed at the end of the day. Lifestyle factors, including diet, sleep, and hydration, also play a pivotal role in maintaining healthy skin from the inside out.

Ultimately, a good skincare routine for teens goes beyond appearances; it fosters self-care, self-confidence, and an appreciation for healthy living. As teenagers embark on this journey of self-discovery and personal care, they are building a foundation for life for beautiful skin and overall well-being.



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## CHINESE MEDICINE & PERIMENOPAUSE

Chinese medicine views perimenopause as a time of new beginnings, calling it a 'Second Spring'. For many women however, perimenopause is often no cause for celebration due to a range of symptoms that can sometimes dramatically affect their quality of life for several years. Though every woman has a different experience when going through perimenopause, many experience symptoms such as hot flushes and night sweats, while others experience feelings of uncertainty about moving to a new stage of life. Some may have seen their friends suffer during perimenopause and worry they too might face a rocky road. Perimenopause typically starts between the ages 40 and 45 - and concludes with menopause at age 51, on average. Symptoms often start several years prior as hormones start to decline or become imbalanced.

### HOT FLUSHES

Hot flushes and night sweats are the most well-known symptoms of perimenopause. Many women who experience them will get flushes at varying frequencies - from three or four times a day to almost hourly, for anywhere from one to five years. More than just a 'nuisance', hot flushes and night sweats can cause a cascade of effects, including:

- Fatigue, memory loss, and difficulty concentrating
- Anxiety, depression, and mood swings
- Digestive issues, sluggish metabolism, and weight gain
- Headaches

The intensity of the symptoms vary with each individual but also with how we handle stress and how well we nourish our bodies. Smoking, obesity, and physical inactivity all increase the likelihood of experiencing hot flushes. Other common triggers include caffeine, alcohol, spicy foods, heat, smoking, and stress. The key to a smoother transition and a more positive experience during perimenopause is to address the adrenal glands. The adrenal glands produce hormones that help regulate metabolism, immune system, blood pressure, response to stress, and other essential functions.

Many women feel frustration or difficulty in managing the variety of symptoms experienced during perimenopause and menopause and seek natural relief rather than hormone therapy. Chinese medicine, including acupuncture, herbs, and dietary changes, provides effective, hormone-free relief from the discomfort associated with all stages and symptoms of perimenopause by 'recalibrating' and regulating the adrenal glands. Tailored treatments including specifically targeted herbal formulas can provide support and reduce symptoms. Most of our clients start to "turn the corner" after about three or four weeks of treatment when their hot flushes and night sweats dissipate and become less intense. As hormone levels become more regulated the frequency of treatments decrease until only maintenance treatments are required.



bribie acupuncture



## CHINESE MEDICINE FOR STRESS & ANXIETY

### CHINESE MEDICINE FOR STRESS & ANXIETY

Stress and anxiety are extremely common in perimenopausal women and in general in today's society. The pressure of our everyday lives can often be overwhelming. The effects of stress can cause imbalances such as digestive issues, sleep issues, and decreased immunity.

At Bribie Acupuncture we often support clients during stressful periods and help them manage the effects of stress. Stress releases negative chemicals in our body and impairs the body's ability to recover and impairs the immune system. It can contribute to a wide range of symptoms such as weight gain, headaches, digestive disturbances, palpitations, sleep disorders, hormonal imbalances and substance abuse.

Acupuncture can be used alone or alongside other methods to naturally calm your mind and body. Acupuncture switches the body from the 'fight or flight' mode (sympathetic nervous system), into 'rest and digest' mode (parasympathetic nervous system). Research has highlighted the calming effects of acupuncture involves inhibition on the sympathetic nervous

system and enhanced release of the feel good hormones  $\beta$ -endorphin, serotonin and dopamine.

Chinese Medicine is able to offset the effects of the stress and anxiety by:

- Calming the nervous system
- Facilitating better resistance to stress
- Decreasing the stress hormone (cortisol)
- Increasing the euphoric hormone (endorphin)

Acupuncture has also been shown to play an important role in the regulation of physical and emotional stress responses such as pain, heart rate, blood pressure and digestive function. All of these acupuncture mechanisms have a direct effect on reducing stress and anxiety.

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

**Jessica, Wendy, and Katherine - via our website [www.bribieacupuncture.com.au](http://www.bribieacupuncture.com.au) or call 0423 160 228. You can also find us on Facebook and Instagram @bribieacupuncture. HICAPS is available onsite. Pensioner discounts available.**

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# WATER AN INSEPARABLE PARTNER IN LIFE

By Colin Walker

**R**ecent proposals to introduce recycled water into Southeast Queensland's water system should not generate any real concerns, publicly – not on the basis of quality, anyway.

That can be assured, as it has been in many parts of the world where recycling has been applied as a “fill-in” measure to cover periodic water shortages.

However, the only negative message it does signal is that we need to build more dams in what is one of the driest Continents on Earth.

Water is unquestionably an inseparable partner in life. In short, we (humans) can't live without it, and neither can other animal species – or most plant life, even.

As we do with many needs of a growing society, Australians traditionally have had a “she'll be right” attitude towards creating dams to allow for the shortfalls of nature.

But complacency is a luxury we can no longer afford when it comes to

water, as our population (based largely on high-level and growing immigration intakes) spirals into the mid-range of the world's growing democracies.

In the early 60s, when I was in my first job, Australia's population had yet to reach 10 million. Today (based on the 2021 Census, and its projections), it is just over 26 million....and still growing rapidly.

That means we need more water, of course (among many other growing public needs and demands for more, bigger and better services).

So recycling, as a fill-in option, makes good sense.

On the issue of quality, in the 1980s (as part of a government research team at the time), I visited a sewage treatment plant just outside Lucerne, Switzerland – and tasted tertiary treated recycled wastewater which tasted (to my surprise at the time) just like spring water .... and it was officially certified as such. So, recycling wastewater (even that drawn from sewage) is not something new; it has been around for a long time.

It's just that as a society, we (Australian authorities and communities) haven't embraced the concept with much enthusiasm.... not until very recently.

At the same treatment plant in Lucerne, I saw human sewage “cakes,” which were processed and used to fuel air conditioning and heating units in government buildings in “downtown Lucerne”.

That concept hasn't caught on in Australia or anywhere else I am aware of. Apparently, the thought of it turns most people “off” (when I have mentioned it in social circles, for example).

But, like the slow response (in Australia) to using recycled water, it's a good example of how recycling in many forms can benefit us – if we are prepared to take the issue seriously, based on merit and performance .... not just personal likes or dislikes.



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## Blockes get breast cancer too, warns Ross

When Ross Schumacher lost his mother to breast cancer 30 years ago, he had no idea that one day he would be fighting the same disease.

Mr Schumacher is one of more than 200 Australian men who will be diagnosed with breast cancer this year - a diagnosis most men never imagine they could receive.

Mr Schumacher is speaking out during Breast Cancer Awareness Month to warn men that they too are at risk from a cancer which kills 3200 Australians a year.



Ross Schumacher, as well as breast surgeon Dr Ben Lancashire, Breast Cancer Clinical Nurse Consultant Ash Mondolo and Clinical Nurse Olivia Gee - all of Mater Private Hospital Brisbane.

### Community owned *Boronia Cottage* "Your Home Away from Home"

A modern, purpose-built home for short-term respite care.

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At Boronia Cottage, all you need to do is soak up the holiday feeling and enjoy the peace and tranquillity of Bribie Island.

For more information please visit  
[suncare.org.au/community-connections/](http://suncare.org.au/community-connections/)  
or contact Suncare at **1800 786 227**



1800 786 227 | [suncare.org.au](http://suncare.org.au)

*Making people's lives better*

The 63-year-old underwent surgery at Mater Private Hospital Brisbane earlier this month and began chemotherapy treatment this week.

The freelance TV cameraman had just returned to Brisbane from filming an overseas golf tournament last month when he realised something was wrong.

"I was just relaxing on the couch at home when I found a lump on my chest, just beside my right nipple," he said.

"I'd had a few cysts before, but this seemed very different, very hard. Straightaway my wife, who's a nurse, said 'You are seeing a GP tomorrow.'"

Following an urgent scan and biopsy, an anxious Mr Schumacher returned to his GP. "My GP told me that the biopsy had shown breast cancer. I said 'So male breast cancer is a thing?' and she replied 'Absolutely – one in a 100 cases are male.'"

As well as losing his mother to breast cancer, Mr Schumacher successfully beat prostate cancer five years ago. The

eldest of his two sons battled testicular cancer as a teenager and his youngest son also survived a brain tumour as a child after being diagnosed with Neurofibromatosis type 1.



"I was obviously surprised to find out I have breast cancer, but I've been exposed to cancer several times before," Mr Schumacher said.

"This is just another type of cancer and it can happen to anyone, even though it's rare for men.

"Some people say there's a stigma for men, but that's not

true. Everyone has been very empathetic to me and there's no need to be secretive about this – it's totally the opposite.

"Men need to hear that breast cancer can affect them too. They need to look out for lumps and get their skin checked yearly." Mr Schumacher was referred to breast cancer specialist Dr Ben Lancashire at Mater Private Hospital Brisbane for surgery to remove the cancerous growth.

Mater is Queensland's leading centre for breast cancer treatment and research, with one in every four of the state's breast cancer patients treated at Mater facilities across South-East Queensland, Townsville, Mackay and Rockhampton.

"Breast cancer is very rare in men – I usually see only one man each year out of hundreds of patients," Dr Lancashire said.

"The treatment of male breast cancer is the same as for women – surgery, chemotherapy and radiation therapy – and the survival rates are much the same too.

"There's a lot of awareness of prostate and bowel cancer among men, but not breast cancer, so it

can be a real shock for those patients.

"Male breast cancer tends to be overlooked and forgotten and we need to change that."

Dr Lancashire urged men who notice any lumps, pain or changes in their breasts to make an urgent GP appointment.

## BREAST CANCER FACTS

- More than 20,000 women and 200 men are diagnosed with breast cancer in Australia each year
- More than 3200 Australians die from breast cancer each year
- Breast cancer is the most common women's cancer in Australia
- Patients diagnosed with breast cancer have a 92% chance of surviving 5+ years
- If cancer is limited to the breast, the five-year survival rate rises to 96%

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# Dear Pumicestone

## JUST ANNOUNCED Bribie Island Satellite Hospital will have Chemo!

By late next year, many locals facing the fight of their lives won't have to travel long distances for chemotherapy. They will be able to access treatment in the heart of our Bribie community.

Locals told me how important it was to have chemotherapy services close to home – so I worked hard to make it happen.

Chemotherapy joins the tailored list of services our Bribie Island Satellite Hospital will offer.

From urgent care to kidney care, from mental health to dental care, from rehab to chemo, our Bribie Satellite Hospital is just what the doctor ordered for our community.

By mid-2024 locals will have access to 100% FREE public health services, including:

- Minor Injury and Illness Centre providing urgent care for non-life-threatening concerns including cuts, burns, wounds, sprains, strains, fractures, minor head injuries, fevers and infection. The Minor Injury and Illness Centre will be open 7 days a week, until 10pm at night.
- 6 Day medical chairs for infusions, transfusions and IV medications
- 6 Renal dialysis and nephrology
- Mental Health Outpatient Services
- Oral Health
- Geriatric Assessment
- Rehabilitation Gym
- Medical Imaging and pathology
- Aboriginal and Torres Strait Islander Health Services
- Plus 6 chemotherapy chairs to be added by late 2024!

For the first time ever, our Palaszczuk Labor Government is delivering 100% free and accessible hospital services in our community.

Not only is our Bribie Island Satellite Hospital great news for health, but also for good local jobs.

Over 100 construction jobs were created for the build and more health jobs will be on offer when the hospital nears completion.

Metro North Hospital and Health Service manages the hiring process for jobs at the Bribie Island Satellite Hospital.

When the jobs are available, likely early next year, they will be posted on the SmartJobs website here: <https://smartjobs.qld.gov.au/jobtools/jncustomsearch.jobsearch>

You can use the key word "Satellite Hospital" and filter by the location to search for jobs at the Bribie Island Satellite Hospital.

You can also sign up to stay up-to-date with Satellite Hospital updates here: <https://www.aliking.org/what-also-working-on/bribie-caboolture-satellite-hospitals/>

Thousands of people per month are going to the Caboolture Satellite Hospital, reducing pressure on the Caboolture Emergency Department and providing free urgent care to the community.

I know our Bribie Island Satellite Hospital is going to be even more of a game changer.

If you have any questions about our Satellite Hospital or other State Government issues, please contact my office [pumicestone@parliament.qld.gov.au](mailto:pumicestone@parliament.qld.gov.au) or 07 3474 2100.

Warmly

Ali King MP  
State Member for Pumicestone







# DEDICATION CEREMONY

Over 150 people attended the Dedication ceremony for the Bribie Island National Servicemen's Memorial Park on the grounds of the Bribie Island R.S.L. This Memorial Park honours the 287,000 young Australian men who were required to undertake compulsory military training in the Army, Navy and Airforce during the years 1951 to 1972. Of these, 212 died in service to their country in Borneo and Vietnam. National

Service was part of Australia's defence-readiness policy for over 20 years.

## NATIONAL SERVICE TRAINING, 1951-1959

Compulsory military training for young Australians was reintroduced in 1951 by the Liberal and Country Party alliance Government. It was the third such scheme in Australia since the Federation. Eighteen-year-old men were required to undertake 176 days of military training as part of

the National Service scheme. Those who elected to undertake their training in the army could break up their training requirements into two periods: 98 days in the Australian Regular Army and 78 days in the Citizen Military Forces (CMF). Those who elected to undertake their training with the Royal Australian Navy or the Royal Australian Air Force had to complete their 176 days in one stretch.

The scheme was criticised as irrelevant to modern defence needs, with skill becoming more important than numbers. The scheme was also costly for the Regular Army, as manpower resources and funding had to be diverted from ongoing operational requirements to support recruiting and training short-term personnel. In 1959, the scheme was abolished.

## NATIONAL SERVICE SCHEME, 1964-1972

A fourth period of National Service was introduced in 1964, and in May 1965, the Coalition Government introduced new powers that enabled it to send national servicemen overseas. At that time, Australian soldiers were involved in the war in Vietnam and with Indonesian Confrontation. The Menzies Government wished to raise the army's numbers to 40,000 to meet overseas commitments. All 20-year-old males had to register with the Department of Labour and National Service, and their names were selected by the "birthday ballot", in

which men were randomly selected for national service by their date of birth. Those selected for national service were required to serve two years full-time in the Regular Army and three years part-time in the reserves.

Exemptions were given to Aborigines and Torres Strait Islander peoples, the medically unfit, and theology students. Young men were granted exemption on the grounds of conscientious objection if they could prove their objection to war was based on religious beliefs. A temporary national service deferment was granted to university students, apprentices, married men, and those who could prove that national service would cause them financial hardship.

From 1965 to 1972, over 15,300 national servicemen served in the Vietnam War, with 200 killed and 1,279 wounded. Once again, the issue of conscription provoked debate within the Australian community, with university students and other community members participating in large anti-conscription and anti-Vietnam War demonstrations. The newly elected Labour Government abolished the National Service Scheme on December 5, 1972.

**President John Price - 0439 282 640**  
**bribienashos@hotmail.com**  
*This Memorial Park honours all National Servicemen.*

## Have your say on flight path options for Brisbane

Airservices Australia is proposing new flight path options to reduce the impact of aircraft noise over our suburbs.



Join the Noise Action Plan for Brisbane team online or at a community drop-in session from 6-25 November to have your say. Visit your local session at:

**When: Saturday 18 November 2023, 8am - 12 noon**

**Where: Caboolture Combined Services Hall, 21B Hayes Street, Caboolture**

Flight path options open for feedback:


- reducing the impact of night-time arrivals
- reducing the concentration of aircraft west of Brisbane Airport

**Feedback closes 10 December 2023.**

For more information, or to register to attend a drop-in session or join an online session:

 [engage.airservicesaustralia.com/nap4b](https://engage.airservicesaustralia.com/nap4b)

 [communityengagement@airservicesaustralia.com](mailto:communityengagement@airservicesaustralia.com)

 Locked Bag 747, Eagle Farm, QLD 4009





# THE ORIGIN OF PICKLEBALL

**P**ickleball is a sport that combines elements of tennis, badminton, and ping pong. It is played with a paddle and a plastic ball with holes on a court like a badminton court. The sport is easy to learn, fun to play, and suitable for people of all ages and skill levels. But how did pickleball get its name? And what does it have to do with a dog?

## The Origin Of Pickleball:

**How Three Friends Created a New Sport in Their Backyard**  
The story of how pickleball was invented goes back to the summer of 1965 on Bainbridge Island in Washington state. Joel Pritchard, a congressman from Washington state; Bill Bell, a successful businessman; and Barney McCallum, an engineer, were neighbours and friends who liked to play golf together. One Saturday, after playing golf, they returned to Pritchard's home to find their families sitting around with nothing to do. The property had an old badminton court, so they decided to look for some

badminton equipment. However, they could not find a complete set of rackets or shuttlecocks. They improvised with what they had: ping pong paddles and a perforated plastic ball. They lowered the net to 36 inches and started hitting the ball back and forth over the net. They soon realised that the ball bounced well on the asphalt surface and that they had created a new fun game for adults and children. They continued to play and refine the game over the next few days. They borrowed some elements from tennis, badminton, and ping pong. They established rules such as serving underhand, scoring by side-out only (meaning only the serving team can score), playing until 11 points with a two-point margin of victory, allowing only one bounce per side before volleying (except in the non-volley zone or "the kitchen"), etc. They also invited other friends and neighbours to join them in the new game. One of them was David Lester, who later became the first pickleball champion in 1976.

## The Mystery of The Name:

**The Conflicting Stories Behind the Pickleball Moniker**  
One of the most intriguing questions about pickleball is how it got its name. The founders have told two conflicting stories of the sport over the years. One involves a dog named Pickles; the other involves a boat named Pickle.

## The Dog Story.

According to this version of the story, pickleball was named after Pickles, a cocker spaniel who belonged to the Pritchard family. Pickles was adopted by Joel Pritchard's daughter Peggy and her neighbour Jim Brown from another neighbour who gave away puppies for free. Pickles loved to chase after the plastic ball whenever it went out of bounds or landed on his side of the net. He would pick up the ball in his mouth and run away with it, making it hard for the players to continue their game. The McCallum family (Barney McCallum and his son David) and the Brown family (Dick

Brown and his son Jim) claim they remember the exact night they named the game after Pickles. They say they were sitting in the living room of the Pritchard cabin and came up with the name pickleball as a joke. They also say they cheered with excitement at the revelation of this funny name for their new game.

## The Boat Story.

According to this version of the story, pickleball was named after pickle boats, which are the last boats to return with their catch after a day of fishing. The term pickle boat also refers to a rowing boat made up of leftover oarsmen from other boats.

