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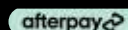
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NOV 29, 2024

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# Welcome

Dear Readers,  
Welcome to edition 299. There is only one edition left for the year, and that is our bumper Christmas edition. Wow, this year has gone by so quickly! I cannot believe we are at Christmas time so soon. As per usual, I am completely unprepared. I have not bought any Christmas Pressies yet, and I will be holding Christmas at my place this year, so I better get myself into action!

Our community is buzzing with Christmas spirit, and we have a diverse range of events and gifts to cater to everyone's tastes. From the enchanting Annual Bribie Christmas Lights Boat Parade to the festive Sandstone Point Carols on the Oval, and the heartwarming Smith Family Christmas Appeal, there's something for everyone to enjoy and support this holiday season.

If you are looking for that extra special gift, the beautiful Bribie Island Calendars are a stunning collection of photos of our area and well worth buying even for yourself! Our beloved writer, Al Finegan, also has a new book for sale, Rebels and Bushrangers, as well as his previous one, The Forgotten Explorer, which is a must-read! Do yourself a favour and order yours now!

As we always say, please buy locally and support our businesses, we want their doors to remain open!

Until next time,

Take care, Stay Safe,

# Cherrie



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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# What Makes a Scent Soothing?

Close your eyes and conjure up the following smells: a burst of citrus while peeling a juicy orange, the green piney scent of a fresh-cut Christmas tree, or a warm waft of perfume from a blooming lilac bush.

## Relaxed yet?

Ancient cultures like China, India, and Egypt recognised that certain natural aromas were deeply soothing. Folk healers have long prescribed scented essential oils for treating stress-induced conditions like anxiety, insomnia, and headaches. But science is still trying to figure out exactly how and why these potent aromas produce calming physiological responses.

Our sense of smell is triggered when fragrance molecules attach to special cilia-covered olfactory receptors in the

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nasal cavity. Those receptors then send electrical signals directly to the olfactory cortex of the brain, which in turn talks to the memory and emotion centres of the brain, such as the hippocampus, amygdala, and frontal cortex.

Japanese researchers ran mice through mazes and other rodent stress tests in a series of experiments while exposing them to an aroma called linalool, the organic compound that gives lavender its sweet floral scent. In previous studies, they suspected that linalool would lower anxiety levels in the mice, which it did. However, the scientists also wanted to test a hypothesis that lavender's calming effect went straight from the mouse's nose to its neurons.

So, they included "asmonic" mice in the study, meaning they had no sense of smell. Those mice showed no effect of exposure to linalool, proving that the olfactory system was definitely the delivery mechanism. Next, they wanted to figure out if linalool was targeting the same receptors in the brain as some of the most common prescription anti-anxiety medications.

Drugs like Valium, Xanax, Klonopin and diazepam are all members of the same drug family called benzodiazepines.

One of the causes of clinical anxiety is overactive neuronal activity in the brain.

Benzodiazepines can inhibit or calm down neuronal activity by binding to particular sites on neurons called GABA receptors. When a drug like Valium binds to a GABA receptor, it increases the flow of certain chemicals into the neurons that mellow the brain out.

The Japanese researchers strongly argued that the smell of lavender acts on those very same GABA receptors. They did this by treating some mice with flumazenil, a drug that blocks GABA receptors. When those treated mice sniffed the linalool, they didn't exhibit any calming effects.

Lavender isn't the only aroma linked to the same neuron receptors as potent anti-anxiety drugs. A few years ago, German researchers tested hundreds of fragrances on GABA receptors in rodents and humans, and the big winner was jasmine, which delivered a GABA effect as powerful as sleeping pills and sedatives.

Lavender and jasmine are the first ancient relaxation remedies to be tested like this, but several others may share a similar nose-to-brain mechanism. According to the Japanese study, other compounds that have shown promising anti-anxiety effects in mice and men include limonene, the aroma of citrus peels, and pinene, the smell of pine trees.

Aromas aren't universally relaxing, though. Since smells share a close neurological

connection to memories and emotions, our personal experiences can also alter their physiological effects. Like Pavlov's dog, our brains can be conditioned to love or hate certain smells depending on our associations with them. For example, if your mum made you scrub toilets with a lemon-scented cleaner as a kid, you might not find the odour all that soothing.

Research has shown that the olfactory system has the strongest direct line to the hippocampus and the amygdala, which are the memory and emotional centres of the brain. This is why scent memories can evoke such powerful feelings of nostalgia. A smell can carry us back to a specific time and place in ways that conscious thinking and remembering cannot.

That might explain why we find the smell of baby powder so soothing; it summons feelings of security and love from deep in our earliest memories. But even that smell appears to have cultural variations. Americans associate the "new baby smell" with vanilla and "powdery" scents, while French babies smell like orange blossoms.

## Now That's Useful

For some people, the smell of sunscreen is a stress reliever since it reminds them of carefree summer days at the beach. So, if work is stressing you out, consider stowing a squeeze bottle of SPF 50 on your desk.

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# bribie acupuncture



Acupuncturists Wendy Ryan B.H.Sc. Acup. (left) and Jessica Yung B.H.Sc. Acup. (centre) and Receptionist Katherine Williamson (right).

## SHOULDER PAIN

Shoulder pain is one of the most common musculoskeletal complaints, affecting people of all ages and activity levels. Two common contributors to shoulder pain are tight muscles and bursitis. Both conditions can lead to significant discomfort, stiffness, and restricted movement, and if left untreated, can impact daily life. While conventional treatments like medication, physical therapy, and surgery are often recommended, acupuncture provides a natural, non-invasive solution to help alleviate pain and promote healing. We often have people come to our clinic for treatment due to shoulder pain that has impacted their usual activities such as playing lawn bowls, gardening, and doing daily tasks such as hanging clothes on the line. Sleep quality also tends to suffer, with them having a difficult time finding a comfortable position to sleep or being woken by pain.

## SHOULDER MUSCLES

The shoulder is a highly mobile joint, with muscles and tendons working together to allow a wide range of movements. When these muscles become tight or overworked, they can often lead to discomfort and pain. Tight shoulder muscles often result from:

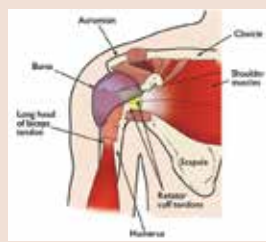
- Repetitive movements: activities such as lifting, reaching, or throwing can overwork the shoulder muscles, leading to chronic tightness and fatigue. This is commonly seen in people with repetitive work or sports and hobbies.
  - Injury: muscle strains or sprains can occur after trauma or sudden movements, causing the shoulder muscles to tighten as part of the body's natural protective response.
  - Poor posture: sitting at a desk for long hours or slouching can put strain on the shoulder muscles, leading to tightness and pain.
  - Stress and tension: emotional stress can cause muscle tension, especially in the neck, shoulders, and upper back, which can lead to discomfort and pain.
- Muscles tightness can lead to pain by:**
- Reducing blood flow: when muscles are tight, blood flow to the affected area

is restricted, leading to inflammation, stiffness, and pain.

- Nerve compression: tight muscles can press on nerves in the shoulder, leading to radiating pain, tingling, or numbness in the arm or neck.
- Trigger points: tight muscles can develop "trigger points", which are knots of muscle that refer pain to other areas, making it feel as though the pain is radiating from the shoulder.

## SHOULDER BURSITIS

Bursitis is the inflammation of a bursa, a small fluid-filled sac that helps reduce



friction between the bones, tendons, and muscles around the joints. In the shoulder, the subacromial (below the shoulder "tip")

bursa is the most commonly affected, leading to shoulder bursitis. Common causes of shoulder bursitis includes:

- Overuse: repetitive overhead motions, such as in sports like swimming or tennis, can irritate the bursa, leading to inflammation.
- Injury: a direct blow to the shoulder or sudden movement can inflame the bursa.
- Degeneration: as we age, the bursa may become less flexible, making it more prone to irritation and inflammation.
- Underlying conditions: conditions like rheumatoid arthritis or gout can increase the risk of developing bursitis.

### Why bursitis causes pain:

- Inflammation: the primary cause of pain in shoulder bursitis is the swelling and irritation of the bursa, which creates pressure on surrounding tissues.
- Pain with movement: shoulder bursitis causes pain, particularly during movements like lifting the arm, reaching overhead, or moving the shoulder in certain directions.
- Limited range of motion: as the bursa swells, it restricts the shoulder's range of motion, making it difficult to perform everyday activities without discomfort.

## ACUPUNCTURE FOR SHOULDER PAIN

Acupuncture is effective in treating both muscle tension and inflammatory conditions like bursitis by:

- Releasing muscle tension: acupuncture can help relax tight muscles by targeting specific points to reduce muscle contraction and promote relaxation.
- Improving blood circulation:

acupuncture enhances blood flow to the affected area, delivering oxygen and nutrients that are crucial for healing while flushing out toxins and metabolic waste.

