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ISSUE 204 NOV 17, 2023



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# 204

Nov 17, 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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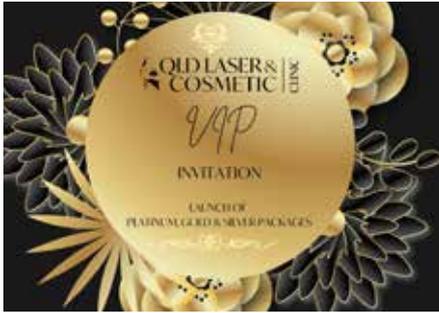


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# Welcome

Welcome to edition 204! There are only two more editions for the year, with our last one being our bumper issue! So much is happening around our district coming into Christmas, with quite

a few Christmas carol events, B. I Music Festival, various art showings at the B.I.C.A.S, Gem Club/Woodcrafters and Pottery Market Day, Weaving Water @ Yarun and the Croquet Club's fundraising day. There are endless possibilities to amuse yourself and the family, which I am sure will be enjoyed by all.

We all need to get behind these community events to ensure they continue and thrive. It does make it very hard, though, when thoughtless wastes of humanity decide to steal recently laid turf at the Croquet Club grounds, not only ruining the field but also costing money they don't have, to repair the damage. Not once, but twice!

To people who say, get over it, its only grass, my reply is, It's

NOT YOUR GRASS and that it is theft, vandalism and stolen from a Not-For-Profit organisation that fundraises for the community. I hope the grubs who have done this, read this editor's note, {Highly unlikely they do, as their intelligence level seems to be low}, but if they do, know that you are lower than pond scum, this is heartbreaking for the club and the damage you have done costs more than just money. Here is a hot tip, get a job, buy some grass seed and actually grow the grass you so desperately want and stop thieving from those who are helping our community! So, yet again, another rant over, I hope you all have a wonderful fortnight,

Until next time,  
Take care, stay safe

*Cherrie*

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# SPREADING POSITIVITY: How Nice Phrases Impact Relationships

In a world that often seems consumed by negativity, spreading positivity has become more important than ever. The power of a kind word or a nice phrase should never be underestimated, as it can transform relationships and create a more harmonious environment. In this article, we will explore the significance of nice phrases and how they can impact relationships positively.

## The Power of Kind Words - The Science Behind Positivity

Before delving into how nice phrases impact relationships, it's essential to understand the science behind positivity. When we experience positive emotions, our brain releases feel-good chemicals like

dopamine and endorphins. These chemicals not only make us feel happier but also reduce stress and anxiety levels. Now, think about the last time someone complimented you or said something genuinely kind. How did it make you feel? Chances are, it put a smile on your face and lifted your spirits. That's the magic of kind words.

## Building Trust and Strengthening Bonds

One of the most significant ways nice phrases impact relationships is by building trust and strengthening bonds. When you consistently express appreciation, gratitude, and affection toward someone,

they begin to trust you more. Trust forms the foundation of any healthy relationship, be it with a friend, family member, or romantic partner. Imagine a scenario where you are in a romantic relationship. Your partner regularly tells you how much they love and appreciate you. They notice and praise your efforts, both big and small. How would that make you feel? You'd likely feel cherished, valued, and secure in the relationship, ultimately strengthening your bond.

## Enhancing Communication

Effective communication is crucial in any relationship, and nice phrases are pivotal in enhancing it. When you use kind words, you create an open and safe space for

dialogue. People are more willing to express themselves honestly when they feel respected and appreciated. Using nice phrases like "I understand how you feel," "You're important to me," or "Thank you for sharing your thoughts" can encourage open, healthy conversations. These phrases show that you value the other person's perspective, even if you may not entirely agree.

Boosting Self-Esteem Nice phrases don't just benefit the receiver; they also have a positive impact on the person expressing them. Complimenting others and being kind can boost your self-esteem and overall well-being. When you make someone else feel good, you experience a sense of fulfilment and happiness. Moreover, being known as

Hair coloring products contain many ingredients that may irritate your scalp and cause allergic reactions. Symptoms range from mild to severe, and can take up to 48 hours to manifest. Natural hair dyes may be a possible solution.

Most cases of allergic contact dermatitis stemming from exposure to hair dye are caused by an ingredient called paraphenylenediamine (PPD).

PPD is a chemical that's also found in temporary tattoo ink, printer ink, and gasoline. In boxed hair dye, PPD usually comes in its own bottle, accompanied by an oxidizer.

When both are mixed together, PPD becomes partially oxidized. This is when it's likely to cause allergic reactions in people who are sensitive to it.

I am one of those who suffer a severe reaction to PPD to the point where I changed my career from Hairdresser to Barber to remove myself completely from being any where near products with PPD.

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someone who spreads positivity can enhance your reputation and attract like-minded individuals into your life. This can lead to the formation of stronger and more supportive relationships.

### Resolving Conflicts

Every relationship faces conflicts and disagreements from time to time. However, how we handle these conflicts can make all the difference. Instead of resorting to harsh words or criticism during an argument, phrases like "Let's find a solution together" or "I value our relationship, and I want to work this out" can de-escalate tension and foster a more cooperative atmosphere. By maintaining a positive and respectful tone, you can resolve conflicts without causing lasting damage to the relationship.

### Cultivating a Positive Atmosphere

Nice phrases are not limited to one-on-one interactions; they can also create a positive atmosphere in groups, teams, or communities. When people within a group consistently use kind words and phrases, it sets

a standard of behaviour that encourages others to follow suit. Imagine working in an office where colleagues frequently express appreciation for each other's efforts and support one another with kind words. Such a work environment fosters teamwork, boosts morale, and increases productivity.

### Conclusion

In a world that can often be harsh and unforgiving, spreading positivity through nice phrases is a powerful tool for building and maintaining meaningful relationships. Whether in personal or professional settings, kind words can build trust, enhance communication, boost self-esteem, resolve conflicts, and create a positive atmosphere. So, let's make a conscious effort to use nice phrases and be a source of positivity in the lives of those around us. Remember, a simple "thank you," "you're amazing," or "I appreciate you" can go a long way in making the world a better place, one relationship at a time.



To keep the body in good health is a duty,  
for otherwise we shall not be able  
to trim the lamp of wisdom, and keep  
our mind **strong and clear.**

- Buddha -



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# 'Slide' on your shades



The Australian Society of Ophthalmologists (ASO) is calling on the community to 'slide' on their shades as the country braces for seasonal high temperatures and conditions. Sun protection measures are recommended when the Ultraviolet (UV) Index is 3 and above, but most of mainland Australia is currently experiencing seasonal indexes within the 'extreme' range of 11–15.

ASO Vice President Associate Professor Dr Ashish Agar said it comes as no surprise that Australia has some of the highest UV ratings in the world. "It's an Australian childhood rite of passage to learn to 'slip, slop, slap, seek and slide', especially when the call of summer arrives," A/Prof Agar said. "A very important part of the message often gets overlooked, and that concerns our eye health." As an eye surgeon, Dr Bill Glasson sees and treats patients whose repeated or excessive sun exposure has led to serious conditions such as pinguecula and pterygium, and cataracts, among others. Although less common, he said Australians should be wary of not only developing melanoma on their skin this summer, but the risks associated with

ocular melanoma — the most common form of eye cancer. "Each year 125–150 people<sup>1</sup> will be diagnosed with ocular melanoma around the country," Dr Glasson said. "As the symptoms and common areas for growths can be difficult for the naked eye to see, patients often receive a diagnosis following an eye test with either an ophthalmologist or optometrist." This was the case when then 37-year-old mother of two, Susan Vine, booked in to see an optometrist for an assessment for glasses after experiencing frequent headaches. Susan was immediately referred to Dr Glasson, who has a special interest and expertise in ocular oncology. Within two weeks of an initial eye test, she had been diagnosed with a form of ocular melanoma and had undergone enucleation surgery — the complete removal of her affected eye. Seventeen years on from her diagnosis, Susan has become an advocate for others by establishing an online support group for Australian and New Zealand patients, family, and carers — OcuMel Australia and New Zealand. "The journey and challenges are unique, especially when it comes to treatment and related vision loss, so we find many of our members are looking for

understanding, guidance and support," she said. Susan said there is an alarming lack of awareness about eye health and wants every Australian to know to 'slide' on their sunglasses and make a healthy habit of booking an annual eye test.

"Every day I live with the reminder of my diagnosis and the challenges that come with being vision impaired and wearing a prosthetic eye, such as thinking about how I sit or even cross the road. "I rarely wore sunglasses when outdoors, and despite having a freckle on my eye from childhood, did not realise the importance of monitoring it for changes. "We need to teach children the value of protecting their eyes from a young age and encourage healthy habits early of getting regular health checks," she said. Dr Glasson reinforced that in addition to ocular melanoma, skin cancers such as basal cell carcinomas (BCCs) and squamous cell carcinomas (SCCs) can be found in and around the eyes, strengthening the cause to protect not only our eyes, but the areas around them.

The ASO said risk factors to be aware of include having pale or fair complexion, light eye colour, family history of melanoma, growths on or in the eye, increasing age, and

skin conditions which cause abnormal moles to grow. It also noted that individuals with pterygium are at a greater risk of developing skin cancer, including melanoma, as the condition is a marker for previous exposure to high levels of UV light. A/Prof Agar said the best method of eye health protection from the effects of UV exposure is to ensure you and the ones you love 'slide' on UV-blocking eyewear this summer and 'slap' on broad-brimmed headwear. "Always check the label when buying eyewear to confirm the level of UV protection," he said. "At the ASO, we recommend wearing close-fitting and wraparound style sunglasses that meet the Australian and New Zealand Standard for sunglasses with a lens category of 2, 3 or 4 — which will ensure they're practical for wear in Australian conditions. "And don't forget — for best practice when selecting headwear — a broad-brimmed hat will provide the optimum eye protection against reflected radiated rays."

**You can be summer eye safe by checking UV indexes on the Bureau of Meteorology website at [www.bom.gov.au/uv/](http://www.bom.gov.au/uv/) and doing the five: 'slip, slop, slap, seek and slide'**

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# BROWN EYES

## EYE FACTS

### THE WORLD'S MOST COMMON EYE COLOUR IS BROWN

Humans can see more shades of green than any other colour  
Blue-eyed people are more tolerant of alcohol but less tolerant of the sun

Blind people can see their dreams as long as they weren't born blind

The only organ more complex than the eye is the brain

The shark cornea is almost identical to a human cornea

Your eyes can get sunburned

The most active muscles in your body and in your eyes

If the human eye were a digital camera it would have 576

megapixels

Your eyes can distinguish approximately 10 million different colours

Your eyes focus on 50 different objects every second

Your eyes can detect a candle flame 1.7 miles away

Your iris has 256 unique characteristics, while your fingerprint only has 40

Our ears and nose grow throughout life, but eyes stay the same size from birth

Our eyes contain about 107 million sensitive cells

You blink about 15-20 times in a minute

Only one-sixth of your eyeball is visible

All babies are colour-blind at birth

The muscles that control your eye movements are the most active in your entire body.



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### NOT ALL LASH LIFT TECHNICIANS ARE EQUAL!

Vanessa is a Fully Qualified "Yumician" (Lash Lift Technician qualified with YUMI™), and has years of experience in her profession, with lots of happy, repeat clients. Regular Clients benefit, and like their lashes more, the more they have



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**Instagram: @vanessa.**

**taylor.forever.vee**

**Website: ForeverVee.com**



• Vanessa is a local resident to Bribie Island, with a love for Health, Lifestyle, and Community.

• Her Lash Lift and Beauty studio is based in Banksia Beach

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# Doctors remove deadly parasitic 'TIMEBOMB' from patient

When Jarina Bibi first felt discomfort in her abdomen, she thought she might be suffering from indigestion.

The 29-year-old had no idea that she had a watermelon-sized parasitic cyst growing on her liver – a toxic timebomb that could potentially have killed her.

**“Dr Ensieh Madhkhaneh Fahani (Dr Ensieh),** has joined the team at Elysian Medical Centre. Dr Ensieh is available Monday – Friday. **She is currently taking new patients**

Dr Ensieh has many years experience. She graduated from Medical school in 2009 in Iran. She moved to Australia with her family in 2019 and commenced practice.

**Working in different fields such as** - Emergency department - Geriatric acute care - Endocrinology department - Opioid dependency therapy - Cosmetic dermatology, she has great knowledge and skill for managing various medical conditions in General Practice.

Dr Ensieh speaks English and Farsi/Persian.

**She has keen interest in**

- ✓ Geriatric Medicine : Chronic conditions management including hypertension, kidney disease, cognition disorders, asthma, COPD, etc.
- ✓ Endocrinology : thyroid disease, diabetes mellitus, osteoporosis.
- ✓ Women’s health : contraception, antenatal care, abnormal bleeding and infection.
- ✓ Paediatrics health : immunisation, regular growth checks, infections, behavioural problems.
- ✓ Preventative health: cancer screening, immunisation
- ✓ Mental health : depression, anxiety, sleep disorders.
- ✓ Dermatology : acne, eczema.,

Also she is interested in weight management, iron deficiency management and arranging advanced care directive.



**Dr Lalit Mohan,** has joined Elysian Medical Centre. He is taking new patients, and is available Monday to Friday.

Dr Lalit Mohan has experience in Cardiology, Accident and Emergency medicine and General practice. Dr Lalit is passionate about all areas of General Practice with special interest in chronic condition management and preventative health. Lalit enjoys watching cricket, movies and travelling. He also speaks Hindi and Russian.



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But thanks to the expertise of Mater doctors and their collaboration with a panel of international specialists, Bibi's cyst was safely removed in a five-hour operation at Mater Private Hospital Brisbane.

Two secondary cysts were also removed, the size of a rockmelon and tennis ball.

Although her spleen and parts of her liver and pancreas were removed during the procedure, Jarina is recovering well and thankful her "nightmare" illness is finally over.

Jarina moved to Brisbane from her native India to study in 2015, unaware that she had already contracted hydatid disease (also known as hydatidosis or echinococcosis).

The disease is most prevalent in Central Asia and South America. It occurs when tapeworm larvae lodge in the body and form large cysts containing eggs and a potentially deadly fluid to humans if the cyst is ruptured.

Humans are infected by ingesting parasite eggs in contaminated food, water or soil, or after direct contact with animal hosts.

When Jarina's symptoms began to include vomiting and constipation, she was referred to Mater Private Hospital Brisbane gastroenterologist and hepatologist Dr Kate Cayzer, who confirmed hydatid disease after an ultrasound scan.

Jarina was referred to Mater Director of Infectious Diseases Dr Paul Griffin, who quickly concluded that surgery was necessary to treat her "extreme case".

"The infection is not often seen in Australia, but it is something infectious diseases doctors have to be aware of," Dr Griffin said.

"It's a challenging disease to treat. There are a range of different treatment options, including medicines and surgery. Given the severity of her case, Jarina met the criteria for surgery."

Fortunately, Jarina's procedure would be in the best possible hands.

Mater general surgeon Dr Mehan Siriwardhane has a clinical interest in hepato pancreato biliary (HPB) surgery, including the liver, pancreas and gallbladder organs.

He also co-founded HPBridge – an evolving forum through which a core of 16 HPB specialists in Australia, the US, Europe and the developing world support each other's work and study challenging cases.

In Jarina's case, the expertise of doctors based in Myanmar is invaluable.

"Jarina is quite small and, given the size of this cyst, if she had received a significant blow to her stomach, there's a real possibility it would have burst," Dr Siriwardhane said.

"If the cyst ruptures, the fluid inside

contains a protein that is poisonous to humans, and it can cause the person to go into anaphylactic shock and die.

"Given the complexity of Jarina's infection, I took her case to the forum and doctors from Myanmar – who are more familiar with this disease – were able to identify how best to treat her.

"We eventually ended up using a combination of techniques, medical and surgical, based on some of the input we got from those doctors.

"During the five-hour surgery, we removed part of Jarina's liver, her whole spleen and part of her pancreas to make sure we removed all of the disease."

Jarina, of Calamvale, said despite the severity of her infection, she always felt confident in the care she received.

"Dr Siriwardhane made sure we figured out a plan where the disease wouldn't come back, and in my case, it had to be traditional, rather than keyhole surgery, because of the size of the cyst," she said.

"I do cry sometimes at the thought of something that size being inside of me for such a long time; it was like a nightmare, it still haunts me.

"It was difficult and stressful, but I'm feeling much better now.

"I want other people to be aware of this disease – and to know that help is available to them should they ever be affected."

Dr Mike Esmailzadeh has joined the team here at Bribie Island Medical Centre. Dr Mike will be available Mondays, Tuesdays, Wednesdays and Thursdays.

**He is also taking on new patients.**

Dr Mike, who graduated in 1996, has many years' experience in General Practice as well as teaching. He has commenced his practice in Australia in 2019.

Dr Mike is a driven GP who enjoys all aspect of General practice and has an appreciation for the complexities of Chronic Conditions Management such as Diabetes, Cardiovascular disease, Chronic Kidney Disease, Asthma and COPD as well as Mental Health.

**Areas of interest:**

- ✓ Chronic disease management; Diabetes, IHD, Asthma, COPD, CKD.
- ✓ Weight Management
- ✓ Men's health
- ✓ Mental Health
- ✓ Dermatology
- ✓ Family Medicine
- ✓ Minor Surgeries



**NEW PATIENTS WELCOME**

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MEDICAL CENTRE**

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**Phone 07 3408 1288**

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LAWYERS

# Dear Pumicestone

**Does local Public Transport work for us? Have your say before 17th of December, 2023.**

People often tell me that our local public transport doesn't suit their needs.

Whether you're an older resident wanting to get to the doctor or a teenager needing to arrive on time for your part-time job, I believe we can make our local public transport better for all.

If you live or work in Bribie, Beachmere, Sandstone Point, Ningi, Godwin Beach, Meldale, Toorbul and Donnybrook and surrounding communities, you can help shape the future of local transport through a new **Transport and Mobility Study**.

You have told me Pumicestone public transport could be improved, and that it can also be difficult to get a taxi. Some of our outlying communities only get very limited bus services. That's hard if you don't drive anymore, your car is out of action or for young people without a licence.

**Some suburbs in Queensland have On-Demand Transport systems, often with small buses that can be booked by phone or on an app and will take you where you need to go.**

**Wouldn't that be amazing for our community?!**

This Transport and Mobility Study is our chance to make a case for more flexible, usable transport options that would reduce local traffic and suit our community's needs.

With visitor numbers increasing, plus more folks retiring and making Bribie their home, it's crucial that we all have our say.

Even if you don't use public transport now, your families and neighbours might benefit, or the time might come when having reliable, flexible public transport is the key to staying independent.

Please take a few minutes to have your say in the Transport and Mobility Study!

Scan the QR Code to complete the survey online, or type this link into your browser: <https://www.yoursay-projects.tmr.qld.gov.au/bribie-island-surrounds-transport-mobility-study>



You can complete the Transport and Mobility Study online, collect a paper survey from my office or we can even post one out to you!

If you belong to a group or club, I can get you as many copies as you need or come along to chat with your members about it. I'll even bring along morning tea!

Just email [pumicestone@parliament.qld.gov.au](mailto:pumicestone@parliament.qld.gov.au) or phone 3474 2100 to arrange a time.

gov.au or phone 3474 2100 to arrange a time.

Over the next few weeks, TMR has in-person consultation sessions scheduled where you can get involved, share your thoughts, and help shape our future transport.