Joel Pritchard's wife Joan, a competitive rower in her youth, came up with pickleball because it reminded her of the pickleboat concept. She thought the game was similar to a pickle boat because it used leftover equipment from other sports.

Joan Pritchard herself wrote this explanation in a newspaper article in 1976. She also denied that the game was named after Pickles the dog, saying that Pickles was adopted a year after the game was invented and that he was not interested in the ball at all.

**The Truth About the Dog: How a Cocker Spaniel Named Pickles Became Associated With The Sport**

So, which story is true? Was pickleball named after a dog or a boat? The answer is unclear, as both stories have some evidence and contradictions. The truth is that there is no definitive answer to how pickleball got its name. Both stories may have some elements of truth and some elements of fiction. It is possible that personal memories, biases, and preferences influenced both stories. It is possible that both stories were embellished or distorted over time. What is certain is that pickleball is a sport that has a rich and fascinating name that reflects its quirky and fun nature. Pickleball is more than just a sport. It is a lifestyle, a passion, a movement. It is a sport for everyone and anyone who wants to have fun.

# TAKE A PIE FOR POLIO CHALLENGE



Rotary  - PIES FOR POLIO - Rotary 

## Pies for Polio 2023 – Beefing up the Image!

© Anne Matthews Public Image Director d9550 Passport Rotary Club.



In October 2020, right in the middle of all the COVID-19 lockdowns, d9560 Passport Club held a very successful Pies for Polio function. Five member of our community took a pie in the face to raise money and awareness for Rotary's Number One priority – Making Polio history.

One of the photos from that day (featuring your humble scribe, unrecognisable due to all the cream on her face) was used in a Social Media campaign asking Rotarians what were they doing for World Polio Day 2023. We couldn't ignore that challenge, so we did Pies for Polio again.

This time we had members from three Rotary Districts – 9560, 9620 and 9640 - join in the friendship and fun with three of us covered in cream pie. Karin Kolenko and Passport Club Honorary Member Gold Coast Benji, from District 9640 threw the pie in the face of former District Governor, Ros Kelly. The twin children of our Passport Club member, Wayne

Slattery threw the pies at Peter Sheehan and myself. Both children seemed to really enjoy their part in the proceedings.

A big shout out and thank you to Beefy's who supplied the pies and sausage rolls for guests to eat on the day. The food was delicious and it was easy to see why Beefy's are advertised as Australia's best pies. They also gave us gift vouchers for a pie, chips and a drink for \$5.00. Full marks to Beefy's for this wonderful action.

Many Australians believe that polio was eradicated decades ago and polio is non-existent in the World today. However Australia was only officially declared polio free in 2000. The disease is still endemic in Pakistan and Afghanistan with nine new cases this year – three in Pakistan and six in Afghanistan.

There have also been 322 Circulating Vaccine Derived Polio (cVDPV) cases this year. For example Madagascar has

had 17 and Nigeria 26 cases. cVDPV, from the Oral Polio vaccine, is rare, particularly since 2015, when the wild poliovirus type 2 component of the oral vaccine was removed. However outbreaks can still occur if a population is seriously under-immunised.

So until every child is vaccinated this crippling disease is only a plane ride away from Australia. You can help eliminate polio by donating to:

**Bank:** NAB  
**BSB:** 084646  
**Acct:** 875136234  
**Name:** Rotary Community Account  
**Ref:** Your Name & PP

Any Bribarian who would like to be part of future activities can contact me via email: [annemattthews49@icloud.com](mailto:annemattthews49@icloud.com). We might even be able to arrange a pie for you too

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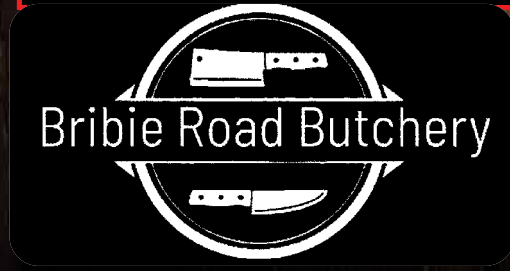
Conditions of entry, fill out the entry form and they must bring into the shop and hand the form in. We will draw the winner the 1st week of December

## GIVE AWAY

# 10 WINNERS - HALF HAMS



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## INGREDIENTS

1 – 2 boneless ribeye or scotch fillet  
2.5 cm / 1/2" thick, approx 300g/10  
oz each

1 tbsp vegetable oil  
Salt and pepper

## INSTRUCTIONS

**Bring to room temp:** Take the steak out of the fridge 30 minutes prior to bring to room temperature.

**Dry steaks:** Pat dry with paper towels.  
**Heat skillet:** Heat oil in a heavy based skillet over high heat until it is very hot – you should see smoke!

**Season:** Sprinkle each side of the steak generously with salt and pepper, then immediately place in the skillet.

**Sear Side 1:** Cook for 2 – 2.5 minutes until you get a great crust, then turn.

**Garlic Butter:** Leave for 1 minute, then push steaks to one side and toss in butter, garlic and thyme. **BE CAREFUL** – the thyme will sputter!

**Baste:** As soon as the butter is melted, continuously spoon the butter over the steak until it's cooked to your liking – 2 minutes in total for the 2nd side for medium rare (52C/125F, chart below for other doneness temps)

Basting also renders fat on the side of the steak – use tongs to sear the edges at the end if you want it browned more.

**Rest:** Transfer steak to a plate and cover loosely with foil, rest for 5 to 10 minutes.

Serve steak with a bit of the butter from the skillet drizzled on top. Pictured in post with Crispy Smashed Potatoes.

Recipe Notes:

1. Steak – any steak suited to quick cooking is suitable for this recipe. I've

75g / 5 tbsp unsalted butter, cut into 1.25cm / 1/2" cubes

6 sprigs fresh thyme or 3 sprigs rosemary

5 garlic cloves, peeled and smashed to split

used rib eye/scotch fillet because it's a well marbled, really juicy cut of steak. Also ideal for New York / porterhouse, T-bone and tenderloin medallions.

2. Butter amount vs # of steaks – you need a minimum amount of butter in order to be able to easily baste the steaks. So I use the same amount whether I'm using 1 or 2 steaks. You could cut it down to about 50g / 3 tbsp if only using 1, but you'll need to tilt the skillet more to scoop butter up.

3. Smashed Garlic – use the side of your knife and smack down firmly with the heel of your hand to "smash" the garlic so it bursts open but mainly stays in tact. The idea here is to release flavour into the butter but make it so the pieces are easy to pick out.

4. Internal temperature of cooked steak. The most popular (and my personal preference) is medium rare. Internal temperature cooked steak medium rare

5. Nutrition is for 1 steak, assuming 2 tbsp of butter is adhered to/drizzled on the steak.

### NUTRITION INFORMATION:

Calories:919cal (46%)Carbohydrates:4g (1%)  
Protein:61g (122%)Fat:73g (112%)Saturated  
Fat:39g (244%)Cholesterol:247mg (82%)  
Sodium:161mg (7%)Potassium:864mg (25%)  
Vitamin A:750IU (15%)Vitamin C:4.7mg (6%)  
Calcium:48mg (5%)Iron:5.4mg (30%)

### internal temperature COOKED STEAK

Doneness	Take off stove at	After resting
Rare	47°C/117°F	49°C/120°F
Medium rare	52°C/126°F	54°C/129°F
Medium	57°C/135°F	60°C/140°F
Medium well done	60°C/140°F	63°C/145°F
Well done	65°C/149°F	68°C/154°F

## STEAK COOKING TIPS!

Bring to room temp! This makes an amazing difference to cooking through evenly rather than ending up with a thick overcooked band in order for the very centre to be cooked to your liking;

Pat dry and season the steak generously with salt and pepper – this helps form that amazing crust we all know and love about great steaks;

Get your skillet **SMOKING HOT** before putting the steak in – again, for the crust

**WARNING:** The butter will sputter when you add the thyme, so stand back!

Take the steak off the stove **BEFORE** your desired internal temperature (see chart below) because the internal temperature will continue to rise as it rests; and

**REST** your steak for 5 to 10 minutes so it sucks its own juices back in and the fibres relax. This is a must-do step for any protein you cook hard and fast!

# ARE YOU A PIZZA LOVER? Try These Ideas for Even Better Taste

PIZZA IS A BELOVED AND VERSATILE DISH YOU CAN ENJOY IN COUNTLESS VARIATIONS. WHETHER YOU PREFER A VEGETARIAN PIZZA OR A LOADED MEAT-LOVERS PIE, THERE IS ALWAYS ROOM FOR IMPROVEMENT IN TASTE. EXPLORE THESE METHODS TO ENHANCE THE FLAVOUR AND TEXTURE OF YOUR HOMEMADE OR STORE-BOUGHT PIZZA. YOU WILL LOVE THE RESULTS. YOUR FAMILY WILL THANK YOU FOR THE EXTRA EFFORT AND MAKE YOU THE CHIEF PIZZA MAKER.



## COOK THE PIZZA IN A ROTATING STONE OVEN -

Cooking your pie in a pizza oven with a rotating stone is a culinary secret that delivers a remarkable upgrade to your pizza. The stone surface is a thermal mass, absorbing and evenly distributing heat throughout the oven, ensuring the pizza crust cooks uniformly and avoiding unevenly cooked or burnt edges. The rotation

mechanism ensures that your pizza is exposed to consistent heat from all angles, resulting in a crispy and perfectly cooked crust with a delightful chewiness.

Moreover, the stone imparts a unique, slightly smoky flavour and a fantastic texture to the crust, reminiscent of authentic wood-fired pizzerias. It also absorbs excess moisture, preventing a soggy crust. In essence, a rotating stone oven helps create a professional-grade pizza at home, with a crisp and chewy crust full of character.



## CHOOSE QUALITY INGREDIENTS -

Great pizza starts with quality ingredients. Opt for fresh, high-quality toppings, such as ripe tomatoes, real mozzarella and locally sourced produce. The type of cheese you use can make a significant difference. Mozzarella or aged Parmesan can add depth and richness to your pizza. Make your own sauce for an authentic Italian flavour. Season with fresh herbs like basil, oregano and thyme, and use high-quality olive oil to elevate the taste further. High-quality ingredients taste better, creating a more authentic and delicious pizza experience.



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**EXPERIMENT WITH FLAVOURFUL SAUCES -**

To enhance the taste of your pizza, get creative with your sauce. While classic tomato sauce is fantastic, experiment with alternatives like pesto, alfredo, barbecue, or olive tapenade. These flavourful sauces can add a unique twist to your pizza and elevate its taste. Additionally, consider drizzling a touch of truffle oil, balsamic reduction, or hot honey for added depth and complexity. The proper sauce can transform a basic pizza into a gourmet delight. For example, a homemade basil pesto sauce can provide a fresh

and vibrant flavour, while a balsamic reduction adds a delightful sweet and tangy kick.



**MASTER THE ART OF CHEESE DISTRIBUTION -**

Proper cheese distribution is essential for a delicious, well-balanced pizza. Instead of simply piling cheese in the centre, distribute it evenly, leaving a bit of crust exposed for that sought-after crispiness. Mixing different cheese types like provolone, gouda, or fontina can create a more complex and mouthwatering flavour profile. For instance, combining mozzarella for a creaminess and Parmesan for a

nutty, salty flavour provides a more well-rounded taste. Don't forget to sprinkle a pinch of sea salt or some freshly cracked black pepper over the cheese to add an extra layer of flavour. Proper cheese distribution ensures that each bite is a delightful combination of flavours and textures.



**USE FRESH HERBS AND AROMATICS**

- Adding fresh herbs and aromatics to your pizza is the finishing touch that takes your pizza from good to gourmet. Consider using basil, rosemary, oregano, thyme, or fresh garlic for a burst of aroma and flavour. These herbs infuse your

pizza with delightful scents while creating a more complex taste profile. Add spices before or immediately after baking your pizza to preserve their vibrant taste and aroma. The fresh herbs and garlic aroma can turn your kitchen into an irresistible pizzeria. For example, adding fresh basil creates a burst of flavour while filling the air with a tantalising aroma.

Improving the taste of pizza is an art, and with these methods, you can elevate your pizza-making skills and create mouthwatering pies that rival your favourite pizzerias. Utilising a rotating stone pizza oven ensures a perfectly cooked and flavourful crust. High-quality ingredients, savoury sauces, careful cheese distribution, and fresh herbs and aromatics will add layers of taste and texture to your pizza, making every bite a culinary delight. So, roll up your sleeves, preheat your oven, and experiment with these techniques to create the best homemade pizza you've ever tasted.

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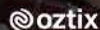
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**SUNDAY 31 DEC**

TICKETS ON SALE FROM OZTIX







# LET'S GO TRAVEL MEET-UPS @ BRIBIE RSL. NEXT MEETING 12TH NOVEMBER 2023 @ 3PM

LET'S GO TRAVEL MAINLY FOR PEOPLE, MALE OR FEMALE, WHO ARE LOOKING FOR A TRAVEL BUDDY TO DO A TRIP/ CRUISE WITH, RATHER THAN LOOKING AT TRAVELLING SOLO.

We discuss previous trips we have done (International- the favourite or Domestic) and then maybe trips we would like to do and would like someone to travel with rather than paying the single supplement, which can sometimes be additional thousands.

Some People may like a Travel Buddy and still go on an escorted Group Tour, but it means you have someone with you and you're not alone at night, eating alone, etc. There are many well-travelled people, some who even travel solo and are happy to do so and others who can advise if you want to do it alone; plenty on Bribie, and they have some fantastic insightful tales to tell.

We also discuss e-sims for different countries, travel insurance, tips and tricks of travelling/cruising etc. and generally a meet-up to see if someone might be travelling somewhere you would like to go also.

Between the attendees, we can often produce an answer to many questions.

And it's good to meet new people!

**PLEASE PHONE 0401 078 187**

**WELCOMING NEW MEMBERS!!!**

**RR red rooster**

# MEET THE BURGERS

T&C'S APPLY - NOT EVERYWHERE AND NOT FOREVER.

**NARANGBA**

Cnr. Young Road & Golden Wattle Drive

**BURPENGARY**

163a Station Rd

**NORTH LAKES**

1650 Anzac Ave

**DECEPTION BAY**

444 Deception Bay Rd

**MORAYFIELD**

123 William Berry Dr

**REDCLIFFE**

82-98 Anzac Ave

**KALLANGUR**

1475 Anzac Ave

**BRIBIE ISLAND**

75 Cotterill Ave, Bongaree

**MORAYFIELD FOOD COURT**

Morayfield Shopping Centre



**wednesday nights**

**\$15**  
main meals\*

wide selection of meals available  
available from 5.00pm

\*does not apply to all main meals, only the select meals

bribieisland golfclub ERNAZZA

**THURSDAY NIGHTS**

**Steak and Prawns**

250g Rump Steak, garlic prawns, chips and salad

**\$23**

*Senior Lunches*

AVAILABLE MONDAY TO FRIDAY  
11.30AM TO 2.00PM

- NORTHERN RIVERS ROAST PORK
- BEER BATTERED FISH AND CHIPS
- CHICKEN SCHNITZEL AND CHIPS
- CHICKEN CAESAR SALAD
- SEAFOOD CATCH
- BANGER AND MASH

STILL ONLY **\$12** EACH

*Saturday Lunch Specials*

**\$17** includes a pot of beer, glass of wine, pot of soft drink or coffee

menu changes weekly

Lunch 7 Days From 11.30am And Dinner Wed To Fri From 5.30pm

Links Court Woorim Ph 3408 1457

# Art Tarts 2023

The ART TARTS EXHIBITION 'Meet the Artist' Event will be held at the Bribie Island Community Arts Centre from 6 pm on Tuesday, 14 November.

Art Tarts is a vibrant and fun exhibition, extended this year until 3 December.

Don't miss this opportunity to purchase handmade, unique and beautiful Christmas gifts.....for yourself and your friends.



Photos are Helen's silver jewellery

Molly's quirky art Prim's glass art

Bev's pottery Lyn's fused glass

# Ferryman CRUISES

**Ferryman Cruises Bribie Island**  
2 Hour cruises depart 41 Harbour Promenade  
Banksia Beach

*Join us. We would love to welcome you aboard!*

**Morning Tea \$40p.p**

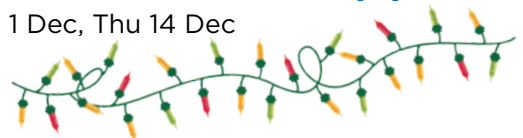
Thur 9 Nov, Thur 23 Nov, Tues 5 Dec

**Lunch Cruise \$52p.p**

Sat 11 Nov, Sun 3 Dec, Thurs 7 Dec, Sat 16 Dec

**Sunset Cruise \$40p.p**

Fri 17 Nov & Fri 1 Dec, Thu 14 Dec



**Christmas Light Cruises commence**  
Mon 11 December \$25 Adults / \$15 Children

**STILL NEED TO BOOK YOUR WORK CHRISTMAS PARTY?  
WE CAN HELP. PRIVATE CHARTERS FROM \$55P.P**



[www.ferryman.com.au](http://www.ferryman.com.au)

**PH: 0408 214 980**





# Weaving Water @ Yarun



Weaving Water @Yarun is an International SciArt Residency being held on Yarun (Bribie Island) **November 27 to December 8 2023**

## Public events

### Symposium

Bribie Island Retreat and Recreation Centre  
9am - 2pm, 30 November

### Open day

Bribie Island Retreat and Recreation Centre  
10am - 2pm, 3 December

### Meet and greet the artists

Bribie Island Arts Centre  
5.30pm - 8pm, 1 December

### Artist talks

Bribie Island Seaside Museum  
10:30 - 12:30, 6 December

### Workshops

Bribie Island Library

#### 29 November

10am - 12pm | Yindi | Nola Turner-Jensen  
1pm - 3pm | Clay wall hangings | Jean Yern (NZ)

#### 2 December

10am - 12pm | Creative Tech | Kim Newall (NZ)  
1pm - 3pm | Plant collaborations | Harete Tito (NZ)

#### 5 December

10am - 12pm | ShoreTimeScape | Trudy Lane (NZ) +  
Josiah Jordan (NZ, USA)

**TO BOOK**



[www.weavingwater.net](http://www.weavingwater.net)

# Weaving Water

## @Yarun Residency

27 November - 8 December | Bribie Island Retreat Centre, Woorim

### ABOUT

Weaving Waters @ Yarun is an in-person and online SciArt residency and symposium facilitated by local social enterprise Treecreate. The aim of this project is to create a space to explore Yarun (Bribie Island) and its environment, history and community. The project aims to weave connections between the local community with artists and scientists that are internationally recognised for their work. The project will provide opportunities for collaboration, knowledge sharing and capacity building locally. It will also present novel ways of highlighting the importance of Bribie Island's ecosystems as part of the broader great sandy system and strengthening its role as a marine and wildlife sanctuary.