- Alleviating pain: acupuncture triggers the release of endorphins, the body's natural painkillers, which helps reduce discomfort. Additionally, acupuncture can alter pain pathways in the nervous system, providing immediate relief from shoulder pain.
- Releasing trigger points: acupuncture can target specific trigger points in tight shoulder muscles, releasing the knots and relieving referred pain that may radiate down the arm or neck.
- Reducing inflammation: acupuncture reduces inflammation by stimulating the body's production of anti-inflammatory substances, which helps reduce swelling in the bursa and surrounding tissues.
- Enhancing healing: by improving circulation, acupuncture helps accelerate tissue repair, reducing the recovery time for inflamed bursae and promoting faster healing of the shoulder joint.
- Restoring mobility: acupuncture can help improve the range of motion in the shoulder by alleviating pain, reducing inflammation, and relaxing the surrounding muscles, which often become tight due to the pain of bursitis.

## WHAT TO EXPECT

If you're considering acupuncture for shoulder pain, this is what you can expect during a typical session:

- Consultation: We will first ask about your symptoms, medical history, and lifestyle, and perform a physical assessment. This helps us determine the best treatment approach.
- Acupuncture: We will then insert thin, single-use, sterile needles into specific acupuncture points. These points may be located around the shoulder, upper back, arm, or even distal points on the body (such as the leg, ankle, or hand - which surprises many people!) that influences shoulder function.
- Relaxation: Once the needles are inserted, you will rest for about 20 to 30 minutes. During this time, you may experience a tingling sensation, warmth, or relaxation - many people fall asleep.
- Follow-up: Depending on the severity of your shoulder injury, you may need several sessions to achieve optimal results. We will develop a personalised treatment plan tailored to your needs.

If you'd like to make a booking or if you'd like to discuss whether acupuncture and Chinese medicine is right for you, please contact us - Jessica, Wendy, and Katherine - via our [website www.bribieacupuncture.com.au](http://www.bribieacupuncture.com.au) or call **0423 160 228**. You can also find us on Facebook and Instagram @ [bribieacupuncture](https://www.facebook.com/bribieacupuncture). HICAPS is available onsite. Pensioner discounts available.

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# Mad As A Hatter!

BY: Kathy Vincent,



I am sure you have heard that before, but as you will see from the photos, it really did refer to the Pumicestone Passage Probus Club recently!

Each month at our general meeting a member of the club usually talks about something. This is called a "Thumbnail." It is a great opportunity to hear all sorts of stories. Perhaps a description of a recent travel adventure. Perhaps a story from school days long ago. (one member went to school with Mick Jagger!) Perhaps a career story, some of which have been amazing, an ex-Metropolitan policeman and an ex-Customs Officer, Some very interesting stories there. Stories that people have read and want to share because they were so funny.

Well, November's meeting was no exception. Our main speaker was Barry Clark, who gave a very entertaining talk about the history of Bribie and an insight into the future of this beautiful Island.

So, who was mad as a hatter, you ask? Well, Judith gave a very entertaining talk about hats—different hats, why people wore hats, and what significance hats play in different cultures. Some members wore hats to the meeting—Terry's helmet and Ian's official hat. There were hats of all shapes and sizes.



But for Judith's talk, Tony modelled the hats she was talking about. I use the term "modelled" loosely. You will see from the photos. But she ended her talk by showing how we still love hats today, especially for formal occasions.

Why not come along and join us at the RSL on the second Tuesday of the month from 9 to 9.30? Come and be entertained. We look forward to seeing you there.

# Merry Xmas

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# Colloidal Silver: What You Need to Know



When Dr G.L. Rohdenburg published an article in 1915 on the benefits of colloidal silver in treating tumours, he likely had no idea that this product would have such staying power. Nearly 100 years later, some use colloidal silver as a dietary supplement, decongestant and treatment for all kinds of ailments and illnesses.

Although colloidal silver has been called a cure-all, its healing properties, as reported by the companies that manufacture the supplement and its related products, haven't been

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# Am J Sports Med 2007; 35:972  
\* Int J Surg 2015; 24:113-222  
^ Int J Surgery 2015; 24:207-9



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published in reputable medical journals. It's really not known if colloidal silver cures ailments, and the side effects include everything from seizures and kidney damage to fatigue and skin irritation.

So, what is this mysterious metal, and what does it do? Is it even a real metal and how well does it work? And should people be concerned about the side effects?

First things first: yes, colloidal silver really is silver, or at least, a silver residue of sorts. A colloid is a particle of some substance, broken down and mixed into or suspended in liquid [source: Merriam-Webster Online]. Colloidal silver is mostly microscopic bits of silver floating in water or some other gelatinous goo.

Silver is naturally found in food and water, and when recommended by a physician, the typical dosage of colloidal silver is about one teaspoon. Due to the lengthy list of side effects and relatively sparse information on what this product can actually do for you, you won't find many health experts promoting the substance.

Colloidal silver is not a new alternative medicine. In fact, in the last century, people who could afford colloidal silver used it to remedy several health issues.

Colloidal silver's popularity as a kind of antibiotic peaked in the 1920s and 1930s. But with time and the ever-increasing science behind medicine, we came to use different antibiotics that had proven effects. Yet proponents of colloidal silver products feel that just because we have, as a society, access to more updated medicine, that doesn't mean that colloidal silver no longer retains its benefits.

People often claim to use colloidal silver to soothe burns, repair skin and tissue damage, and treat scars. Other skin issues that might be helped by colloidal silver include rashes, sties and acne.

Colloidal silver is still used in medicine today, especially in medications that combat fungus in the body. It also has a very powerful potential to kill disease, viruses, and other harmful bacteria. Many people claim that taking colloidal silver helps to improve their immune

## HEALTH, WEALTH & COMMUNITY

system's ability to fight against colds and flu viruses.

Colloidal silver is purported to be easily digestible and, therefore, easily absorbed into the internal organs that need it most. This ease of absorption helps the benefits of colloidal silver work fast. Proponents claim that this property of colloidal silver is most important for strengthening the immune system. As with any form of medicine, alternative or not, weighing its benefits against its side effects is important. Continue reading to uncover the side effects of taking colloidal silver.

### Colloidal Silver Side Effects

Despite the supposed pros of taking a bit of silver with your cereal each morning, there are drawbacks, too. When taken orally, colloidal silver can also wreak havoc on proteins and make other medicines less effective. For pregnant women, colloidal silver poses risks to the unborn child, as foetal abnormalities may develop due to its use.

Although there may be two sides to the colloidal silver story, one of the additional effects that health officials worry about with colloidal silver is that those who use it will begin to rely on it as a cure-all instead of seeking real medical treatment.

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# Ever Stand Up and Get Dizzy?

Some bodily phenomena make sense. An ice cream headache, for example — you know what you did to get there, you know you deserved it, and you have absolutely no regrets. Others are a bit of a mystery, like when you stand up quickly and see a dizzying array of stars.

The good news is that a sudden bout of light-headedness from jumping out of your seat probably isn't a big deal. But there are certain signs you should look out for that might indicate a more serious issue. Here are some common causes of that familiar head-spinning sensation:

## You've been working out.

You may know that athletes have lower resting heart rates. That's because exercise generally strengthens your heart, allowing it to pump out more blood in fewer beats. This is usually a great thing because it means your heart is strong, but the slow pace can also be a common cause of dizziness when you go from intense cardio action to your post-workout rest phase. Consider a longer cool-down to ease the transition.

## You're not eating enough.

If you've been subsisting on juice or other non-chewable sustenance...quit it. Low blood sugar is one surefire way to get dizzy (and generally feel like utter garbage), so stop skipping meals and eat a healthy meal or snack every few hours.

## Your blood pressure is too low.

Whether you realise it or not, in the split second it takes to stand

up, blood from your brain travels down toward your feet, all thanks to a little thing called gravity. That blood doesn't get pumped back up to your noggin until the next heartbeat, so if your pulse is extra slow for any reason (the aforementioned athleticism, age, medication and other things can all play a role), you might routinely feel woozy when you get up. Try moving slower when transitioning from seated to standing and see if that helps.

## You're too thirsty.

Another major reason you might feel lightheaded when you stand is your hydration levels. If you're not taking in enough water, your blood flow may slow down, lowering your blood pressure.

Check

your urine: If it's tinged with a dark yellow, pink, or orange tone,

it's time to stop what you're doing and drink some H<sub>2</sub>O.

## You're overheating.

High temperatures or too intense workouts can also cause dizziness by causing you to lose fluid through excessive sweating. Heat stroke can be serious, so if you suspect you're overheating, immediately get to a cooler setting and consider seeking medical attention.