- Friday 17 November | 09:00 am – 12:00 pm | The Village Sandstone Point (outside IGA entrance), 208 Bestmann Road E, Sandstone Point
  - Wednesday 22 November | 06:00 am – 09:00 am | Bribie Island Park 'n' Ride, Victory Road, Bongaree
  - Thursday 30 November | 09:00 am – 12:00 pm | Bribie Island Central shopping centre (Priceline Pharmacy entrance), 239-255 Goodwin Drive, Bongaree
  - Saturday 2 December | 07:00 am – 12:00 pm | Beachmere Community Markets (Beachmere Men's Shed), 53 Rogers Street, Beachmere
- We all love our beautiful community, and I'll keep working hard to make it even better.

With your help, we can make sure that our Pumicestone communities have the best possible transport system for us.

Warmest

Ali King MP  
Member for Pumicestone



# BRIBIE & surrounds transport & mobility study is live!



**biepa**  
Bribie Island Environmental  
Protection Association Inc.

## ECO-TOURISM & SUSTAINABLE DEVELOPMENT TEAM BIEPA

We, as residents and visitors to Bribie Island and surrounding areas, have this one-off opportunity to have our say now on how we would like all aspects of transport to evolve on and off the island.

You also have the opportunity to complete an online survey and drop a pin on the online interactive map and provide comments through the following link : <https://www.yoursay-projects.tmr.qld.gov.au/bribie-island-surrounds-transport-mobility-study>

## WHY ITS IMPORTANT TO HAVE YOUR SAY

As the only sand island with a bridge in Queensland, we will continue to be a popular go-to destination for day trippers and holidaymakers. The City of Moreton Bay City is projected to experience a population growth from 500,000 to 800,000 by 2041. Plans for a new Bribie Bridge are underway. A continuous 4-lane highway from Caboolture to Bribie Island Flora and Fauna Sanctuary is under staged construction. Many new estates are under development, such as the West Caboolture development, with an expected 70,000 new people in this development alone. This will bring much more traffic to the island.

The current transport system of big buses on Bribie Island and its surrounds is woefully inadequate, unreliable, time-

consuming, costly and does not meet people's needs. As a result, our car dependence on local travel is very high. It's reasonable to expect a transport system that caters to our local and regional travel and mobility needs. This transport system should also support Bribie Island Sanctuary and surrounding areas, our lifestyle and a vision of an island sanctuary where all life flourishes.

## HOW TO HAVE YOUR SAY

The survey asks 24 prescriptive questions about how you travel and what you see as the current transport issues.

You can take the opportunity to give more feedback using the box 'OTHER' available on some questions where you might highlight better transport options.

Importantly, the survey asks you for your top 3 ideas to improve transport in your area and suggestions for trips outside your area BIEPA, after much investigation and deliberation, favour

1. Small on-demand electric buses on the island, larger electric buses to Caboolture train station and airport
2. Ferry Hopper Service to synchronise with these small buses
3. Park and Ride facility off-island to give tourists the option of experiencing Bribie by bus and ferry, which will avoid on-island congestion and help develop local eco-tourism suited to the rich natural environment and character of Bribie Island

The existing bus service does not answer community needs and requirements, as evidenced by the significant under-utilisation on most routes

(with the exception of the bus to Caboolture station). The large buses currently used are infrequent, cannot service the narrower streets of Bribie and are restricted to a few routes. We believe infrequency, and not servicing the many places' people want to go are the reasons people don't use buses e.g. no bus service goes from the RSL bus stop to the U3A (a heavily used establishment) or to Woorim.

Smaller electric buses, as proposed, would be better equipped to navigate Bribie's narrow streets, facilitating a superior bus network and connectivity that answered the community's unmet needs. The associated emissions reduction would help achieve the government's energy targets.

The Bribie Hopper ferry could be designed as a shallow draft, low wash and economical vessel carrying residential and visiting passengers (and bicycles) to key shore-side locations on the Pumicestone Passage. This ferry service could be extended to take more places along the bay in as demand grows.

Bribie Hoppers will encourage visitors to leave their vehicles at home or off the Island and drive forward a low-carbon island transport network. The Bribie ferry hopper and bus service will encourage and aid local residents and visitors to reduce the traffic load, to lessen the carbon footprint and to enable Bribie to leverage off its wildlife and green environment reputation.

Currently, the 'Bribie Big Buses' depot is on Armitage Street. BIEPA has mapped out all the potential ferry stops. The terminus for buses and ferries will need further exploration.

The Park and Ride is intrinsic to this proposal as it will form part of the infrastructure offering an alternative to travel for tourists on Bribie. The Park and Ride will need to be off-island, multi-story and on a ferry stop.

The development of active transport options is also key to the future of Bribie Island and surrounding areas. Large-scale eco-friendly walking and cycling tracks mapped around Bribie Island, conservation and marine parks, as well as connecting through Sandstone Point, Beachmere, Caboolture, Wamuran, Toorbul, Glasshouse, and south through Morayfield, Burpengary.

We know from the community surveys conducted over the last 3 years by Moreton Bay City Council that residents of Bribie and surrounding communities have a very strong attachment and pride in where they live and care deeply about protecting their natural environments. It is most important that as many people as possible show this by completing the survey. Governments take note of mass community responses. The last thing we should want is inappropriate transport changes imposed upon us



# The Bribie Island Croquet Club

is asking the residents of Banksia Beach to let them or the police know if they notice a Ute or car with a trailer parked on the Sunderland Drive side of the fence surrounding the courts. On two occasions this week, recently laid turf has been illegally dug up and removed by some selfish and thoughtless individual/s. The Croquet Club is managed and maintained by its members and is not in a financial position to replace the turf, nor has the manpower to fix the damage caused by these mean individuals.

The club members are all volunteers and have worked incredibly hard to get the courts up to standard, only to have someone climb the fence and dig up patches of the turf. They are really afraid it will not stop, and they will not be able to use the courts. The club provides a venue for people to play croquet and contributes to the community by providing free croquet coaching and a fundraising day for other not-for-profit organisations. This year, all money raised will go to the Bribie Pantry. One of the club members said, "I feel really upset for our members who give so much to the community just to have their courts ruined by some selfish individuals."

If you know or have any information about this act of theft and vandalism, please contact the Police or the club as this is not good enough. Someone knows something; do the right thing and help stop this from occurring again!



## INDUCTION OF THREE NEW BRIBIE ISLAND TOASTMASTERS MEMBERS

**INDUCTION OF THREE NEW BRIBIE ISLAND TOASTMASTERS MEMBERS LEFT TO RIGHT: AMANDA MORGAN, ARMANDO DA SILVA AND LYNNE DE-ROULE WITH CLUB MEMBER ANNE IVERSON.**

The Bribie Island Toastmasters Club, with a current membership of 20, is constantly growing. At their meeting on Tuesday the 7th of November, they inducted three new members: Amanda Morgan, Armando Da Silva and Lynne De-Roule.

Toastmasters International is a nonprofit educational organisation that builds confidence and teaches public speaking skills through

a worldwide network of clubs that meet online and in person. In a supportive community or corporate environment, members prepare and deliver speeches, respond to impromptu questions, and give and receive constructive feedback. Through this regular practice, members are empowered to meet personal and professional communication goals. Founded in 1924, the organisation is headquartered in Englewood, Colorado, with approximately 270,000 members in more than 14,200 clubs in 148 countries.

The Bribie Island Toastmasters Club meets at the RSL on the First and Third Tuesday of every month (except December) from 7- 9 pm.

**For more information, visit Bribie Toastmasters on Facebook:**

**<https://facebook.com/BribieToastmasters>**

# Busy Fingers...



**OUR CHRISTMAS CLOSURE IS FROM MON 25TH DEC AND RE-OPENING MON 8TH JANUARY.**

**TRADING HOURS**

**HOURS 8 AM TO 3.30 PM**

Monday to Friday and 8 AM to 12 on Saturday Morning.

## A FEW VISITORS TO THE SHOP HAVE ASKED HOW WE STARTED, SO HERE IS... THE BUSY FINGERS STORY !

Inaugurated on 31 March 1981, the Busy Fingers group were literally a group of dedicated people, mainly women, using their fingers for knitting, crocheting, making jams, cakes and even plastic robots in their efforts to raise money for the newly planned Sir Charles Adermann Nursing Home at the Church of Christ Retirement Village with a cost of \$842,000 of which \$400,000 had to be raised from outside sources. The first President

The changes for Busy Fingers continued; in 2001, the Church of Christ built a 3-bay shed in Cotterill Ave for us, and we became known as Busy Fingers Fundraisers Inc. As the nursing home started to require less equipment, Busy Fingers sought out other worthy organisations on the island to ensure that the funds raised were only used for the benefit of Bribie Island residents. Over the years, we have supported the

was Peg Canfield, Secretary Fay Jackson and Treasurer and Founder Enid Funnell; during the first year, they raised \$4000. On 10th January 1983, they moved to the old theatre (now the Baptist Hall in Cotterill Ave), and the Flea Markets held at the Retirement Village were discontinued, and the theatre became the centre for the sale of donated second-hand goods as well as the new items made by the members. By the time the contract for the new building was signed in May 1983, the Bribie Island Community had raised over \$115,500. On 2nd August 1984, the nursing home became operational, and most of the 30 beds were filled immediately. By the end of

very young (Kindergartens), children (Schools and Scouts), adults (VMR, SES, Men's Shed) and our seniors (Retirement Village, Meals on Wheels and many senior clubs).

In 2016, we extended the building to more than double its size to allow us to display many more preloved goods, ensuring our ability to continue raising funds for the island community.

We could not have achieved as much

1987, Busy Fingers had purchased a total of \$115,000 of equipment for the home, including a truck and bus, water chairs and mattresses, therapy chairs and kitchen items.

In 1987, Founder and Treasurer Enid Funnell was quick to point out that it was only through the donations by the Islanders that Busy Fingers was such a success. Without the goodwill of the people, we would not have been able to continue to support the Nursing Home and many others today.

**WE SAY THANK YOU TO ALL OUR SUPPORTERS.**

if not for our valued staff and many volunteers (up to 80), who give their time freely, always with a smile and a helping hand for our customers; without them, we would not exist. We also have many generous supporters on the island who donate their preloved goods and shop in our store; we would also not exist without them. We, therefore, say THANK YOU for generously supporting our Bribie Island - OUR community.

## REQUEST FOR PRESENTATIONS & DONATIONS:

If you are a member of an island club or association and require assistance, please let us know. We try to assist all not-for-profit associations and sporting clubs; we also assist the Police, SES, VMR and the BI Hospice. Our President Pauline is quite happy to come along to your club and present our aims and goals and how your club can apply for assistance. Please call 3410 1920 or email busyfingers1@bigpond.com if you wish to have a presentation or if you wish to apply for a grant of assistance. When applying for assistance, please include a contact name and phone number and also a current equipment quote (from an island business if possible); tell us a bit about your association/club and membership and why you need the equipment you are requesting, and email it to busyfingers1@bigpond.com Please be aware we only support Bribie Island associations and groups, not individuals.

## DONATIONS THIS MONTH

At the time of this article's writing, we had not had our monthly meeting, so I cannot advise what donations we gave this month. Still, we have continued our permanent assistance to VMR for fuel, Hospice for the Palliative Care Suite, and monthly assistance with Foodbank and Fuel for BI Global Care. I will advise November and December's donations in the next edition.

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



**Busy Fingers Op Shop**  
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# Art Tarts 2023



## ART TARTS 2023

**14 November to 3 December 2023**

**Opening Night Tuesday 14 Nov at 6 pm**

**Bribie Island Community Arts Centre**

Come in for your slice of ART TARTS - an exciting and diverse group of artists who produce wonderful, vibrant and unusual art.

Their highly anticipated annual exhibition is extended by a week this year, giving Arts Centre visitors an extra seven days to browse and buy something special for a Christmas gift – or for no particular reason other than to secure a local, unique and hand-made item.

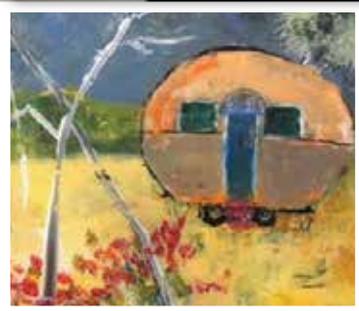
The Art Tarts Exhibition is a favourite on the Bribie Island Community Arts Centre calendar and the 13 amazing artists exhibiting this year will not disappoint.

An eclectic and vibrant mix of returning Tarts - Bev (potter),

Helen (silver and enamel jewellery), Sheryl (Pen & pencil work, acrylics and pastels), Lyn (fused & slumped glass), Prim (fused glass art), Diane (acrylic and mixed media abstracts), Molly (quirky art using recycled materials), Susan (watercolours and gold jewellery), Noeline (textile art), Beth (mosaics and macrame) will join with new Tarts - Wendy (washable paper), Jenny (fabric artist) and Leeanne (potter).

The Art Tarts will again donate items for a bumper raffle in support of Bribie Pink Dragons, tickets for which are available in the Gallery.

If you work up a thirst browsing the exhibition, refresh with great coffee and cake at Cafe 191 on the precinct, and don't overlook other remarkable art throughout the Centre gift shop galleries.





## The Secret Life Of Butterfly Volunteers

They say, "All work and no play make Jack a dull boy."

Well, that is not going to happen at the Bribie Island Butterfly House. Take last month for example, when they held an afternoon tea just for volunteers. The Events Committee headed by Ute bakes up a storm and they all get together to, well, eat cake. "My role as leader of the events committee is to plan our six volunteer events every year. That is one every two months. I

love my job," says Ute. Afternoon tea happens four times a year and usually attracts about 30 of the 60 volunteers currently on the books at the Butterfly House. It takes that many volunteers to fill all the roles needed to keep their butterflies fed and happy. Some of the volunteers take care of the baby butterflies in the breeding lab and making sure they have enough food to eat. Those caterpillars are very hungry little creatures and eat

their weight in Sweet Potato vines every day. Another volunteer role is welcoming visitors to the Butterfly House. We call them Flight Attendants. They walk around in our butterfly sanctuary to answer questions and make sure no one hurts the butterflies. There are about 10 volunteer roles, so it is easy for people to find one they like to do. And when they are not having a cake, they party big time. Our

other two big volunteer events are the annual free dinner parties. One is the Butterfly House birthday party in June and the other is the end of the year party where volunteers can bring their partner or a friend to a full dinner held at the Pacific Harbour Golf Club. Our next volunteer event is coming up in early December. Every two months there is something going on for the volunteers at the Bribie Island Butterfly House.

# Become a social butterfly

LOOKING FOR A WAY TO GIVE BACK TO YOUR COMMUNITY AND SUPPORT THE ENVIRONMENT HERE ON BRIBIE ISLAND?

We are supported by volunteers and offer a place where visitors can learn more about these amazing creatures. We have a range of roles and sessions to suit your availability:

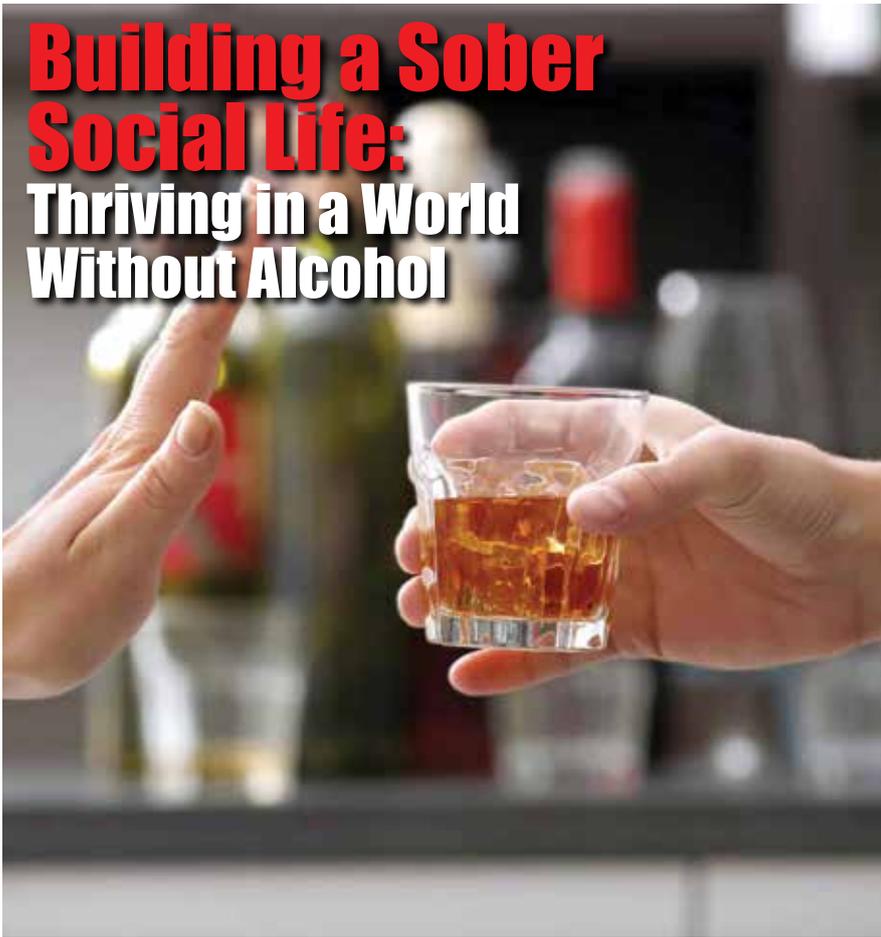
- Butterfly breeding
- Hydroponics gardener
- Gardener
- Tour guide
- Butterfly House Attendant
- Plant foster carer
- Front office assistant
- Maintenance operator
- And many other opportunities

We are an approved organisation for Centrelink Jobseeker volunteers.

For more information visit our website  
[www.bribieislandbutterflyhouse.org/volunteerroles](http://www.bribieislandbutterflyhouse.org/volunteerroles)  
 206B First Avenue, Bongaree - Woorim,



# Building a Sober Social Life: Thriving in a World Without Alcohol



In a society that often centres around alcohol, maintaining a vibrant social life while staying sober can seem like a daunting task. But it's not only possible; it can be enriching. In this article, we'll explore the significance of a sober social life, provide tips and strategies for building one, and share inspiring success stories of individuals who've embraced sobriety with open arms. Let's dive into building a thriving, alcohol-free social life.

## THE SIGNIFICANCE OF A SOBER SOCIAL LIFE

Embracing sobriety doesn't mean giving up on your social life; it often means quite the opposite. A sober social life can have a profoundly positive impact on your physical and mental well-being. As Jake, a recovering alcoholic, says, "Quitting alcohol was the best decision I ever made for my health. I got my physical health back on track, and my mental clarity improved significantly. I became a better version of myself."

Jake's experience reflects a common sentiment among those who've chosen the path of sobriety. Here are some key points to consider:

- **Improved Health:** Sobriety is linked to better physical health, including reduced risk of liver disease, heart problems, and other alcohol-related health issues.
  - **Enhanced Mental Well-being:** Sobriety often leads to improved mental health, reduced anxiety, and enhanced emotional stability.
  - **Increased Energy:** Many people find they have more energy to engage in activities and socialise without the burden of alcohol.
- Considering these benefits, building a sober social life becomes even more valuable.

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 Fri 15 Mar, Wed 10 Apr, Fri 24 May, Thu 27 June

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 Returns 2.00pm (approx)

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### Exploring Alcohol-Free Social Activities

A critical aspect of building a sober social life is finding new and exciting ways to connect with others. Here's a list of alcohol-free social activities to consider:

- **Sports Clubs:** Whether tennis, hiking, cycling, or yoga, joining a sports club can be a great way to stay active and meet like-minded individuals.