### THE RESIDENTS

Weaving Waters @Yarun will bring together nationally and internationally recognised interdisciplinary artists in an 11-day residency on Yarun (Bribie Island).

We have 20 participants from Vanuatu, Aotearoa New Zealand, Europe, the UK, the USA, Canada, Spain and Belgium. Australian participants will join us from QLD, NSW, VIC, NT and SA. Over half of our residents identify as First Nations.

The residents will be active participants and present their work, collaborate across disciplines, co-create with the local community and facilitate workshops. Our public events include:

- Workshops at the Bribie Island Library
    - 29 November
    - 2 December
    - 5 December
  - A Symposium at the Bribie Island Retreat and Recreation Centre on 30 November
  - An artist meets and greet at the Bribie Island Arts Centre on 1 December
  - An open day at the Bribie Island Retreat and Recreation Centre on 3 December
  - Artist talks at Bribie Seaside Museum on 6 December
- Coordination team

### LOCAL

Tracey M Benson is an Australian-based interdisciplinary artist, UX designer, researcher and founder of Treecreate.

Michelle Watson is the Chair of the Pumicestone Indigenous Employment and Education Council and our cultural advisor Martin Drury is a co-founder of Treecreate and has a background in cartography, IT and graphic design.

Tas Winkler is a homeschooler and connector activating community.

Rebecca Thompson founded the Be a Beacon programme, a community for female leadership.

### VIRTUAL

Christal Clashing is a pioneer in aquatic spaces in her home country of Antigua and Barbuda. (Tech guru) Nina Czegledy is an independent artist, curator, and researcher with international and national academic affiliations based in Toronto, Canada. (Virtual Coordinator)



# BIEPA GIANT Turtle 2023

HELP US CREATE THE BIGGEST TURTLE SCULPTURE EVER TO REMIND EVERYONE THAT TURTLES WILL BE NESTING ON BRIBIE ISLAND NATIONAL PARK'S CORAL SEA BEACH OVER THE SUMMER.

BUILDING AWARENESS HELPS TO BUILD COMMUNITY SUPPORT WHICH INCREASES OUR INFLUENCE AND ALLOWS US TO HAVE A REAL IMPACT.

**This is going to be impossible to miss!**  
**Edwin Schrag Lookout, Woorim QLD 4507**  
**12 November 2023 from 12:00 pm**

REGISTER TO GET UPDATES AND REMINDERS BY EMAIL, AND TO HELP US GAUGE HOW BIG TO MAKE THE TURTLE OUTLINE IN THE SAND!

## About the event

Last year, BIEPA organised a spectacular human sculpture of a giant turtle on Woorim Beach. This proved a powerful statement of our community's love of nesting turtles and their hatchlings, with over two hundred people calling out the need to protect these ancient mariners. It was such a joyful celebration of nature on Bribie, fostering pride in the community and awareness among visitors. And it raised the profile of BIEPA, attracting many new members to help us on our positive, proactive mission.

So this year we're doing it again, only bigger and better!  
Come and join the fun: get your turtle-coloured shirt on and come on down to craft the carapace, or huddle in the head, or fill out the flippers. Local artist Geoff Ginn and his army of marshals will be there to knock you into shape and orchestrate the manoeuvres required to get our turtle heading back into the ocean.

Jarjums (youngsters) from PIEEC will be greeting visitors with a traditional smoking ceremony, and there will be kids' activities organised by the Bribie Island Turtle Trackers. Pre-order your T-shirt and other turtle-related goodies from our online shop to pick up from the BIEPA stall at the event.



Important: Please register so that you get reminders and updates by email, and so we can estimate numbers on the day to create the appropriate-sized turtle outline in the sand. Register at

[www.biepa.online](http://www.biepa.online)

please share this event with family and friends and with your social network groups. The bigger the turtle, the bigger the splash!



EST 2020  
**BEACHMERE COMMUNITY GARDEN INC.**  
 QUEENSLAND, AUSTRALIA



*"Arvo in the Garden"*

**4TH SUNDAY OF EACH MONTH 2-4PM**

**ALL WELCOME**

MAIN STREET BEACHMERE, BEHIND WATER TOWER  
[www.beachmerecommunitygarden.com.au](http://www.beachmerecommunitygarden.com.au)



**Sparkle & Shine**  
**IT'S CHRISTMASTIME**

*Voices Choral Group*

*2nd & 3rd December 2023*

*1.30 pm*

*Bribie Community Hall, Arcadia Ave Woorim*

TICKETS AVAILABLE ONLINE  
[www.voicesbribie.com.au](http://www.voicesbribie.com.au)

OR

The Ink Shop, Warana Ave Bellara (Cash Only)

**\$18.00** (incl'ds afternoon tea)

# 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 - 12

**Bribie Island BICA 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.

**The Sylvan Beach Munch Markets (Farmers Market)**  
 The Munch Markets are held in the park opposite the Bribie Island Hotel on the 1st Saturday of each month from 9am to 2pm

**Banksia Beach Market**  
 Bribie Harbour Shopping Village is held on the last Saturday of each month 8am to 2pm

**The Bribie Island Comm Plant Nursery**  
 The Bribie Island Community Plant Nursery is open Tues to Sat 8 am to 12 pm

**The Bribie Island Lions Market**  
 2nd Sat of the month at Tintookie Park Woorim 7am - 1pm.

**Bribie & District Woodcrafters Assoc**  
 Contact president: 0415 237 167 Bribie Island Gem Club Open Day & Markets on the last Sunday every month 8am -12pm At 191 Sunderland Drive, Banksia Beach.

**"The Bribie Bowls Euchre Club**  
 meets at the club each Monday at 12 Noon. Fun afternoon. Contact Lorraine on 0414802733."

*Antique - Vintage*

**ITEMS WANTED**

**After All Kinds Of Vintage And Antique Furniture, Bric - A - Brac, Collectables, Curios And Old Shed Items**

**CASH PAID - 0400 749 454**

# Horoscope

This weekend, Guy Fawkes celebrations (in the UK) aren't the only fireworks. As Mercury opposes sparky Uranus and enters fiery Sagittarius, even carefully chosen words can trigger intense feelings. There's lots of power and responsibility at our fingertips! Saturn's change of direction reminds us that inspiration (rather than manipulation) is the way to achieve what we need without causing unnecessary explosions. And the more sensitively we display our feelings, the more pleasure we can create.

## CAPRICORN (Dec 22 - Jan 20)

Other people, who find themselves facing a similar set of circumstances, might take one look at the obstacles ahead and give up. Even you're feeling a bit overwhelmed. But, with your experience, you're proficient enough to be able to turn them into opportunities. As Saturn, the ruler of your sign, changes direction, it enables you to deal with any residual messiness. This is your chance to deal with unfinished business and demonstrate your resolve. You might not come out with an award this week. But a reward is in store. View your challenges in a new light... and sort them! For free audio and video forecasts visit [ozfree.cainer.com](http://ozfree.cainer.com)



## SAGITTARIUS (Nov 23 - Dec 21)

Some people come into our lives and stay there. Other folk arrive and depart. Whether it's a pair of jeans or a favourite mug, our possessions follow a similar principal. Here one day, and gone the next. We have to learn to be philosophical; and hang on to what we can (for as long as we can). And when things go, let them go with grace. Sometimes, when we're least expecting it, we find ourselves revisiting aspects of our past. Or we realise that part of our past is revisiting us. This week brings an unexpected reunion. It's good news. What does your heart desire and can you achieve it? For free audio and video forecasts visit [ozfree.cainer.com](http://ozfree.cainer.com)



## AQUARIUS (Jan 21 - Feb 19)

Even the troublesome areas of your life are more OK than you think. Sometimes, doubts, problems, and challenges are essential. Without them, there'd be no contrast, growth, or drama. And we'd end up creating stress and tension, just to make life more interesting. This week, try seeing what's bothering you as a necessary (but annoying) ingredient in the recipe for fulfilment. Then look for a source of goodness, which will counteract the not-so-great. Your current drama could end up with a surprisingly happy outcome. Will the dream you're chasing come true? Find out! For free audio and video forecasts visit [ozfree.cainer.com](http://ozfree.cainer.com)



## PISCES (Feb 20 - Mar 20)

Your problem, is that when people tell you you've got a problem, you listen! You know you're not perfect. And you're able to listen to constructive criticism. Which is good. Your sensitivity is positive too. If someone's goal is selfish, your radar switches on. The aspects you tend to take for granted include your awareness, your approachability and your perceptivity. You don't give yourself enough credit for your gifts. As your ancient ruler, Jupiter, links with your modern ruler, Neptune, getting whatever you need this week will be easy! For great advice to guide you to a brighter future, check out your free audio and video forecasts. Visit [ozfree.cainer.com](http://ozfree.cainer.com)



## ARIES (Mar 21 - Apr 20)

Watch out! Good things are coming your way. Stay alert and be aware. Why do you need to be careful when your week's due to go well. Well... you know what you're like! You're not always good at knowing when enough is enough. You're great at launching into projects (but not so good at finishing them off). You get carried away. You dare to dream big dreams. That's my job done! Your job, is to go ahead and enjoy yourself. As long as you're willing to accept a compromise, with good grace, this week, having fun should be easy. Live life to the max! For inspiring advice, check out your free audio and video forecasts. Visit [ozfree.cainer.com](http://ozfree.cainer.com)



## TAURUS (Apr 21 - May 21)

You might be the owner of a grand piano, but that doesn't mean you can play it. You can have a shed filled with tools, but that doesn't mean you can create your own kitchen. In one area of your life, you've got most of what you need for success. What you're missing is more mental than physical. It's a piece of information. Plus it's something you can't do by yourself. What's preventing you from getting the support you need? If it's your reluctance to ask for help, it's time to swallow your pride. What you need, this week, you can find. Change is possible! Get some valuable help.



## GEMINI (May 22 - Jun 22)

Have you noticed that most people's response to a question (even if they don't know the answer) is to reply with an opinion. We find it hard to express the fact that we 'don't know'. It would be better if we responded in ways that revealed our doubt. 'In my opinion'. Or 'in my experience' might be helpful. But we confidently assert our views in a manner that suggests the recipient would be silly to argue. Have you been told something ridiculous? As your ruler, links with Uranus, and changes signs, it brings a spark of genius. Nurture it. You've got so much to look forward to! Be inspired! Check out your free audio and video forecasts. Visit [ozfree.cainer.com](http://ozfree.cainer.com)



## CANCER (Jun 23 - Jul 23)

One of the key important differences between humans and androids is that people are never satisfied. We get caught up in unreasonable lusts and passions. And we're also particularly strong on futile fear. Machines don't worry about how good they are. Even our four-footed friends don't return home after a walk, and worry they chased the wrong rabbit down the wrong hole! You seem to be suffering an attack of human conditioning. But this week brings the antidote. It's an inbuilt remedy you have in plentiful supply. It's called wisdom. Nothing is hopeless. If you want positive news, check out your free audio and video forecasts. Visit [ozfree.cainer.com](http://ozfree.cainer.com)



## LEO (Jul 24 - Aug 23)

There's a shortage of acceptance in our world. We're too quick to judge. There are no excuses. We should all know better. There's a lack of patience too. We spend too much of our time racing round, trying to catch up with ourselves. We need to learn to retrain and learn some restraint... ASAP! Watch out this week, for ideas that seem to make sense when you hear them, (but which turn out to be nonsensical the more you think about them). And rather than judging other people's actions, make sure that whatever you do, it's heartfelt. What's in the sky? Helpful planetary alignments! For free audio and video forecasts visit [ozfree.cainer.com](http://ozfree.cainer.com)



## VIRGO (Aug 24 - Sept 23)

What's your opinion? Is it love that makes the world go round? Or money? Some people think that we only exist because we think we exist - and that if we didn't believe we existed, we'd disappear! With so many (sometimes strange) ideas floating round, it's hard to know what to think. This week, as your ruler, Mercury, links with sparky Uranus, and changes signs, you'll find yourself reevaluating some of your old ideas and beliefs. In the process, you'll also discover that far more is possible than you once dared to think. Solve problems. Ease troubles. Find solutions! For free audio and video forecasts visit [ozfree.cainer.com](http://ozfree.cainer.com)



## LIBRA (Sept 24 - Oct 23)

It's no longer your birthday season, so instead I'd like to wish you a 'happy everything!' Although there are, some things it might be hard to feel joyful about, some of your current concerns can surely be postponed? Sometimes, when we put something to the back of the cupboard, we don't need to move it to the front again. Out of sight becomes out of mind... where it can stay. This won't happen with every difficulty you encounter this week. But if you make the effort to put something tricky aside, you'll see this principle in action. I've got so much more to tell you. Great news awaits! For free audio and video forecasts visit [ozfree.cainer.com](http://ozfree.cainer.com)



## SCORPIO (Oct 24 - Nov 22)

Is it possible to know, with certainty, whether someone's telling the truth? Even people who claim to be mind-readers only pick up occasional (spooky) details. If we want to hide our innermost feelings, we just have to learn how to disguise them. If it feels like someone's withholding information from you, you're probably right. With Mercury leaving your sign this week, if you want them to disclose their secrets, start by disclosing some facts about you they don't know. It will build trust. And that will lead to a valuable discovery. To find out how your life could change for the better, check out your free forecasts. Visit [ozfree.cainer.com](http://ozfree.cainer.com)







# SKIES ABOVE BRIBIE

By Kat Miller



**N**ovember is the month of meteor showers. Kicking off with the peak of the Southern Taurids. This meteor shower runs annually from 7 September to 10 December. It is caused by debris left behind by Comet 2P Encke. It is expected to peak on 6 November at 10:47 AM AEST. The shower is best viewed from midnight and into dawn on 6 November when the radiant is highest in the sky. Maximum rates are estimated to be 5-10 meteors per hour. Unfortunately, the moon may impact observations.

On the morning of 10 November, there will be a conjunction of Venus and the Moon. Venus will rise at 2:40 AM AEST, followed by the Moon at 3:00 AM. The pair will appear to be separated by about 3 degrees.

Another meteor shower is expected to peak on 13 November, the Northern Taurids. This meteor shower runs annually from 20 October to 10 December. It is also caused by debris left behind by Comet 2P Encke, but the debris has a different orbit to the Southern Taurids. The meteor shower is expected to peak on 13 November at 10:21 AM AEST. The shower is best viewed from midnight and into dawn on 13 November. Maximum rates are estimated to be five meteors per hour. The good news is the New Moon will not impact observations.

At the risk of sounding like an infomercial, wait, there's more. The Leonid's meteor shower will also peak in November. The Leonid's are an annual shower, active from 3 November to 2

December. It is caused by the dust and debris left behind by comet Tempel-Tuttle. The shower is expected to peak on 18 November at 3:30 PM AEST. The Leonids are more visible in the northern hemisphere, but you can still enjoy them in the southern hemisphere. Look towards the north after midnight on the morning of 19 November. The best time to watch is around 3:00 AM AEST. Maximum rates are expected to be 10-15 meteors per hour.

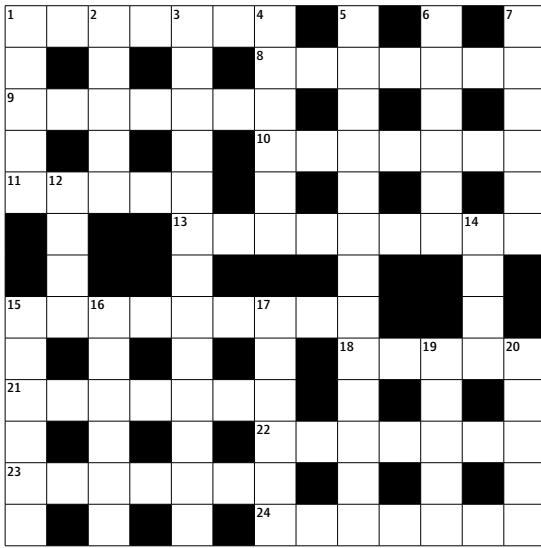
There will be a conjunction of Saturn and the Moon on 20-21 November. The pair will be visible overhead after sunset, with Saturn to the right of the Moon at an angular separation of about 15 degrees. They will appulse at 3 degrees apart as they set around 00:30 AM on 21 November. Then, on 25 November, Jupiter will be near the Moon. The pair will be visible after sunset, with Jupiter to the right of the Moon at an angular separation of about 3 degrees.

The month ends with a bang as the November Orionids meteor shower peaks. The Orions are active from 14 November to 6 December. This meteor shower is best viewed from midnight on 28 November into the early morning of 29 December. Expected rates are around 25 meteors per hour. These meteors are fast-moving and can leave persistent trains and may produce fireballs.

For a more in-depth look at the Skies above Bribie during November, scan the QR code.