## You have problems with your inner ear.

There's a difference between a slight sense of dizziness and a major case of the spins. If you feel like the room is spinning even once you've stayed stationary for a moment, you might have an inner ear issue called vertigo. This can also be a big deal, so contact a doctor immediately if you suspect this is what you're experiencing.

The bottom line is that the occasional bout of dizziness is probably nothing to worry about, but if you're experiencing something more severe than a slight sensation or you're feeling lightheaded when you're just sitting, make an appointment with a doctor ASAP so they can assess any serious medical problems.



## Holy Cross Funerals

*In our 25th year we are proudly continuing our Ageing Wisely Program and Dementia Presentations - these free events are part of our contribution to the local community.*

*The Ageing Wisely Program includes discussions around funerals and estate planning, delivered by diverse groups including lawyers, funeral directors and others to help remove some of the mystery and answer your questions.*

*The Dementia Presentation covers topics including dementia versus normal ageing, modifiable risk factors, caring for those with dementia, communication strategies and how to support your loved ones with this disease.*

*Please contact our office for more information.*

*Our staff will be happy to assist you.*



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Email: [info@holycrossfunerals.com](mailto:info@holycrossfunerals.com)

[www.holycrossfunerals.com](http://www.holycrossfunerals.com)

Funerals with Faith - Caring for Your Family



# LUCID Dreams



UNLOCKING THE SECRETS OF CONSCIOUS SLEEP

Have you ever experienced the sensation of being fully aware that you are dreaming while asleep? If so, you have had a lucid dream. Lucid dreams are a fascinating phenomenon where the dreamer is conscious of their dream state and can even control the events unfolding in their dreams.

#### WHAT ARE LUCID DREAMS?

Lucid dreams occur when you are aware that you are dreaming while you are still asleep. Unlike regular dreams, where the events feel hazy and uncontrollable, lucid dreams have a heightened sense of awareness and vividness. It's as if you are actively participating in your dream, directing the narrative and controlling the actions.

To better understand lucid dreams, let's explore the different stages of sleep. Sleep consists of several cycles, and one of the most important is rapid eye movement (REM)

sleep. This is the phase where most dreaming occurs. During REM sleep, your eyes move rapidly, your breathing becomes faster, and your brain activity increases. It is during this stage that lucid dreams are most likely to happen.

Lucid dreams primarily occur during REM sleep, which is characterised by increased brain activity and eye movement. Typically, REM sleep occurs about 90 minutes after falling asleep and lasts 10 minutes. However, with each subsequent REM cycle, the duration of REM sleep increases, eventually reaching up to an hour.

While the exact mechanisms behind lucid dreams are still not fully understood, researchers have found some physical differences in the brains of individuals who frequently experience lucid dreams compared to those who do not. Specifically, the prefrontal cortex, the part of the brain responsible for decision-making and memory recall, appears to be larger in individuals who have lucid dreams. This suggests

that those more prone to lucid dreaming may possess more self-reflection and introspection.

Despite the ongoing research on lucid dreams, the exact causes and mechanisms behind them remain a subject of intrigue and speculation. One study conducted in Germany used brain electrical activity measurements to propose that lucid dreaming might occur in a "between state" where the dreamer is neither fully awake nor completely asleep.

Neuroscientists also hypothesise that the ability to have lucid dreams may be associated with increased activity in the temporoparietal association areas of the brain. These regions are responsible for integrating sensory information and self-awareness. However, further research is needed to understand the neural correlates of lucid dreaming fully.

#### BENEFITS OF LUCID DREAMS

While the phenomenon of lucid dreaming is still being explored, there is evidence to suggest

## BRIBIE ISLAND RSL WOMEN'S AUXILIARY

### ANNUAL GENERAL MEETING

The Annual General Meeting of the Bribie Island RSL Women's Auxiliary will be held on

**MONDAY 10TH FEBRUARY 2025  
COMMENCING AT 9.30AM.**

All Financial Members are invited to attend.

Only financial members are entitled to vote, and no subscriptions will be taken at the meeting.

Nominations are invited for all positions:

**President**

**Vice Presidents (2)**

**Hon. Secretary**

**Hon. Treasurer**

**Committee Members (2)**

Nomination forms can be picked up from the table outside the Sub Branch Office on Level 1 of the RSL from 9th December 2024.

Please fill them out and return them to the Ballot Box.

**Nominations close at  
9.30am Monday 20th January 2025.**

All inquiries: Secretary, **Gayle Bradshaw 0408 018 629.**



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that lucid dreams can offer several potential benefits:

#### LESS ANXIETY

One of the most significant benefits of lucid dreams is the potential to reduce anxiety. When you are aware that you are dreaming, you have a sense of control over the dream narrative. This feeling of empowerment can extend beyond the dream state, leading to reduced anxiety and a greater sense of self-confidence in waking life. Lucid dreaming may even serve as a form of therapy for individuals who frequently experience nightmares, allowing them to confront and overcome their fears within the safety of their dreams.

#### IMPROVED MOTOR SKILLS

Limited studies have suggested that practising specific movements or actions in a lucid dream may improve corresponding motor skills in waking life. For example, visualising and rehearsing a physical activity during a lucid dream could potentially enhance one's performance when awake. The brain

appears to activate similar neural pathways during both imaginary and awake movements, suggesting that lucid dreaming may offer a unique opportunity for skill refinement.

#### ENHANCED PROBLEM-SOLVING ABILITIES

Lucid dreaming has been linked to improved problem-solving skills, particularly in tasks that require creativity. Some research indicates that individuals who engage in lucid dreaming may be more adept at finding novel solutions to complex problems. This may be due to the increased self-awareness and cognitive flexibility experienced during lucid dreams, which allow for more creative and unconventional thinking.

#### INCREASED CREATIVITY

Lucid dreams have inspired many artists, writers, and inventors throughout history. The ability to actively participate in and shape the dream narrative can lead to unique insights, innovative ideas, and creative breakthroughs. Some

individuals have reported receiving artistic inspiration or solving creative challenges within the realm of their lucid dreams.

#### DANGERS OF LUCID DREAMS

While lucid dreaming can offer exciting possibilities, it is important to be aware of potential risks and challenges associated with this practice:

#### SLEEP DISTURBANCES

Engaging in lucid dreaming can sometimes disrupt the quality of your sleep. The intense vividness of dreams may cause you to wake up frequently during the night, leading to fragmented sleep and daytime drowsiness. It is essential to strike a balance between the desire to have lucid dreams and ensuring a good night's rest for overall well-being.

#### CONFUSION AND DELIRIUM

In individuals with certain mental health disorders, lucid dreaming can blur the line between reality and imagination. This confusion can lead to delirium and hallucinations, making it challenging to distinguish

between the dream world and the waking world. It is crucial to approach lucid dreaming with caution and seek professional guidance if you have a history of mental health conditions. Lucid dreaming is a fascinating phenomenon that offers unique insights into the world of dreams and consciousness. While the science behind lucid dreaming is still evolving, research suggests it holds considerable potential for personal growth, creativity, and problem-solving. By understanding the different techniques and approaches to induce lucid dreams, you can begin to explore this extraordinary realm of consciousness and unlock the secrets of your own mind.

Remember, lucid dreaming is a deeply personal experience, and it may take time and practice to achieve consistent lucidity in your dreams. Approach the process with patience, curiosity, and a sense of wonder, and you may embark on incredible adventures within the realm of your own mind.

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International Day of  
People with Disability

# Celebrating the International Day of People with Disability: *How Workplaces Can Lead Change*



Observed globally on December 3, the International Day of People with Disability (IDPWD) shines a spotlight on the achievements, perspectives, and contributions of people with disabilities. This year's

theme, Amplifying the leadership of persons with disabilities for an inclusive and sustainable future, encourages workplaces to foster an inclusive culture where people with disabilities are recognised as leaders and innovators.

With 1 in 5 Australians living with a disability, workplaces have a unique role in shaping a future where everyone is valued. Here's how your organisation can join in commemorating IDPWD—and make lasting commitments toward inclusivity.

## 1. HOST A WORKPLACE EVENT OR ACTIVITY

Creating an event specifically for IDPWD is a fantastic way to bring employees together to learn and engage with the issues surrounding disability. Here are a couple of ideas to consider:

## Some days it's nice to have a little help.

Things like cleaning the house, keeping up with the gardening or driving to appointments.

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- **Register Your Event:** By registering your event on the IDPWD website, you're not only marking your organisation's commitment but also joining a nationwide calendar of events.
- **Disability Awareness Training:** Engage your team in training sessions that focus on disability inclusion, accessible communication, and inclusive recruitment practices. This helps employees recognize unconscious biases and promotes equitable practices in the workplace.

## 2. LEARN ABOUT DISABILITY INCLUSION TOGETHER

Fostering a culture of understanding is central to supporting people with disabilities. Inviting people to share their stories and discussing topics around disability in an open, supportive environment helps to build empathy and awareness.