- **Art Classes:** Exploring your creative side through art classes can be therapeutic and a fantastic way to connect with others who share your interests.

- **Hiking Groups:** Nature lovers can join hiking groups to enjoy the great outdoors and bond with fellow hikers.

- **Volunteer Work:** Engaging in volunteer activities benefits your community and introduces you to people who share your passion for making a positive impact. As Emily, a recovering alcoholic and art enthusiast, notes, "Art classes became my sanctuary. They helped me rediscover my love for creativity and introduced me to a supportive group of friends who didn't need alcohol to have a good time."

**Connecting with Like-Minded Individuals**  
One of the most significant challenges in building a sober social life is finding and connecting with people who share your goal of sobriety. Seek out opportunities to meet like-minded individuals:

- **Recovery Support Groups:** Organisations like Alcoholics Anonymous (AA) provide a supportive environment for

those seeking sobriety, offering in-person and online meetings.

- **Online Forums:** The internet is a treasure trove of online forums and communities where individuals in recovery share their experiences and provide support.

- **Social Networks:** Leverage social media platforms to connect with sober communities and find events and gatherings designed for individuals in recovery.

Finding a supportive network can be a game-changer in your journey toward a sober social life.

**Managing Social Situations with Alcohol**  
Navigating social gatherings and events where alcohol is prevalent can test your commitment to sobriety. Here are some practical strategies:

- **Politely Decline Drinks:** Don't be afraid to say no when offered a drink. As Sarah, a recovering alcoholic, advises, "Practice saying 'no, thank you' with confidence. It gets easier over time."

- **BYO (Bring Your Own):** When attending parties, bring your own non-alcoholic beverages to ensure you have a drink in hand.

- **Lean on Your Support Network:** Share your commitment to sobriety with friends and family so they can provide additional support in social situations.

Managing social events without alcohol

might feel challenging initially, but it gets more comfortable with practice.

### TIPS FOR BUILDING A SOBER SOCIAL LIFE

Creating a vibrant, alcohol-free social life requires intention and effort. Here are some actionable tips to help you on your journey:

- **Set Boundaries:** Clearly define and communicate your limits to your friends and loved ones.

- **Open Communication:** Talk to your support network about your needs and challenges, and don't be afraid to seek help when necessary.

- **Seek Professional Support:** If you find it challenging to stay sober, don't hesitate to seek professional guidance from therapists or counsellors.

- **Celebrate Milestones:** Reward yourself for your achievements in sobriety, whether big or small.

**Your Path to a Fulfilling, Sober Life**  
Building a sober social life is not just a possibility; it's a transformational journey. By exploring alcohol-free activities, connecting with like-minded individuals, managing social situations with alcohol, and drawing inspiration from success stories, you can build a fulfilling and vibrant life without alcohol. As you embark on this path, remember that you're not alone; resources and support are readily available to guide you. Choose sobriety, and you'll find increased happiness, well-being, and a thriving social life awaiting you.

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Wild Caught Ocean King Prawns  
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Visit us on  facebook

#### TRADING HOURS

Tuesday - Thursday 10am-7.30pm

Friday - Saturday 10am-8pm

Sunday: 10am-7.30pm

Christmas orders to be placed by no later than Sunday 17th December 2023 by 3pm. Christmas orders can be picked up on Sunday 24th December 2023



**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

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**Steak and Prawns**

250g Rump Steak, garlic prawns, chips and salad

**\$23**

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AVAILABLE MONDAY TO FRIDAY  
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STILL ONLY **\$12** EACH

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**\$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

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# BRIBIE ISLAND MUSIC FESTIVAL

## Spring Bloom to Summer Shine

It all started in a blue community hall at Eumundi with Phil Barlow, Jessie John Higgins and Liquid Lyrics sharing for the night. It was like a flashback in time to the good old days. This was an inspiration to bring people and family together for music, and it still offers so much more than this. The performing artists at Spring Bloom to Summer Shine are all much loved on the Sunshine Coast and emerging broadly. They have been spreading their souls, love, healing, fun and spirit, holding space in music and lyrics scapes, performing and sharing regularly.

Nowadays, it is easy to fall short of creating opportunities to make and share priceless moments and memories together. Bribie Island has many locals, retirees, and day and weekend visitors enjoying the island. This event is in the early evening and is suitable for all. The idea is to provide something different yet reminiscent of old-school vibes, from families to an outing with friends. There will be many different instruments, sounds and motioning genres for the evening, from folk, rock, roots, indie, and reggae. I hope there is a little or a lot of something for everyone.

### Spring Bloom to Summer Shine

**When: 2nd December 2023**

**Time: 2-6 pm**

**Where: 156 First Avenue, Bongaree  
Bribie Island Recreational Hall**

A lineup of talented Sunshine Coast creative composers to bring more than just tunes to your evening. Our artist bands line up has been selected for the conscious, inspiring, uplifting and heart-centred effect their music provides and holds space for. These creators are spreading their sound and light out loud through outlets from their own events and tours, video clips,

house and venue concerts to performing at major festivals such as Island Vibe, Caloundra Music Festival, Zen Festival, Earth Frequency, Kuranda Roots, Woodford folk festival etc.

**PHIL BARLOW BAND** - Wholesome roots-rock music that opens your heart and awakens your fire. Having released four albums with the recent 'break free' album hits to drop into the music, release your mind and feel free: <https://www.philbarlowmusic.com>.

**SOLUA** - Through their conscious music, they bring a good, positive, happy vibe and world sounds with soft silky tones and high energy rhythms for letting go: <https://www.soluamusic.com/>

**JC and THE TREE** - Indie Folk duo create brilliant soundscapes that elevate you into timeless visions of all things connected to nature and the world beyond: <https://www.facebook.com/p/Liquid-Lyrics-100057534065733/>

**LIQUID LYRICS** - We have our special guest speaker Nick Grivas, presenting and performing spoken word poetry/ Nathalie James will also be joining the stage to share her potent poetry: <http://www.facebook.com/p/Liquid-Lyrics-100057534065733/>

A chance to come together, connect and get your children and elders out and about to sit back, relax, receive or get up and dance—a great gift to give to another. Please don't be late; JC and the Tree will be our grand opening, too good to be missed.

**Tickets sales at:**  
<https://events.humanitix.com/spring-bloom-to-summer-shine>

Alcohol and drug-free. Bring your own drink bottle. Water refill available. Seats provided.

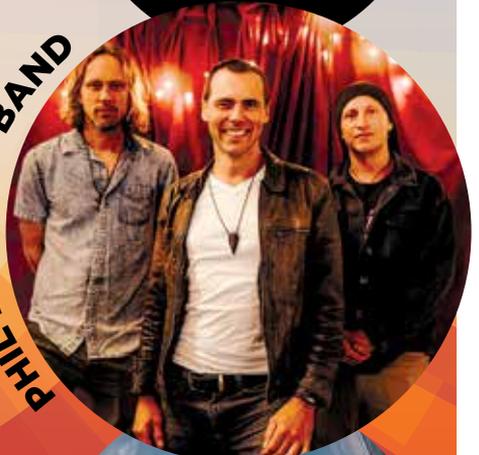
LIQUID LYRICS



SOLUA



PHIL BARLOW BAND



JC and THE TREE



# 2ND DECEMBER 2PM - 6PM

Bribie Island Hotel  
Presents

# DIESEL

## NEW YEARS EVE

WITH SPECIAL GUESTS

**GOOD WILL REMEDY**  
**ROCKGODZ N MIRRORBALLZ**

**PERFORMING LIVE & LOUD WITH HIS BAND**

**JOIN US FOR AN UNFORGETTABLE EVENING OF  
MUSIC AND FUN AS WE WELCOME 2024 IN STYLE**

**BRIBIE ISLAND HOTEL**

**SUNDAY 31 DEC**

TICKETS ON SALE FROM OZTIX





# Florence Rock

Florence Rock is a feisty, 96-year-old young lady who handcrafts satin roses, which can be pinned to clothing, hair bands, or put on presents to friends.

When she was wondering who could use these creations for a purpose, her neighbour Bev, who helps Florence keep her garden bright and cheerful, remembered the Bribie Pink Dragons. As the roses are mainly pink, it was an easy decision for Florence to offer them to this club to be gifted as a gesture of friendship or as a fundraiser.

Club member Beth named the satin bloom "The Rose of Resilience". Resilience is a word closely associated with these women who are breast cancer survivors. Accompanied by their supporters, they paddle out on the Pumicestone Passage three times a week. race dragon boats in regattas in Queensland and compete Internationally, recently, in New Zealand.

Florence herself is a likeable, vibrant and active woman, a resilient role model for anyone over the age of 90. She still climbs a steep flight of stairs daily, works in her garden, and is an excellent artist.

Any leftover pink or other coloured satin pieces or clothing Florence could easily creatively transform. So please get in touch with Bribie Pink Dragons on 0427668319."

PHOTO: Florence with our new Presidentw Marie, Joie and Beth...Joie

**BIBIE ISLAND BOWLS CLUB**

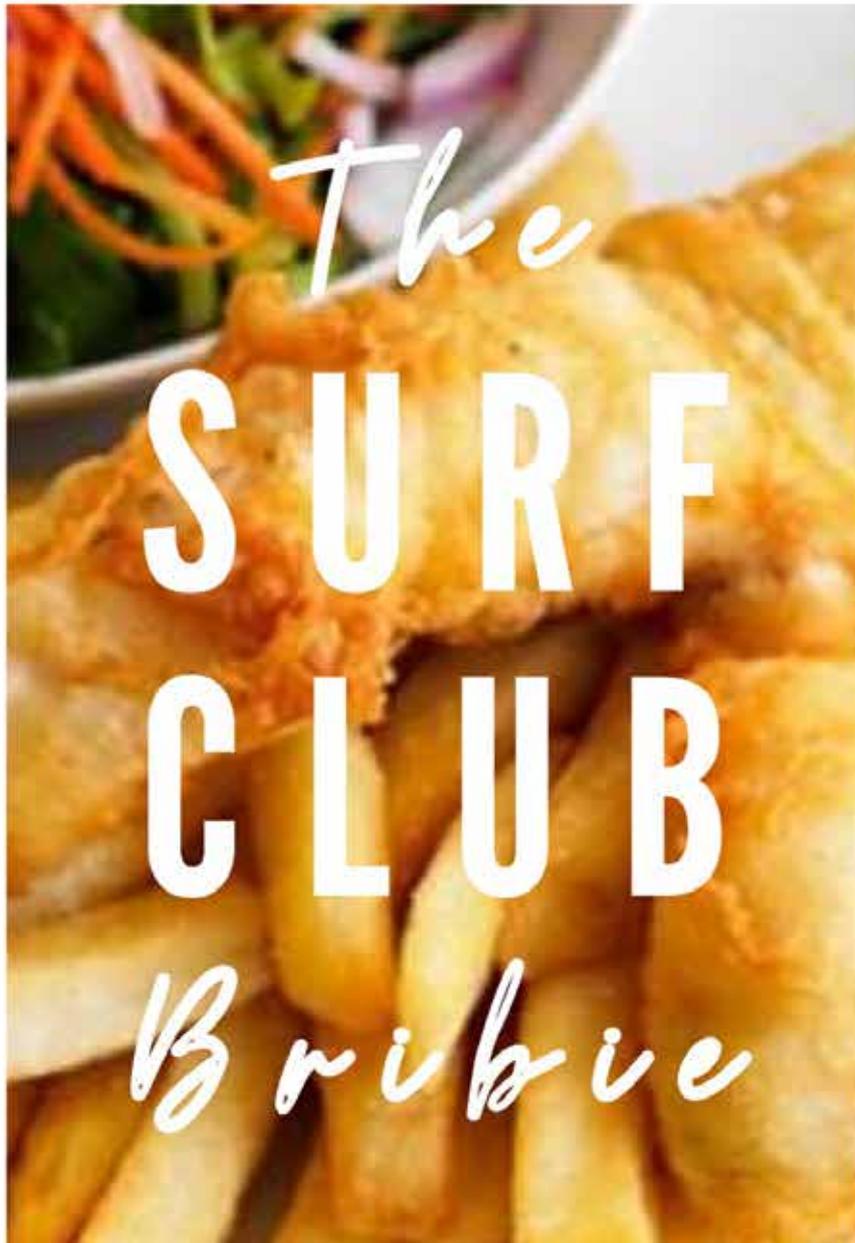
**BISTRO OPEN 7 DAYS  
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**110 LATEST GAMING MACHINES  
FULLY STOCKED BOTTLE SHOP  
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BISTRO | BAR | GAMING | OCEAN VIEWS



2 FIRST AVE, WOORIM, Q 4507  
PHONE: 07 3408 2141  
THESURFCLUBBRIBIE.COM.AU

# COME AND JOIN THE FUN

And support a worthy cause. Kathy Vincent.

Bribie Island Croquet Club are having a fun fundraising day for everyone to join. The club always supports a Bribie group, and this year, we are supporting The Bribie Pantry. The Pantry sources food from places such as The Food Bank and donations from the community. They are supporting families who are really going through rough times for many reasons and are open two mornings a week. The project is managed by dedicated volunteers who give much more than their time. With Christmas just around the corner, the Croquet Club hopes to raise funds to support the Pantry to provide Emergency Hampers for families in crisis. So what can you expect at this Fun Day?

8 a.m. market stalls of clothes, books, plants, and preloved treasures.

While browsing, why not be tempted by the smell of onions and have a hot dog from the barbecue or scones and cream for morning tea?

Try a crazy croquet game (there are prizes). Don't forget to buy a raffle ticket for one of the fabulous prizes.

You might like to make up a team of 4 and compete in the annual Community Club Croquet Challenge. There is a \$20 entry fee per team. You don't have to have any previous experience of croquet. You could just try your hand at croquet, which is great fun.

You are guaranteed to have lots of fun, and your support will greatly assist Bribie Pantry in helping those in need in our community.

If you would like more information call Jan on 0437 008 042

See you there !!

# TRY CROQUET AT COSMOS PARK

## MARKET STALLS

clothing, plants  
bric a brac & more

## FUN ACTIVITIES

## RAFFLES

## BOOKS

## GALORE

## SAUSAGE

## SIZZLE



YOUR SUPPORT WILL AID Bribie Pantry

**SATURDAY 25TH NOVEMBER**  
Cosmos Park, Sunderland Dve, Banksia Beach  
**FROM 8AM**

**we're hiring**

JOIN OUR TEAM

The Bribie Islander

EMAIL YOUR APPLICATION NOW!

- do you love sales ?
- are you a people person ?
- do you want work life balance ?
- are you community focused?
- want to work in a fun friendly environment?



e: [editor.thebribieislander@gmail.com](mailto:editor.thebribieislander@gmail.com)

# Traditional Butcher Shop In-House Smoked Smallgoods Restaurant Quality Steaks.

FROM SUCCULENT SEAFOOD TO SIZZLING STEAKS,  
WE'VE GOT YOUR CRAVINGS COVERED

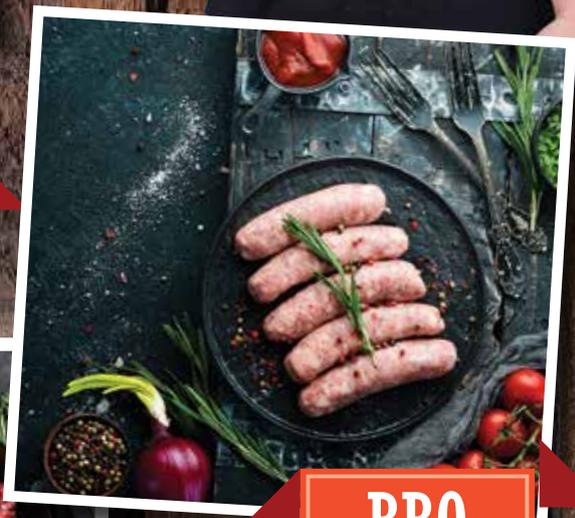


**\*\*\* RED HOT SPECIALS \*\*\***  
While stocks last Specials Valid from 4th to 10th Nov 2023



**KIEWA VALLEY LOIN CHOPS**  
**\$14.99<sub>kg</sub>**  
\*\*\*

**PREMIUM BEEF MINCE**  
**\$25 for 2kg**  
\*\*\*



**BBQ SAUSAGES**  
**\$9.99<sub>kg</sub>**  
\*\*\*

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



NAME:.....  
PHONE NUMBER:.....  
EMAIL:.....



# 0499 730 701

929 Bribie Island Road , Ningi,  
[info@bribieroadbutchery.com.au](mailto:info@bribieroadbutchery.com.au)

# Marmalade Porchetta With Salsa Verde



## INGREDIENTS

1.5kg pork belly, skin-on  
2 tbsp seville orange marmalade  
3 garlic cloves, crushed  
3 rosemary sprigs, leaves picked and chopped  
5 thyme sprigs, leaves picked  
1 tsp fennel seeds, roughly crushed  
1 tsp chilli flakes

## FOR THE SALSA VERDE

1/2 bunch tarragon  
Bunch basil  
Bunch parsley  
1 garlic clove, roughly chopped  
3 tsp dijon or wholegrain mustard  
2 tsp capers, rinsed  
3 anchovy fillets in oil, drained  
2 tbsp sherry vinegar  
Finely grated zest 1 lemon  
6 tbsp extra-virgin olive oil  
Kitchen string

## METHOD

Put the pork belly skin-side down on a board. Trim off any particularly fatty bits if there are any (but keep the skin intact) and season very generously with salt and pepper. In a bowl, mix the marmalade with the garlic, rosemary, thyme, fennel and chilli flakes to create a thick paste, then rub this into the meat, massaging it in well with your hands.

Roll up the pork belly into a cylinder so the skin is on the outside, then use kitchen string to secure it in place – aim for a 2cm gap between each loop of string. Pat the skin dry, then put the pork on a tray and leave, uncovered, in the fridge overnight or for up to 2 days to dry out the skin.

On the day you plan to serve, heat the oven to 220°C fan/gas 9. Put the rolled belly in the oven and roast

for 40 minutes, then turn down the heat to 160°C fan/gas 4 and roast for 3 hours.

After 3 hours, turn the oven back up to 220°C fan/gas 9 and cook for 20-30 minutes more until the skin has puffed up into crispy, bronzed crackling. Leave to rest for at least 30 minutes or allow to cool completely.

While the pork rests, make the salsa verde by putting all the ingredients in a food processor. Pulse until combined but not completely smooth – a bit of texture is a good thing. Season to taste and transfer to a bowl.

Carve the porchetta into thick slices and drizzle generously with the salsa verde. Serve with veg of your choice or stuff into ciabatta with a dollop of mayo for the best sandwich you'll eat this year.

# BRIBIE ISLAND GEM CLUB, WOODCRAFTERS AND POTTERY MARKET DAY

**SUNDAY  
26TH  
NOVEMBER  
9AM TO 1PM**

Giving a gift, which has been handmade is so very special. It is even better if the gift has been purchased locally. The Potters, the Gem Club & the Bribie Woodcrafters members have created beautiful items that will delight. During the morning meander through the shaded walkway to visit each club.

At the Gem Club, members enjoy practicing the various skills associated with the lapidary craft - casting, silversmithing, enameling, faceting and cabbing while at the Potters, their fully equipped premises allow for total enjoyment in the creative world of pottery. Over at the Woodcrafters you'll see amazing variety of skills including box making, carving, pyrography, intarsia and much more.