Clear skies, Kat

# Crosswords - QUICK & CRYPTIC



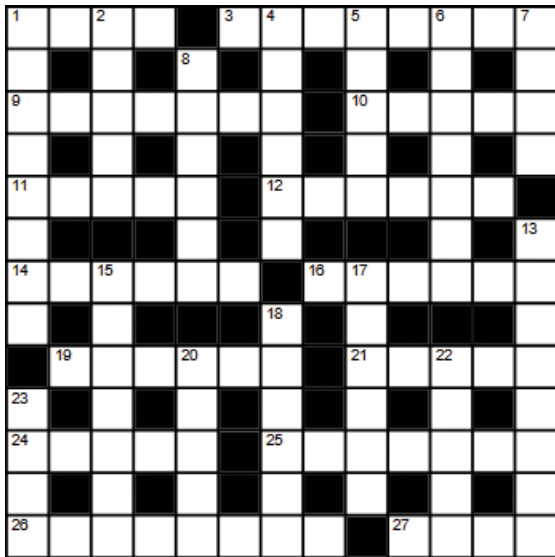
**Across**

- 1 Turning blade (7)
- 8 Dilettante (7)
- 9 Back - 50% of insect? (3-4)
- 10 Antsy (7)
- 11 Church tax (5)
- 13 Triviality - a half? (5,4)
- 15 What has prices (and balloons) going up? (9)
- 18 Moaner (5)
- 21 Twitter (7)
- 22 Herb type (7)
- 23 Catch incorrectly? (7)
- 24 Laborious (7)

**Down**

- 1 Renovation (5)
- 2 Rendezvous (5)
- 3 Controllor of London water (6,7)
- 4 Woven fibre (6)
- 5 Harvestman - giant of the family? (5-4-4)
- 6 RenounOce - revoke (cards) (6)
- 7 Invocation - mantis? (6)
- 12 Metal - on-board device? (4)
- 14 Wax-covered sphere (4)
- 15 Revenue (6)
- 16 Rickety (6)
- 17 Bring in (goods) (6)
- 19 Newly identified taste? (5)
- 20 Fork part (5)

## CRYPTIC



**Across**

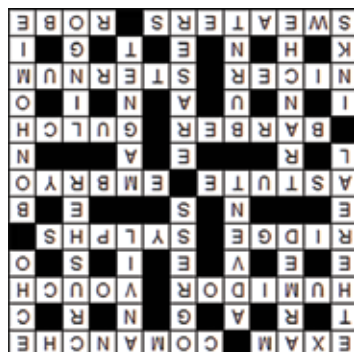
- 1 Test the morning after, once (4)
- 3 Melancholic but not ill - diagnosis for Geronimo? (8)
- 9 Hum with spirit - an alternative for smokers (7)
- 10 Support five with a word of pain (5)
- 11 Morning porridge provides some backbone (5)
- 12 Ladyships need no help in becoming graceful women (6)
- 14 Crafty like famous Pharaoh, leader of the Egyptians (6)
- 16 Organism found more by accident? (6)
- 19 Taunt the Queen as to top specialist (6)
- 21 The hotel wasn't considered when lunching out in the valley (5)
- 24 More acceptable French resort - correct? (5)
- 25 Breastbone turns me off (7)
- 26 Hardly the clothes for those who feel the heat.. (8)
- 27 Casual evening wear.. (4)

**Down**

- 1 Elegant eastern article - genuine (8)
- 2 Ready for a fight, unlike Venus (5)
- 4 Development without marketing creates a monster (6)
- 5 Smithy finds something of use in an Italian village (5)
- 6 Ascribe faith with theatre attendant winding up in a quarry (7)
- 7 The chosen hold some repetition (4)
- 8 Notice outlet looming (6)
- 13 Good French home I renovate as goodwill (8)
- 15 Catherine for instance is barred in issuing instalment (7)
- 17 Abstract painter holds note that is attractive? (6)
- 18 Reason for no marks as readers lose heart - bizarre! (6)
- 20 The result of being fired? (5)
- 22 E-mailing out messages in jargon (5)
- 23 Used in tattooing loose skin (4)

## SOLUTIONS

CRYPTIC SOLUTION 203



QUICK SOLUTION 203



# Kids Page

Find 10 Differences in 19 Seconds



## EGG, LETTUCE & MAYO Flying Saucer Sandwiches

### INGREDIENTS

- 2 small eggs
- 2 tbsp reduced-fat mayonnaise
- 8 large slices light rye bread, crusts removed
- 1 1/2 tbsp salt-reduced margarine
- 1/3 cup shredded iceberg lettuce
- Select all ingredients

### STEP 1

Place eggs in a small saucepan. Cover with cold water. Bring to the boil over high heat, stirring occasionally. Reduce heat to medium. Simmer for 7 minutes. Drain. Refresh under cold water.

## Kids Menu

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

**Juice**  
**Fruit**  
**Whipped cream**  
**Cereal**  
**Chocolate milk**  
**Pancakes**

**Family Omelet**  
**Hot chocolate**  
**Oatmeal**  
**Homefries**  
**Scrambled eggs**

**Chocolate chip Pajamas**  
**Toast**  
**Nutella**  
**French Toast**  
**Bacon**

### STEP 2

Peel and finely chop egg. Add mayonnaise and season with pepper. Mash to combine. Using a 9cm round cutter, cut 1 round from the centre of 4 bread slices, discarding offcuts. Using a 10cm round cutter, cut 1 round from the centre of the remaining bread slices, discarding offcuts. Using a rolling pin, flatten rounds slightly.

### STEP 3

Place the small bread rounds on a flat surface. Spread with margarine. Leaving a 1cm border, top with lettuce, then egg mixture. Spread the large rounds with margarine. Place, margarine-side down, on top of egg mixture. Using a fork, press edges together to seal. Place 1 sandwich in each lunchbox.

## MELSA PARK STEAM TRAIN RIDES

TRAINS RUN on 3RD SUNDAY of MONTH

19th Nov, 17th Dec, 21st Jan 2024

Call Ian for party enquiry 0409 100 656

**\$250**  
a train ride

EVERYONE MUST HAVE  
CLOSED IN SHOES





*Charlie Simmonds, Joe Cribb, Ronald Simmonds, not forgetting the "dawg." in Charlie's arms.*

## Long Bike Ride To Bribie 1923

**THIS ARTICLE IS A TRULY INSPIRING ACCOUNT OF THREE BOYS WHO RODE THEIR BICYCLES FROM BRISBANE TO CALOUNDRA AND BACK ALONG THE OCEAN BEACH OF BRIBIE 100 YEARS AGO. IT WAS ORIGINALLY PUBLISHED IN THE DAILY MAIL NEWSPAPER IN DECEMBER 1923**

### INTRODUCTION

The following article describes a bicycle journey from Brisbane to Caloundra, then boat over to Bribie Island, down the ocean beach, boat across to Toorbul Point, from there to Caboolture and back to Brisbane. The bike riders were Charlie Simmonds, Joe Cribb and Ronald Simmonds, and their journey was taken in October/November 1923.

Members of the Bribie Island Historical Society have been finding old newspaper articles with any reference to Bribie Island published in the past 130 years. They reveal fascinating glimpses into what made the news, and the growth and emergence of Bribie and the Sunshine Coast.

100 years ago, Queensland, Brisbane and Bribie Island were very different from today. Queensland had just abolished its Upper House of Parliament in 1922, becoming the only state parliament in Australia to have just one house.

What is now the Bruce Highway was originally designated as a 'tourist road' when the first section opened eleven years later in December 1934 as a gravel track extending from Rothwell to Eumundi. It was named the Bruce Highway in the mid 1930's after former Federal and Queensland Politician Harry Bruce who was the state minister for Works.

In 1923 when this long bike ride was done the road north from Brisbane was dirt track, there was no road to Bribie Island, and the first vehicle track on Bribie from the Bongaree Jetty to Ocean beach was just being constructed. Bribie was developing as the first island tourist destination, a telephone cable had been laid under the Passage to the island, houses were being built and resident population was about 40 people, with thousands of visitors coming on weekends and holidays by steamships from Brisbane.

The following original 1923 newspaper article is an interesting read, bearing in mind just how different life was, and how basic things were back then.

## HOLIDAY A-WHEEL-

Three boys on Bikes by R.J.D.  
Leaving Milton, Brisbane,  
where they reside, they pushed



northwards along the Gympie-road, each carrying a pack of about 50lb. Good progress was made on a fair road to Caboolture, but from Caboolture to Eudlo, where they pitched camp on Monday, October 22, the going was very bad.

From Eudlo, very hilly, but beautiful, country was passed through, the drought having little effect on this country. Nambour was reached at noon on Tuesday. This township is prosperous, indeed, and provided many interesting scenes. The trail then led along the Bli Bli road, where beautiful view of the cane fields, spread over the valley of Petrie's Creek were enjoyed. Camp was pitched that afternoon by the Maroochy River, at which place they decided to make headquarters for a week. A well-earned rest was then indulged for the next two days, passing pleasant hours in boating, fishing, swimming, shooting, taking photographs and enjoying the fine hospitality of neighbouring farmers.

Making an easy descent toward the ocean beach, and following the beach southward, brought the cyclists to the road, which led to Bli Bli, where camp was made at dusk. It is interesting to note that to cross the Maroochy that morning one of the number swam the river and brought the ferry over; that evening the ferryman was in arms when he was told he would be obliged to

forfeit the morning charge. In the end he yielded.

Early Saturday morning of October 27, one might have

witnessed a peculiar craft moving up the Maroochy to the North Shore road - three lads and three bikes crammed in a bit of a dinghy. This time they were not going to chance a swim against a strong ebb tide, and an argument with the ferryman. Reaching the ocean beach, they found their occupation for the next two hours was pushing their bikes through soft sand till Point Arkwright was reached, the tide being in. On the rocky eminence of Point Arkwright, the breaking surf threw showers of spray at times 20 feet in the air, providing some fine snaps. Of great interest to the lads were the nights spent around the campfire at Mooloolah Bar, in company with some of the oldest pioneers of the North Coast, namely, Mr Johnson and Mr Tucker, who now both reside there. The stories of 40 and 50 years ago told by them both were of such an absorbing



character that it was well on midnight before they sought their blankets.

Thursday afternoon of November 1 found the lads packing for the home journey. Mr Johnson having rowed them across the river, cattle tracks were followed to the coast, and progress was made along the beach towards Caloundra. Before leaving the beach, they got wet through with rain, waves and wading through a creek with water to the waists. However, they quickly dried their garments round the campfire that night. Friday passed with the hours filled with amusement. Rising at 4.30 on Saturday, they were on their way to 7 am. A local fisherman (Mr Tripcony) rowed them over to Bribie. They then rode south along Bribie with a strong south easterly in their faces, and soft sand, which made pushing hard, not to speak of two showers that wet



them through. By the time they reached Bribie jetty at 12.30 they felt as if they could eat a horse.

All along the way folks had treated them with great kindness, but the hospitality of the folks at Bribie exceeded all others. After knocking a big

REGULAR FEATURES  
hole in a capital spread, they proceeded in a local motor boat to Toorbul Point, hitting the trail for Caboolture at 1.30.

A fairly good road was traversed to Caboolture, though sand and progress rather slow. Leaving Caboolture at 5 p.m. it was quite dark when they rode into Petrie. After a little refreshment they pushed on, in the dark, save for a light that might as well have been out. Just as Strathpine was passed one of the number broke his diamond strut. This necessitated a considerable delay, and eventually he had to take the train to Brisbane. The other two cycled on to Brisbane, arriving at their home at 10 p.m., having travelled over 75 miles that day. Just about 12.30 the other lad called in on his way home, the train being two hours late.

Pleasant weather, good tucker, plenty of sleep, and doing the

journey in easy stages, made the trip most attractive, as well as beneficial for health and educational value.



## More Bribie History

The Historical Society meets on the second Wednesday of each month at 6:30 pm at the RSL Club and visitors are always welcome. More stories and photos of Bribie on our Web Site [bribiehistoricalsociety.org.au](http://bribiehistoricalsociety.org.au) and Blog Site <http://bribieislandhistory.blogspot.com> or if you have a question contact us at [bribiehistoricalsociety@gmail.com](mailto:bribiehistoricalsociety@gmail.com)

# BOWLS RESULTS

## LADIES B GRADE SINGLES BOWLS

Friday 13th October

Winners: Elna Jensen, Richard Fell

Tuesday 17th October

Winners: Sandra Scott, Bob Vonarx

Bonus Draw: Sandra Scott, Bob Vonarx, Col Erhardt, Peter McQueen, Arne Jensen, Errol Fender

Ladies B Grade Singles Championship

Winner: Barb Garvey

Runner-up: Mary Doorley

Ladies B Grade Championship - Runner-up - Mary Doorley,

Winner - Barb Garvey

**Friday 29th September**

Winners: Pat Warwick, Doug Meikl

R/U: John Bell, Ron Wilson, Sandra Scott

**Tuesday 3rd October**

Winners: John Park, Dave Hutchinson

R/U: Arne Jensen, Errol Fender

**Tuesday 10th October**

Winners: Bob Vonarx, Sandra Scott

R/U: Elna Jensen, David Vaughan



## BONGAREE BOWLS CLUB MEN'S DIV 10 MORETON BAY DISTRICT WINNERS.

Three representatives of the DIV 10 team, David Vaughan, Col Hodges and Peter Thatcher, were presented with the DIV 10 pennant at Pine Rivers Bowls Club at a representative dinner on Friday, Oct 27th.

**WINNERS ARE GRINNERS**



## BRIBIE ISLAND BOWLS CLUB INC

**Self Select fours Fri 13 Oct**

Winners: B Hoffman, R Glasser, C Perkins, P Hughes

Runners up: S Telfer, G Olsen, I Gillard, H Anderson

Lucky draw: I Cooper, G Teakel, T Dean, M Durham

Lucky draw: A Sturm, P Mann, D McMahon, E Sharp

**Random Select Fours Results Saturday 14 Oct**

Highest margin: G McEniery, J Herbert, T Phillips

Lowest margin:

M Gittins, J Neill, G Hutchison

Out of hat winner:

G Frew, L Mather, A Sharp, C Turner

**Self Select fours results Tuesday 17 October**

Winners: R Glasser, B Kinneir, F Grimsey, T Phillips

Runners up: E Bateman, M Garfield, B Hosie, B Garfield

Lucky draw: G Skoins, W Ogrodniczek, V

## SOLANDER LAKE BOWLS CLUB RESULTS

**W/E 28/10/2023**

Tuesday Winners: Betty Rudd, Denis John & Terry Nash.

R/U: John Harris, Ali Wright & Jan Whitehall.

Wednesday Winners:

Paul Ollier & Peter Evans.

R/U: Allen Lavender & Richard Wales.

3rd: Tom Paekau & Hollie Taylor.

Jackpot (\$222) – No winners.

Thursday Winners:

Marg Hopper, Andy Ives, Anne Ager & Stuart Ager.

R/U: Robert James,

McDermott, J Hosie

**Scroungers Results**

**Wednesday 18 October**

1st: A Feitcher

2nd: C Stroud

3rd: F Grimsey.

**Self Select Fours Wed 18 Oct**

Winners: R Glasser, S Chandler, S Cook, T Phillips

Runners up: M Diago, G Teakel, T Dean, I Cooper

Lucky draw: I McClellan, Z Elmore

Lucky draw: M McIntyre, K Perkins, C Perkins, P Hughes

**Random Select Triples Thu 19**

Highest winning margin: M Gittens, J Cullen, G Mellors

Runners up: J Olsen, K Muller, W Follett

Lucky draw: C Sambaher, J Hilliar, R Follett

Lucky draw: C Stroud, M Wright, D Clarke

**Self Select fours Fri 20 Oct**

Winners: M Ball, J Prowle, K Vardy, J Oliver

Runners up: B Hosie, N Bolton, I McClellan, M Beutel

Mike Whiteside, Val Paul & Merv Adams.

3rd: Jim McKenzie, Marie Torrington, Geoff Cusbert & Marg McKenzie.

Jackpot (\$320) – No winners.

Friday Winners: Graham Hubbard & Rod Townsend.

R/U: Peter Hourigan & Hollie Taylor.

3rd: Jo Freeman & Phil Toole.

Saturday Winners: Mitch Magnussen, Ron Bull & Neil Feazey.

R/U: Marieke Moore & Alan Thompson.

**WEEKLY SOCIAL**

**BOWLS W/E 21/10/2023**

Runners Up Morris Huddleston, Doreen Pennery, Allistair Wright, Wayne Baker

Thurs Jackpot pairs Oct 19th Winners Mike Hansen, Judy Hansen

Runners Up Imelda Valentine, Peter McQueen

Wed 4's Oct 25th Winners

Runners Up Morris Huddleston, Doreen Pennery, Allistair Wright, Wayne Baker

Thurs Jackpot pairs Oct 19th Winners Mike Hansen, Judy Hansen

Runners Up Imelda Valentine, Peter McQueen

Wed 4's Oct 25th Winners

Lucky draw: T Bennett, M Mills, J Hattie, G Duncan

Lucky draw: A Sturm, L Mather, D McMahon, E Sharp

**Random Select Fours Sat 21 Oct**

Highest margin:

H Anderson, P Neumann, T Hudson, D Bishop

Lowest margin:

D Neumann, W Langford, S Mitchell, C Turner

**Dolphin's Social Bowls Sun 22 Oct**

Winners: N Gray, J Hargreaves, M Young

Runners up: C Hodges, B Hamer, A Cooke, M Ngato

Lucky draw: M Thompson, L DeRoule, G Riley

Lucky draw: R Glasser, S Hodges, P Brown, J Hansen

**Self Select fours Tues 22 Oct**

Winners: J Noonan, L Godfrey, M Gittens, L Gilmour

Winners: T Dean, C Dean, T Gray, D Gray

Lucky draw: L Mather, Ollier, Jan Oakley & Brian Harris.

3rd: Mike Jones, Kev Moore, Steve Todd & Geoff Sorrenson.

Jackpot (\$200) No winner.

Friday Winners: Krys Henshaw, Ian Boast & Rob Henshaw.

R/U: Peter McCarthy, Brian Cayley & Tony Grimmond.

Saturday Winners: Julie Watson, Mike Jones & Doug Hogan.

R/U: Tom Dempsey, Jenni Cummins & Ricci Harris

Wayne Baker, Frank Levey, Ali Wright, Doreen Pennery

Runners Up Roger Parker, Ken Wales, Col Hodges, Peter Thatcher

Thurs Jackpot pairs Oct 26th

Winners Imelda Valentine, Peter McQueen

I Smith, C Kelly, M Ball

Lucky draw: J Oliver, B Castle, T Hudson, P Patrikeos

Lucky draw: A Strum, T Bishop, J Wallis, J Lonsdale

**Scroungers Wed 25 Oct**

1st: J Herbert

2nd: R Eatom

3rd: K Thornton

4th: C Thornton

**Self Select Fours Wed 25 Oct**

Winners: P Cambell, C Smith, E Stacey, I McClellan

Runners up: J Leys, S Chandler, K Vardy

F Grimsey

Runners up: M Mganeko, J Gray, J Oliver, P Gray

Lucky draw: L Godfrey, J Noonan, M Gittens, L Gilmore

**Random Select Triples Thu 26 Oct**

Lowest winning margin:

J Murray, P Eyles, T Brain

Runners up: K Muller, S Brown, A Riley

Lucky draw: J Hilliar, S Brown, A Christie

Lucky draw: R Boyland, G Gawron, M Roberts

## WHERE HAVE ALL THE CROQUET PLAYERS GONE?

Kathy Vincent.

If you have passed the croquet club recently you will have noticed that nobody is playing croquet. Why is that?

Well, in order to play a good game of croquet we need to have healthy courts to play on. So, the courts had to be closed to players for two weeks for the experts to work on the courts to get them into tip-top condition. So, what could the players do with no courts to play on? They couldn't wait two weeks for them to open again before they

could play. Well, I have said before that Bribie Island croquet players are happy to travel to have a good game.

Caloundra kindly offered to let Bribie players play there and offered 16 places, so off the players went to Caloundra.

Eildon was also happy to host Bribie players there too. Off went another group to play there. That was a really successful trip as Dolly Taylor was second in her group. Winners are gridders, as you can see from the photo!

Previously Denis Green represented the club in the interstate competition with top players from all over Australia.

Queensland came 3rd, but the final results were very close. Well done, Queensland croquet players.

But the players are already planning the next event, the annual fundraiser, to support a deserving cause on the island. Save the day for the 25th of November. Pop it on your calendar and come along and have some fun, see the stalls, and enjoy a sausage sizzle and morning tea. More details of this event in the next issue.