- **Guest Speakers and Workshops:** Consider inviting a person with a disability or an advocate to speak to your team. Firsthand stories offer powerful insights into the challenges and triumphs experienced by people with disabilities and can inspire positive changes within your

organisation.

- **Educational Materials:** Share articles, videos, and statistics with employees to highlight the importance of disability inclusion. For instance, it's eye-opening to learn that 52% of Australians over 65 have a disability or that nearly 10% of people with disabilities have faced discrimination. These facts underscore the need for a more compassionate, supportive workplace.

## 3. SCREEN A SHORT FILM OR VIDEO

Visual storytelling is one of the most impactful ways to increase awareness, and short films can be an ideal medium for a workplace setting.

- **IDPWD Ambassador Videos:** Show short films featuring IDPWD Ambassadors, which celebrate the unique journeys and achievements of people with disabilities.
- **Focus on Ability Short Film Festival:** The Focus on Ability Festival showcases a range of short films that highlight the skills, resilience, and creativity of people with disabilities. This collection of films provides an excellent opportunity to see life from new perspectives and can foster open conversations.

## 4. ORGANIZE A MORNING OR AFTERNOON TEA

A casual gathering with refreshments creates an inclusive space for employees to engage in meaningful conversations. This low-key event can provide an opportunity for colleagues to share experiences and reflect on how their workplace can become more disability-inclusive.

- **Invite a Local Advocate:** Having a guest speaker from the disability community can enrich the experience by offering genuine insights and fostering dialogue around disability issues.

## 5. VOLUNTEER WITH A LOCAL DISABILITY ORGANIZATION

If your company offers volunteer leave, IDPWD is a wonderful opportunity to connect with local disability organisations. Volunteering can deepen your team's understanding of the daily experiences of people with disabilities and show tangible support for the community.

- **Support Local Organizations:** Reach out to disability-focused organizations in your area to explore volunteer opportunities. Whether it's helping with events,

providing administrative support, or mentoring, this experience can offer profound insights and make a lasting impact.

## CREATING AN INCLUSIVE WORKPLACE BEYOND IDPWD

While IDPWD is a significant day for reflection and celebration, it's essential to keep the momentum going. Inclusion is a continuous journey, and by committing to disability inclusion beyond this single day, workplaces can build an environment that celebrates and uplifts the contributions of people with disabilities all year long.

For more information, visit [www.idwp.com.au](http://www.idwp.com.au). Embrace the spirit of IDPWD by taking small, impactful steps that foster understanding and remove barriers. This December 3, let's celebrate the strengths, resilience, and leadership of people with disabilities— together, we can work toward a future that is truly inclusive and sustainable for all.

**Yours in Health and Wellness,**  
Tracey Blinco  
Law and Access Consultant  
Health Coach

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# BRIBIE ISLAND & DISTRICT NEIGHBOURHOOD CENTRE ASSOC INC

The past year has been another very busy year of helping our community for Bribie Island and District Neighbourhood Centre (BINC). One very exciting highlight now is watching the work progressing on our NEW BUILDING at our old address, 9 Verdoni Street, and we expect to be in our brand new, purpose-built building in 2025 (mid-year-ish).

Meanwhile, we continue to support our community at 50 Verdoni Street, Bellara (between Bribie Island Taxis and Bribie Garden Centre). We provide friendship, very positive volunteering opportunities within a great team, a range of social support activities (arts and crafts, games and Christmas activities) and a venue for outreach services. Our services include free professional counselling, Services Australia Agent services, Information and Referrals and, for people in times of need, emergency Relief. With the backing of both the Australian Government and the Queensland Government, this service helps families and individuals in crisis with food, advocacy to sort bills, financial counselling, toiletries and shower facilities, meals and cuppa's, referrals, and all sorts of inquiries. Importantly, we let people in need know they are cared for and offer hope for the future. (Did I mention the wonderful local women who COOK lovely homemade meals each week for people in need, the local church congregations who contribute food items each week, and all the local food retailers who contribute through Oz Harvest? – this is a GREAT community!)

We are in awe of the amount of donations we are receiving this year through the wonderful Prices Plus Bribie Island team and their caring customers! Last year, Prices Plus Bribie Island and our caring community raised the most PP money in Queensland for families in need at Christmas.

We are so lucky to be part of our great community. So many people and organisations have helped us care for our community over the past year. Special mention to Rotary, Sandstone Point Lions, and all the member groups of the Helping Agencies Network, The Butterfly House, Bribie Island Bowls Club, The Bribie Islander, and the RSL, who are hosting another special Christmas event this year.

We are very grateful for Ali King and her wonderful team's amazing support of our work over the past years and wish you all much happiness and success in the future. We have met with and are looking forward to working with Ariana Doolan, who is very community-minded. We are sure you will do a great job, Ariana!

To everyone who supported the Bribie Neighbourhood Centre in 2024, thank you. Your support makes our community stronger and a better, safer place for everyone. A heartfelt thanks to you all!

We will be closed from Christmas Day to New Year's Day, inclusive. We look forward to a very busy, productive year ahead and hope to see you all again in 2025!

On behalf of BINC, Merry Christmas and wishing you peace and happiness in the New Year,

Cecelia Taylor  
Centre Manager



50 Verdoni Street, Bellara QLD 4507

Phone: (07) 3408 8440 Email: [neigh@binca.com.au](mailto:neigh@binca.com.au)

# Bribie Island Calendars

## 2025

Bribie Island is not just a place; it's our cherished home, and I take immense pride in living amidst its natural beauty. Each day, I aspire to capture the island's essence through my photography, focusing on candid moments in nature while giving them a slight enhancement to preserve their authenticity.

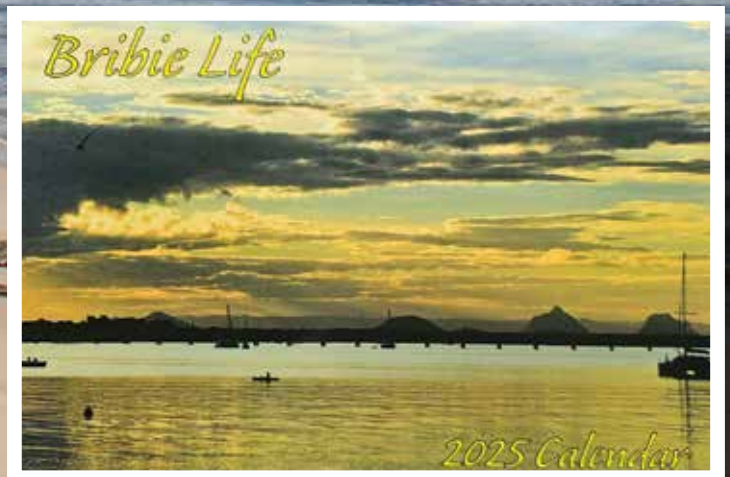
Our island boasts breathtaking landscapes, where vibrant sunrises and stunning sunsets paint the skies over the shimmering waters. It's a sight that never ceases to amaze me, as the interplay of colours creates a picturesque backdrop for both residents and visitors. Throughout the year, we are graced by migratory birds from the Northern Hemisphere, their presence adding to the rich tapestry of wildlife that thrives here. Additionally, the majestic whales make their annual journey past our shores, offering spectacular displays that leave us in awe.

The diverse water life surrounding Bribie, combined with our pristine beaches and the lush expanses of the National Park, paints a vivid picture of the island's ecological richness. This calendar celebrates that diversity, showcasing only a small fraction of the island's charm and allure.

I hope that as you flip through the pages of this 2025 calendar, you find joy in the vibrant images and feel invited to explore the many enchanting faces of our beautiful Bribie Island.

These calendars will be available at...

- Bellara Newsagent.
- Robbies Crystal connections.
- Bribie Seaside Museum



# VIEW CLUB URGES THE BRIBIE ISLAND COMMUNITY TO EMBRACE THE SPIRIT OF GIVING AND GET BEHIND THE SMITH FAMILY'S CHRISTMAS APPEAL



**B**ribie Island VIEW Club is calling on the community to embrace the festive season spirit of giving and help raise funds for The Smith Family's Christmas Appeal to ensure thousands of students experiencing disadvantage can be supported in their education in 2025.

The charity aims to raise \$4.91 million nationally through the appeal, providing more than 11,700 children with access to critical learning and mentoring programs to help them stay engaged and motivated at school.

This includes programs like student2student, which pairs younger students with young reading buddies, and after-school Learning Clubs, where students get support with their homework from trained volunteers – many of whom are VIEW Club members.

Bribie Island VIEW Club president Julie said this work is more important than ever as families face the ongoing effect of cost-of-living increases.

"Today in Australia, one in six children are growing up in poverty, limiting their ability to make the most of their education. Everyone feels the ongoing effects of the cost-of-living crisis, but it is not felt equally."

"For families who were already doing it tough, the higher cost-of-living means having to make tough choices between everyday bills and being able to support their children's education."