With Xmas around the corner, what a special opportunity to purchase that unique handcrafted item for a loved one or are you looking for a new interest?

This is a wonderful opportunity to come along to this special Market Day and see for yourself what is on offer.

**See you there**



**BRIBIE GEM CLUB, WOODCRAFTERS & POTTERS**

## **Christmas MARKET DAY**

**26 NOV | FREE ADMISSION  
2023 | STARTS AT 9:00 AM**

Perfect Handcrafted Christmas gifts. Jewellery, pottery, artisan wooden items, raffles, food...

**BRIBIE ISLAND COMMUNITY ARTS CENTRE  
191 SUNDERLAND DRIVE, BANKSIA BEACH**



**Bribie Island  
Community Arts  
Centre  
191 Sunderland Drive,  
Banksia Beach**

# DIG DEEP FOR YOUR LOCAL SUNSHINE COAST COMMUNITY THIS CHRISTMAS!

Support The Salvation Army's Christmas Appeal so nobody struggles alone.



**T**he Salvation Army is launching its annual Christmas appeal in Queensland's Sunshine Coast, which will help The Salvos support individuals and families in the local community experiencing hardship this Christmas.

The rising cost of living, interest rate and rental price hikes have meant that more people have been turning to The Salvation Army for support, making this year's Christmas Appeal vitally important. The Salvos aims to raise \$25 million nationally so nobody struggles alone this Christmas.

"Christmas is the busiest time of the year for The Salvos, and we expect the additional stresses of this year will result in more people than ever struggling to afford Christmas for themselves and their families. The Salvation Army is here for you. Whether it is practical support like food or

presents, or if you are feeling down or lonely Christmas, this reach out to us at The Salvos," says Simon Gregory, The Salvation Army's Public Relations Secretary for Queensland.

There are many ways that you can partner with The Salvos to support your community this Christmas, including lending a hand, donating products such as gifts and food, or offering a financial donation to our Christmas Appeal. The Salvation Army also hosts a number of unique community celebrations during the festive season. For more information on how you can support this Christmas or to find out about local events, don't hesitate to get in touch with your nearest Salvation Army centre in the Sunshine Coast area. You can also visit [salvationarmy.org.au](http://salvationarmy.org.au).

During the Christmas period last year, thanks to the generosity of the Australian public, The Salvation Army nationally distributed tens of

thousands of food hampers to those struggling to make ends meet, received over 250,000 gifts and toys for families who might otherwise have gone without, \*\* provided over 132,000 meals, and provided more than 66,000 bed nights for families needing accommodation during the festive season. \*

"It is more important than ever to band together as a community and lend a hand to those doing it tough. By believing in our good work and supporting our Christmas Appeal, The Salvation Army can continue providing wraparound services and tailored support and bring much-needed hope and help to Sunshine Coast families in crisis, ensuring nobody struggles alone this Christmas," says Simon Gregory.

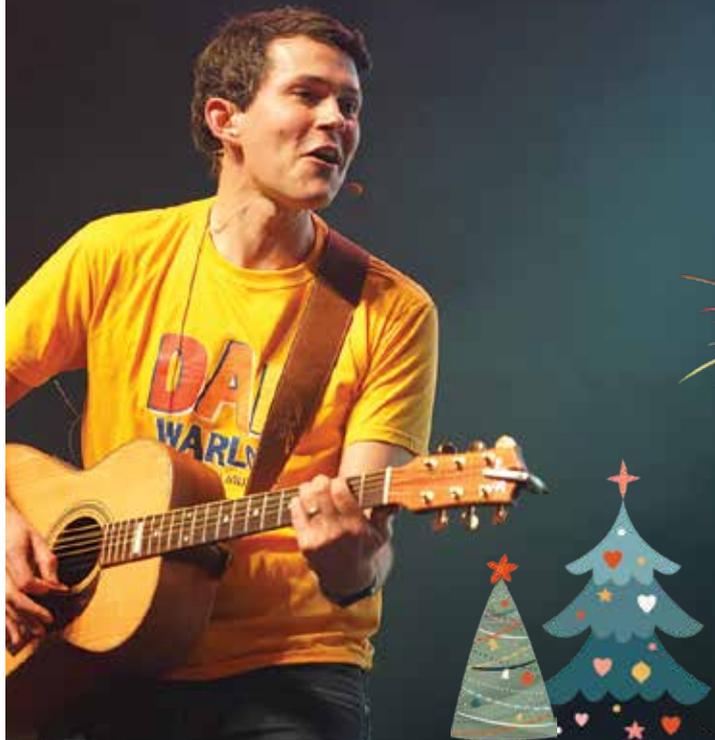
The Salvation Army also encourages community members looking for affordable Christmas shopping

options to consider Salvos Stores. Whether gift-shopping or looking for Christmas decor, there's always something special to be found. Not only will you save on your Christmas shopping, but 100% of the profits raised support The Salvos community work nationwide. It is good for the planet, good for your wallet and good for people in need.

"Most importantly, remember what matters most at Christmas – connection, community, friends, and family. Reach out to people. Spend time with those you care about. And if Christmas is a hard or lonely time for you, remember that your local Salvos family is always just down the road. From all of us at The Salvos, we wish you a peaceful and hope-filled Christmas," says Simon Gregory.

**To find out about local Christmas event information, to donate to The Salvation Army's Christmas Appeal, or if you need support from The Salvos, please visit [salvationarmy.org.au](http://salvationarmy.org.au) or call 13 SALVOS (13 72 58). Donations can also be made at any Salvos Store.**

# Carols on the Oval



**BYO food/drinks/chairs/rugs**  
**More info: John 0414 979 664**

**Sat 9th December, 2023**  
 202 Bestmann R East, Sandstone Point  
**6:30pm – 8:15pm**

Sandstone Point Carols on the Oval 2022 was a great success. We sang, danced and laughed the night away before capping it off with some beautiful fireworks! It was great to see families with their picnics, enjoying time together and creating special Christmas memories.

Sandstone Community Church (SCC) is again hosting this Christmas event planned for Saturday 9th December at 6:30 pm on the oval at Sandstone Point Community & Sports Complex, 202 Bestmann Road E, behind the Sandstone Point Shopping Centre (The Village).

Due to popular demand, Dan Warlow, children's musician and entertainer will be returning. Dan plays guitar, sings and delights children with Jed the puppet. He has

had the opportunity to perform throughout Australia, Asia and Africa with artists the likes of Marina Prior, Colin Buchanan and the Watoto children's Choir.

Local dance studio, Island Dance, will be delighting us again with their energy and fun dances. Fireworks, generously sponsored by IGA Sandstone Point will close the evening.

Church members have been fundraising to help with event expenses. If you visited Sandstone Point or Ningi Hall on Referendum Day, you may have enjoyed a Democracy Sausage or purchased some yummy home-made goods at the SCC stalls with all proceeds to the Carols. SCC thanks City of Moreton Bay for their Community Event Grant towards production costs. Other local sponsors to

date include Sandstone Point Community Association Inc, Ali King MP, Terry Young MP, Victory Press, Hans Electrical Service, Nathan's Sound & Lighting, Bribie District Little Athletics and Sandstone Point Lions Club.

Carols on the Oval is an alcohol-free, family-friendly, free Christmas Carols sing-a-long and concert. BYO chairs, rug, candles, torch and food, or purchase dinner, some snacks and drinks from the local Sandstone Point shops. A limited number of glow sticks and battery-operated candles will be available on the night.

SCC met in Sandstone Point Hall for almost 10 years and currently meets each Sunday at 3pm in the Ningi Community Hall 1320 Bribie Island Road. They have a heart to support the local community in any

way they can, including a Craft Group on Mondays in the Sandstone Point Hall, mainly music for pre-schoolers and their carers on Thursdays, also in the Sandstone Point Hall and Average Joes (AJ's), a men's group promoting masculinity, mentoring and mateship, meeting at the Sandstone Point Hotel on Wednesday evenings. You can also find SCC outside IGA Sandstone Point Tuesdays during school term, 11am – 12noon.

Come along and experience some family time with your community as you prepare for Christmas. Sing your favourite carols and enjoy featured entertainment at Carols on the Oval.

**For further information, contact John Gollan Ph 0414 979 664.**

BRIBIE ISLAND CHURCHES PRESENTS

# CAROLS

*in the Park*

**SAT 2 DEC 2023**  
**BRENNAN PARK**

**4.00PM to 7.30PM**

*4pm onwards come along and enjoy Food Vendors, Petting Zoo, Face Painting, Balloon Art and more ...*

4.15pm - Entertainment by Dan Warlow  
5pm - Entertainment by The Bribie Gleemen  
5.45pm - Entertainment by Island Dance  
6.30pm - Carols Concert by local Churches  
7.30pm - Fireworks






**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**



## BRIBIE ISLAND families among FIRST to receive NEW children's BOOKS

A not-for-profit organisation has sent more than 2000 books across the country to local community groups celebrating Queensland Children's Week 2023.

Play Matters Australia commissioned popular children's authors to write books encouraging families with children under five to sing, dance, read and of course, play! Play is scientifically proven to assist a child's development, and the picture books help celebrate the many ways it can be incorporated into everyday activities.

Play Matters Australia's CEO Penny Creamer said, "The first 1000 days of a child's life is a critical period and play is essential for nurturing children's brain development. Play is where children and adults alike find joy, and it's the gateway to learning, growth, and development."

"We partner with several organisations across Queensland through our Sing&Grow program, and we are always looking for ways to give back to the local community. We wanted the families of Bribie Island to be given first access to the books." Bribie Island Kindy hosted a reading event earlier this week

to celebrate the launch of the books along with multiple other community groups around the country.

"The picture books perfectly embody the theme of Queensland Children's Week 2023, Article 31 - Children have the right to relax, play, and participate in activities they enjoy. These books share the joy of play and celebrate its benefits, and we are thrilled to bring them to young readers and families across the nation," Ms Creamer said.

Let's Play, and I Can't Wait to Play! written by Queensland authors Karen Tyrrell and Dannika Patterson explores the fun of play - from peekaboo, singing, baking, and reading to grocery shopping, crossing the road, and even cleaning up. From dressing up to pulling faces and bubble baths, Dannika Patterson's "I Can't Wait to Play!" explores how play helps young children learn, develop, and grow.

"Inside or out. Grey skies or blue, life's more fun when we play, it's true! Why do we play the whole day through? Play is the work kids need to do!" Karen Tyrrell's Let's Play celebrates the countless opportunities to play at home or out and about.

"Bounce, bounce, bounce on knees. Let's bounce and count together. Pack, pack, pack away, Let's pack away together. Splash, splash, splash away. Let's splish and splash together."

Play Matters Australia is celebrating its 50th year and supports playgroups and play activities across Queensland and around the country.

# One Woman's Sailing Adventure Around the World

By Anne Miller



An exciting addition to the always-short list of sailing fiction is Anne Millen's *Tripping Over the Ocean*, to be published this month. Anne lived aboard for five years and wrote the popular memoir *More Than a Thousand Dawns*, which told the story of her four-year circumnavigation of the world. This time, Anne, who grew up in the Central Highlands of Queensland and now lives on the coast north of Brisbane, has turned her hand to fiction and wrote an adventure story for all ages, particularly for all those who love the sea and yachts. Not only can she write a fabulous nautical story, but she can tell you how she's lived it — each sunrise and sunset with no land in sight. While living in the Middle East, she wrote for *Cruising Helmsman* and *Arabian Wildlife* magazines and, at one time, wrote regularly for the *Gulf News* tabloid. After ten years of editing *Gazelle*,

the newsletter of the Dubai Natural History Group, she became a proud life member. It all began with the Dubai Writers, developing skills by writing short stories, and once discovered, the joy of writing remains. Now, she's part of the Bribie Island writing community.

**Book Blurb**  
Aria Stihl, a tough lawyer, keen sailor and blue-water dreamer, sees a delivery voyage as a step to doing a single-handed ocean passage. With Oscar, the 'world's best crew', and two experienced sailors, she tries to avoid the usual problems of yacht deliveries, and to make a quick and easy passage from Auckland to Suva. But she has taken on more than she expects, and by the end of the voyage, all their lives are changed.

**GENRE: Nautical Fiction**  
**PAGES: 280**  
**BUY: Amazon and all good bookstore**  
**RRP: \$24.99**

# Writer's Corner

By Rita Maclean



## MONSTERS AND MADE CREATURES IN SCI-FI AND FANTASY STORIES

I like creating weird and creepy stories. Monsters and made creatures can add depth to the weird-creepiness in your stories, so let's think about making monsters.

Frankenstein's monster is the classic made creature, but similar characters feature in fantasy and sci-fi tales for all ages. The ginger bread boy, Pinocchio, the golem of Prague, the Bicentennial Man and Asimov's other robots, and even the helpful AI personalities of Ray Bradbury's automated houses. These creatures interact with the human characters in stories and are similar, but not quite human.

These made creatures allow writers to, in-part, explore what it is to be human, especially with unfavourable traits. By looking at the struggles and desires of these conjured and built pseudo-humans, we get to see what they (and us) value so much about the human condition.

These creatures don't usually (at least at first) possess the right of control

over their own lives, so in these stories we get to reflect on the ideas of power and autonomy, and often some ugly elements of human nature.

Having a creature that is different ('other') and distanced from us, gives story tellers a chance to explore prejudice and acceptance, strength and weakness. We are hardwired to fear 'different' and to gawk at oddity, so conjuring a made creature can add some very compelling elements to a story.

When I devise a made being, I seek inspiration from existing myths and tales. Then I experiment with innovations that mesh with the elements of the story world I'm writing. I also find it helpful to draw a rough sketch of the creature's appearance which helps me develop ideas about its movement, voice and personality. Does the way it was made affect the way it will act?

As you're brainstorming ideas for your own creature, imagine how it was made so you know how it can be unmade. This cause and effect thinking adds to

the story realism and can result in some pleasing story twists. These creatures need to have a plausible inception so your reader will suspend disbelief and go along for the ride.

Spend a little time planning the magical or technological rules that govern your creature and remember that it will need goals, and face obstacles as much as any other character or the story will feel flat. Once your creature is running amok, use the magical rules that bought it to life to bring about its grisly end ... enjoy.

My latest anthology, *Tales from the Edge of Maybe*, has twenty short stories where you will meet an addicted pixie, a heart-broken ghost, devilish mer-folk, a hybrid amphibian hero, robot doctors, and vengeful mutant birds, along with floating cities, a few time-travellers and a philanthropic witch.

**Yep, I like writing the weird and creepy.**

**I also write for young people as Martii Maclean. My books are available online and directly by contacting me at [kookycatbooks@gmail.com](mailto:kookycatbooks@gmail.com)**



# 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)

A Treecreate project

# Lions Children of Courage Awards

## “AIMING FOR THE STARS”

The Lions Club of Bribie Island presented their annual “CHILDREN OF COURAGE” awards on 4th November 2023.



### WHAT ARE THE LIONS CHILDREN OF COURAGE AWARDS?

The Children of Courage awards recognise a very special group of children and their families whom other ‘achievement’ awards may otherwise overlook.

These awards are specially designed to recognise the courage and bravery these children show daily in their day-to-day lives.

The Children of Courage Awards are not a competition! Every nominee for an award is a “winner”. The Award has been developed to:

- Encourage perseverance
- Promote self-worth.
- Acknowledge resilience

The awards provide an opportunity to recognise children who have successfully overcome additional barriers that face them in this world. There are three (3) categories for which a child may be nominated

#### 1) Special Needs

Children with special needs who have shown courage in the face of adversity. Such children include those who suffer from chronic illness, which has perhaps brought pain and trauma to their young lives.

#### 2) Courageous Act or Deed

A child who, without regard for personal safety, has been instrumental in the preservation of life and/or property, has rendered assistance at an accident, or whose concerns for others are worthy of recognition.

3) Inspiring Sporting Achievement For children who have overcome great personal hardship/disadvantage to compete as an individual or team member in their chosen sport.



BEAU



DARCI



DOMINIC



HOLLI



JAYDEN



KAYDEN



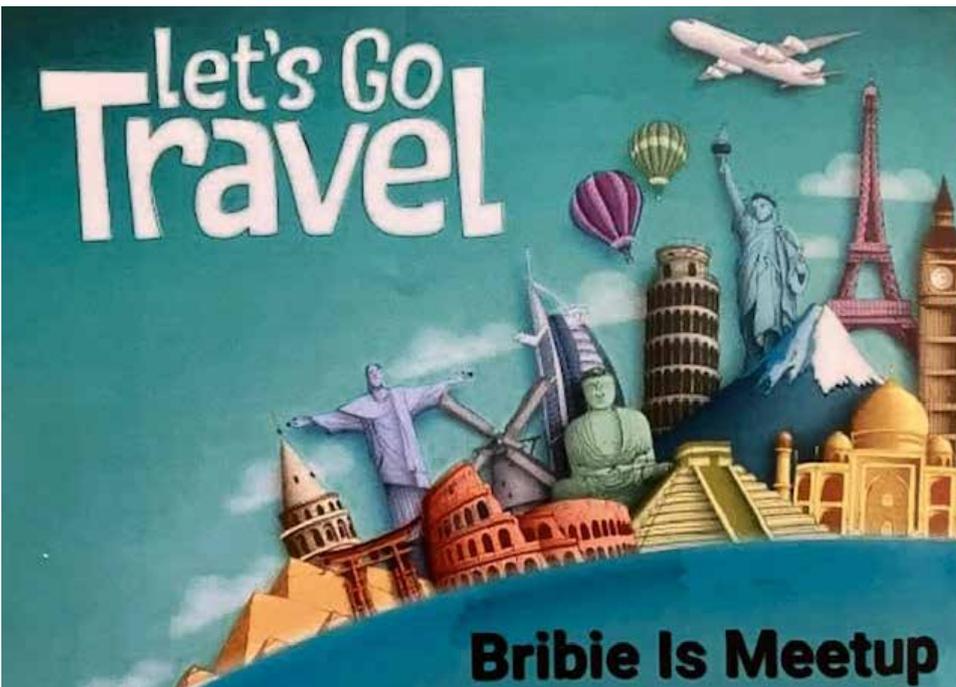
LILLIE ROSE



JOEL



RYLAN



**WOW, THE MEETING HELD ON 12TH NOVEMBER WAS A HUGE SUCCESS. I THINK THERE WERE OVER 20 NEW FACES, AND EVERYONE HAD A GREAT CHAT ABOUT TRAVEL OF COURSE.**

I had so many telephone calls during the week after the mention in the Bribie Islander, that I knew we would have a great group of Travellers arrive.

We have Ladies and Men wanting to

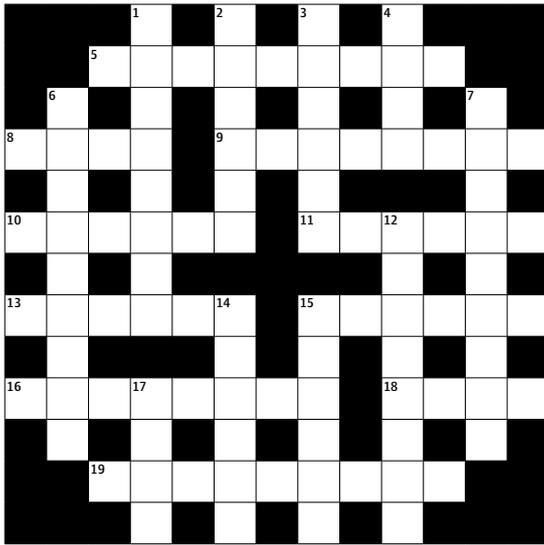
travel to: The Kimberley’s/Croatia-Greek Isles/ Vietnam/Japan/NZ Cruise/China/Alaska/Switzerland/ Cruise anywhere out of Brisbane, and one lady who would like to do the train to Longreach before Xmas if anyone is interested, and they are looking for a Travel Buddy, so they don’t have to pay the single supplement and have company on the trip. We all agreed that it’s nice to have someone with you even if you do separate things during the day.