**In the meantime, if you think you would like to try your hand at croquet give us a ring on: - 0437 008 042**



### Bribie Island Women's Golf

**12 October 2023 to 24 October 12/10/23** – Single Stroke (Round 1 President's Trophy)

Div 1 Winner: Vivi Lloyd 70, 2nd Ann Rogers 71, 3rd Myra Thomsen 73

Div 2 Winner: Wendy Robinson 73, 2nd Charmaine Price 75 cb, 3rd Margaret Huxley 75

NTP's: Hole 4 Rae Clarke, Hole 7 Toni Grossmann, Hole 14 Vicki Jones, Hole 16 (2nd shot) Rita de Bondt, Hole 14 (Div 3 2nd shot) Jennifer Mckay

17/10/23 – Single Stableford  
Div 1 Winner: Carole Watson 40, 2nd Ros Gardiner 38, 3rd Linda

Urquhart 37 cb  
Div 2 Winner: Christine Pronk 41, 2nd Vivi Lloyd 40, 3rd Gay Burnham 38

Div 3 Winner: Margaret Peterson 42, 2nd Stina Barnulf 40, 3rd Lauren Healy 37 cb

NTP's: Hole 4 Ros Gardiner, Hole 7 Sandra Power, Hole 14 Sue Graham, Hole 16 (2nd shot) Jo Malone, Hole 14 (Div 3 2nd shot) Carol Lobegeiger

19/10/23 – Single Stroke (Round 2 President's Trophy)

Div 1 Winner: Yuko Nakamura 70, 2nd Christine Pronk 71, 3rd Sandra Power 72 cb

Div 2 Winner: Lulu Drew 74 cb, Jenny Williams 74 cb, 3rd Mar-

garet Parkinson 74  
NTP's: Hole 4 Stina Barnulf, Hole 7 Debra Dunn, Hole 14 Ann



Rogers, Hole 16 (2nd shot) Abby Driver, Hole 14 (Div 3 2nd shot)

Jan Jennings  
Winner President's Trophy – Lyn Ball

24/10/23 – Single Stableford  
A Grade Winner: Robyn Harper 39, 2nd Myra Thomsen 38, 3rd Abby Driver 37 cb

B Grade Winner: Lyn Beaven 40, 2nd Suzanne Peet 39, 3rd Jenny Williams 38 cb

C Grade Winner: Di Croft 41 cb, 2nd Jude Dorhauer 41, 3rd Jody Bedson 37 cb

NTP's: Hole 4 Vivi Lloyd, Hole 7 Lyn Ball, Hole 14 Christine Pronk, Hole 16 (2nd shot) Myra Thomsen, Hole 14 (Div 3 2nd shot) Jude Dorhauer

### MORETON BRIBIE BRIDGE CLUB

Sat 14 Oct: N/S 1 D Quinan & F Barkwith 2 H Tyler & L Heap 3 R Cowley & Y Nakamura

E/W 1C & S Wagg 2 R Webb & L McLaren 3 B Fuller & P Breene

Wed 18 Oct N/S 1 S & G Barnulf 2 K Cohen & J Hays 2 J Kinross & J Reiter

E/W 1 R Deacon & N Denvir 2 F & G Pollard 3 S Burton & J Lawson  
Sat 21 Oct N/S J Easey & J Borowski 2 R Webb & L McLaren 3 D Quinan & F Barkwith

E/W B Fuller & P Breene 2 M Hardy & P Tipping 3 R Cowley & Y Nakamura

Wed 25 Oct Restricted Pairs: N/S G & S Barnulf  
E/W K Cohen & J Hays

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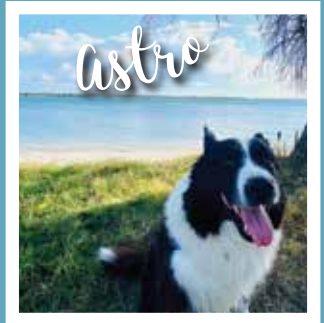
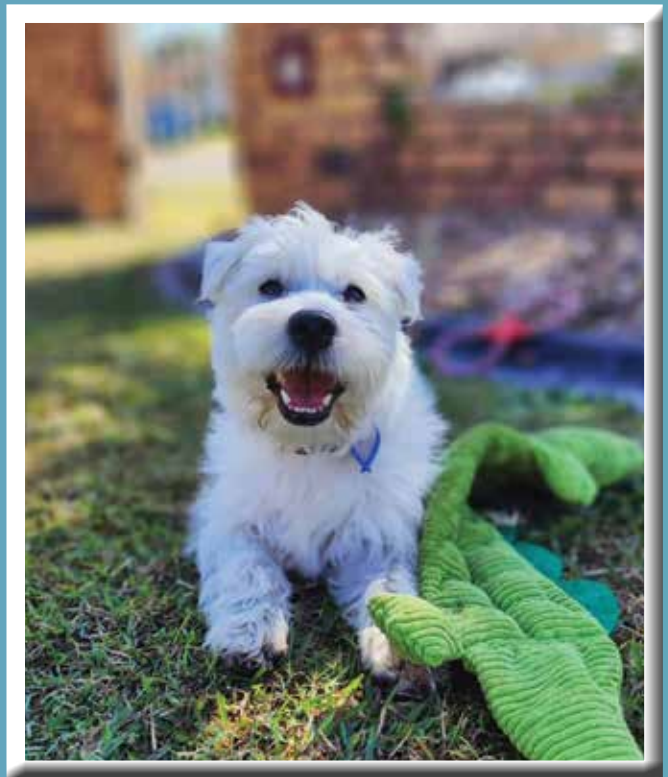
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Bruno



Ollie



Astro



Ernie



Dougie



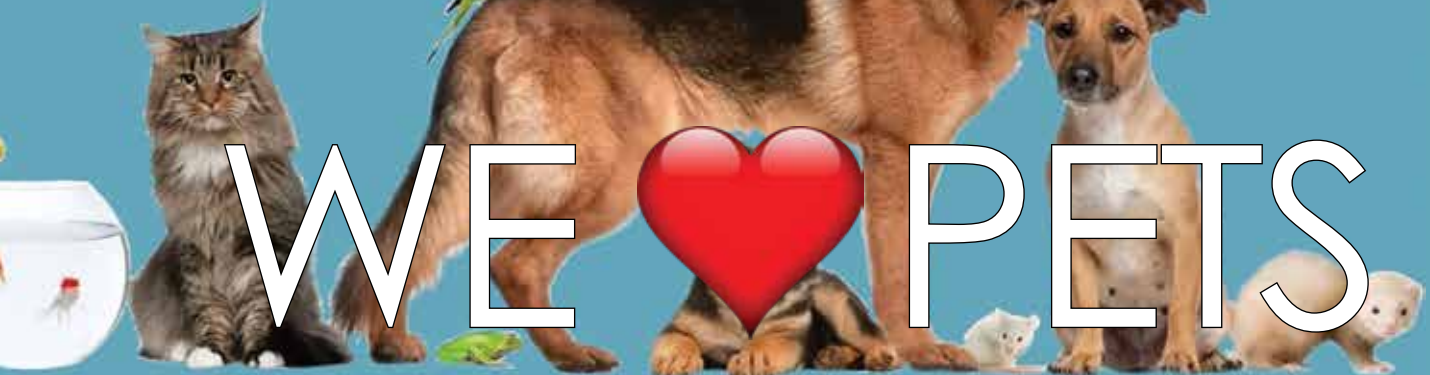
Coco & Sasha



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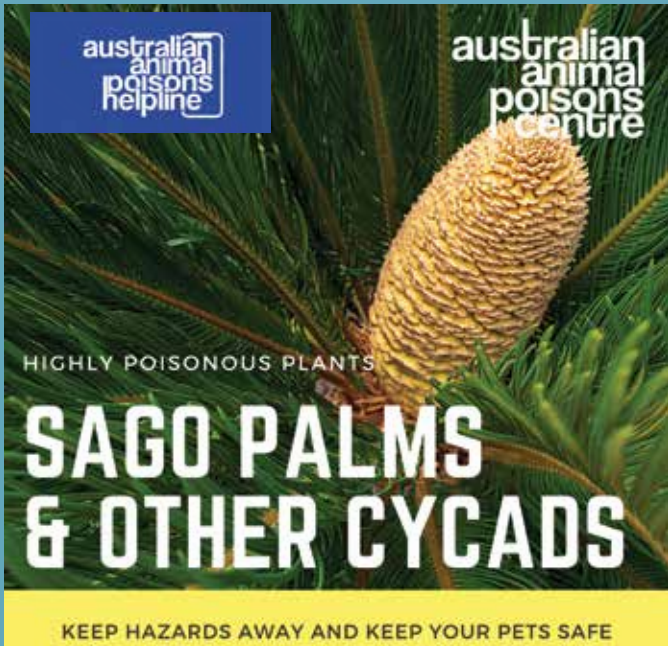


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WE ♥ PETS





### SAGO PALMS & OTHER CYCADS

Did you know that Sago palms and other cycads are highly toxic to dogs? Many dog owners with cycads growing in their gardens are unaware until it is too late. The Animal Poisons Centre has recently been

involved in the management of several unfortunate cases of Sago palm poisoning. We believe this post serves as a timely reminder that the most effective treatment is prevention.

Cycads contain a toxin called cycasin, which is broken down

by bacteria in the gastrointestinal tract to methylazoxymethanol (MAM for short!). MAM is responsible for most of the toxic effects seen in cycad poisonings.

Ingestion of any part of the plant can result in poisoning. The seeds are particularly toxic, and ingestion of even small quantities can result in severe poisoning or death. Signs of poisoning include abdominal pain, vomiting, diarrhoea, drowsiness, weakness, coma, seizures, and liver failure.

Whilst there is no specific antidote for cycad poisoning, seeking urgent veterinary assessment can be lifesaving. Timely veterinary assessment will allow your veterinarian to consider therapies that reduce toxin absorption from the gastrointestinal tract. Supportive therapies such as intravenous fluids, stomach protectants, liver protectants and anti-seizure medications may be required.

If you are a dog owner and have a Sago Palm or any other cycads growing in your garden, consider removing or restricting access to the plant.

**Calling the Animal Poisons Helpline:**

• When you call the Animal Poisons Helpline, they may ask for the following information:

- Your pet's name and weight
- Details about the poison(s) they have been exposed to, such as the product name and the amount (try to have the bottle/packaging in front of you when you call)

- How they have been exposed (ingestion, skin exposure, eye exposure, etc.)

- The time since exposure

- If the animal has any symptoms

- If the animal has any previous medical conditions

- Any treatment that has already been performed

- The Animal Poisons Helpline will conduct a risk assessment on your pet's exposure and provide treatment recommendations or referral advice if necessary.

**If your pet has eaten something they should not have, you can call the Animal Poisons Centre on 1300 869 738 (AU)**

## SEPARATION ANXIETY - Part 2

In the last few articles I started to write what is Separation Anxiety and explained what is stress and anxiety. I hope everyone has a better understanding and realise anxiety issues are not dogs being naughty and they're not there to cause angst to neighbours nor are there any easy fixes or quick remedies.

In this article I'll explain how to prevent it but again it may not work on every dog because the reasons for their anxieties are varied.

It starts with puppies. When bringing a puppy home it is a great idea to establish a safe zone and if possible incorporate a crate. This can be done in a small room or even setting up a playpen with the crate inside it. Whilst home leave your puppy in this area with chew toys and/or bones to chew on. He should start to be comfortable with this. Then after a few days, leave your puppy in this area and go out, even just for a short while. This is one of the reasons, first lessons in my puppy classes no pups attend.

In many cases this is the first time people have left them at home alone.

Establish a routine when you are going out. It might look like this – play soft, calming music before getting ready. Make sure the pup has things to keep him occupied eg chew toys. Just as you are leaving throw treats eg his kibble towards him and then go. This is called scatter feeding and hopefully he'll be busy sniffing for them that he won't noticed you have gone. Coming home throw treats towards him as this will take his focus away from you and won't get over excited. Some pups are so excited that they urinate and it will also prevent from jumping all over you.

One very important thing to not do and that is making a fuss before you leave or when you return. Only give him attention when he is calm.

*Happy Training  
Yvonne*

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# Interesting Seating Ideas for YOUR HOME

Your home reflects your personality, style, and comfort. When designing your living space, seating is one of the key elements to consider. The correct seating can enhance your home's aesthetics and enhance your space's overall comfort and functionality. From classic choices like sofas and chairs to more unconventional options like bean bags, here are some exciting seating ideas for your home that can transform your space into a cozy and inviting haven.



## bean bags

Bean bags are a versatile and fun seating option that can be placed in almost any room in your home. They come in various sizes, colours, and materials, making finding the perfect one to match your decor easy. Bean bag chairs

are comfortable and incredibly adaptable, as they can be easily moved around to create flexible seating arrangements. Whether it's a movie night with friends, a gaming session, or simply a spot to read your favourite book, bean bags offer a relaxed and informal seating experience.

## window seats

Consider adding a window seat if you have a bay window or a nook with a view. This charming and cozy seating option allows you to make the most of natural



light and serves as a peaceful spot for relaxation. You can customise your window seat with soft cushions, throw pillows, and even built-in storage to maximise functionality.



## sectional sofas

Sectional sofas are a fantastic choice for those who love to entertain. They come in various configurations, allowing you to create a seating arrangement that suits your room's layout. These sofas are perfect for large families or social gatherings, providing ample seating for everyone. You can also find sectional sofas with built-in storage and reclining options, making them stylish and practical.

## swing chairs

Swing chairs are a playful and eye-catching addition to any room. Whether hung from the ceiling or on a sturdy stand, they provide a unique and enjoyable seating experience. Swing chairs are perfect for reading, daydreaming, or adding whimsy to your home decor.



## hammocks

Hammocks are not limited to outdoor use. You can bring a touch of paradise into your home by installing a hammock in your living room or bedroom. This unique seating option adds a laid-back, bohemian vibe to your space. Whether you use it for a nap or simply as a spot to unwind, a hammock is a creative and intriguing seating idea that will capture the attention of your guests.



## chaise lounges

Chaise lounges blend elegance and comfort. These elongated chairs provide a perfect place for relaxation and are often used in bedrooms, living rooms, or home offices. They come in various styles, from classic to modern, so you can find one that complements your decor seamlessly.



## floor cushions and poufs

Consider incorporating floor cushions and poufs into your living area for a more informal and relaxed atmosphere.

These low seating options are comfortable and great for creating a cozy, intimate setting. They are perfect for impromptu gatherings and can be easily stacked or stored when not in use. Plus, they come in various designs and fabrics to match your decor.

**In conclusion, there is no shortage of exciting and unique seating options for your home.**

**From the classic comfort of sofas and chairs to more unconventional options like bean bags, hammocks, and swing chairs, you can mix and match to create a space that reflects your personality and provides comfort for you and your guests. Ultimately, the key is choosing seating that looks good and feels suitable for your lifestyle and needs, turning your home into a welcoming sanctuary.**



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# Council Offers OWN Land To Alleviate Housing Crisis

**City of Moreton Bay's commitment to offer council-owned land to community housing and specialist homelessness providers reached a significant milestone today.**

Parcels of Council land, one in Morayfield and another two in Caboolture have been identified for potential activation as social, affordable and/or crisis housing.

The vacant land at 33 Oakey Flat Road, Morayfield and 72 and 74 Cox Street, Caboolture, will be subject to planning scheme requirements with an expression of interest due to be released before the end of the year.

Mayor Peter Flannery said this initial land offering would deliver a peppercorn lease, under a 50-year exclusive use arrangement, to registered not-for-profit community



housing providers or specialist homelessness services to develop the sites.

"It's the first time we've done anything like this, and while providing social, affordable, and crisis housing may not be within Council's usual remit, we are the ones being left to deal with the resulting regulatory issues and at times public safety and amenity concerns.

"The situation is dire, and the stark reality of homelessness these days is it could be anyone from parents with young children, grandmothers or even professionals.

"I've seen it with my own eyes as I've travelled around the city, and it often takes just one little thing to push people out of a home and onto the streets, so it really is something that could happen to any of us, our families, or friends.

"That's why, in July, we announced that we would audit our current land holdings to determine if there were any locations that could work for the purpose of community housing.

"Changing City of Moreton Bay's Community Leasing Policy means we can lease council-owned land, which is

not needed right now, for the purpose of community housing that can put a roof over the heads of locals doing it tough.

"We're hoping this opportunity will see specialist providers interested enough to work with us to develop, maintain and manage these sites for the specific purpose of crisis, social or affordable housing.

"I'm proud of our Council, who have taken a daring step and are thinking outside the box to make a tangible difference to residents, but we'll just need to wait and see if there are any organisations out there that would be interested in being part of this initiative.

"Statistically speaking, Moreton Bay faces an unprecedented acceleration in homelessness compared to our neighbours, and I've seen it myself since I have lived here.

"Our commitment to lease unused Council land is alongside other landmark initiatives, including our announcement in August 2022 to waive development fees and infrastructure charges in fifteen suburbs for affordable and social housing."

Cr Adam Hain (Div 3) said the social housing system had not

kept pace with the pressure that's being put on it, and that pressure was increasing locally.

"I've seen the awful impact homelessness has had on residents in my area, and it is something that, as community leaders, we should all be working on together to make a difference.

"The City of Moreton Bay hopes that providers and current residents will get behind our bold and proactive plan to alleviate the issue of homelessness in our area."

Local volunteer group and homelessness support provider, Caboolture Community Action, applauded Council's commitment in this space.

"Recently, we have seen a substantial increase in the need for more support services, including food relief, housing assistance and referrals," President Sharin Geeves said.

"Any extra initiatives that help residents in need are very welcome, and I hope that community and housing providers get behind this opportunity."



# BUSHFIRE SEASON

**BUSHFIRES ARE ALREADY PUTTING SOUTHEAST QUEENSLAND UNDER THE PUMP THIS SUMMER, WITH WORRYING CLIMATIC CONDITIONS FORECAST.**

## KEY FACTS

Every year in Australia, hot weather and heat waves cause illness, hospitalisations and sometimes death. The best way to prevent heat-related illness is to drink plenty of water and stay cool.

Heat-related illnesses include dehydration, heat cramps, heat exhaustion, heat stroke and worsening of existing medical conditions. It is essential to be aware of the signs and symptoms of heat-related illness to recognise and treat affected people quickly.

## WHAT IS A HEATWAVE?

Heatwaves are times of extreme heat when the minimum and maximum temperatures are hotter than usual for three or more consecutive days.

Who is most at risk from hot weather? While most people find extremely hot weather and heat waves uncomfortable, some people have a higher risk than others of becoming ill.