"All funds raised through donations to the Christmas Appeal will ensure students can participate in The Smith Family's evidence-based numeracy, literacy, tutoring, digital and mentoring programs to help them catch up and keep up at school," she said.

Nationally VIEW Clubs currently support more than 1,785 students on the charity's flagship Learning for Life program, which provides educational, personal and financial support.

"We love hearing about how well our students are doing in the program and receive several letters a year that detail their achievements, hopes, and dreams. We are so proud of the young people we support, and there's no better time than Christmas to show them our generosity."

VIEW (Voice, Interests and Education of Women) is a national women's organisation and support network

Bribie Islander

that brings together women to enjoy social activities, develop skills, and make connections—all while supporting Australian children experiencing disadvantage.

For those who are interested to find out more about VIEW or who would like to join, visit [view.org.au](http://view.org.au) or call Jennifer at 0402 663 867

**For more information on the appeal, go to [www.thesmithfamily.com.au](http://www.thesmithfamily.com.au) or call 1800 024 069**

**To find out more about joining VIEW, visit [view.org.au](http://view.org.au) or call 1800 805 366.**



About VIEW Clubs of Australia  
VIEW is a national women's organisation with over 13,000 members in 280 communities exclusively supporting children's education charity The Smith Family. Members sponsor students, volunteer, fundraise, and advocate for improving the life outcomes of Australian children and young people experiencing disadvantage. Visit [view.org.au](http://view.org.au)

The Smith Family: The Smith Family is a children's education charity that helps young Australians experiencing disadvantage to create better futures for themselves by harnessing the power of education.

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





# SANDSTONE POINT *Carols on the Oval*

**F**ollowing the success of the Sandstone Point Carols on the Oval over the past two years, the free event will be held again this year on 14th December at 6:30 p.m. at the Sandstone Point Oval, 202 Bestmann Road East.

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 Shopping Village.

A band with volunteer musicians is busy preparing Christmas Carols you love to sing along to.

Sean W Smith, an international children's entertainer & widely recognised as a dynamic generational speaker, will be joining us from South Australia. Sean's powerful illustrations, music and unique style enables him to captivate seniors, adults, teenagers & children simultaneously. Expect to laugh & be inspired!

We are delighted that vocalist Tammy Mathieson, will be joining us again in 2024. Tammy's grandmother lives in Sandstone Point and, as a

teenager, Tammy sang at the first Sandstone Pt Carols in 2008. Tammy has since had the opportunity to perform for audiences large and small on both domestic & international platforms, regularly performing at charity and community events.

Local Dance Studio Island Dance will delight us again with energetic and fun dances. At the end of the night, after 8 p.m., there will be a fun, surprise Finale!

The event could not be held without the support of the City of Moreton Bay Local Community Support Grant and the generous sponsorship by IGA Sandstone Point; Sandstone Point Community Association; Healthsave Pebble Beach Pharmacy, Bribie Island Community Plant Nursery; Terry Young, Federal MP; Victory Press Printing; Nathan's Sound and Lighting and Hans Electrical, who will be onsite most of the day helping to set up and ensure electrical safety. This support for the Carols event is greatly appreciated.

Carols on the Oval is hosted by Sandstone Community Church (SCC), which meets each Sunday at 3 pm in the Ningi Community Hall, 1320 Bribie Island Road. They have the heart to support

the local community in any way they can, including Craft Group on Monday mornings; Average Joes (AJ's), a men's group promoting masculinity, mentoring and mateship on Wednesday evenings; mainly music for pre-schoolers and their carers on Thursday mornings. These groups all meet in the Sandstone Point Community Hall. Members of SCC greet the community outside IGA Sandstone Point on Tuesdays during school term, 11 am – 12 noon.

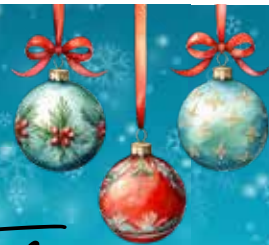
On 14th December join in a special community and family time in preparation for Christmas. Enjoy singing all-time favourite carols and the featured entertainment at Carols on the Oval.

**For further information:**  
<https://sandstone.org.au/carols-on-the-oval/carols-2024>  
Pastor John Gollan Ph 0414 979 664



# Bribie Island Seventh-day Adventist Church Presents

## The Christmas Story



**Y**ou're joyfully invited to a magical morning filled with celebration and community spirit as the Bribie Island Seventh-day Adventist Church presents a captivating performance of \*The Christmas Story\* at the Uniting Church!

Get ready to embark on a heartwarming journey through the cherished narrative of the Christmas season. Our enchanting presentation will bring to life the themes of hope, love, and joy that define the spirit of Christmas, and we'll have a delightful selection of traditional carols for everyone to join in singing! It's the perfect opportunity to come together with friends, family, and fellow community members, creating an atmosphere brimming with warmth and festive cheer that's perfect for all ages.

You'll be mesmerised by our talented performers, who will vividly share the essence of the Christmas story through engaging storytelling and uplifting music. Whether you know every lyric or just want to soak in the joyful melodies that fill the air with holiday spirit, we encourage you to sing along with

us, adding your voice to the joyous chorus!

After this inspiring experience, take a moment to relax and savour a complimentary vegetarian lunch, lovingly prepared to nourish both body and soul. This is not just a meal; it's a chance to connect, chat, and build friendships within our warm and supportive community.

Mark your calendars for this extraordinary festive occasion! Please bring your family, invite your friends, and let's come together to share the joy of Christmas. We're excited to celebrate this special season with you, making cherished memories and fostering a spirit of togetherness in our community. We can't wait to see you there!

To help us make this event enjoyable for everyone, please RSVP to Ruth at 042 999 8744. Your response will help us create a truly delightful experience for all participants.

**Location:** Uniting Church, 82 Webster Street, Bongaree  
**Date:** Saturday, December 21st, 2024  
**Time:** 10:45 AM

## Bribie Road Butchery Follow us on Facebook

### HOW WE MAKE OUR 'SMALL BATCH' WOOD SMOKED LEG HAMS

First, we choose locally produced premium pork legs.

These are hand cured and soaked in our special brine solution for several days.

This process ensures an even flavour throughout the ham.

The legs are then hung and the drying process leads to better smoke 12 hours to drain which removes excess liquid and the drying ensures better smoke penetration, which in turn ensures that deep wood smoke flavour only a traditional ham can deliver.

The legs are then placed in our smokehouse in small batches where they are smoked at a low temperature using the finest quality wood chips. This part of the process is what sets our hams apart from those that are commercially produced on mass. This step takes a few hours.

We then introduce a second smoke cycle, at a higher temperature, and this 10 hour process cooks the hams and gives them their distinctive rich colour and unmistakable flavour that can only be achieved with traditional curing and smoking method, and while this is a lengthy hands on process, the result is a ham that will last for at least two months from the date purchased.

So, come in and sample some of our delicious 'Small Batch' premium wood smoked ham before you buy a commercially produced ham.



Introducing **AVONDALE TIMBERS** hand crafted wood chopping boards, chopping blocks, charcuterie boards and cake display boards. They will make great unique Christmas gifts.

**929 Bribie Island Road, Ningi - Call Dave on: 0406-192 030**





# “What To Do If You Run Out of Vegemite.”

By Bob King

Oh no! We haven't, have we? Thus, I have the compulsion to write about this very serious and important problem. However, every problem has an upside, and my simple solution may get me a gig on “My Kitchen Rules” or a mention in Australia's New Year's Honours list.

Firstly, don't panic. This is difficult, and hopefully, the once-in-a-lifetime problem can be overcome by good old Aussie know-how. If you happen to be in one of those culinary-backward countries like France or China or any other country that lacks the understanding and importance of Vegemite, the problem may be huge, but at home—easy-peasy.

Another important part of Oz's culinary tradition and Vegemite is the “Cold Spaghetti Sandwich” on white bread. It is a genuine Oz invention that we gave to the world. The spaghetti in tomato sauce taken from a tin has graced the lunch boxes of Aussie school kids ever since Mr Hinze's laughing first thought of his April Fool's joke, which turned out, to his surprise, to be a winner at the till.

But back to Vegemite, or the lack of it. If you are trapped in this manner, then a great substitute is to make toast and layer it with a thick portion of butter, spread on a wholesome serving of soy sauce; the soy does not add to the dietary goodness of the meal but does provide the unique colour, not many foods are black, that is so important with Vegemite. Then, spoon at least three millimetres thick of table salt onto the butter and spread it evenly. Be careful, and I talk from experience, substituting Epsom Salts for good old sodium chloride is not a good idea. While it doesn't change the flavour, I found it does cause absenteeism from work for a couple of days and makes your household commodious fixture a very helpful piece of apparatus. Read the label carefully.