You don’t need to be a member (there is no Membership as such), and you can simply turn up at the RSL Social Outside area (I will try and have a signup, but, in the wind, it can be an Issue) and we get to have a cuppa, a meal, afternoon Tea, cold drink etc and a great chat.

We will be trying to have the January Meeting in the Auditorium as it can be a little noisy outside, but with Christmas Bookings in December, the room is already taken.

**Hope to see everyone at the next Meeting. Roslyn 040107818**

# Crosswords - QUICK & CRYPTIC



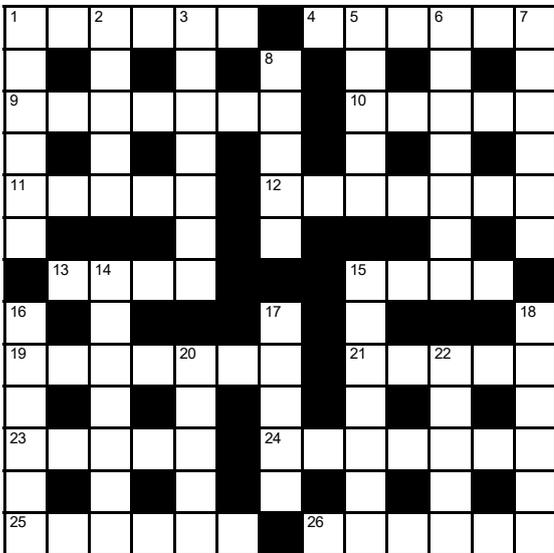
**Across**

- 5 Sleuth (9)
- 8 Self-righteous person (4)
- 9 Tepid (8)
- 10 Abrasion – predicament (6)
- 11 Flood, downpour (6)
- 13 Header (anag) (6)
- 15 Grammatical structure in sentences (6)
- 16 All over the world (8)
- 18 Uninspired writer (4)
- 19 Legendary outlaw (5,4)

**Down**

- 1 Balkan capital (8)
- 2 Elephant in a song (6)
- 3 Wagered (6)
- 4 Affirm (4)
- 6 Line of schoolchildren walking in pairs (9)
- 7 Sweet smell (9)
- 12 Midday meal (8)
- 14 Cream cake (6)
- 15 Reaping tool (6)
- 17 Loud noise – period of prosperity (4)

## CRYPTIC



**Across**

- 1 Shy away from heartless curate holding call (6)
- 4 Economic plan to move transport head (6)
- 9 Blowing off steam, for them, can be just the beginning, (7)
- 10 This message gives me the shivers (5)
- 11 Accommodation for stable hands after final training (5)
- 12 Disturbed, a wee rest is nicer (7)
- 13 Protection for Principals? (4)
- 15 Move quickly -a bull can be its' destination (4)
- 19 Serious art seen in composition (7)
- 21 A place Florence calls home.. (5)
- 23 Look hard, we hear, as we go up, one by one (5)
- 24 A turn the French claimed as being without airs (7)
- 25 Begin to realise Handel's yet to have Mahler's measure (6)
- 26 They are in the majority! (6)

**Down**

- 1 Cricketers don't like to see these used when they are keen to get on with it (8)
- 2 Can't see central heating keeping this residence intact (5)
- 3 Tumblers - use these to look better (7)
- 5 Relative - let go without opening article (5)
- 6 Regret a change is bigger than we thought (7)
- 7 An idea or they made it up (6)
- 8 Brownd off but ready to eat (5)
- 14 Thus far, the French are back and prepared (7)
- 15 Went with the flow as journalist followed understanding (7)
- 16 Landlord with little alternative (6)
- 17 Put things right with early PM (5)
- 18 Revolutions come and go in tandems (6)
- 20 A world of endless hatred - mad (5)
- 22 Pilar dances annually (5)

## SOLUTIONS

CRYPTIC SOLUTION 204



QUICK SOLUTION 204



# Kids Page



## SUPER-EASY JELLY COOKIES



### 4 METHOD STEPS

- 250g butter, softened
- 1/4 cup caster sugar
- 1 egg
- 2 1/2 cups plain flour
- 85g packet lime-flavoured jelly crystals
- 85g packet raspberry-flavoured jelly crystals
- 85g packet orange-flavoured jelly crystals
- 1/4 cup boiling water

### STEP 1

Using an electric mixer, beat butter and sugar until pale and creamy. Add egg. Beat until combined. Sift flour over butter mixture. Beat until combined. Divide dough into 3 equal portions.

### STEP 2

Place jelly crystals in 3 separate bowls. Working with one flavour



RAJESH  
AMY  
THEORY  
BIG BANG  
PHYSICS  
COMIC BOOK  
QCD

CHEESECAKE  
LEONARD  
PADADENA  
HOWARD  
STUART  
SCIENTIST  
SCIENCE

WOLOWITZ  
PENNY  
BAZINGA  
CALTECH  
SHELDON  
SPACE

at a time, add 1 tablespoon boiling water. Whisk to combine (crystals will not dissolve completely). Add 1 portion of dough. Stir with a wooden spoon until well combined. Place on a sheet of plastic wrap. Using plastic wrap to avoid dough sticking to your fingers, shape into an 18cm-long log. Repeat with remaining jelly crystals, boiling water and dough to make 3 logs. Freeze for 30 minutes.

### STEP 3

Preheat oven to 180C/160C fan-

forced. Line 3 large baking trays with baking paper.

### STEP 4

Remove 1 dough log from freezer. Slice log into 1cm-thick rounds. Roll each round into a ball. Place balls, 3cm apart, on one of the prepared trays. Press down slightly with palm of hand. Repeat with remaining dough logs. Bake for 12 minutes or until light golden. Cool on trays for 5 minutes. Transfer to a wire rack to cool completely.

### SERVE.

## 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



10AM - 2PM

# The Duke of Edinburgh's Attempted Assassination

By Al Finegan



PRINCE ALFRED IN SOUTH AUSTRALIA: HIS ROYAL HIGHNESS RECEIVING THE ADDRESS OF THE ADELAIDE CITY CORPORATION.—1868 PAGE 315.

By 1868, Australia had come of age. The gold rushes of the 1850s had caused a dramatic and irreversible impact on her citizens, rapidly changing it from a convict-oriented colony to a booming exciting nation, as massive amounts of gold flooded the country. It obliterated the convict era as convicts, their guards and hundreds of thousands of immigrants flooded the Eastern states rushing to the gold fields. Queensland, not to be left out, started its own rush, when gold was discovered at Gympie in 1867. It was a thrilling time for Australia. At the same time, Ireland was in despair. Revolution gripped the country. The Fenian Brotherhood was rebelling against British rule with atrocities being regularly committed by both sides. Thousands of Irish men and women had been deported to Australia, creating a clear division, and much animosity, between those of Irish and

English heritage.

Queen Victoria knew it was time to demonstrate her dominion over her booming young land in the south seas. A royal visit was needed to confirm who was the real owner of this emerging country. She decided to send her newly appointed Duke of Edinburgh to the colonies to overwhelm the locals with a display of royalty. Born in 1844, Prince Alfred was the fourth child and second son of Queen Victoria and Prince Albert. He joined the Royal Navy at age 14 as a midshipman and by 1866 had attained the rank of Captain and had command of HMS Galatea, a steam-powered sail-equipped frigate. In the same year, Prince Alfred was invested as the Duke of Edinburgh. Following his mother's orders, he sailed off for Sydney on his first visit as the official representative of the Queen to a British colony. On 21st January 1868 Galatea berthed in Sydney.

The Duke was a personable

young man with a roguish nature and very much a lady's man. It was well known that he had an enthusiastic pastime of visiting the many fine houses of ill repute in London, not considered improper for a single young royal at the time. Being a young man, he had no love of formal dinners and long speeches. Yet he was aware that this was expected of him. His mother had made it clear that he was to make a good impression on the unwashed masses occupying the rich land of Australia, a land that was proving to be a veritable gold mine of revenue for her royal coffers. She was certain that her lively young son would prove popular with the citizenry of Australia, thus cementing their loyalty to the crown.

His arrival triggered paroxysms of hysterical loyalty wherever he went. The colonists put up dazzling illuminations to celebrate his presence among them. To his chagrin, he was required to

attend endless dinners, and to respond to interminable loyal speeches and toasts, as his progress through the Australian colonies continued. Most newspapers in the different colonies went into rapturous frenzies of adulation, and Alfred's activities and comments on what he encountered were reported in the most minute detail. Of particular mention was his braces, of the type commonly worn at the time to hold up a gentleman's trousers. It was the "Back Joins" in the braces in the middle of the back that held peoples' admiration. It was a large heavy piece made of glittering silver and gold.

The Duke visited all the Australian colonies, apart from WA, during the months of his travels, and in every colony, he encountered an identical reaction of obsequious forelock tugging and grovelling from the large majority of the colonial population.

There was, however, an undercurrent of muted and

not so muted criticism from a small proportion of the predominantly Irish and working-class population, who were either ideologically opposed to the pretensions of royal superiority, or who regarded the English presence in Ireland as an occupation by a foreign military power. In their publications, the Duke's wanderings in Australia were deemed to be invariably accompanied by a massive slaughter of the local wildlife as his delight in shooting was well attested, and to be accompanied by a nightly sampling of many establishments of low repute.

Nevertheless, the occasional censure for his young manly behaviour was represented by a minority of the colonial population, although the involvement of the Irish did cause some concern for the Duke's safety. This concern flowed from the rebellions being reported in Ireland by the Fenian Brotherhood that had also been unleashed in England that same year. During Alfred's time in Melbourne in 1868, a public feast for the poor had degenerated into a riot, and wild rumours had swept the city that a team of Fenian assassins, intent on murdering the Duke, was in the colony. As well, there had been gunfire when a group of Protestant Orangemen had opened fire on a crowd of Roman Catholic demonstrators outside a Melbourne protestant hall, and three young men had fallen wounded to the pavement. One later died from his wounds. This had been reported in the local and foreign press as yet another Fenian outrage.

Among the Irish born population of Australia at this time, was a 35-year-old colonist named Henry James O'Farrell. Born in Dublin, the youngest of 11 children, O'Farrell had arrived in Australia in 1841 when the family emigrated, only to find the trauma of migration, compounded in the following year by the death of his mother, was causing him deep depression. The family prospered in their new country and in 1850, the devout young man undertook preliminary training to become a Roman Catholic priest. Apparently,

he began to exhibit signs of mental instability during his training, and after two years, was persuaded to take a break from his studies, although he was ordained a Deacon in 1852.

The enormous publicity generated by Duke Alfred's ramblings around Australia and the undercurrent of anti-Roman Catholicism, and an anti-Irish prejudice displayed by the organs of the popular press, combined to convince O'Farrell that he had a mission from the Fenians. He determined to act upon his delusion and began to plan Duke Alfred's assassination.

On the 12th March 1868, the Duke attended a gala picnic at Clontarf, about 10 kilometres from Sydney on the northern side of Sydney Harbour. The Duke stepped ashore from the steam launch at the picnic ground to join a large crowd of well-to-do people who had paid a pound a ticket for the privilege of attending the event. As the young Duke walked through the crowd, O'Farrell slipped behind him, drew a pistol, and shot him in the back. The Duke tumbled forward. O'Farrell pulled the trigger a second time. As he did so, several young men rushed O'Farrell. The revolver misfired. He pulled the trigger again, firing just as he was crash tackled. The horrified crowd heard a sharp yell of pain. It wasn't the Duke but one of the rescuers who had been shot in the foot. O'Farrell disappeared under the weight of an infuriated and hysterical crowd beating him senseless. It was with the greatest difficulty that the police and soldiers accompanying the Duke, were able to rescue the would-be assassin from being lynched on the spot. He was taken, bruised and bleeding, aboard a boat and across the harbour into the comparative safety of Darlinghurst gaol.

Meanwhile, the Duke was taken to Government House where medical examination revealed that the bullet had missed the spine and all vital organs. It had lodged a few centimetres from his breastbone. The Duke's braces' metal Back Join had received a direct hit and had taken most of the force

out of the bullet which had then been further slowed by glancing off a rib on its passage through the Duke's body. It seemed clear that it was the braces that had saved the young royal from considerable internal damage.

Several days later Alfred showed his personal courage when he submitted to the surgical removal of the bullet, without an aesthetic and seated on a chair. The surgeon was assisted by two of Florence Nightingale's nurses who had just arrived in the colony. As the Duke gripped the arm of the chair (and one of the nurses) the surgeons made an incision in his right breast and quickly extracted the bullet with forceps. It was a rough slug about the size of a small thimble. It was reported that, "... aside from a momentary paleness, the Duke bore his ordeal with equanimity and courage, and he examined the bullet and engaged the surgeon in conversation after the operation."

The colonies were by now in full-on panic stations. A massive security alert was declared by the embarrassed colonial authorities. O'Farrell's claims to have been part of a Fenian plot provided the Minister of Police, Henry Parkes, with a useful scapegoat to divert attention from the police failure to provide adequate protection for the royal guest. A tirade of virulent anti-Irish propaganda flooded the Daily Press, and Parkes deliberately inflamed the situation to his own political advantage by announcing that he had uncovered proof that O'Farrell had not acted alone, but had been part of a conspiracy of disaffected Irish Fenians to destroy a member of the English royal family. In response, Irish and Roman Catholic columnists fell over themselves to proclaim their loyalty to Queen Victoria, and their abhorrence of Fenianism. The Roman Catholic Archbishop of NSW denounced the sectarianism of the local press which held the entire Roman Catholic community responsible for the actions of a lone fanatic.

Within weeks, Henry James

O'Farrell was on trial for attempted murder, a crime punishable by death. While in custody he had been extensively interviewed by Henry Parkes, with a reporter from a Sydney newspaper, who was an experienced shorthand exponent, hidden behind a door to take down a record of all that was said. The trial itself was little more than a formality, and there seems little doubt that in the climate of opinion at the time there was no way O'Farrell could have received a fair hearing. All the evidence of his long-term mental instability counted for naught. His defense attorney fully recounted the prisoner's financial worries, his religious mania, his heavy drinking, and his threats of suicide. It all fell on deaf ears. In a very short deliberation, even for those times, the jury found him guilty as charged. He was sentenced to death.

A petition for clemency was prepared by O'Farrell's sister in which further evidence of his madness was presented. To his great credit the petition was supported by Prince Alfred himself who suggested that the trial had been brought on with undue haste. He also pointed out that the crime of attempted murder was no longer a capital offence in Britain. It was all to no avail. On 21st April, just 40 days after the attempted assassination, O'Farrell was hanged. Many subsequent reviews of Parkes' allegations agree that he had manufactured a conspiracy out of thin air.

When the Duke finally sailed his ship out of Sydney Harbour, he took with him some strange curios. They were the pistols carried by his would-be assassin, the bullet that the surgeons had removed from his right breast, and a bent chunk of silver and gold having a hole in its centre. These souvenirs had been carefully mounted in a lined and polished cedar box to show his mother on return. When she eventually gazed into the box, one can only wonder what Victoria made of her beloved son's successful visit to woo the colonials.

## BOWLS RESULTS

**BONGAREE LADIES BOWLS**

Friday 27th October Winners:

Elna Jensen, John Bell, Bev

Birthday

R/U: Jim Warwick, Pat Warwick,

Leonie Timmerman, Jacque

Murdoch

Tuesday 31st October Winners:

Richie Ferguson, Maureen

Ferguson

R/U: Meredith Coleman, Ally

Spittle

6-a side competition

Saturday 4th November saw the conclusion of Bongaree Bowls Club's annual Six a Side Challenge. Played over three consecutive Saturdays and a members-only competition, this year attracted 78 players in 13 teams.

Our generous sponsors, Traditional Funerals, Bribie Medical Equipment Hire and Sales, Gary Houghton LJ Hooker, Arthur Hangan and The Snooker Club donated prize money.

Overall winners Team Graham Symonds

Runners Up Team David

Vaughan

Third overall Team Colin

Hodges

Round one winner Team Greg

Hemphill

Round two winner Team Steve

Horn

Round three winner Team Jim

Warwick

The event concluded with a BBQ

and the prize presentations.

Snooker Club representative

Colin Thomas and LJ Hooker

representative Gary Houghton

presented prizes.

The club would like to thank everyone involved in making

this such a successful event, from the ground staff, event

administrators, umpires, bar staff, catering staff and all

volunteers. Let's do it again in

2024!

**BONGAREE BOWLS MEN'S RESULTS**

Scroungers Oct 28th Judy Irvine, 2nd John McNeven, 3rd Dale Furlong.

Wed 4's Nov 1st sponsored by Bribie Sand & Gravel.

Winners Ron Carruthers, Don Pascoe, Barry Russell, Margaret McGarry

Runners Up Roger Parker, Russell Guymer, Col Hodges, Peter Thatcher

Thurs Jackpot pairs Nov 2nd Winners Darryl Rowlingson, John Park

Runners Up Jacque Murdoch, Greg Hemphill

Scroungers Nov 4th 1st Peter Brown, 2nd Paul Neumann, 3rd Mick Falvey

Wed 4's Nov 8th Winners Claire McCarthy, Mike Giles, Barb Tanner, Sheena Bath

Runners Up Paul Hill, Glenn Biggs Don Somerville, Peter Higgins

Thurs Jackpot pairs Nov 9th

Winners Errol Fender, Artie

Hinton

Runners Up Jenny Easey, Peter

McQueen

**BRIBIE ISLAND BOWLS CLUB**

Self Select Fours Results Friday 27 October 2023

Winners: B Hoffman, W Broad, T Smith, C Hayles

Runners up: C Perkins, K Taylor, R Glasser, P Hughes

Lucky draw: R Britton, M Nganeko, E Deakin, L Deakins

Random Select Fours Results Saturday 28 October 2023

Highest margin: P Conn, R Brinton, S Brown, B Watkins

Lowest margin: C Stroud, J Herbert, T Hudson

Self select fours results Tuesday 31 October 2023

Winners: M Andrews, T Erfurth, D Cherry, J Smith

Runners up: T Smith, C Hayle, W Kelly, W Gilbert

Lucky draw: W Hoelscher, J Herbert, T Hudson, B Castle

Lucky draw: E James, R Heath, M James, P Gray

lucky draw: A Sturm, T Bishop, J Wallis, J Lonsdale

Scroungers Results Wednesday 1 November 2023

1st: K Thornton

2nd: G Lee

3rd: L Savige

4th: T Bishop

Self select Fours Wednesday 1 November 2023

Winners: V Lindsay, D Lindsay, M Andrews, G Duncan

Runners up: J Prowle, J Cullen, I Smith, N Gray

Lucky draw: M Nganeko, J Oliver, M Lowe, Paul G

Lucky draw: S Lobo, P Patrikeos, K Piva, K Vardy

Lucky draw: Wally O, S Root, M Prewett

Random Select Triples results Thursday 2 November 2023

Winners: P Gee, P Neumann, G Paskin, L Stanford

Runners up: J Murray, J Lonsdale, C Kelly, M Young

Lucky draw: J Prowle, J Nilliar, G Mellor, G Hutchison

Self Select fours results Friday 3 November 2023

Winners: P Hughes, K Taylor, R Glasser, C Perkins

Runners up: T Erfurth, K Thornton, M Hansen, L Savige

Lucky draw: M Durham, Z Elmore

Lucky draw: R Black, B Hosie, D Orth, M Beutel

Random Select Fours Saturday 4 November 2023

Highest margin: T Richardson, G McEniery, I Smith, C Turner

Lowest margin: P Gee, M Drought, A Sturm, L Williams

Out of hat winner: B Castle, L Tweddle, J Muller, M Thompson

Scroungers Results Wednesday 8 November 2023

1st: P Brown

2nd: A Sturm

3rd: R Eaton

Self Select Fours Results Wednesday 8 November 2023

Winners: E Bateman, I McClelland, M Garfield, C Brayley

Runners up: M Nganeko, S Chandler, S Root, J Oliver

Lucky draw: T Phillips, g Woollett, S Cook, R Glasser

Lucky draw: R Brinton, E Deakin, L Deakins M Lowe

Lucky draw: M Lawry, W Broad

Random Select Triples results Thursday 9 November 2023

Highest margin: P Ditchburn, P Neumann, R Bickerton, C Hamilton

Runners up: T Richardson, S Brown, G Hutchison

Lucky draw: C Sambaher, A Cooke, J Murray, M Thompson

Lucky draw: G Riley, A Riley, B Hamer



## SOLANDER LAKE BOWLS CLUB RESULTS

WEEKLY SOCIAL BOWLS RESULTS - W/E  
04/11/2023

Tuesday Winners: Sheila Jeffrey, Mike Jones & Mal Dawson.