## THESE INCLUDE:

- adults aged over 75 years, babies and young children
- people with long-term health conditions, for example, heart or lung disease or diabetes
- people living with overweight or obesity
- people taking certain medicines
- socially isolated people
- people who work outdoors or in hot and poorly ventilated areas
- people who are not accustomed to the heat, for example, overseas visitors

## HOW CAN I STAY WELL DURING HOT WEATHER?

Drink plenty of water. The best ways to avoid heat-related illness is to:

- Drink water, even if you don't feel thirsty, because this can prevent you from becoming dehydrated.
- Avoid alcoholic, hot, or sugary drinks (including tea and coffee) because these can make dehydration worse.

- If you go outside, carry a bottle of water with you.
- The colour of your urine can help you know if you are drinking enough water to prevent being dehydrated. Use this urine colour chart to check how hydrated you are.
- Keep your body cool
- Keeping as cool as possible can also help you prevent heat-related illness. Some ways to do this include.
- Stay out of the sun.
- Drink cold drinks and eat cold meals, such as salads and fruit.
- Wear light-coloured and loose-fitting clothes made from natural fibres such as cotton.
- Take cool showers or baths.
- Apply sunscreen and wear a hat, if you must go outside.
- Plan your day around the heat — avoid being outdoors between 11am and 5pm.
- Minimise physical activity.
- Keep your house cool
- Shut curtains and blinds during the day.
- Go to a cool place such as a library, shopping centre, cinema or swimming pool, if you do not have air conditioning.
- Stay in the coolest room in the house.
- Use the stove and oven as little as possible.
- Take care of others
- Visit or call elderly friends, neighbours or relatives at least once a day.
- Check they have water in the fridge and encourage them to drink.
- Help them go to a shopping centre, library or cinema with air conditioning.

- Remind children to drink water.
- Never leave babies, children or animals alone in a car, even if the air conditioner is on.
- Ensure animals have water and plenty of shade if they are outside.

## PLAN AHEAD

Check the weather forecast and know who to call if you need help.

Ask your doctor if you have any health conditions that mean you are at greater risk of heat-related illness and what you need to do about them to keep well in the heat.

If you are unwell, contact your doctor or go to the nearest hospital emergency department.



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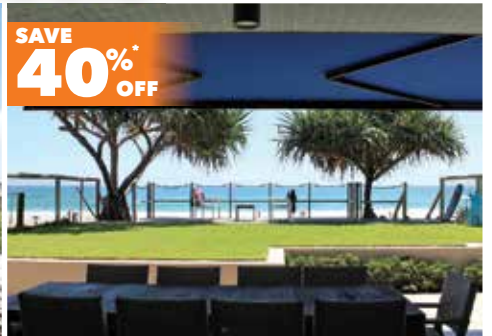
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# Things to Consider Before Resurfacing a Pool

## Why Resurface Your Pool?

First things first, why should you consider pool resurfacing? Over time, pools can develop wear and tear, leading to cracks, stains, and a rough texture. Resurfacing restores your pool's aesthetic appeal and ensures its structural integrity. It's like giving your pool a fresh start.

## BUDGET WISELY

Let's start with the big one – the budget. Your wallet might not enjoy this part, but it's crucial. Pool resurfacing costs can vary widely based on factors like the size of your pool, the materials you choose, and the extent of repairs needed. Allocate a budget that allows for quality materials and professional craftsmanship.

## Choose the Right Material

Speaking of materials, this decision can significantly impact the longevity and aesthetics of your pool. The most common pool resurfacing options include plaster, pebble, quartz, and glass tiles. Each has its unique pros and cons.

For that luxurious resort feel, consider pebble or glass tiles. They not only look stunning but also withstand the sun like a champ.

## Timing Is Everything

If you live in a state where the summers are sizzling, timing your pool resurfacing is essential. Ideally, aim for the milder months when pool usage is lower. This ensures your pool is ready to shine when the hot summer rolls around. In other states, consider the climate and plan accordingly.

## Assess Structural Issues

Before you dive into resurfacing, take a good look at your pool's structure. Are there any cracks, leaks, or other problems? Fixing these issues before resurfacing is crucial, as they can worsen over time and affect the new surface. In places where the high-water table can be challenging, ensuring your pool's structural integrity is even more vital.

## Explore Design Options

Your pool's aesthetics matter just as much as its functionality.

Think about the overall look you want to achieve. Do you prefer a classic, serene vibe, or are you aiming for a vibrant, tropical paradise? Your choice of materials, colours, and design elements will play a significant role in achieving your desired aesthetic.

## Think About Safety

Safety should always be a priority, especially if little ones are splashing around. Consider adding slip-resistant features to your pool's surface. This is important no matter where you live because safety is universal.

## Research Professionals

Now, let's talk about the people who will turn your pool dreams into reality – the pros. Research and choose a reputable company with a track record of quality work. Make your search specific, like the best Pinecrest, FL pool resurfacing company and similar. Check reviews, ask for recommendations, and don't hesitate to ask for references. A skilled professional can make all the difference.

## Maintenance Matters

The work isn't over once your pool is resurfaced and looking fabulous. Regular maintenance is crucial to keep it in top shape. This includes proper cleaning, water chemistry checks, and winterisation.

## Permits and Regulations

Last but not least, consider local permits and regulations. There are often specific pool construction and renovation requirements to ensure safety and compliance with local laws. Check with your local authorities and obtain any necessary permits before starting your project.

## Enjoy Long-Term Benefits

Resurfacing your pool is a wise investment. It not only enhances the beauty of your outdoor space but also extends the life of your pool. With a well-thought-out budget, suitable materials, and professional expertise, you'll soon be splashing in a revitalised. Happy swimming!



**IF YOU'RE READING THIS, FELLOW POOL ENTHUSIASTS, CHANCES ARE YOU'RE CONTEMPLATING GIVING YOUR POOL A FACELIFT - AND WE'RE HERE TO HELP YOU MAKE A SPLASH (PUN INTENDED). IN THIS ARTICLE, WE'LL DIVE DEEP INTO WHAT YOU NEED TO CONSIDER BEFORE PLUNGING INTO POOL RESURFACING.**

# Summertime Garden Joy

Peter Schinkel



**R**ecently, a customer told me that their partner is happy for them to buy as many plants as they can hide. That was my first laugh of the day. The second was when they added, "Who can tell if a plant was bought or if it was a seed blown in on the wind?"

They then assured me that honesty is always the best policy, so, without needing to hide anything, here's some of the 101 reasons why it's good to buy plants even when Summer is approaching.

There are some wonderful plants to buy right now. As the heat advances, many will thrive because they're planted this time of year. The theory is that watering plants when it's going to be hot creates a flourishing tropical environment, resulting in much growth.

I'll start with an old- and all-time favourite – the mandevilla (pictured here – one red, one yellow). If you don't want a creeper, there's plenty of bushy varieties. A great thing about mandevillas is that you can go away for months or more and return to see them still flowering. Plus, most flower all year-round in a variety of colours including various pinks, apricots and white.

Next – a whole range of succulents, many of which flower in winter. They will also thrive in your absence. Pictured here is an array of varieties growing together. These ones aren't in flower yet still look stunning when arranged this way. Other good news about succulents is there are hundreds of varieties to choose from. Some favourites include Burro's Trail and the similar String of Pearls (both great in hanging baskets),

Aloe Vera (many medicinal properties), Foxtail Agave (large, making a great backdrop behind smaller succulents), Echeveria (many are lighter green/grey, adding contrast), and various Jades (often called Money Trees – very auspicious according to Feng Shui philosophy, attracting health and wealth into the home).

The other best succulents are the ones you love the look of. The succulent areas of your garden are yours to create. Happy buying and planting!

On a larger scale, for the back of your garden – natives are totally suitable. They're used to growing in a variety of conditions (hot, dry or wet). Just put them in the ground and watch them grow. Pictured here is a pink-flowering *Melicope rubra* (thanks for the photo, Roz and Bill on Bribie Island). It grows tall, but there are hundreds of natives that grow to only one or two metres.

Regarding all the plants mentioned here today – while they may thrive on neglect, be sure to water them every few days or so while they're settling into their new position, building their root systems. Once established, they'll bring delight for many years to come. A little fertiliser (while often not necessary) never goes astray – check fertilisers especially suited to succulents, natives, etc. Either way, you'll be enjoying a beautiful, abundant garden.

Thanks everyone for reading and I'll see you in Issue 205 on 1st December for a special on Christmassy plants. Happy gardening.

# HOW TO BUILD a Terrace Garden at HOME

## Who doesn't like greenery?

Everyone likes to drink tea while sitting in a green flower garden. Due to the lack of space in the cities, a garden is like a dream. But if you like greenery, you can make your terrace a garden. Let's know the right way to convert your terrace into a garden.

## Follow these tips for terrace gardening!

Sitting in greenery with the scent of flowers is a very relaxing moment. It's even better in the monsoons with the smell of rain. If you like soothing fragrances, you can also contact fragrance wholesale suppliers to buy fragrant oils. You can use them in candles and place them in your garden decor.

Terrace gardening is growing popular in big cities as everyone likes to have their own spot of relaxation. And what's better than a spot between plants? Let's understand how to create your own garden spot in less space.

## Tips For Terrace Gardening Starting Terrace Garden

Plants carry a lot of weight, so make sure your building can sustain the extra weight. Check your roof slab's waterproofing and ensure it's in good shape. It would be better to get waterproofing done again to avoid leakages in the future. There are two different ways to build a terrace garden: either you can cover the entire surface with soil to create a lawn or plant the seeds in pots of soil.

## Plan the Layout of the Terrace Garden

After examining the roof slabs, plan the layout of your roof garden. Properly plan the space for placing different pots and for recreational activities. Because terrace gardens take up less space than a typical garden, effective use of available space is essential. Check areas that receive shade and maximum sunlight for

most of the day.

## Choose Plants for Your Terrace Garden

This is a very interesting step to make a terrace garden. There are a variety of plants, but fibre-rooted plants are recommended, as deep-rooted plants have more soil depth, which makes them weigh more.

Choose plants according to the shade of the sun on your roof. Weaker plants require less sunlight and should be placed in shady areas. In contrast, plants that require a lot of sunlight should be placed in areas without shade. You can get the required plants from the nursery seeds, or you can order them online as well.

## Choose the right soil and pot for sowing the seeds

By choosing the soil according to the plants different types of soil should be filled in the pots according to the different plants you have chosen. If you are covering the entire surface of the roof, the soil should be such that all the plants you choose can grow in it.

## Pots or plant containers are important for terrace gardens.

As per your requirement, you can use clay or cement pots. You can also buy raised beds for terrace gardens, an alternative to the beds used in a normal garden. The main advantage of raised beds is that they are wider than weeds. Therefore, they are most suitable for growing vegetables. Trellis can be brought for the vines, which are also useful in vertical gardening. You can also hang some small flowering plants to decorate the terrace garden.

Now that you have purchased all the necessary plants and pots, you can collect them and start gardening. Plant the seeds in pots or on the lawn, and water them regularly. Apart from this, you can decorate your garden with any furniture to enjoy its calm atmosphere.

## Benefits of having a Terrace Garden

With these easy steps, you can create your own terrace garden. Start with fewer plants, then increase the number according to your needs. There are many professional services available to help you create a terrace garden. The terrace garden requires proper upkeep and care. You must water the plants regularly and protect them from pests and insects. Anxiety and stress are relieved, and you feel happier and more connected to nature. Gardens allow for the intake of fresh air and aid in the maintenance of one's health.

Terrace gardens absorb CO<sub>2</sub> and help cool the environment surrounding your home. You and your family,

particularly children, can use the yard space in your leisure time.

It adds value to your home while also beautifying it. You may acquire fresh, flavourful, and organic vegetables if you cultivate your own vegetables, which are more nutritious and healthier because they are free of chemicals and pesticides. With these easy steps, you can create your own terrace garden. Start with fewer plants, then increase the number according to your needs. There are many professional services available to help you create a terrace garden. The terrace garden requires proper upkeep and care. You must water the plants regularly and protect them from pests and insects.

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# Storm Season

## AUSTRALIANS UNPREPARED FOR HAILSTORM SEASON DESPITE GROWING CONCERN FOR WILD WEATHER EVENTS

New research has uncovered Australians are increasingly worried about the impacts that natural disasters and extreme weather events may have on them and their homes, with data showing that 71 per cent of respondents are feeling somewhat, too very concerned.

Of those surveyed, 36% also said they were more concerned than 18 months ago. However, Australians remain largely unprepared, despite the hailstorm season, which typically spans from October through to January.

According to the research, more than half (59 per cent) of Australian homeowners have admitted their properties are only 'somewhat' prepared for

natural disasters like hail, and two in three people don't have a plan at all.

This is despite 53 per cent of respondents who have lodged an insurance claim, naming hail as the reason behind their property or vehicle damage – more than flood, bushfire and storm combined (48 per cent).

Arron Mann, General Manager, Claims, QBE Australia Pacific, said that with spring and early summer being hail season, it is essential people prepare as best they can.

“With the increased threat of hail approaching, it's wise home and vehicle owners get proactive and take measures to prepare better and protect their assets. Simple things like setting up weather alerts or getting your car to an undercover carpark before hail strikes can help protect your vehicle from damage.”

With the impacts of natural disasters like hailstorms being so significant, it is also important for Australians to consider insurance. In May 2023, a hailstorm in Newcastle saw just over 7,500 claims lodged industry-wide within 72 hours – and approximately 6,000 claims involving damage to motor vehicles. Ac-

cording to Insurance Council of Australia data, the cost of claims incurred was \$238 million.

QBE Insurance claims data also showed that over 3,000 hailstorm-related claims have already been lodged this year, with a total claims value of over \$70 million and an average cost of \$21,000 per policy. In 2022, 43 per cent of hailstorm-related claims for that year were made in January and October through December.

Of those surveyed, 29 per cent also said they have had property damaged by natural disasters or extreme weather, with 37 per cent caused by hailstorms.

Some key steps to help you prepare for extreme weather events and natural disasters like hailstorms include:

- Monitor the local weather: If you know what is coming your way, you may be able to reduce potential damage.
- Put safety first while driving: If you're driving when a hailstorm starts, pull over to the side of the road when it is safe to do so to avoid collision. Heavy rain can create dangerous driving conditions, even if there is no hail, reducing visibility and tyre traction. The

safety of you and your family is most important.

- Prepare your home: If you are in an area that's prone to flooding, lift things up off the floor if possible. Put away any loose items that can be thrown around in a storm. Perform routine roof maintenance, keep drains and downpipes clear of natural debris to prevent clogging and consider safety screens to protect any skylights.
- Prepare your car: Where possible, keep your vehicles under cover. If you have a fleet of vehicles for your business and don't have permanent undercover parking, create a contingency plan.
- Consider insurance and review your insurance coverage on your home, contents, and vehicle policies to ensure it is correct and adequate. Check your home is insured to cover rebuild costs, considering increasing construction costs and building standards to avoid underinsurance.
- Have an emergency plan in place. A home maintenance plan can protect your home – especially if you live in an extreme weather-prone area.

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# 5 Things to KEEP IN MIND About BOOSTING Home RESALE VALUE

Enhance the initial impression of your home by investing in exterior upgrades. Choose contractors who install high-quality materials like James Hardie siding in Denver or wherever you may be. These options offer durable defence against the local climate and improve your house's overall appearance. Combine this with strategic landscaping, a fresh coat of paint, and well-maintained pathways to create an inviting entryway for potential buyers, setting a positive tone for their visit. A visually appealing exterior encourages further exploration, making a lasting impact on their perception of the property. Additionally, a well-maintained exterior showcases your home's dedication to quality and upkeep.

## CURB APPEAL

### ENHANCING THE FIRST IMPRESSION

Exploring strategies to enhance your home's resale value? Whether you're preparing to sell shortly or simply investing in the longevity of your property, maximising its appeal and worth is a prudent approach. By strategically focusing on key aspects, you can significantly elevate your home's perceived and actual value in the real estate market. From curb appeal to technological integration, this guide sheds light on five essential considerations to help you make informed decisions and achieve a higher resale value for your home.



## KITCHEN RENOVATIONS

### THE HEART OF THE HOME

Kitchen Renovations: Revitalise the central space of your residence with well-planned kitchen renovations. Focus on modernising fixtures, optimising countertop space, and ensuring an efficient layout to align with contemporary design trends. Buyers often prioritise a functional and aesthetically pleasing kitchen, making this upgrade a key investment. Consider integrating ample storage solutions to enhance organisation and reduce clutter, catering to the needs of potential homeowners. Thoughtfully chosen lighting fixtures can further accentuate the ambience, adding to the kitchen's overall appeal. Additionally, incorporating sustainable and energy-efficient appliances aligns with the modern buyer's interest in eco-friendly living spaces.

## BATHROOM UPGRADE

### ENHANCING FUNCTIONALITY AND AESTHETICS

Elevate the appeal and functionality of your bathrooms through strategic upgrades. Consider modernising fixtures and introducing efficient storage options to enhance the usability of the space. Lighting is crucial in creating a pleasant atmosphere; opt for fixtures that provide ample illumination and complement the overall design. Refinishing or upgrading bathroom tiles can also transform the aesthetic, giving the space a fresh and contemporary look. Thoughtful consideration of colour schemes and textures can further contribute to a visually pleasing bathroom environment, appealing to potential buyers. Furthermore, incorporating eco-friendly elements like low-flow fixtures demonstrates your commitment to sustainable living, appealing to environmentally conscious buyers.

## ENERGY EFFICIENCY

### COST-SAVING AND ENVIRONMENTALLY FRIENDLY SOLUTIONS

Enhance your home's sustainability by investing in energy-efficient upgrades, providing long-term cost savings, and reducing environmental impact. Begin with proper insulation to regulate indoor temperatures, optimising heating and cooling systems. Installing double-paned windows and energy-efficient doors minimises energy loss, contributing to a more sustainable household. To harness renewable energy and cut electricity costs while lessening your carbon footprint, think about installing solar panels. Energy-efficient appliances and lighting further add to the overall cost-saving measures, appealing to buyers seeking eco-friendly and economical solutions. Moreover, these upgrades can position your home as an environmentally conscious choice in today's real estate market.

## SMART HOME INTEGRATION

### MODERN CONVENIENCE AND CONNECTIVITY

Integrate smart home technology to align with the demands of contemporary living, enhancing convenience and connectivity within your home. Employ automated lighting systems that adapt to your routines and preferences, saving energy while providing a seamless experience. Smart thermostats optimise heating and cooling, ensuring comfort while reducing utility costs. Incorporate advanced security systems, allowing remote monitoring and control for enhanced safety. Connectivity features such as smart speakers and virtual assistants provide streamlined access to information and entertainment, appealing to buyers seeking a technologically advanced living environment. Additionally, investing in smart home upgrades can position your home as a forward-thinking and modern residence, appealing to tech-savvy buyers.