Speed is of the essence at this time. Spreading the ingredients and mixing while the butter is soft from the warm toast creates a likeness of Vegemite that only a few Aussie gourmets could tell the difference between it, or anything else for that matter, and the real deal.

An important consideration also at this time is if you are lucky enough to have a guest or friend with you at breakfast time, have him or her taste the delightful snack.....first. A good result from this test will be if both of his or her eyes don't, and I emphasise don't, make a quick retreat toward his or her upper nose in an effort to look at each other. The substitute may be worth a try yourself.

As I noted before and to their eternal loss, the rest of the world does not value or understand the symbiotic relationship between Vegemite and Oz. So, take care if you are travelling to one of those unenlightened countries with a jar or tube of Vegemite in your port (non-Queenslanders say suitcase), as you may be stopped at customs for carrying a disguised narcotic or illegal steroid. If you cannot convince the official that it is food, under no circumstances should you invite him or her to taste it. There will be no Vegemite on jail menus nor the facility to improvise.

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

# Local Dining Guide



## SCOOPYS

Located by the jetty on beautiful Bribie Island, Scoopy's Family Cafe is all about the family vibes, great food and coffee, fantastic service and all the ice cream you can eat! Enjoy our friendly hospitality with barista-made coffee, amazing burgers, and a tempting array of ice cream choices to impress the pickiest connoisseurs. Our massive range of cakes and famous fish and chips make it well worth the hour's drive north of Brisbane.

Shop 2/2 Toorbul Street, Bongaree 07 3410 1791



## THE DECK RESTAURANT

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

Pacific Harbour Golf & Country Club, 141-159 Avon Avenue, Banksia Beach 3410 4024



## BRIBIE PANTRY

LOW COST GROCERY STORE

**Fresh Produce, Milk, Bread are FREE with any \$5 Purchase**

Tuesdays: 7-11:45AM Thursdays: 7-11:45AM + 6-8PM  
Freedom Church - 195 First Avenue

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

# Local Dining Guide



## THE SURF CLUB

Open for lunch and dinner seven days a week, our casual bistro boasts a bar and gaming area as well as mesmerizing ocean views. Explore our diverse menu, offering a little something for everyone. It's the perfect place to unwind, indulge in good food, and enjoy the laidback friendly atmosphere. Whether you're a local or just passing through, you'll enjoy a memorable visit at The Surf Club Bribie Island. Come for the food, stay for the view!

First Avenue, Woorim PH: (07) 3408 2141  
[www.thesurfclubbribieisland.com.au](http://www.thesurfclubbribieisland.com.au)



## BRIBIE ISLAND CHICKEN & KEBAB CAFÉ And FLOWERS ON BRIBIE ISLAND

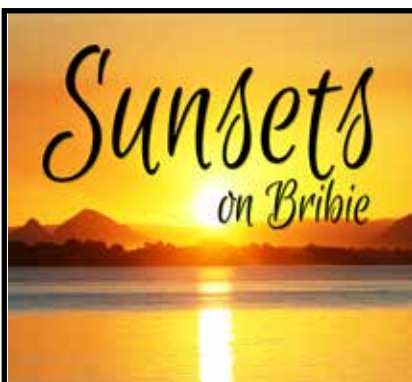
Located in the peaceful Banksia Beach Shopping Centre, we welcome you to our pet friendly café and florist. Try our delicious beef and chicken kebabs, fresh BBQ chickens daily, with snack packs available. Check out our bacon and egg roll and yummy coffee deal for only \$12.

We are also your florist destination for every occasion, making someone happy every day.

Shop 24, 25 Sunderland Drive, Banksia Beach.

CAFÉ: 07 3408 7013 - FLORIST: 0477 326 272

Open Sun, Mon 8 am to 4 pm and Tue to Sat 8 am to 6 pm



## Sunsets on Bribie at Bribie Island Bowls Club

11-23 Welsby Parade, Bongaree.  
[www.bribiebowls.com](http://www.bribiebowls.com)

Experience our delicious dining options while overlooking some of the best waterfront views on Bribie. Open 7 days for lunch and dinner with seniors' meal specials and kids menu. With something to suit all appetites make sure you don't miss this amazing dining experience. Book your table now by calling 3408 1018.

Lunch: 12pm -- 2pm, Dinner: 5pm -- 8pm





# WEEKDAY EATS Specials

## *It's a Steak Out* \$20 SPECIAL OFFER

200G STEAK SERVED WITH YOUR CHOICE OF CHIPS & HOUSE SALAD OR CREAMY MASH & SEASONAL VEGETABLES, PLUS ONE OF THE FOLLOWING SAUCES: PEPPER, MUSHROOM, DIANE, CREAMY GARLIC & WHITE WINE, BEARNAISE, GRAVY\*.

NB: All sauces are Gluten Free.



*Monday*

## *Two For Tuesday* \$35 SPECIAL OFFER

PURCHASE TWO MAIN MEALS FROM THE 'TWO FOR TUESDAY' MENU AND PAY JUST \$35. CHECK OUT THE DAILY SPECIALS BOARD FOR TODAY'S SELECTION\*.



*Tuesday*

## *Burger Bonanza* \$18 SPECIAL OFFER

CHECK OUT THE DAILY SPECIALS BOARD FOR TODAY'S SELECTION OF DELICIOUS BURGERS\*.

NB: Gluten Free surcharge applies. Vegetarian and Vegan options also available see staff.



*Wednesday*

## *Ribdiculous* SPECIAL OFFER FROM \$20

HOUSEMADE SMOKEY BBQ PORK RIBS SERVED WITH CHIPS & CREAMY SLAW\*. AVAILABLE IN REGULAR OR LARGE.



*Thursday*

## *Schnitz-O-Rama* SPECIAL OFFER FROM \$15

A 200G CHICKEN SCHNITZEL SERVED WITH CHIPS & HOUSE SALAD OR CREAMY MASH & SEASONAL VEGETABLES, PLUS ONE OF THE FOLLOWING SAUCES: PEPPER, MUSHROOM, DIANE, CREAMY GARLIC & WHITE WINE, BEARNAISE, GRAVY. UPGRADE WITH ONE OF OUR DELICIOUS TOPPERS FROM THE SPECIALS BOARD FOR \$5\*



*Friday*

\*Terms & Conditions apply. Subject to availability, not available in conjunction with any other offer, not redeemable for cash, not transferable. Offer may be changed at any time at manager's discretion. Images are for illustrative purposes only. Not available on Public Holidays.

thesurfclubbribie.com.au  
Ph. 07 3408 2141  
2 First Ave, Woorim QLD 4507



Sylvan Beach  
Munch Market



# MUNCH MARKETS MAKING A DIFFERENCE

Sylvan Beach Munch Markets, or Farmers Market, has been operating for four years. Market manager/convenor Cushla Ebzery has been successful in maintaining a variety of vendors of specialised food and homemade items with over 50 separate stalls in Sylvan Beach Lions Park, opposite the Bribie Hotel, from 8 a.m. to 1 p.m. on the first Saturday of each month.

The East Pumicestone Community Support Association Inc. (EPCSA), a local volunteer group, has been a crucial pillar of support for the Sylvan Beach Munch Markets from the very beginning. The funds raised from stall site hire go directly to EPCSA, enabling them to provide vital support to victims of domestic violence and homeless individuals on Bribie Island and in the surrounding suburbs. Thanks to community support, the markets have raised approximately \$25,000 over the last four years.

This income and donations from community organizations have been the backbone of our operation, and we are extremely grateful!

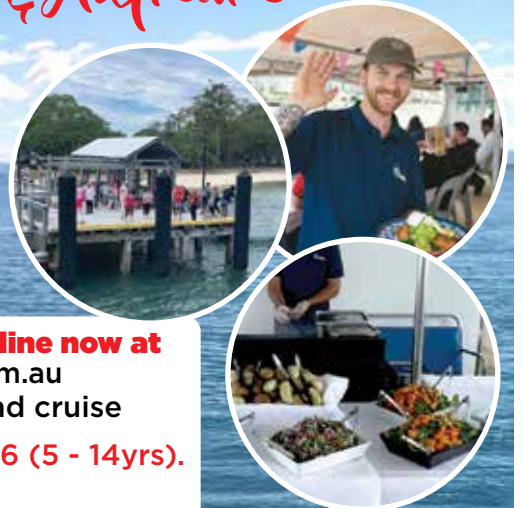
With it, we take people in for short-term accommodation here in Bribie and assist them in moving to a more permanent location. Our team of volunteers collects furniture, bedding, Manchester, clothing, and household items to assist with setting people up in a new residence. As you would be aware, accommodation on Bribie is expensive, but we do receive assistance in securing local short-term rentals. EPCSA has a membership of 21, and we meet monthly at 96 Webster Street in Bellara. If you are interested in volunteering, please contact Chairman Greg Rollason on 0431598560.