R/U: Alan Clavell-Pearson, Ann Boltero & Robert James.

Wednesday Winners: Pat Samuelson & Deb Hill.  
R/U: Brett Sellars & Glenn Merrin.

3rd: Brian Wrice & Chris Jenkins.

Jackpot (\$304) – No winner.

Thursday Winners: Wayne Stuart & Pete Evans.  
R/U: Jill Poteri, Bev Power, Pat Samuelson & Deb Hill.

3rd: Carmel Sorrenson, Barry King, Ib Larsen & Mike Power.

Jackpot – No winner.

Friday Winners: Jenni Cummins & Ian Boast.

R/U: Vicki Mitchell & Wayne Mitchell.

3rd: Pete Neilson & Glenn McCarthy.

Saturday Winners: Dudley McKenzie & Trevor Smith.

R/U: Paul Bottger & Andy Ives.

WEEKLY SOCIAL BOWLS RESULTS - W/E  
11/11/2023

Tuesday Winners: NO COMPETITION – Melbourne Cup Day.

Wednesday Winners: Paul Dixon & Robert Stumbles.

R/U: Chris Avenell & John Gemmell.

3rd: Val Jones & Bruce Hill.

Jackpot (\$386) – No winner.

Thursday Winners: Rob James, Mike Whiteside, Val Paul & Merv Adams.

R/U: Lynn Shorter, Maurie Bonollo, Bruce Hill & Ian Carr.

3rd: Ted Fairman, Kev Moore, Geoff Sorrenson & Ian Boast.

Jackpot (\$440) – No winner.

Friday Winners: Paul Dixon & Robert Stumbles.

R/U: Darryl Wilkins & Pete Evans.

3rd: Barrie Kinnear & Alex Kinnear.

Saturday Winners: Dudley McKenzie, Richard Sergeant & Brian Craitem.

R/U: Ron Bull & Mike Whiteside.

## MORETON BRIBIE BRIDGE CLUB:

Sat 28 Oct N/S 1 S Watson & R Sutton 2 J Easey 7 J Kennedy 3 S Burton & D Brady

E/W 1 J Wright & L Car 2 B & F Van Dongen 3 L Groves & A Fielding

Wed 1 Nov: N/S 1 H Tyler & J Medhurst 2 K Cohen & J Hays 3 L Carr & J Wright

E/W 1 R Sutton & Y Nakamura 2 L Groves & A Fielding 2D Quinan & F Barkwith

Sat 4 Nov N/S 1 S Watson & R Sutton 2H Tyler & J Medhurst 3J Budgeon & J Kennedy

E/W 1 I Best & L Wilson 2 J Van Vugt & D Quinan 3 D Quinan & F Barkwith

Wed 8 Nov N/S 1 J Reiter & J Kinross 2 S & C Watson 3 H Tyler & J Medhurst E/W 1 G & D Block 2 M Hardy & S Burton 3 F & G Pollard

BICBC: Mon 30 Oct N/S 1 L Groves & R Deacon 2 J Easey & A Fielding 3 H Browne & U Maffey E/W C Keyes & L Chapman 2 I Best & B Moxham 3 D Dowling & C Browne

Mon 6 Nov N/S 1 M Arthur & R Clements-Brown 2 J Easey & A Fielding 3 D Quinan & M Peart E/W 1 B & F Van Dongen 2 D Dowling & C Browne =3 LGroves & R Deacon / J Day & J Brazier

## BRIBIE ISLAND WOMEN'S GOLF

26 October 2023 to 2 November 2023

26/10/23 – Single Stableford

A Grade Winner: Robyn Harper 36 cb, 2nd Vivi Lloyd 36 cb, 3rd Kate Wilson 36 cb

B Grade Winner: Gaby Bennett 39 cb, 2nd Gay Burnham 39, 3rd Chris Pronk 38 cb

C Grade Winner: Di Croft 38, 2nd Jennifer McKay 37, 3rd Kerryn Keys 35

NTP's: Hole 4 Debra Dunn, Hole 7 Lyn Ball, Hole 14 Charmaine Price, Hole 16 (2nd shot) Susie Smith, Hole 14 (Div 3 2nd shot) Wendy Robinson

31/10/23 – Single Stableford

A Grade Winner: Marg Bailey 41, 2nd Ros Gardiner 38 cb, 3rd Lyn Ball 38

B Grade Winner: Myra Dickson 42, 2nd Rae Clarke 38, 3rd Christine Pronk 37

C Grade Winner: Wendy Robinson 36, 2nd Sheila Stack 35, 3rd Mary Carruthers 34

NTP's: Hole 4 Gaby Bennett, Hole 7 Suzanne Peet, Hole 14 Marjorie Sills, Hole 16 (2nd shot) Kris Tomalin, Hole 14 (Div 3 2nd shot) Wendy Robinson

2/11/23 – Monthly Medal – sponsor - Churches of Christ Qld

A Grade Winner: Gwen Clutterbuck 76 cb, 2nd Suzanne Vallely 76, 3rd Maree Bailey 77 cb

NTP's: Hole 4 Ann Rogers, Hole 7 Ros Gardiner, Hole 14 Debra Dunn, Hole 16 (2nd shot) Yuko Nakamura

Best Gross: Linda Urquhart 91 cb

B Grade Winner: Helena Winterflood 74, 2nd Margaret Parkinson 75 cb, 3rd Lulu Drew 75 cb

NTP's: Hole 4 Lesley Heap, Hole 7 Sue Navie, Hole 14 Maureen Bailey, Hole 16 (2nd shot) Maureen Bailey

Best Gross: Gaby Bennett 99

C Grade Winner: Wendy Robinson 72, 2nd Jan Jennings 73, 3rd Yvonne Nicklin 75

NTP's: Hole 14 Anne Carmody, Hole 16 (2nd shot) Wendy Robinson

Best Gross: Wendy Robinson 101

# Brooke SAVIGE

Authorised by M. Savige, 64 Jabiru Street Bellara 4507 for B. Savige (Candidate)

**Integrity. Commitment. Energy.**

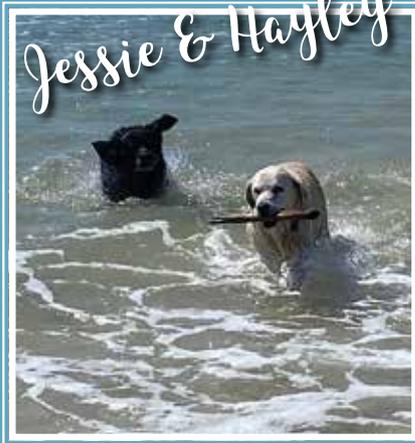
**A fresh approach for Division 1**



f t i /Savige4Div1



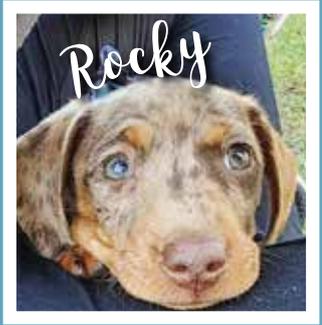
Echo



Jessie & Hayley



Jock



Rocky



Aslan



Ziggy



Buddy



Beau

SHARE YOUR FUNNY PET PICS WITH THE BRIBIE ISLANDER... SEND TO: [editor.thebribieislander@gmail.com](mailto:editor.thebribieislander@gmail.com)



WE ♥ PETS

# CAT HEALTH ESSENTIALS:

## How to Keep Them Happy and Healthy

In pet ownership, few companions are as cherished and mysterious as cats. Their enigmatic allure is matched only by their independence. However, understanding the nuances of cat health is essential to ensure that your feline friend enjoys a life of vitality and happiness. In this comprehensive guide, you will delve into the core essentials of feline well-being, gaining valuable insights into the art of keeping your beloved pet content and vibrant.

### Understanding Cat Nutrition

Cats, with their sleek grace and sharp instincts, are obligate carnivores. This means their diet primarily revolves around proteins. A balanced diet replete with high-quality proteins is fundamental to meet their unique nutritional needs. Opt for premium cat food meticulously formulated to cater to their dietary requirements. Avoid feeding them dog food, as it lacks the essential nutrients for a cat's health. Similarly, relying solely on homemade diets might inadvertently deprive them of vital elements crucial for their well-being.

### Importance of Regular Veterinary Check-ups

In the tapestry of feline care, regular veterinary visits form the cornerstone. These visits are not mere formalities; they are vital health checkpoints that can detect potential issues before they escalate. Veterinarians expertly administer vaccinations, parasite control, dental care, and preventive treatments during these visits. The proactive approach of these check-ups ensures your feline companion is shielded from many ailments, promoting overall well-being. Exercise and Mental Stimulation  
Unlocking the secret to a contented cat lies in exercise and mental stimulation. Cats, inherently curious beings, crave engagement and challenges. Interactive playtime with toys, laser pointers mimicking elusive prey, and puzzle feeders tantalising their senses form the bedrock of feline happiness.

Additionally, investing in scratching posts and cat trees satiates their natural urge to scratch and provides vertical territory, enhancing their living environment. By allocating time daily for these engaging activities, you enrich their lives, ensuring they are physically and mentally stimulated.

### The Significance of Hydration

Amidst the purrs and playful antics, the importance of hydration should not be underestimated. Despite their seeming aloofness, cats' health greatly depends on drinking enough water. It is imperative to provide a consistent supply of fresh, clean water in a sturdy, non-toxic bowl. Cat water fountains offer the allure of running water for the more discerning felines, encouraging them to indulge in this life-sustaining activity. This aspect of care is especially critical for cats on dry diets, as adequate hydration aids in preventing urinary tract issues, ensuring their health and comfort.

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Meet Jack Martin, Bribie Islands Area Manager for Coochie Hydrogreen. If you see Jack around the area, be sure to say hello and give him a wave! Feel free to contact Jack & the Coochie Hydrogreen team by calling 1800 245 955. Follow "Coochie Hydrogreen Bribie Island" on Facebook to stay informed with the latest information.

## LAWN CARE PROGRAM



- Have you spent hundreds of dollars on weed control products?

- Are you taking up storage space in your shed with harsh chemicals?

- Have you spent hours applying fertilising and weed control products only to end up pulling the weeds out or killing your grass in the process?

Coochie Hydrogreen can make these dilemmas a thing of the past.

By joining our Lawn Care Program (LCP), you will receive our unique 6-in-1 treatments, designed specifically for your lawn.

Our treatments contain a mixture of liquid fertilisers, organic soil conditioners and soil moisture retainers to encourage strong, healthy growth in your lawn as well as spot treating for weeds, pests and diseases to give your lawn a lush, weed free appearance year-round.

Our Lawn Care Program consists of 6 visits annually every 8-10 weeks. Every other month your local technician will stop by to apply a seasonal mix of our products to give your lawn a boost of nutrients needed to thrive throughout the season. Your local technician will also monitor and treat your lawn for any

weeds, pests, and diseases that may be showing their heads since the last visit.

If you ever have any questions or concerns, call your local area manager Jack Martin and he will pop out to discuss &/or address the concern free of charge.

### LAWN GRUB SEASON

Lawn grub is a name that covers a wide variety of creepy crawlies that invade your lawn. Scarab Grubs, Mealy bug, Army Worm and African Black Beetle are just a few of the lawn pests that we see in unprotected lawns each year.

HERE'S SOME SIGNS TO LOOK OUT FOR:

#### 1. BROWN PATCHES IN YOUR LAWN

Lawn grubs feed off the root system of your turf, this prevents all the nutrients in your soil getting to the turf leaf so brown patches in your lawn can indicate that grubs are present. .

#### 2. WASP ACTIVITY

If Army Worm are attacking your lawn, you will notice large orange wasps start to hover around your turf.

They are looking for the Army Worm & Army Worm Pupa to lay their egg's in.

#### 3. MOTH ACTIVITY

When Army Worm mature they turn into moths, these moths then lay eggs in your turf, under your gutters and in every corner of your property, starting the life cycle starts all over again. If you see lots of moths hovering above your lawn it's likely you have had or will have lawn grubs soon.

#### 4. INCREASED BIRD ACTIVITY ON YOUR LAWN

If birds are pecking at your lawn a lot more lately, it's likely there's some juicy grubs in your turf that they're snacking on.

#### HOW TO STOP LAWN GRUBS

Jack says " This has been the worst Lawn Grub season that we have experienced in over a decade. The last season this bad was in 2011 around the time of the last floods. People should know that we are not out of the grub season yet, and given the recent rain and humidity that we have had, we may yet see another surge of lawn grubs this season".

The best way to deal with Lawn Grubs is to apply preventative treatments every 8-10 weeks during the grub season.

### JUST A NICE QUALITY LAWN

Designed to improve and maintain new and existing lawn areas resulting in greener, healthier lawns, our programmed services include:

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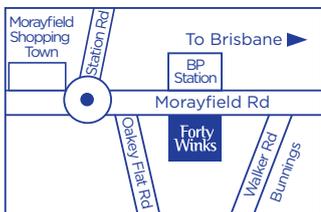
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# How to Keep Your Furniture Looking Great

Furniture serves both functional and aesthetic purposes in our homes, making it an essential part of our living spaces. Whether you have invested in quality pieces or have inherited cherished antiques, taking good care of your furniture is essential to ensure their longevity and to keep them looking their best. In this article, we will explore some furniture care tips to help you maintain the beauty and functionality of your pieces.

## REGULAR CLEANING

Dust and dirt can accumulate on your furniture, affecting its appearance and possibly causing damage over time. To prevent this, dust your furniture regularly with a soft, lint-free cloth or a microfiber duster. For wood furniture, use a gentle wood cleaner to remove any stubborn stains or built-up grime. Always follow the manufacturer's cleaning recommendations for specific materials.

## AVOID DIRECT SUNLIGHT

Prolonged exposure to direct

sunlight can cause fading and damage to furniture, especially wood and fabric. To protect your pieces, position them away from windows or use window treatments like curtains or blinds to block UV rays. If that's impossible, consider rotating or repositioning your furniture regularly to ensure even exposure.

## USE COASTERS AND PLACEMATS

Protect your furniture from unsightly water rings, heat damage, and stains by using coasters and placemats. Place coasters under cups and glasses to prevent moisture from seeping into wood or leaving rings on surfaces. Placemats can shield your dining table from hot dishes and spills during meals.

**Cushion and Upholstery Care**  
For upholstered furniture, regularly fluff and rotate cushions to maintain their shape and even wear—vacuum upholstery with a brush attachment to remove dust and crumbs. If your furniture has removable covers, follow care instructions for cleaning or washing them.

## AVOID OVERLOADING SHELVES AND DRAWERS

Overloading shelves and drawers can lead to structural damage and make it harder to access your belongings. Be mindful of weight limits specified by manufacturers and try to keep storage spaces organised and clutter-free. **Wood Furniture Care**  
Wood furniture, in particular, requires some extra attention. The expert tips on wooden furniture care can be summarised into:

- **Polishing:** Apply wood polish or wax occasionally to maintain the finish and shine. Follow the instructions on the product label.
- **Protection:** Use felt pads or furniture sliders under the legs of your wooden furniture to prevent scratches on floors. Regularly check and replace them as needed.
- **Humidity:** Maintain a consistent indoor humidity level to prevent the wood from drying out or warping. Use a humidifier in dry climates and a dehumidifier in humid ones.

- **Repair Scratches:** For minor scratches in wood, you can use touch-up markers or fillers. For more extensive damage, consider consulting a professional restorer.

## Regular Inspections

Periodically inspect your furniture for loose joints, wobbly legs, or other structural issues. Address any problems promptly to prevent further damage.

## PROFESSIONAL MAINTENANCE

For valuable or antique pieces, consider having them professionally cleaned, repaired, or refinished. Experienced furniture experts can help restore and preserve your furniture's original beauty. By following these furniture care tips, you can ensure that your pieces remain in excellent condition, providing you with years of comfort and enjoyment. Remember that proper maintenance not only enhances the appearance of your furniture but also protects your investment in these essential home furnishings.



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## REASONS TO GET ARTIFICIAL GRASS FOR YOUR LAWN

The use of artificial grass has become more and more common. It appears pretty accurate because of technological advancements, but it's much simpler to maintain than the real thing.

Artificial grass is an excellent option for housebreaking your pets and freshening your front and back yards.

### LOW MAINTENANCE:

One of the most significant benefits of artificial grass is its low care needs. Unlike genuine grass, fake grass does not require watering, mowing, or fertilisation, saving you time, money, and effort. Furthermore, because artificial grass does not attract pests or develop brown spots or bare patches, you can enjoy a lush, green lawn all year without worrying about upkeep. Artificial grass also requires less cleaning and maintenance; spraying it off to remove dirt and debris makes it look brand new. Natural grass, however, can be challenging to maintain, especially in locations with harsh weather or considerable foot traffic.

### ENDURANCE:

Artificial grass is a long-lasting and resilient alternative for your lawn since it is made to endure the elements and regular use. Artificial grass is manufactured from

synthetic materials intended to withstand wear and tear, unlike natural grass, which can be harmed by heavy rain, intense heat, or excessive foot traffic.

This makes it an excellent alternative for high-traffic locations where natural grass may quickly become damaged, such as playgrounds, sports fields, and regions with a lot of rain or harsh sunlight. But still, you won't need to replace artificial grass as often since it has kept its vivid green colour and natural-looking appearance for many years.

### GREAT FOR THE ENVIRONMENT:

Artificial grass is more environmentally friendly than natural grass because of its many advantages. The first benefit is that it removes the need for watering, which helps you preserve water and lessen your environmental impact. Pesticides and fertilisers are also eliminated, which may taint water supplies and harm animals. Artificial grass also cannot generate carbon emissions when mowed, which may significantly lessen your carbon footprint. Artificial grass is also produced in a way that is more ecologically friendly than natural grass, which uses many resources like water, fertiliser, and fuel for mowing.