**CONCLUSION** - You can make substantial improvements by focusing on curb appeal, kitchen and bathroom renovations, energy efficiency, and smart home integration. Implementing these upgrades not only adds value to your property but also aligns it with the preferences of prospective buyers. A well-maintained, modernised home is a testament to its value, attracting potential buyers and potentially maximising your return on investment when the time for resale comes.



# VMR

## BRIBIE ISLAND



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### MRQ UNIFORMS AND EMBLEM

The designs for the new Marine Rescue Queensland (MRQ) uniforms and emblem have now been released. MRQ are now working on producing a uniform policy and a catalogue for ordering. We are looking forward to seeing them out on the water mid next year!



Wayne Robinson and Lloyd Clark aboard Bribie 1.



7m Yacht had flipped in the higher winds. Once upright we started pumping her out, but during that process we moved her to the shore at Kal Ma Kuta, then when sorted, towed her over to Sylvan Beach Boat ramp. Also did a quick parallel search to look for items that had come out of the yacht, ultimately only retrieving a bailing bucket.



7am Sunday morning 8th October 2023 the crew assisted a houseboat from Poverty Point to Spinnaker Sound Marina Skipper Graham did a great job in strong winds and a low tide to get the houseboat manoeuvred into its berth.



Members enjoy the sunset on the balcony.



Sheryl Traill enjoys some bubbles and the sunset.



Allan Davey and Karen Arthurs enjoy the balcony.



Peter McNamara - on the loose for the evening! With Gwen away for a girl's weekend.



Mike Pobar with his daughter.

### HAPPY HOUR

- Friday 13th October 2023  
 55 Members and partners attended the October Happy Hour. Basic nibbles were provided thanks to Kelly Langworthy and drinks at our usual great prices served by Pauline and Tim Amourous - thanks guys. Life Member, Committee Member, and Radio Officer Peter McNamara welcomed all to our October Happy Hour.

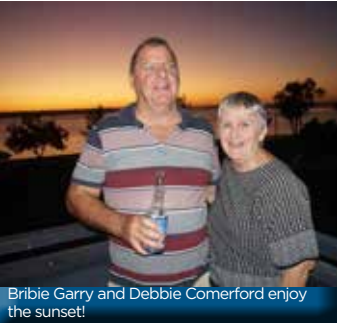




Jen Herbert, Paul and Lenore Coxhead, with Andrew Wilmot.



Kelly Langworthy and Sue Slater.



Bribie Garry and Debbie Comerford enjoy the sunset!



Kath Colville, and guests.



Mike Phillips, Mandy Luscombe, Peter Mathieson, and Margaret Phillips.



The crew are heading back from Moreton Island with a vessel under tow. Please keep a good look out on the bay, as you can see whales can pop up anywhere!



The crew are certainly busy today now just heading back from Cape Moreton towing a vessel with engine issues.



Sunday afternoon was "How to use a Marine Radio" course for the wonderful group pictured below from Bombara, The Pink Dragons and The Mahalo Outrigger club. Thanks to John Rice and Peter McNamara for organizing this very informative get together.

**WELL DONE KAREN**



A Big Day for Radio Trainee Karen Arthurs yesterday after completing her six months training program, Karen received her Radio Operators Epaulettes from Radio Officer Peter McNamara, Deputy Radio Officer John Rice and Deputy Radio Officer John O'Hagan. A big congratulation from all of the Radio Team. Don't forget to Log On as Karen might be there waiting to take your call.

**OCT VESSEL ASSISTS:**

FRI 13/10 1231PM – Tasked by Water Police to investigate flare sighting South of Bribie Bridge. Vessel stuck on sand bank, tow tinny and conveyed 3 POB to Spinnaker Sound Marina.  
 SAT 14/10 0739AM – 4.6m Tinny member lost all power in Ningi Creek, Required a tow to Bongaree Boat Ramp.  
 SUN 15/10 0848AM – 6.4m Bowrider non-member with motor issues, required a tow to Spinnaker Sound Marina.  
 SUN 15/10 1455PM – 5...8m Bowrider with motor issues, required

a tow from Bongaree Jetty back to Bongaree Boat Ramp.  
 WED 18/10 1448PM – OP reported a Paddle Boarder in trouble off South Esplanade, investigated and discovered a kayaker in 2m seas without lifejacket, escorted him to safety.  
 SAT 21/10 0945AM – 8m Full Cabin member with failed water pump. Required a tow from Salamander Banks to Spinnaker Sound Marina.  
 SAT 21/10 0948AM – 6m Runabout non-member with motor issues required a tow from Comboyuro Point to Spinnaker Sound Marina.  
 SAT 21/10 1440PM – 5.8m

Half Cabin non-member with no electrics, required a tow from White Patch to Spinnaker Sound Marina.  
 SAT 21/10 1501PM – 5.5m Runabout non-member with fuel problem, required a tow from North Moreton Island to  
 SAT 21/10 1514PM – 5.6m Half Cabin non-member out of fuel, required a tow to Spinnaker Sound Marina.  
 SAT 21/10 1602PM – Tender for moored vessel at White Patch will not start, owner required a lift ashore.

**SAFETY DAVE THE FRENCHIE'S MESSAGE:**

Safety Dave says "Check your safety gear, ensure your flares are in date and dry, that you have a fire extinguisher, torch, v-sheet, life jackets; and that they are easily accessible. We talk a lot about servicing inflatable Life Jackets but there are also the old faithful foam filled life Jackets that we see a lot of on vessels. A lot of the time these are stashed away in the boat they get wet and sun damaged and forgotten about, these need to be checked annually too. Check the life jacket for signs of:

- Sun Damage
- Fading
- Rips
- Check the buckle works
- Inspect straps for any deterioration
- If reflective strips are attached make sure they are clean and undamaged.

• Make sure the whistle works.

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



**"PLEASE WEAR YOUR LIFE JACKETS!"**

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

**2023 YEAR RADIO ROOM STATISTICS**

To Thursday 26th October 2023  
 13,013 Calls, 3,801 vessels logged on, 204 Vessel Assists, 1,306 Sitreps, 1,076 Requests, 55 overdue vessels, 18 Vessel Tracking, 1,370 Radio Checks, 7 Weather Broadcasts, 3 Securite Broadcasts, 1 Pan Pan 0 Mayday.  
 VHF 59.7%, 27MHz 4.7%, Phone 17.4%. GWN 1.9%

BY: ROBYN

Bribie Island Boat Charters

# FISHING REPORT

This would have to be one of my least favourite times of the year to write a fishing report. Typically, shoulder-season fishing has been the story over the past couple of weeks. There are fish out there, some of the catches we've seen are quite impressive, but there is no discernible pattern, no consistency to draw on for this report.

To make things more difficult (for fishing and for report-writing), those terrible winds have blown away most opportunities to get on or near the water to cast a line! There's been very little rain too - even with all that wind, the water is much clearer than usual for October.

The whiting at least hasn't minded the windy weather at all and is showing up in any of the creek mouths, from Coochin Creek right down to Ningi. Lots of sand whiting around the 30cm mark have been caught lately at Turner's Camp, just south of Ningi Creek. Some good bream there, too. The advantage of Turner's Camp is that it's sheltered from west-erlies, but you can also make your way around the corner, if you're lucky, to have a little shelter from a south-easterly. There's a great sandbank, which is always a handy spot to throw a lure, especially coming off a low tide.

John sent a photo recently, of a

tarpon he caught near Turner's Camp, on a windy day. I'd never seen one before - a good size, too, about 45cm. He said it was a "good battle", bringing it in. I read that tarpon are big fighters when they're on a line - John saw lots of acrobatics as it was being wound in. Although not all that common this far south, the younger ones like to inhabit estuaries. John didn't keep his tarpon, which is just as well - very bony, apparently - great sport but not great eating.

Logan and Killy had a better meal, with the 69cm flathead they found while hiding up in Ningi Creek from an ENE wind. Their bait was pilchards.

After all the wind, we had a short reprieve last Sunday, and the fishing was back on. The fish might have been hungry; a good assortment was brought in - lots of bream, especially. Carmen had a 29cm bream and a 50cm flathead, from Gallagher's Point. Everton Park Fishing Club had organised a comp day and some of their crew headed out. Amanda and Dave were a little disappointed with just two bream, but Darol had one bream, a sand whiting and a very nice snapper to add to his tally.

Richard has been taking advantage of the quiet start to most days, drifting along the drop-off between the first and second green markers south of the bridge. One of the flathead he caught was 81cm! Two others that went back in measured 76 and 77cm. Richard also tells me there's big snapper happening out at Cook's Rocks; you just have to be out there early enough to beat the wind, and your day's fishing is often over by 9 a.m.



Photo 1: Amanda, from Everton Park Fishing Club, with one of her bream.



Photo 2: The tarpon took a fair effort to bring in - quite a fighter and an unusual find.



Photo 3: This 81cm flathead went straight back in!

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# TIDE TIMES

## Bribie Island AND Moreton Bay

<b>FRI 3 Nov</b> 1:09 am 1.21m 6:45 am 0.47m 1:41 pm 1.81m 8:35 pm 0.55m	<b>SAT 4 Nov</b> 2:08 am 1.15m 7:41 am 0.56m 2:35 pm 1.71m 9:42 pm 0.57m	<b>SUN 5 Nov</b> 3:25 am 1.14m 8:47 am 0.65m 3:40 pm 1.63m 10:48 pm 0.57m	<b>MON 6 Nov</b> 4:52 am 1.18m 10:04 am 0.69m 4:51 pm 1.58m 11:48 pm 0.54m	<b>TUE 7 Nov</b> 6:03 am 1.27m 11:18 am 0.69m 5:54 pm 1.56m	<b>WED 8 Nov</b> 12:38 am 0.49m 6:56 am 1.38m 12:23 pm 0.65m 6:45 pm 1.57m	<b>THU 9 Nov</b> 1:16 am 0.44m 7:38 am 1.5m 1:15 pm 0.6m 7:24 pm 1.59m
<b>FRI 10 Nov</b> 1:46 am 0.37m 8:13 am 1.61m 1:59 pm 0.54m 7:58 pm 1.6m	<b>SAT 11 Nov</b> 2:13 am 0.31m 8:44 am 1.73m 2:37 pm 0.49m 8:30 pm 1.6m	<b>SUN 12 Nov</b> 2:39 am 0.25m 9:15 am 1.83m 3:15 pm 0.45m 9:03 pm 1.58m	<b>MON 13 Nov</b> 3:06 am 0.22m 9:46 am 1.91m 3:55 pm 0.44m 9:38 pm 1.54m	<b>TUE 14 Nov</b> 3:34 am 0.21m 10:20 am 1.96m 4:36 pm 0.44m 10:15 pm 1.47m	<b>WED 15 Nov</b> 4:04 am 0.24m 10:56 am 1.99m 5:21 pm 0.46m 10:56 pm 1.39m	<b>THU 16 Nov</b> 4:36 am 0.28m 11:34 am 1.98m 6:08 pm 0.48m 11:40 pm 1.31m



15-year-old Jackson caught a big 110-centimetre-long queenfish out the front of the Bribie Island passage on a double Snell hook rig with a 20-pound main line and a 60-pound leader using a pilchard.

Jackson said, "The fish was massive almost as big as me and put up an awesome fight! it was

flicking and jumping everywhere, then when we finally got it to the boat, we grabbed the net, and it was that big it wouldn't fit in the net! so we lifted it into the boat by the tail, then we took some quick pictures and released it."

**GREAT FISH JACKSON, THANKS FOR SHARING THIS WITH US!**



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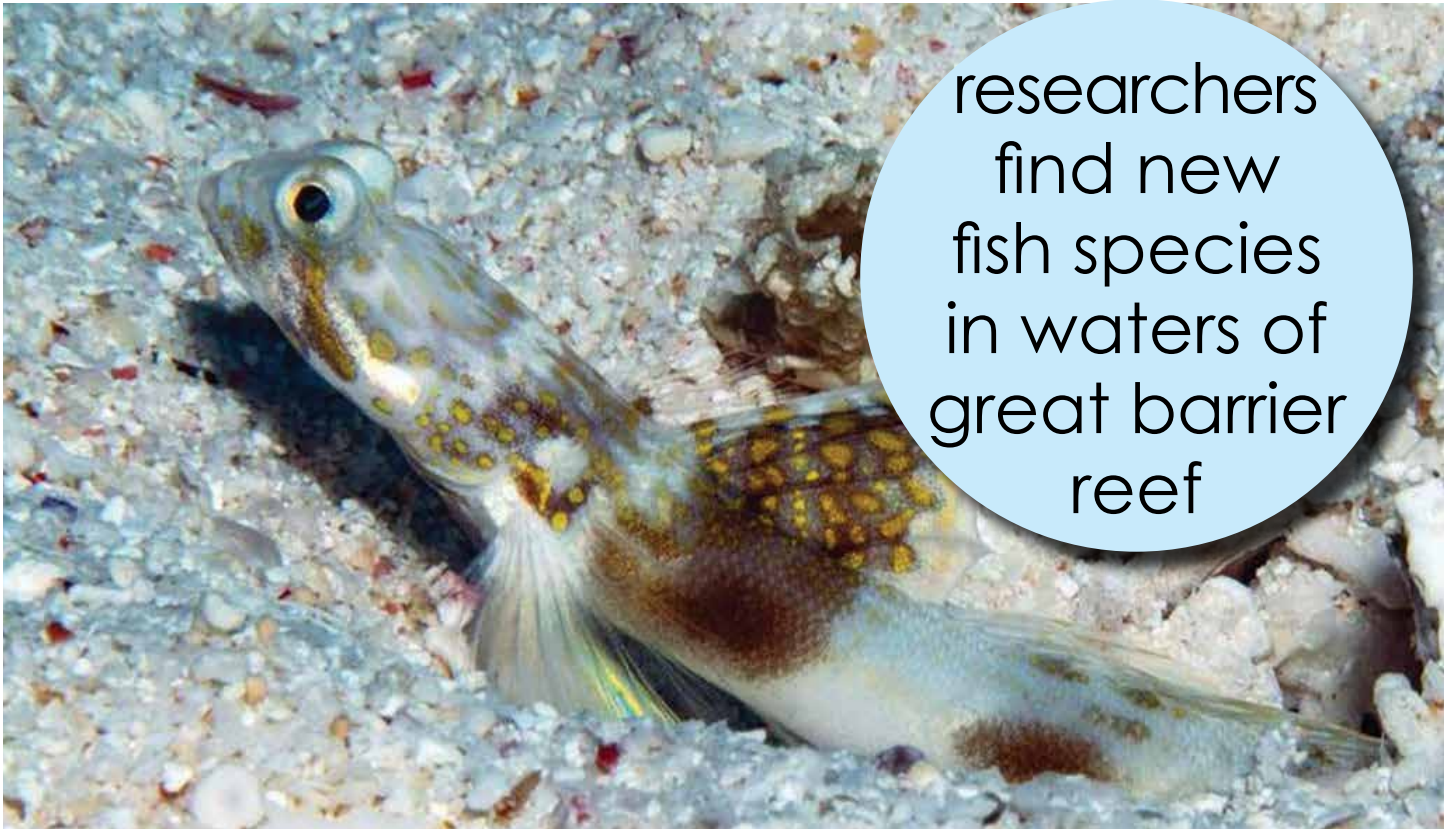
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researchers find new fish species in waters of great barrier reef

**A**t a time when marine life is disappearing from the world's oceans, researchers are celebrating the discovery of a new species of coral reef fish in the southern waters of the Great Barrier Reef.

Named the Lady Elliot Shrimp Goby, the previously unknown fish was found as part of a University of the Sunshine Coast-led project mapping the changing biodiversity on and around Lady Elliot Island, a tiny coral cay at the southern end of the Great Barrier Reef.

The research team is now tasked with the complicated process of confirming that up to seven other unidentified

marine creatures they found during their underwater surveys – including dwarf and pygmy gobies and damselfish – are also new to science.

“This is a significant, exciting discovery,” says marine biologist and co-author Dr Chris Dudgeon, one of the researchers working on the collaborative Leaf to Reef project, part of the Great Barrier Reef Foundation’s Reef Islands Initiative that aims to protect critical habitats in the world’s largest coral reef system.

The Lady Elliot Shrimp Goby (*Tomiyamichthys elliotensis*) is described in a paper released today in the Journal of the Ocean Science Foundation.

Small and white, with brown spots, yellow-orange bands and a large sail-like first dorsal fin, it was first sighted in a sand burrow that it shares with a pair of alpheid snapping shrimps.

“It’s been a while since a ‘never recorded anywhere before’ fish has been described from the Great Barrier Reef,” Dr Dudgeon said.

“While the Great Barrier Reef is a much-studied ecosystem, the last completely new species to be described was a grouper found in the deep sea in 2019, which is where most new discoveries come from. To find a new fish species in the shallows on a reef, in plain sight is unique.”

The scientists believe the Lady Elliot Shrimp Goby is likely to be present throughout the Capricorn-Bunker reefs and potentially widespread throughout the whole Great Barrier Reef.

#### **MORE NEW SPECIES TO BE UNCOVERED**

The researchers say the discovery generates more questions and speculation – including how many more new species are waiting to be uncovered.

Fish taxonomist and Vice President of Conservation International’s Asia-Pacific Marine Programs Dr Mark Erdmann, who also co-authored the paper, said

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most of the potentially new species uncovered at Lady Elliot Island were gobies – frequently overlooked by divers and marine scientists due to their small size and cryptic behaviours.

“Nonetheless, a close look at these fishes reveals a subtle beauty in their colour patterns which often rivals that of their more conspicuous cousins on the reef like butterflyfishes or parrotfishes,” Dr Erdmann said.

“I’m delighted that the biodiversity research being conducted as part of the Leaf to Reef project is highlighting these ‘cryptobenthic’ species like the gobies, which besides comprising a significant proportion of the reef fish biodiversity on the Great Barrier Reef, are also vitally important as a significant source of food to larger reef fishes including wrasses, groupers and emperors.”

Genetic comparisons can be an important part of the process when confirming discoveries as new species.

Lead author Dr Gerry Allen, who is considered one of Australia’s prominent fish zoologists (ichthyologist), said it was a

complicated and lengthy process and involved consultation with global experts, including Dr David Greenfield of the California Academy.

“The Lady Elliot Island collections contain several potential new species that are morphologically very similar to species from surrounding geographic regions,” he said. “This includes several tiny gobies belonging to the genus Eviota and at least one of these appears to be undescribed.”

There are currently over 100 recognised species of shrimp gobies in the Indo-West Pacific, who often live in the same burrow as shrimps, with the goby acting as lookout to warn the shrimp of predators. In return the shrimp builds and maintains the burrow.

Safeguarding the reef UniSC Marine Biologist Associate Professor Kathy Townsend says the potential new discoveries highlight the importance of the Leaf to Reef project that she leads.

“New species research is critical to identify ecosystems most in need of protection, so too is mapping how the island’s

biodiversity is changing due to species drift, allowing us to measure the impact of climate change and act to safeguard against it,” she said.