We couldn't do this without our brilliant supporters. We send a special thank you to — Bribie Island Community Nursery-Wallum Group; Bribie Bowls Club, Bribie Orchid Society, Sandstone Point Lions Club, Bribie Rotary Club; Bongaree Bowls Club; Probus Club of Pumicestone; Anglican, Baptist and St Vinnies Church groups; View Club; local residents, and the Sylvan Beach Munch Markets.

Greg Rollason

# BRISBANE CRUISES

*The Difference Between A Good Cruise & A Great Cruise!*



## BRIBIE ISLAND LUNCH CRUISE 2024

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

**Buy a GIFT CARD or BOOK Online now at**  
[www.brisbanecruises.com.au](http://www.brisbanecruises.com.au)

**Price Includes BBQ lunch and cruise**

**Prices: Adults \$52, Children \$26 (5 - 14yrs).**

### 2025 DATES:

Thu 30 Jan, Fri 28 Feb, Fri 14 Mar,  
Tue 29 Apr, Wed 28 May, Thu 26 Jun

Departs Bongaree Jetty, Bribie Island 12.15pm  
Returns 2.15pm (approx)

**T: 07 3630 2666**

**E: [info@brisbanecruises.com.au](mailto:info@brisbanecruises.com.au) W: [www.brisbanecruises.com.au](http://www.brisbanecruises.com.au)**





# 2024 BRIBIE ISLAND CHRISTMAS LIGHTS BOAT PARADE

Get ready for a dazzling spectacle at the Annual Bribie Island Christmas Lights Boat Parade on **Saturday, December 21st!** Prepare to be captivated as local boat enthusiasts transform the Pacific Harbour Canals into a stunning display of twinkling lights, creating a magical evening for thousands of residents and visitors to enjoy.

This exciting event is brought to life by the dedicated volunteers of Bribie Aquatic Community Events (BACE), the same fantastic team behind the beloved Bribie Classic Boat Regatta.

Safety is the top priority, and with the invaluable support of the Bribie Island Volunteer Marine Rescue (VMR), our boat participants will navigate through the canals safely.

"We are thrilled to present this year's parade, which is made possible thanks to our incredible main sponsors: QM Properties, Bribie Realty, and ABC Transfers," says BACE committee member Ritchie Bloomfield.

The festivities kick off at 1:30 p.m., as the Bribie Island VMR sets sail through the canals with Santa and his merry helpers, delivering lolly bags to eager children and perhaps a schmacko or two for our furry friends. Just listen for the joyful jingle of Santa's bell!

From 4:00 pm to 8:00 pm, immerse yourself in the festive atmosphere at the munch markets!

Indulge in a treasure trove of locally crafted gifts, mouthwatering food trucks, delightful face painting, and live entertainment from our local stars, Kiani Jazz and Grace Alexandra, all set against the beautiful backdrop of the Pacific Harbour Marina.

Participants will Gather around the main canal adjacent to the Pacific Harbour Marina by 6:30 pm as the excitement builds for the 7 pm start of our mesmerising boat parade. This year, brace yourself for the debut of our incredible Laser Show as vibrant beams light up the summer sky! There are plenty of public viewing areas for spectators to take in the magic, including Kakadu Beach, Sea Eagle Park, Sunset Park, and the Harbourside Marina.

### Want to be part of the action?

Enter your boat into the parade by visiting [www.bace.org.au](http://www.bace.org.au) or scan the QR code above! Don't forget to follow the event on Facebook at [facebook.com/BribieIslandBoatParade](https://facebook.com/BribieIslandBoatParade). Come and be part of this unforgettable celebration!



## Thanks To Our Sponsors



## Reminder for those stressing about Christmas



You don't need matching pyjamas to be happy.

Children need presence more than presents.

A Christmas movie night does not need to be on a 70' inch TV.

Colour coordinated decorations means nothing to children.

The number of presents isn't a reflection of you as a parent.

Your kids will grow up and remember the laugh and love.

**Voices Choral Group**  
*Are gettin'*

**IN THE MOOD FOR CHRISTMAS!**

Sunday 1st December at 1.30 pm  
WOORIM COMMUNITY HALL  
Arcadia Ave WOORIM

TICKETS AVAILABLE ONLINE AT [www.voicesbribie.com.au](http://www.voicesbribie.com.au)  
Or  
THE INK SHOP, Warana Ave. Bellara (Cash Only)

**ONE SHOW ONLY**  
**\$22.00**

# MARKETS

### Beachmere District Community

The B.D.M.S. Community Markets are held at the Men's Shed 53 Rogers Street Beachmere, every 1st Saturday of the month 7.30am - 12pm

### Bribie Island BIDCA Markets

The Bribie Island BICA Markets are held at Brennan Park, Bongaree, the 3rd Sunday of each month from 6am -12pm

### Bribie Rotary Markets

The Rotary Markets are held at Brennan Park, Bongaree on the second Sunday of each month from 6.30am – 12 noon

### Queensland Cancer Council

The Cancer Council Markets are held at Brennan Park, Bongaree on the first Sunday of each month from 7am to 12 noon.

### 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 12pm

### 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 Woodcrafters & Bribie Island Gem Club

Open day, Demonstrations & Sales - last Sunday of each month

8am to 12noon Held at Bribie Art Centre  
191 Sunderland Dr, Banksia Beach

### The Bribie Bowls Euchre Club

Meets at the club each Monday at 12 Noon.  
Fun afternoon. Contact Lorraine on 0414802733.



is one of the largest and busiest arts centres, with more than twenty kinds of arts and crafts being developed and tuition provided. It is not only a dynamic hub for the talented but also offers many varied opportunities for others to learn through workshops, mentoring in its studios, and volunteering in its open-air cafe. In this amazingly vibrant and colourful

space, the ART TARTS evolved in 2010, fostering this celebration of art, connection and community spirit. They continue to thrive and nurture creativity in this lively, active, energetic and engaging environment. For us at Bribie Pink Dragons, being part of this event is not just an opportunity, but a source of inspiration and excitement.

The ART TARTS from The Bribie Island Community Arts Centre have once again extended their warm welcome to the Bribie Pink Dragons for their unique and extraordinary exhibition, running until 1st December. The ART TARTS from The Bribie Island Community Arts Centre have once again extended their warm welcome to the Bribie Pink Dragons for their unique and extraordinary exhibition, running until 1st December.

In past years, through the generosity of the ART TARTS, twelve of them, this 2024, we have been given the opportunity to sell raffle tickets for their displayed and donated creations in all mediums.

The Bribie Island Community Arts Centre

*Bribie Island Seventh-day Adventist Church Presents*

**The Christmas Story  
At Uniting Church  
82 Webster Street Bongaree  
Sat 21/12/2024**

**10.45am**  
Come along and sing traditional Christmas songs with us while you watch this beautiful Bible Story unfold

**Followed by Free lunch  
R.S.V.P. Ruth 042 999 8744**

**BEACHMERE**

**BAZAAR**

**CLAYTON PARK**

**SATURDAY**

**7 DEC**

**4 - 7 pm**

**LIVE MUSIC**

**XMAS CAROLS, CLASSIC CARS, MARKET STALLS, FOOD VANS & A VISIT FROM SANTA**

**B A N G**  
Beachmere Area Network Group Inc  
www.ban-g.org.au





## A FUSION OF FLORA

### December 3 - January 12 2025

The Members of Bribie Island Community Arts Society who meet weekly are a varied, imaginative, talented and hardworking.

They beaver away at their art and craft week after week, learning, sharing, helping and enjoying the fellowship of combined creating and growing friendship.

The Members exhibition this year, A Fusion of Flora, showcases the many styles and ideas they generate and in a gorgeous, colourful exhibition that celebrates the beauty of nature.

It includes the Working Together Groups of:

- DRAWING AND PAINTING
- CONTEMPORARY ART PRACTICES
- LEADLIGHTERS
- PEN AND PENCIL/DRAWING
- POTTERY
- PORTRAIT AND FIGURE PAINTING
- LADIES SEWING CIRCLE
- THURSDAY QUILTERS
- PRINTMAKING
- SLAP AND GIGGLE PAINTING FOR BEGINNERS
- TACTILE TEXTILES
- WATERCOLOURS
- THURSDAY PAINTERS

Come see the amazing works, meet the artists, catch their enthusiasm.

#### The Arts Centre Is Open

9am - 4pm Tuesday to Saturday;  
Our Centre's **Christmas** closure is from  
December 20 until January 7.



#### Cafe 191 Is Open

opens 9am - 2pm Monday - Saturday;  
9am - 1pm Sunday.  
Cafe 191 will be closed from December 16 - January 7.