### CLEAN AND SOFT:

While some people find the messy nature of gardening to be part of its charm, you don't want to spend your weekends crouching in muck, pulling weeds, and

chasing off a variety of bugs that want to transform your grass into a light meal. All the mud and bacteria are gone with artificial grass, which doesn't need to be watered. Since artificial grass doesn't cause allergies, hay fever sufferers will love it. Synthetic turf is pollen-free year-round, whereas grass pollen is a significant trigger for allergies, making it possible to avoid seasonal hay fever. Children love playing on artificial grass. It is hygienic since it does not require insecticides or pesticides, it is non-messy, and it is plush and padded, making **IT GREAT FOR PLAYING ON.**

There are numerous reasons to think about artificial grass for your lawn, from its minimal care needs to its durability and environmental advantages. Artificial grass is a wise and sustainable option for anybody wishing to improve their outside area due to its realistic appearance and durable **FUNCTIONALITY.**

Finally, artificial grass has been a popular lawn alternative in recent years because of its numerous advantages. It offers households a handy and practical alternative to typical grass, from low care and cost-effectiveness to durability and sustainability. Artificial grass may help you obtain a lush and attractive lawn without the bother, whether you live in a location with limited water supplies or want to save time and effort on lawn care.



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# A DECADE OF RAINBOWS

## Rainbow Lorikeet Tops The 10th Annual Aussie Bird Count

**B**irdLife Australia, the leader for bird conservation in Australia, today reveal the preliminary results for the Aussie Bird Count. With more than 420,000 counted, the colourful Rainbow Lorikeet once again comes out on top, beating the Noisy Miner with nearly 220,000 and the iconic Australian Magpie with around 154,000 counted. In total, over 80,000 Aussies counted more than 3.6 million birds during the week, submitting over 100,000 checklists and observing 658 bird species.

"The enthusiasm with which Australians have taken to the Aussie Bird Count has been outstanding," said BirdLife Australia's National Public Affairs Manager, Sean Dooley. Over the past ten years, the Aussie Bird Count has helped raise the profile of Australia's bird life and encouraged thousands around the country to connect with nature.

"Besides being good for our mental health, bird watching is often the first step towards nature

conservation. We can't protect something if we don't know how it is faring in the first place."

With nearly 1 in 6 bird species in Australia at risk of extinction from threats such as climate change, habitat loss, fires, and invasive species, BirdLife Australia relies on data to inform priorities and insights from monitoring projects such as the count to help shape our broader Bird Conservation Strategy, aiming to halt bird extinctions by 2032 and overall bird declines by 2050.

The results will be closely vetted by BirdLife Australia's avian experts, with a comprehensive data release for the Aussie Bird Count scheduled for December this year.

**Learn more about Australia's biggest citizen science event at <http://aussiebirdcount.org.au>**



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# LG Energy Solution

## LG ENERGY SOLUTION AUSTRALIA URGES HOUSEHOLDS TO CHECK HOME BATTERY SYSTEMS DUE TO ELECTRICAL SAFETY RECALLS

LG Energy Solution Australia is working with the Australian Competition & Consumer Commission (ACCC) to urge all households with a solar system to check if their system includes a recalled LG ESS Home Energy Storage System battery. Affected batteries may overheat and catch fire resulting in injury, death and/or property damage. Incidents have occurred and caused damage to property.

Philip Crotty, Managing Director of LG Energy Solution Australia, says, "We cannot stress the importance enough: Australians need to check their home batteries. If you have checked your battery before, please recheck it as new serial numbers have been added. If you have friends, family or neighbours with a battery, please ask them to check their units too. We must identify all affected batteries and ensure customers' safety through this recall."

To identify if an LG ESS Home Energy Storage System battery is affected, households must check the unique serial number. Affected batteries can be contained in both LG and non-LG branded home energy storage system batteries. LG serial numbers can be checked via the LG ESS Battery website to confirm whether the recalls impact an LG battery. If households cannot locate their battery's serial number, LG Energy Solution Australia will arrange onsite visits to assist. The list of affected batteries has been recently updated to include new dates of manufacture so all households with home batteries need to re-check their units to identify any potential risk.

If an affected battery is identified, it must be switched off immediately, and households should contact LG Energy Solution Australia's support team for the next steps. For safety, any affected battery should not be switched back on until the product is remedied. Under the recall actions, a software update is sometimes required, whereas others will require a free replacement or refund. All replacement batteries carry a new ten-year warranty and performance guarantee.

**LG Energy Solution Australia is offering financial compensation to consumers to offset any increase in electricity bills due to switch off or shutdown batteries.**

**SolaX Recall: PRA 2022/19420**



### THE AFFECTED LG BATTERY MODELS INCLUDE:

- RESU3.3
- RESU6.5
- RESU10
- RESU13
- RESU7H Type-R
- RESU10H Type-C
- RESU10H Type-R
- RESU10H Type-R (Secondary)
- EM048063P3S2 (Standalone Gen2 1P)
- EM048063P3S4 (Standalone Gen2 1P)
- EM048063P3S5 (Standalone Gen2 1P)
- EM048126P3S7 (Standalone Gen2 2P)
- EM048126P3S8 (Standalone Gen2 2P)

Systems that may contain affected batteries include:

- LG branded RESU systems
  - SolaX Power Station
  - SolaX X-Cabinet
  - Opal Storage
  - Redback SH5000
  - Red Earth Sunrise
  - Red Earth Drop Bear
  - Eguana Evolve
  - VARTA Pulse Neo
  - Generic cabinets (many of which are identifiable by connection to a Selectronic inverter)
- Affected batteries were manufactured with cells containing electrodes during the periods of:
- 21 January 2016 to 28 March 2017
  - 14 September 2018 to 30 June 2019

### TO CONTACT LG ENERGY SOLUTION AUSTRALIA ABOUT THIS RECALL OR ANY AFFECTED BATTERIES:

**Visit:** [www.lghomebattery.com.au/isyourbatterysafe](http://www.lghomebattery.com.au/isyourbatterysafe)

**Call: 1300 677 273**

**Email:** [productrecall@lgensol.com.au](mailto:productrecall@lgensol.com.au)

**Use: 'Is Your Battery Safe?' app on Google Play or Apple Store. To find out more about the recalls, please visit the ACCC website:**

**LG Energy Solution Recalls: PRA 2020/18529 and PRA 2022/19550**

**For owners of SolaX and Opal Storage branded products, there is a separate recall notice. To find out more, please visit the ACCC website:**

**SolaX Recall: PRA 2022/19420**

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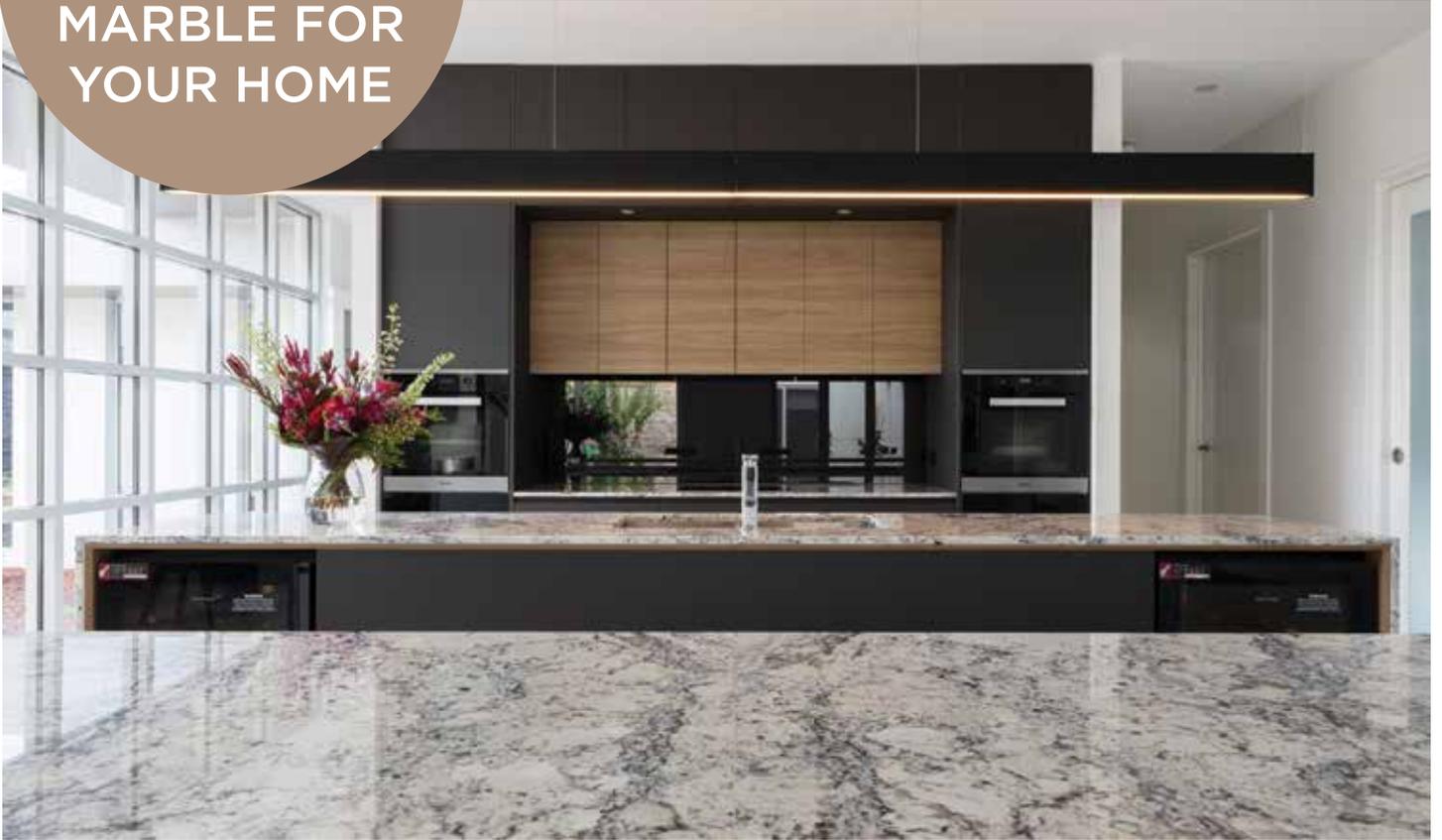
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## EVERYTHING YOU NEED TO KNOW ABOUT MARBLE FOR YOUR HOME

**Marble.** The mere mention of the word evokes visions of luxury and elegance. But what exactly is marble, and why does it enjoy such a prestigious reputation?



### UNDERSTANDING MARBLE

In simple terms, marble is a type of natural stone that forms through the combination of heat and pressure over millions of years. Its primary composition comprises calcite, dolomite, or serpentine minerals – technical terms that essentially describe its ancient origins and significant transformations.

### ADVANTAGES OF MARBLE

So, what distinguishes marble from other natural stones? Marble: not just a pretty face. Its outstanding strength and durability have built wonders like the Taj Mahal and the Parthenon. Talk about making an impression that lasts. However, practicality is not the only allure of marble. Its distinctive veining patterns and captivating colours make it a visually appealing addition to any home. Moreover, marble possesses heat resistance and a natural coolness, making it ideal for sweltering summer days.

### LIMITATIONS OF MARBLE

Before indulging in the idea of adorning your entire home with marble (a dream indeed), it is important to be aware of certain drawbacks. Firstly, marble can

be quite costly and demands regular maintenance to preserve its pristine appearance. Moreover, it is a porous material that requires proper sealing to prevent stains.

### APPLICATIONS OF MARBLE

Marble has been utilised in various applications for centuries, ranging from intricate sculptures to magnificent structures. However, in contemporary times, incorporating marble into your home is not limited to the wealthy nobility or emperors. It is perfect for countertops, flooring, tables, and even walls, adding an element of elegance to any space.

- **Countertops:** The durability and heat resistance of marble make it an excellent choice for kitchen countertops. Also, the captivating sight of a stunning marble countertop is undeniable.

- **Flooring:** Elevating homes with timeless sophistication and captivating beauty. It's like having a red carpet that can handle the paparazzi of foot traffic.

- **Tables:** A marble stone dining table epitomises luxury and can elevate any dining or living space. Furthermore, concerns about heat damage from hot

dishes become a thing of the past.

- **Walls:** For those seeking to make a statement, incorporating marble into walls creates a striking focal point in any room, exuding a touch of opulence.

#### Tips to Maintain Marble

- Avoid acidic or abrasive cleaning products, which can damage the marble's surface.

- Regularly seal your marble to protect it from stains and scratches.

- Clean up spills immediately to prevent staining.

- Use coasters and placemats to protect marble surfaces from heat and water rings.

Voila! An all-inclusive guide to marble's applications in your home. Its strength, beauty, and versatility have made it the go-to option for homeowners who want to sprinkle a pinch of luxury into their living spaces. Because who doesn't want a touch of luxury without breaking the bank? Just be prepared to allocate additional resources and effort to maintain its pristine appearance. After all, isn't that a small price to pay for the awe-inspiring reaction from anyone who sets foot in your home?



# VMR BRIBIE ISLAND

**John Traill Public Relations Officer - Volunteer Marine Rescue Bribie Island FOR EMERGENCIES OR OPERATIONAL ISSUES  
CALL VMR BASE ON 3408 7596 Mob: 0407 537 323 publicrelations@vmrbribie.com,**

## RESCUE IN PUMICE-STONE PASSAGE

On Melbourne Cup afternoon yesterday around 5:15pm, the VMR Bribie's radio room received a call a concerned member Craig that a tender had overturned off Airforce Park and 2 people were in the water without life jackets. Radio Operator Laurie arranged for our callout boat crew to come in, contact emergency services, and keep in touch with Craig on the shore. One person was clinging to the tender and the other was drifting toward the Bridge.

Bribie 2 crewed by Jim, Jon and Noel departed the base about 20mins they got the phone call and were on scene very quickly rescuing the both people and also towed the tender to Airforce Park where the local Police and emergency services took over. Without such a quick phone call from Craig to VMR Bribie, the diligent work from our radio operator Laurie and the quick callout response from the boat crew, the outcome may have been different. Everyone involved certainly contributed to saving lives yesterday.

**“This is a timely reminder to ALWAYS wear your life jacket, it will save you.** This tender was only making a short trip from shore to a moored vessel. If this incident hadn't been seen by a member of the public (Craig) then this incident could have had a very different outcome.

The swift and professional response from VMR Bribie after the call is a testament to the training and dedication of all our volunteers.” – Ces Luscombe, Commodore VMR Bribie Island.

VMR Bribie are here 24/7 to help people in distress in our waters. Even though there was a large Melbourne Cup function at our base today, we still have our 24/7 response shifts covered with appropriately skilled personnel. A big thank you to our local community (in this case one of our members) for informing us of incidents in our area.



Bribie 2 in rougher conditions in the Passage.

## SUNSET DRINKS

Friday 27th October 2023  
60 Active members and partners attended our Oktoberfest themed Sunset Drinks. Kelly Langworthy and her team of Sheryl & John Traill, Leona Patrick, Brenda Allardyce, Betty Snell, Kaye Hammond, Barbara Gillmore, Robyn Young, and Linda Burdinat, who put on another great dinner with chicken or beef schnitzels with gravy, mashed potato, peas, carrot, & corn. With bread rolls, sauerkraut and giant pretzels as extras, and ice cream in waffle cones or tubs with a choice of topping for dessert. The bar was manned by Doug Lythgo and Ian Thomas with drinks at our usual great prices.

A big thanks to Trent from Ningi Road Butchery for supplying and crumbing the schnitzels at a great price and were superb. The usual raffles were held thanks to our Life Members

Betty Snell and Brenda Allardyce for manning the door and selling meal vouchers and raffle tickets. Winners of the raffles were Robyn Young, Dave Smith, Lindsay Crompton, Aamir Cao, and Sheryl Traill. Great to see Commodore Ces Luscombe “back on deck” welcoming all and praising those who put together such a fine evening – despite the ordinary weather. Commodore Ces also reminded those that didn't have their Melbourne Cup tickets to get in touch with Kelly for another great function.



Life Members Brenda Allardyce and Betty Snell welcomed all and sold meal vouchers and raffle tickets.



After the heavy rain earlier in the afternoon and the strong winds the sun finally shone through for a few minutes.



Above and below: More of the crowd enjoying the sunset.



The wonderful spread was a help yourself buffet.



John Hammond and Dave Smith selecting their schnitzels.



Lindsay Crompton shows off his raffle prize to his Green Saturday Skipper Ian Grimes.

## MELBOURNE CUP FUNCTION

Around 60 members and guests attended our Melbourne Cup Function Tuesday 7th November 2023. Commencing at 1130am attendees were treated to 2 drinks of their choice at the bar manned by Karen Llewellyn and Ian Thomas, plus a wonderful spread of prawn cocktail or chicken rice paper rolls for entrée, followed by a main of smoked ham, chicken, potato salad, pasta salad, coleslaw, and tossed salad with cheese. Dessert was mini pavlovas and fruit

skewers. Tea and coffee were available throughout the day. Commodore Ces Luscombe welcomed all and commended Kelly Langworthy and her Social Committee Team Cheryl Robinson, Sharyn Giles, Barbara Gillmore, Leona Patrick, Betty Snell, Gail Tranter, Sheryl & John Trail for the decoration of the room and tables, and the fine spread. Commodore Ces also thanked the bar staff Karen Lewellyn and Ian Thomas along with other that have worked behind the scenes to make it a great day.

Thanks to our Raffle donors: - Federal Member for Longman Terry Young MP, Nextra Bribie Island News Agency, Margaret Meyn, Beach Hair Woorim, Price-line Pharmacy Bongaree.

Also, a shout out to our suppliers of quality produce at great prices Trent at Bribie Road Butchery for our magnificent hams. Lazy Lizzard seafood produce for the best prawns again, great price for quality and delivers direct to our door.

Allan Tranter and John Trail conducted the sweeps with denominations of \$10, \$5, \$2, and \$1 paying out a total of around \$1,000.

Thanks to all for attending which helped to make it a successful function.



All attention on the start of the Cup.



Kerri Price receives her raffle prize from Commodore Ces.



Federal Member for Longman Terry Young MP presents his raffle prize.



Kelly Langworthy receives her raffle prize from Commodore Ces Luscombe.



"Fashions on the Field" winners with Terry Young MP - Aamir Cao, Steve and Therese Harper, and Commodore Ces Luscombe.



Above and below: Morer happy raffle winners.



Kate Brown receives her raffle prize from Commodore Ces



he room awaits!



Some of the crowd.



Vice Commodore Wayne Sclater at the buffet.

**OCT/NOV VESSEL ASSISTS:**

- THU 26/10 1249PM – Jet Ski non-member broken down, was towed by private vessel, escorted by Bribie 1 from Gilligan's Green to Spinnaker Sound Marina.
- SAT 28/10 1357PM – 5.3m Tinny non-member with motor issues required a tow from North of Bongaree Jetty to the Bellara Boat Ramp.
- MON 30/10 1145AM – 8.2m Half Cabin member dropped one of its 2 outboards

- near South Point. Vessel including 2 outboards returned with assistance to Spinnaker Sound Marina.
- TUE 07/11 1723PM – MOP reported an overturned Tender off IGA Bongaree, male clinging to tender and female drifting toward bridge with no life jackets all retrieved successfully.
- THU 09/11 0947AM – 2m Jet Ski non-member stuck on sand bar North of White Patch on a falling tide required a tow off the sand bar.