Since 2020, a team of scientists has been compiling a comprehensive baseline of all vertebrate species – birds, turtles, sharks, fish, reptiles and mammals – living on or around Lady Elliot Island. Studies include tagging sea turtles and tracking manta rays, along with bird counts that have uncovered the world’s oldest recorded red-tailed tropic bird and identified 14 new migrant species that can now be found on the island.

“We have fish and birds appearing in places they haven’t been found before which emphasises the important role that Lady Elliot Island plays as a wildlife refuge and a shelter for northern tropical species moving south to escape warming oceans,” said Dr Townsend.

“Another key part of our research is understanding connections within and between coral reef habitats and the species that live there – from microscopic algae all the way up the food chain to sharks and

manta rays – and how human actions may be impacting these.” Funding for the study was provided by the Reef Islands Initiative, a Great Barrier Reef Foundation program, supported by Lendlease, the Australian Government’s Reef Trust, the Queensland Government and the Fitzgerald Family Foundation. Lady Elliot Island Eco Resort also provided significant support throughout the study.

Great Barrier Reef Foundation Managing Director Anna Marsden says Lady Elliot Island is a critical habitat and refuge for over 1,200 species of marine life.

“We’re proud to have pioneered this important research through our Reef Islands Initiative which is establishing a network of climate change arks that will provide refuge for the Great Barrier Reef’s marine life,” she said.

“This exciting discovery of the Lady Elliot Shrimp Goby further highlights the importance of protecting the ecosystems that provide a safe home for our Reef’s amazing animals against the impacts of climate change.”



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# Useful Tips On How To Find A Good Mechanic

**F**inding a reliable and skilled mechanic is crucial to maintaining your vehicle's health and ensuring its longevity. The right mechanic can save time and money by providing quality service and preventing unnecessary repairs. However, with many options available, choosing the best mechanic for your needs can be daunting. If you're also having problems with this process, here are a few smart tips that will guide you in selecting a trustworthy mechanic who can handle your vehicle with expertise and integrity. Insist on open and honest communication. Transparent communication is essential in any professional relationship; the same applies to your mechanic. Ensure

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the mechanic is open and willing to explain the repairs or services needed for your vehicle. A good mechanic will take the time to discuss the issues, potential solutions, and associated costs clearly and understandably, empowering you to make informed decisions.

**Get some referrals** -One of the most effective ways to find a good mechanic is through referrals from family, friends, or colleagues. Personal recommendations often carry significant weight because they are based on real experiences. Ask people you trust about their interactions with their mechanics, the quality of service they received, and whether they would recommend the mechanic to others. Hearing about positive experiences can give you confidence in choosing a particular mechanic.

**Do your homework** -Research and due diligence are key elements in finding a reputable mechanic. Utilise online resources and review platforms to gather information about mechanics in your area. Check for customer reviews, testimonials, and ratings to gauge the satisfaction levels of previous clients. Look for recurring themes in the reviews, such as exceptional customer service, expertise in specific types of repairs, and fair pricing, to help you make an informed decision.

Look for certifications and credentials -Certifications and credentials are fundamental indicators of a mechanic's qualifications and expertise. Look for mechanics who are certified by reputable organisations or have undergone training from recognised institutions.

**See for yourself** - Visiting the shop in person can give you valuable insights into the mechanic's work environment and professionalism. Take note of the shop's cleanliness, organisation, and the types of equipment they use. An organised and well-maintained shop often reflects the attention to detail and care the mechanic puts into their work, indicating a higher likelihood of quality service.

**Stay loyal** - Establishing a long-term relationship with reliable car mechanic services can be beneficial for your vehicle's maintenance. Consider choosing a mechanic you feel comfortable with and who prioritises building a rapport with customers. A good mechanic will take the time to understand your vehicle's history, preferences, and any specific concerns you might have, tailoring their services accordingly. This way, you won't have to worry about problems you may have with your car in the future, and that's something we're all hoping for!

Check for prices in advance - Price is




a significant factor when choosing a mechanic but should not be the sole determining factor. While affordability is important, prioritise value for your money. Look for a mechanic who offers competitive service pricing while maintaining high-quality standards. Avoid choosing solely based on the cheapest option, as this might compromise the quality of repairs and ultimately cost you more in the long run.

**Trust your instincts and intuition** - Lastly, when choosing a mechanic, trust your instincts and intuition. If something doesn't feel right or you have reservations about a particular mechanic, exploring other options is okay. Your confidence in your mechanic's abilities and trust in their service are vital to a successful and enduring professional relationship.



Finding a good mechanic involves research, personal recommendations, on-site evaluations, and open communication. By following these smart tips and considering factors such as certifications, transparent communication, and a comfortable working relationship, you'll find a reliable mechanic to keep your vehicle running smoothly for years. Remember, investing time in finding the right mechanic is an investment in your vehicle's performance and peace of mind.


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# LETTERS TO THE EDITOR



Dear Editor

Great edition yet again. Loads of top info. If I might make a small suggestion – in the Island history articles. Maybe do the “touristy” bits (e.g., the bridge, the earlier inhabitants, Matthew Flinders etc) in the Tourist times – e.g. Christmas, Easter and School Hols. For the other 85% of the time, and people give us something new and different. I feel in the many years I’ve lived on this wonderful Island I start to know the details that get regularly recycled. As admirable as they are. Perhaps items on issues such as original animals that lived here – on Bribie, the land bridge - how and when it began and ended, the passage, etc.

I also love the letters section. The “Voice” is now a thing of the past so we can all hope no recriminations or nasty words are ever spoken again. I only hope I have less “welcomes” and “smoking ceremonies” thrust upon me. I read and enjoy the views of others on a myriad of subjects, and feel I know some of these people – especially H Beneke. Her driving experiences made me feel I’ve travelled behind her on our roads as she moves about at a speed where she doesn’t need to use her brakes. Who of us has not travelled behind the driver doing 30-40 in the 70k Zone?

I agree with the comments on the hotel and its effect on surrounding areas. How it was ever allowed to be built in such a spot – without adequate access, and/or noise restrictions – is anyone’s “guess”. Every time they have an “event” we see signs erected virtually telling us all to stay at home that weekend – or at least don’t try to use the roads. One can only wonder what will happen when the “new” bridge is approved and building for that starts. Or, maybe a bridge and road that goes over the hotel might be the answer. It would look magnificent and would be, in itself, a tourist attraction.

Keep up the good work.

Cheers

M. Matthews

Dear Editor,

I am writing to the Gubi Gubi people and all Indigenous people of Australia but sending it to you because it is otherwise very difficult to be heard.

I want to reassure all Indigenous people that the vote against the Voice referendum was not a no to you. It was a vote against the extreme politicisation of what could have been a simple matter – the setting up by law of an Indigenous advisory body at the Federal level. That would have had the support of 95% of the voting population.

It was a vote against the current Government’s heavy-handed approach, about the stupidity of the PM in going for a divisive certain-fail tactic, a vote against having yet another rigidly structured body in Canberra likely to have as little idea as Canberra has ever had of the difficulties faced by Indigenous people in the often challenging or remote areas in which they live. Australia is a country of geographical and physical extremes. Let us not fall into the trap of political extremes. The ABC has forgotten that its role is truthful reporting, not social influencing or expressing opinions. There are other places for that. Do not listen to the ongoing nonsense in the press.

We all need to pull together, in goodwill and respectfulness, to better the lives of our Indigenous people and to ensure a good future for Indigenous and all children. The Australian people are behind you in your efforts to be heard and to work towards a bright future.

Anne Millen Bribie Island

Dear Editor,

Since Mr Albanese’s win at the last federal election, we have been told countless times that we MUST do something to improve the lives of our Aboriginal People and that the way to do this was to vote ‘Yes’ and set up the Aboriginal Voice to Parliament. This proposal was resoundingly voted down at the recent referendum for a variety of reasons.

Liberal senator Jacinta Price, who is well aware of what needs to be done, has now called on the Prime Minister to hold a Royal Commission into indigenous child abuse together with an audit into how the \$30 billion a year for aboriginal agencies is being spent. This is an immediate and practical start to addressing some of the issues.

Labor, the Greens and Senator Pocock all voted this motion down. So much for the government’s passionate concern to improve the well-being of the aboriginal people.

Michael

Dear Editor,

After the NO vote, people have suggested that because it is so difficult to get a Yes vote, there will be no more attempts to change our constitution. However, our constitution is not a sacred document like the American one. And it does need to be changed. Most people have never read even the shortened version, which you can hold in one hand. Contrary to some past statements - it is broken and needs fixing.

Rather than being a series of aspirational statements, it was a solution to the quarrels between six nineteenth-century colonies when they needed joint protection from outsiders. It is quite out of date, and sometimes we will have to change it - a referendum is the only way.

It is an expensive exercise, so we need to get a consensus of opinions about any change, all Australians taking part so that the question asked will gain bipartisan support.

So next time a change is suggested, express your opinion in public. Let everyone know how you would make any change, and we can all make our suggestions before the question is decided. But before deciding, please read the Constitution. It does not require legal knowledge. And if you don’t understand - ask questions - don’t just hide under a toadstool and vote NO.... H.Beneke



# Crested Pigeon

## OCYPHAPS LOPHOTES

By: Marj Webber



Crested Pigeons are common to Bribie Island and can be seen almost anywhere, including suburban areas and grassy patches where they like to feed.

They belong to the bronzewing family and are medium-sized pigeons 31-35 cm in length and weighing 145-260 g. Their colouring is predominately greyish brown, with underparts becoming pinker. In sunlight, iridescent patches of green, purple and gold feathers edged with white shine predominately on the wings. These patches are also more noticeable during bowing displays performed by males during courting. On their heads are pointed crests for which they are named. Tails are mostly black; eyes are red, and feet and legs are pink. When taking off, the wings make a distinct whistling sound caused by air rushing over the primary feathers on the wings. They have feathers on their flanks that produce a powder that they use when preening and maintaining their feathers. Water is taken in a sucking action. Males and females are so similar that it is almost impossible to tell them apart. In Australia, two pigeon species have upright crests,

(Crested and Spinifex Pigeons).

Crested pigeons are found in most areas near water on mainland Australia except in the far north of Cape York and Arnhem Land, in extreme arid areas and dense forests. They need open grasslands for feeding, a few trees for perching and nesting, and water. Originally, they were only found in inland areas, but as land was cleared and developed, they began moving towards the coasts. So now they are to be seen in farmlands, suburban and sparsely wooded areas, and parks and gardens. Settlement and land clearing have increased their habitat rapidly, which is not the case for all birds.

They are ground feeders, and food consists mainly of native seeds, grain from cultivated crops and seeds from weeds. Some insects and leaves are eaten occasionally.

Breeding takes place by monogamous pairs mainly from July to December but can occur at any time of the year. In the north, nesting occurs year-round, with several broods produced. In the arid centre, breeding takes place only after rain. Males perform vigorous courting displays involving bowing, parading

and flapping of wings, and cooing softly to attract the females' attention. Frail platforms of sticks are built in trees 1-6 m from the ground and built amongst dense foliage. Both parents incubate the two white eggs for 18-20 days and care for the chicks when they arrive. Nestlings are fed with crop milk which is produced in the crops of both males and females during this time. (Crop milk is a cottage cheese-like substance that is extremely high in protein and fat). Young birds leave the nest after about 21 days.

Crested Pigeons are sometimes wrongly called Topknots. (Topknot Pigeons are larger grey birds with more prominent brown topknots and feed on mainly native fruits and berries).

Pigeons and doves belong to the same family of birds. They have similar features, with thickish bodies and short necks. Doves are usually smaller, while pigeons are mostly larger and fatter.

As more land is cleared, Crested Pigeons are increasing in numbers, and their conservation status is rated as "Least concern".

# Neighbourhood Watch

## BRIBIE ONE NHW - NEWSLETTER

# NOV 2023

**A**t the October meeting we had a very interesting speaker – John Oxenford spoke on beach driving on Bribie, its history and effect. He told us that the number of vehicles using the beach is very large - on a popular public holiday it can be in the thousands. He said that many use the beach to access authorised camping places in the National Park. We understood that Queensland Police have regular patrols to check on hooning and the like, and also run regular RBT inspections in the area, while Moreton Bay City Council officers do personal and camera checks on vehicle permits and illegal camping.

**T**he 21st November meeting will be addressed by Dr Luke Dutney, from the Aquatic Centre at Woorim. He will be able to inform us about the vital and interesting work at the Centre. Morning tea will be provided at the conclusion of the meeting.

**C**rime statistics for Bribie in the past month have shown a diminution of assault and illegal entry,

but there are still cases of number plate theft and it is recommended that one-way screws be used – particularly if you have to park your car in the street. Residents are reminded in this warmer weather to make sure they secure their windows if they are left open for ventilation, overnight.

**A**nd a note on one of the most common crimes in Queensland – Domestic Violence. Police are called out across the state hundreds of times a day to incidents of DV. Most are of the type involving threats or actual violence involving a partner, but the definition also includes elder abuse and child exploitation. Elder abuse is more difficult to detect and report, but it often involves family or close relatives taking advantage of an elderly relative for their own benefit – usually financial. As a community we can help diminish the incidence of DV, just by being neighbourly.

### BANKSIA BEACH - BELLARA - WOORIM - BONGAREE - SANDSTONE POINT - NINGI

**W**e are very pleased to welcome our new major sponsor – Moreton Bay Security Solutions. Their advertisement now sits at the foot of our newsletter. We cannot operate without the support of our advertisers – please contact them as your port of call for any related activities with which they can help. They are all listed on this page and their advertisements are shown in total on copies of our full newsletter available from the NHW dispenser on the community noticeboard at the Bribie Centre.

**F**or more information – call area co-ordinator Peter on 0408 841 306.

**NEXT BRIBIE ONE  
NHW MEETING  
IS ON TUE  
21ST NOV AT  
BRIBIE RSL  
ANZAC ROOM  
9.30 AM.**

**All visitors are invited to attend. Next meeting 21ST NOV, 2023 - ANZAC Room Bribie RSL or Contact Peter PH: 0408 841 306.**

FB Bongaree Neighbourhood Watch E: bongareenhw@outlook.com

Bongaree NHW Inc. P.O. Box 1376 Bongaree Qld 4507

## LETS MAKE CRIME PREVENTION A PRIORITY

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



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# CRIME REPORT BRIBIE ISLAND WRAP

## OCTOBER 2023



[www.mypolice.qld.gov.au/moreton](http://www.mypolice.qld.gov.au/moreton)

Police have made several arrests concerning robbery offences in Moreton recently. Police from Caboolture Child Protection and Investigation Unit have charged a 15-year-old Caboolture boy with an alleged robbery from Saturday, October 21. Police will allege that between 4.30 pm and 5 pm, a man was riding his bicycle towards the tunnel at the end of Wallace Street North, Caboolture. It is alleged that the boy kicked the man, knocking him off the bike and then struck him numerous times with a pair of bolt cutters. Police will allege that the boy then stole the man's bike. The man was treated at the Caboolture Hospital with lacerations to his head. At about 5.30 pm that day, police located the boy on Beerburum Road, Caboolture. It is further alleged that police located methamphetamine in the boy's possession. The 15-year-old boy from

Caboolture was charged with one count each of armed robbery and possession of a dangerous drug. He was remanded in custody to appear in the Caboolture Children's Court at a later date.

Police from the Pine Rivers Child Protection and Investigation Unit have charged a 17-year-old Bray Park boy in relation to an alleged robbery from Monday, October 23. Police will allege that around 4.40 pm, the boy stole items from a Lawnton business.

It is further alleged that the boy assaulted the shop owner by punching him in the face. On Tuesday, October 24, police from the Pine Rivers Child Protection and Investigation Unit executed a search warrant at a Bray Road, Lawnton address and arrested the boy. The boy was charged with one count each of robbery and stealing. He will appear in the

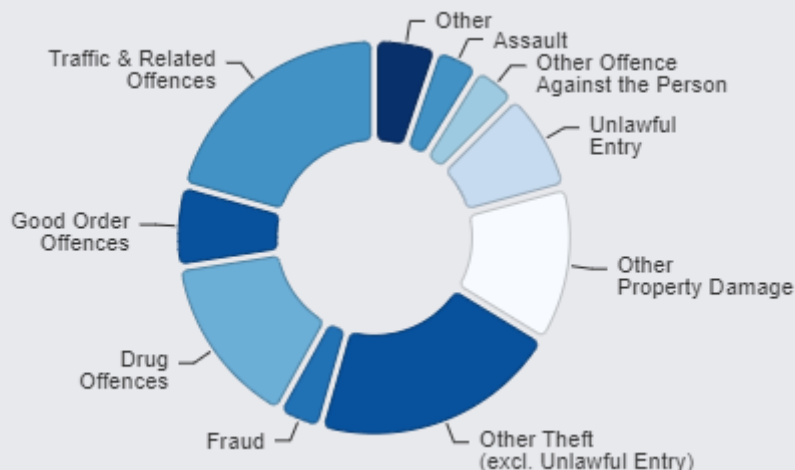
Pine Rivers Children's Court at a later date. Lighting fire arrest, Morayfield Police have charged a 37-year-old man in relation to a fire at Morayfield on Friday, Oct 20. At approximately 2.28 pm, police and Queensland Fire and Emergency Services (QFES) and Queensland Ambulance Service (QAS) were called to a suspicious fire on Station Road, in which around 1,000 square metres of vegetation was burnt. Thanks to the swift action from witnesses, QFES and QAS could attend quickly and extinguish the fire. It is alleged that the offender returned to the scene, where police charged him with setting fire to vegetation and placed him under arrest. The 37-year-old man is set to appear in the Caboolture Magistrates Court on December 1. Due to Queensland's dry and windy conditions, lighting

fires could be particularly catastrophic, causing loss of property and life. We would rather prevent a fire from occurring by responding to your call about suspicious behaviour than something far, far worse.

Police would like to take this opportunity to remind the community to report suspicious behaviour and to exercise caution during severe weather conditions. If you see someone lighting a fire, call Triple Zero (000) immediately.

**If you have information for police, contact Policelink by providing information using the online suspicious activity form 24 hours per day at [www.police.qld.gov.au/reporting](http://www.police.qld.gov.au/reporting).**

**Report crime information anonymously via Crime Stoppers. Call 1800 333 000 or report online at [www.crimestoppersqld.com.au](http://www.crimestoppersqld.com.au).**



- Other 3
- Assault 2
- Other Offences Against the Person 2
- Unlawful Entry 5
- Other Property Damage 8
- Other Theft (excl. Unlawful Entry) 13
- Fraud 2
- Drug Offences 9
- Good Order Offences 4
- Traffic & Related Offences 13

# 61 Offences

30 SEP 2023 — 30 OCT 2023

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