**SAFETY DAVE THE**

**FRENCHIE'S MESSAGE:**

Safety Dave says "With the weather improving check that your boat is in good order, check that you have all your safety gear and everyone on board knows its location, ensure it is easy to get at in an emergency, ensure your flares are in date, that your torch works, check your battery and your fuel. Ensure you let someone know of your plans, who is with you, where you are leaving from, where you are going, what time you are returning, and make sure you have either a mobile phone, VHF or 27Mhz marine radio on board."

**"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 9th November 2023  
 13,409 Calls,  
 3,907 vessels logged on,  
 208 Vessel Assists, 1,324 Sitreps, 1,115 Requests,  
 56 overdue vessels, 18 Vessel Tracking,  
 1,430 Radio Checks, 9 Weather Broadcasts,  
 3 Securite Broadcasts, 1 Pan Pan 0 Mayday.  
 VHF 59.5%,  
 27MHz 4.6%,  
 Phone 17.6%.  
 GWN 1.8%

BY: CLAUDE  
Bribie Bait, Tackle and Bikes

# FISHING REPORT

The wind has been the hardest factor in getting out for a fish. With only a handful of suitable days over the last month. Make sure you cross-check the wind reports on multiple Apps and log in to the VMR before heading too far from shore; the swell can rise to 1 meter and more in minutes with 40km gusts, which have been the norm.

Sand Whiting is still about, but in the smaller models, Azz Trabelsi managed a nice feed of summer whiting and bream fishing close to shore at Red Beach, on worms and yabbies.

A long shank hook with a size 2 ball sinker on an 8lb line works well.

Richard Caldararo managed to sneak out in the morning before the wind and the swell kicked in. Floating pilchards on a Snell Rig along the passage drop-offs will often produce the goods: A couple of nice pan-size snappers, the biggest going 52cm, followed by a bag limit of flathead and a small shark.

Myles has been getting stuck into the trevally with a large bigeye caught off the Canal Wall using soft plastics, and on another day out in the bay, He caught a nice mixed bag of Silver Trevally, Grassy's, Bream, flathead and a Snapper. All On light lines using fresh fish strips and pilchards. Great catch.



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# TIDE TIMES

## Bribie Island AND Moreton Bay

|  |   |   |   |   |   |   |
|--|---|---|---|---|---|---|
| <b>FRI 17 Nov</b><br>5:15 am<br>0.34m<br>12:17 pm<br>1.96m<br>7:00 pm<br>0.51m                     | <b>SAT 18 Nov</b><br>12:30 am<br>1.25m<br>6:00 am<br>0.4m<br>1:05 pm<br>1.91m<br>7:58 pm<br>0.53m | <b>SUN 19 Nov</b><br>1:26 am<br>1.22m<br>6:56 am<br>0.46m<br>2:00 pm<br>1.86m<br>9:01 pm<br>0.53m | <b>MON 20 Nov</b><br>2:33 am<br>1.23m<br>8:02 am<br>0.52m<br>3:03 pm<br>1.8m<br>10:04 pm<br>0.49m | <b>TUE 21 Nov</b><br>3:51 am<br>1.29m<br>9:25 am<br>0.56m<br>4:13 pm<br>1.75m<br>11:03 pm<br>0.44m  | <b>WED 22 Nov</b><br>5:11 am<br>1.42m<br>10:50 am<br>0.55m<br>5:22 pm<br>1.71m<br>11:58 pm<br>0.36m | <b>THU 23 Nov</b><br>6:19 am<br>1.59m<br>12:08 pm<br>0.51m<br>6:27 pm<br>1.68m                    |
| <b>FRI 24 Nov</b><br>12:48 am<br>0.28m<br>7:19 am<br>1.77m<br>1:18 pm<br>0.45m<br>7:25 pm<br>1.65m | <b>SAT 25 Nov</b><br>1:34 am<br>0.22m<br>8:12 am<br>1.93m<br>2:20 pm<br>0.4m<br>8:17 pm<br>1.61m  | <b>SUN 26 Nov</b><br>2:17 am<br>0.17m<br>8:59 am<br>2.06m<br>3:15 pm<br>0.37m<br>9:04 pm<br>1.55m | <b>MON 27 Nov</b><br>2:58 am<br>0.17m<br>9:44 am<br>2.12m<br>4:04 pm<br>0.37m<br>9:49 pm<br>1.48m | <b>TUE 28 Nov</b><br>3:36 am<br>0.19m<br>10:26 am<br>2.13m<br>4:51 pm<br>0.39m<br>10:32 pm<br>1.41m | <b>WED 29 Nov</b><br>4:14 am<br>0.24m<br>11:07 am<br>2.1m<br>5:36 pm<br>0.42m<br>11:15 pm<br>1.35m  | <b>THU 30 Nov</b><br>4:53 am<br>0.3m<br>11:46 am<br>2.04m<br>6:22 pm<br>0.46m<br>11:59 pm<br>1.3m |





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# RESPONSIBLE FISHING



## Enjoy your fishing—now and in the future

Help make sure we have fish for the future and be a responsible fisher by:

- thinking about which fish you target
- use the best fishing and handling techniques
- only taking what you need.

## Follow the rules

To make sure there are plenty of fish for everyone, we have sensible rules in place:

- know your size and possession limits
- use the right fishing gear
- follow the rules for responsible crabbing
- comply with closed seasons and waters.

Download the free Qld Fishing 2.0 app from the App Store or Google Play for the latest fishing rules.

## Check your bait

White spot disease is a highly contagious viral infection that affects crustaceans such as prawns, crabs and yabbies.

- Follow the movement restrictions to prevent the spread of white spot disease.
- Only use Australian, wild-caught prawns from a quality bait supplier or catch your own.
- Do not use imported raw prawns as bait. They may introduce serious diseases into our waterways.

White spot disease does not pose a risk to food safety or human health, so prawns are safe to eat.

## Catch and release

Always be prepared to release

part of your catch to comply with fishing rules to help keep our fish stocks sustainable.

To ensure they have the best chance of survival, immediately release:

- undersized
- oversized
- no-take or closed-season species.

Never discard fish you have kept just to upgrade your catch.

## Catch and release tips

### Selecting gear

- Use barbless hooks to limit injury to the fish or circle hooks to avoid deep-hooking.
- Use degradable hooks and suitable line strength when catching and releasing fish.

Landing

- Land the fish as quickly as possible.
- Wet any materials that may come in contact with the fish, including your hands.
- Use a knotless landing net to minimise the impact.
- If you plan to release the fish, consider not landing it and releasing it while it's still in the water.

## Handling and unhooking

- Minimise handling and keep the fish in water as much as possible.
- Remove hooks quickly but gently – longnose pliers and wire cutters can help.
- If the fish is hooked deeply or you can't remove the hook without harming the fish, cut the line close to the hook.
- Do not hold up large fish by the line, jaw or gills. Cradle the fish near the head and tail or gently hold the fish near the

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### TRADING HOURS:

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Sat 6.30am - 5pm | Sun 6.30am - 4pm

midsection.

- If you take photos before release, try to take them with the fish still in the water. Otherwise, support the fish properly and take the photos quickly.

### Release

- Return protected species to the water unharmed immediately.
- Check for predators before releasing for your safety and the safety of the fish.
- If safe, hold the fish underwater with its head facing into the current. If there is no current, 'swim' the fish around until it swims independently.
- If the fish is suffering from barotrauma, consider using a dropper weight (release weight) to release the fish.

### Minimise your impact on the environment Stop the spread of invasive (pest) fish

INVASIVE FISH INCLUDE:

- noxious fish
- aquarium/ornamental fish
- native fish that are not

native to an area.

Don't release these fish into Queensland's natural waterways and dams. They can significantly reduce native fish numbers and affect their habitat. Please find out more about invasive fish and how to dispose of them.

Report all invasive (pest) fish sightings and captures. **Report invasive fish online or call 13 25 23.**

### Dispose of rubbish responsibly

Always dispose of litter, fishing gear and fish waste responsibly:

- Don't throw items such as cigarette butts, plastic bags, bottles, cans and discarded fishing gear into the water - they are common causes of marine and freshwater pollution that impact ecosystems.
- Use environmentally friendly fishing tackle such as lead-alternative sinkers, biodegradable lines and non-stainless steel hooks.
- Recover fishing line and tackle from the water - reuse any tackle you find.

### Care for wildlife

- Check your fishing lines and gear regularly to ensure wildlife isn't caught in them.
- Avoid fishing in bird feeding and nesting areas - keep your distance to avoid disturbing them.
- Collect and dispose of any discarded fishing line so it doesn't pose a risk to wildlife - don't leave anything behind.
- **If you find sick, injured or trapped wildlife, call the RSPCA hotline: 1300 ANIMAL (1300 264 625).**

### Get involved with fish tagging

Scientists at universities and state and federal agencies often tag fish in Queensland to improve our understanding of fish movement, growth and survival rates.

You can join:

- a volunteer fish tagging program in Queensland. **Call Suntag on 1800 077 001 (toll-free).**

### Caught a tagged fish?

You can keep a tagged fish if it's:

- within size and possession limits
- not subject to a closed season.

Call the number on the tag and provide the following information:

- tag number (if there are two tags, record details of both)
- date and place of capture
- fork length and/or total length.

You can also post the tag and information to the tagging coordinator.

If the tag has a 'keep frame', Fisheries Queensland officers may want to examine the fish skeleton. Freeze the fish frame and call the number on the tag to arrange collection.

If you decide to release the fish, please call the number on the tag or Suntag on 1800 077 001 to provide the information.

### Report illegal fishing

- **Call the Fishwatch hotline on 1800 017 116.**



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# ESSENTIALS EVERY ROAD CYCLIST NEEDS IN THEIR STARTER KIT

Setting out on a road bicycle adventure can be thrilling and exciting. To ensure a smooth and pleasurable ride as a novice, having the appropriate tools and equipment is critical. There are seven things that every road cyclist needs in their starter kit, regardless of whether they intend to ride for exercise, as a form of transportation to work, or to compete in races. Let's look at the equipment requirements for a good riding vacation, from safety gear to maintenance tools:

## **A RELIABLE HELMET: SAFETY FIRST**

Always put safety first before you get behind the wheel. Purchasing a trustworthy helmet is a must. To protect your most important organ from injury in the event of a fall or accident, a decent helmet should tightly fit and sit level on your head. To keep you comfortable during your trips, look for helmets that adhere to safety regulations and provide extra features like adjustable straps and ventilation. Never skimp on quality since a helmet could save your life. Consider using a helmet with flashy colours or reflective materials to make yourself more visible to drivers and other riders, especially at night or in poor light.

## **GOOD CYCLING SHORTS: COMFORT IN THE SADDLE**

Long rides can be exhausting, especially if you don't have the proper gear. Any cyclist's wardrobe must include a pair of cycling shorts. Choose shorts with breathable, moisture-wicking fabric to keep you dry and comfortable. Moreover, spend money on a pair with a padded chamois, which offers additional padding and lowers friction for a comfortable ride even on uneven terrain.

Choose shorts with flatlock stitching to reduce chafing and boost durability so you can bike for longer periods without feeling uncomfortable.

### Cycling Gloves: Grip and Protection

**Essentials Every Road Cyclist Needs in Their Starter Kit**  
Although cycling gloves may seem unnecessary, they are essential for improving your grip and safeguarding your hands. Particularly on rough ground, they offer cushioning and lessen vibrations. Look for gloves with gel padding on the palms to reduce shock and increase comfort. Choosing gloves with breathable fabric will also help you avoid overheating and discomfort on extended rides. Select gloves with fingers that work with touchscreens so you can use your smartphone or cycling computer without removing your gloves.

### PORTABLE WATER BOTTLES: STAY HYDRATED ON THE GO

Cycling is a physically demanding sport; thus, maintaining hydration is essential for success. Invest in a high-quality bidon to ensure convenient water access when on the go. Choose a water bottle that fits snugly in your bottle cage, is simple to squeeze, and has a leak-proof design. In warmer weather or on prolonged rides, it's extremely important to remember to drink frequently to stay hydrated. Purchasing a great water bottle will protect you from spills and leaks while keeping you hydrated.

### BIKE LIGHTS: SEE AND BE SEEN

The right bike lights are vital for your safety and visibility on the road, whether riding during the day or at night. To see the road ahead and be noticed by other drivers, you must have working front and back lights. Choose lights with various modes, such as steady and flashing options, to accommodate various riding circumstances. For improved visibility, especially when riding in low light or poorly lit routes, consider lights with a high-lumen

output. Remember to carry extra batteries or select rechargeable lights to ensure that your lights never run out of power while you are riding.

### RELIABLE BIKE PUMP: KEEP YOUR TIRES INFLATED

**Essentials Every Road Cyclist Needs in Their Starter Kit**  
Biking can inevitably result in flat tires, but you can quickly get back on the road with the right pump. Choose a simple pump to tuck away in your jersey pocket or saddlebag. Additionally, consider purchasing a pump with a pressure gauge to ensure precise inflation. This will assist you in maintaining the ideal tire pressure, enhancing the quality of your ride, and lowering the possibility of flats. To be completely prepared for punctures or blowouts, don't forget to include a spare tube and tire levers along with your pump.

### REPAIR KIT: BE PREPARED FOR THE UNEXPECTED

It's critical to be ready for unforeseen technical troubles when travelling. Tire levers, extra inner tubes, a multitool with multiple Allen keys and screwdrivers, a chain tool, and other essential tools should all be included in a basic repair kit. With these tools, you can undertake most portable repairs and modifications. Before embarking on longer rides, become familiar with the fundamental bike maintenance procedures and practice using the necessary instruments. To ensure you can quickly return to your bike after a minor tube puncture, consider including a tiny patch kit in your repair bag.

In conclusion, having the appropriate elements in your starter kit is necessary for a secure and comfortable riding experience as a beginner road cyclist. With these necessities in place, you'll be prepared to ride your bike on exciting adventures while confidently tackling the roads.

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MENTION THIS AD FOR A FREE AIR CON PERFORMANCE TEST



**A**irservices Australia is inviting the community to have its say on proposed new flightpath options in a third round of Noise Action Plan for Brisbane community engagement sessions being held across Brisbane from Tuesday, 7 November.

Residents can register here to attend four online sessions or six drop-in sessions to be held across the city. Community feedback is open until 10 December.

The sessions will outline Airservices' third set of proposed

flightpath options to reduce the impact of aircraft operations on Brisbane communities, including:

- options to reduce the concentration of daytime flightpaths west of Brisbane Airport
- alternative night-time operations across the city to reduce noise impacts over some communities.

Airservices has also announced the final decision for the 2022 Noise Improvement Trials here.

Airservices Australia Head of Community Engagement

Donna Marshall said any proposed flightpath changes would be subject to extensive community engagement prior to implementation.

"Airservices is fully committed to engaging with as many Brisbane residents as possible at our online and drop-in community engagement sessions," Ms Marshall said. "We want the community to openly tell us what they think."

"Airservices wants to ensure this is a transparent process, which demonstrates the organisation's commitment to improving noise outcomes for the Brisbane

community, where safe and operationally feasible.

"We look forward to hearing the community's feedback on these latest flight path options for Brisbane."

Airservices Australia is responsible for the safe and efficient management of 11 per cent of the world's airspace and the provision of aviation rescue firefighting services at Australia's busiest airports. We connect people with their world safely – linking family and friends, generating economic activity, creating jobs and facilitating trade and tourism.

## OPTUS

### PROPOSAL TO UPGRADE EXISTING MOBILE PHONE BASE STATION AT BANKSIA BEACH, QLD

Optus plan to upgrade the existing telecommunications facility below through the addition of new equipment at **Sunderland Drive BANKSIA BEACH QLD 4507**  
[www.rfnsa.com.au/4507006](http://www.rfnsa.com.au/4507006) : Site ID B8052 Banksia Beach

- The installation of 4 (four) new panel antennas (with length not exceeding 2700mm), installed onto new headframe.
- The installation of 10 (ten) new RRUs,
- Installation of new 2 bay ODU
- The installation of new ancillary equipment including antennas mounts, feeders, cabling and other associated equipment
- The installation of strengthening members installed on existing monopole.

1. Optus regards the proposed installation as a Low-impact Facilities under the *Telecommunications (Low-impact Facilities) Determination 2018* ("The Determination") based on the description above. The proposed infrastructures will be in compliance with the ACMA EMR regulatory arrangements.

2. In accordance with Section 7 of C564:2020 Mobile Phone Base Station Deployment Code, we invite you to provide feedback about the proposal. Further information requests and/or comments should be directed to Ventia:

Contact: Ventia

Email: [Community.Consultation@ventia.com](mailto:Community.Consultation@ventia.com)

Phone: +61 7 3033 3778

Mail: 1/10 Browning St, WEST END QLD 4101

We will accept comments on the proposed upgrade until

**5pm Friday 1st December 2023.**

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# CRIME REPORT BRIBIE ISLAND WRAP

## NOVEMBER 2023



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

**Traffic operation – Bribie Island**  
Bribie Island police conducted a high visibility traffic operation on October 30 across the Island and Sandstone Point.

Officers from Bribie were joined by Highway Patrol Officers, who conducted over 190 random breath tests and were happy to report that all were negative.

However, two persons were arrested for drug driving.

At 10.26 am, a 37-year-old woman from Saint George was intercepted on Bribie Island Road at Sandstone Point. It is alleged that she returned a positive drug test for cannabis. She is scheduled to appear in the Caboolture Magistrates Court on December 11.

At around 12 pm, an orange Ford Falcon sedan driver was intercepted on Bribie Island Road at Sandstone Point. It is alleged the 38-year-old man from Banksia Beach returned a positive drug test for cannabis and methamphetamine. He is scheduled to appear in the Caboolture Magistrates Court on January 30, 2024.

A 47-year-old man from Banksia Beach was charged with unlicensed driving after police intercepted him at 11 am at Sandstone Point. He is scheduled to appear in the Caboolture

Magistrates Court on November 23. Bribie Police and our Highway Patrol will continue to patrol those areas of concern where hooning is occurring, but we also need your help to report these matters.

You will find the answers to some frequently asked questions about hooning on our blog. Where and how do I report hooning or suspicious behaviour?

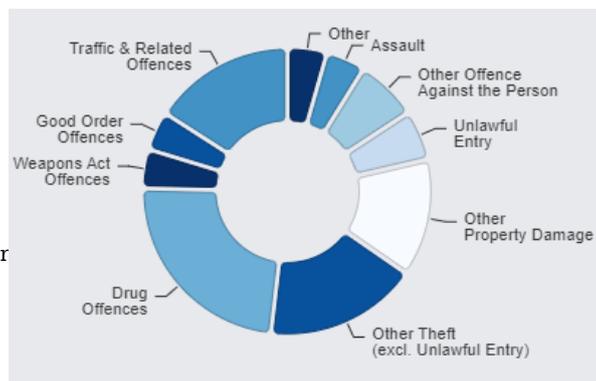
- In an emergency or when a crime is happening now, call Triple Zero (000)

- Call the Hoon Hotline on 134 666 or

- Make a report to Policelink on 131 444

You will find more information on hooning and the legislation by following the link to the Government legislation page.

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



**74 Offences**  
14 OCT 2023 — 13 NOV 2023

Other 3  
Assault 3  
Other Offences Against the Person 5  
Unlawful Entry 4  
Other Property Damage 10  
Other Theft (excl.

Unlawful Entry) 13  
Drug Offences 18  
Weapons Act Offences 3  
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Traffic & Related Offences 12



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