The control tower in Townsville in the 1970s



# Christmas *with Althea* 1971

**I**n Early December 1971, I returned to Australia with my family to a well-earned rest on the Gold Coast. I had just completed a two-year term in the Eastern Highlands of Papua New Guinea, working as an Air Traffic Controller (ATC) in the tower at Goroka. Goroka is the main centre of the highlands, being the gateway to the vast mountainous lands of the west. Goroka is located in a valley at 5,000 feet above sea level and surrounded by 10,000-foot mountains. At that time, the airport had no electronic navigational aids. All air traffic was restricted to daylight hours, and the ATCs used procedural control to ensure separation standards. It was a very busy airport with non-stop traffic every day.

I was owed three months' recreational leave as a condition of my two years' continuous service in PNG. On Christmas Eve, my wife

Judy and I spent the day at the beach, surfing and playing games with our children and Judy's younger sister. That evening, we watched the TV news reporting that a cyclone named Althea had struck somewhere near Townsville, although little more was known at that time. We put the children to bed early and prepared the Christmas tree and other goodies for the following Day. Although the news of the cyclone saddened us, we retired, not giving too much more thought to the possible disaster, for tomorrow was Christmas Day.

In the wee hours of the morning, I was awoken by a pounding knock on the door. I was startled to be greeted by a policeman who wished me "Merry Christmas", then handed me a note with a telephone number and told me I was to ring the Senior ATC in Brisbane urgently. This I did. The SATC said that

he knew that I had spent a year in Townsville prior to my PNG Service and that I was a qualified and experienced procedural aerodrome-approach controller. He then asked if I would go to Townsville immediately, as there was an urgent need for an ATC. He said that all the local ATCs were in desperate trouble with their homes and families, and it was imperative that the airport be opened to allow relief to be flown in. The cyclone had knocked out all navigational aids, and the amount of traffic that was required to be flown in and out could not be done without an experienced procedural ATC with local knowledge. With my background, experience, and availability, I was the ideal candidate to be sent to Townsville to establish ATC Services. After a quick word with Judy, I agreed. He told me I was to pack up immediately and get to Amberley Airport. A

C130 Hercules was waiting to fly me to Townsville. I would be in complete control of all airport traffic until relieved. I still had two months' leave owed to me, but the obvious urgent situation required my services. Judy drove me to Amberley Airport, where I boarded the C130, which was also packed with a huge amount of humanitarian aid and a handful of senior army officers and policemen.

After a 2 hour flight, we flew low over Townsville. It was a shocking sight, a sea of floodwater. We could see so many destroyed houses and many others without a roof. We could see people everywhere we looked on the roofs of those houses that still had roofs. As we flew low over the town, people waved shirts or towels at us, and many had drawn SOS on bed sheets laid on their ruins. We made a low pass over Magnetic Island. Hardly a building was

intact. We were later told that only 8 out of 150 houses in the community survived the cyclone. Making a wider 10km circuit of Townsville, we were able to report that all roads north, south and west were extensively flooded. Townsville was isolated, and it was obvious that there was no reticulated electric power.

Our pilot made radio contact with the airport fire service, who reported that they had formed an emergency crew of single members in anticipation of the need for the runway to be clear. They were camped at the airport, in the fire station next to the control tower. They assured the C130 pilot that they had cleared all of the debris off the runway, although the northern end was marked where it was underwater. In pouring rain, we landed. A fire truck picked me up and drove me to the tower. I was met by a dishevelled group of people who immediately surrounded me. In charge was Bob, the assistant airport manager from the Department of Civil Aviation (DCA), who introduced the head of the fire crew, several RAAF officers, and a Police Sergeant. Then Bob turned to me and said, "... right boss, what do we do now?"

The storm caused significant damage to buildings, hangars, and storage facilities at the RAAF Base, with four of the six helicopters destroyed. Fortunately, the sturdy control tower and fire station complex located in the centre of the aerodrome remained intact, along with a permanent emergency generator. I turned on the airport radio system and breathed a sigh of relief when it came to life. We were also able to fire up the AM (long-range) radio and establish contact with the Brisbane ATC Operations Centre. Messages were soon exchanged, and a plan was agreed to. They told us that both state and federal governments had established personnel assistance, as well as disaster relief funds.

One of the furies acted as my assistant and immediately started taking flight plan information from Brisbane ATC and the RAAF base at Amberley. There were

queues of aeroplanes waiting to fly in with emergency personnel, rations and all sorts of equipment needed for the relief of the people of Townsville. There were citizens stranded in high places with very little other than the clothes they stood in and little to eat. We had to get aeroplanes in with relief.... and as soon as possible.

About two hours later, I received my first call on the tower frequency. It was the beginning of a constant stream of aircraft arriving. Over the next five days, C130, after C130, arrived with soldiers and supplies, then left with distressed families and casualties. Caribou and other transport aircraft also arrived, dumped their cargo, and returned south. Rescue crews arrived with inflatables and immediately spread out to provide both medical and personal relief. It was chaos, but it was organised chaos. The RAAF had managed to get the two remaining helicopters airborne and began relief flights in and around Townsville and Magnetic Island, as well as responding to emergency calls from locals in the surrounding district. In the first few days, over 600 soldiers were ferried in, many of whom were sent to Magnetic Island on the RAAF helicopters.

During daylight hours, I remained in the tower, unable to leave as the air traffic was non-stop. This would not have been possible without the wonderful fire crew who looked after me, fed me three good meals a day, and provided me with a constant supply of coffee ... and a bucket. At night I slept in a room under the tower in a bed that was provided by the furies. Also accommodated was Bob (DCA). He was a single young man who was isolated from his flooded home. His assistance to me from an administrative point of view was invaluable. He was in constant contact with local police and the authorities down south, coordinating relief priorities. Over the week, we got to know each other very well.

Later, we learned that on 19th December, Althea had formed

near the Solomon Islands and headed southwest across the Coral Sea. The storm reached its peak intensity with sustained winds of 130 kph with higher gusts, a Category 3 on the cyclone scale. At 9 am on Christmas Eve, cyclone Althea struck the coast of Queensland near Rollingstone, about 50km north of Townsville. Althea produced copious rainfall over central and western Queensland, then turned toward the southeast, and on 26th December, the cyclone emerged over open waters.

While moving ashore, Althea generated wind gusts as high as 215kph, which wrought significant destruction around Townsville and nearby Magnetic Island. A significant 3.66m storm surge battered the mainland, while high waves destroyed roads and seawalls. Due to coastal erosion, beaches receded by up to 15.8m.

Thousands of homes were damaged or submerged in Townsville, and hundreds more were destroyed. A car was useless, as almost all roads were flooded to some degree. Although the worst of the storm struck near low tide, the combination of a large storm surge and high waves caused widespread damage along Townsville's coastal areas. At Pallarenda, the storm surge swept vehicles off roads and inundated homes, with nearly all dwellings being rendered uninhabitable. The surge reached 2.9m in Townsville Harbour, while the Ross River experienced a 2.7m water level rise that submerged streets throughout the city. Boats in the river suffered extensively when a barge broke free of its moorings and collided with numerous smaller vessels. The most widespread damage in all of Townsville was to roofs, which were often poorly or not at all secured. Trees and power lines throughout the community were mangled. Althea had dropped 200mm of rain in the Townsville area on Christmas Eve until the gauge overflowed and was not changed. Heavy rain continued for days. Three people were killed, ten people were reported missing, and nine were reported lost on three boats.

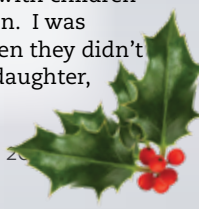
They were never found. One man was discovered drowned in his car in a swollen creek. 257 people were treated for storm-related injuries - many evacuated to Brisbane.

Magnetic Island's main town of Picnic Bay was hit particularly hard. About 100 people endured the cyclone in the dining room of the Picnic Bay Hotel despite it having sustained structural damage. More than half the houses in Nelly Bay and Arcadia were demolished. In the village of Horseshoe Bay, one woman died in a building collapse. The island suffered a total power outage, and the water pipeline from the mainland had been damaged. Strict usage rations were put in place until repairs could be made. About 30 people on the Island were evacuated for injuries sustained during the storm.

An estimated peak storm surge of 3.66 m occurred at Toolakea, about 40km north of Townsville. In addition to the surge, the wave action was highly destructive. The violent onshore flow generated severe beach erosion from Townsville to Toolakea, with above-normal water levels extending as far south as Mackay.

Althea also triggered extensive river flooding in interior Queensland. Floodwaters cut off most major roads in western portions of the state, and hundreds of families had to leave their homes for higher ground.

After a week, normality slowly returned as roads cleared and repair work began in earnest. The floods around Bob's home receded, and the local ATCs were able to relieve me. I jumped into a C130 and returned to my family for a belated Christmas celebration. After completing my leave, I was offered a permanent position at Townsville. Judy invited her younger sister to stay with us for a while. I invited Bob over for dinner one night. He met Judy's sister, and sparks flew. They are still happily married with children and grandchildren. I was disappointed when they didn't name their first daughter, Althea.

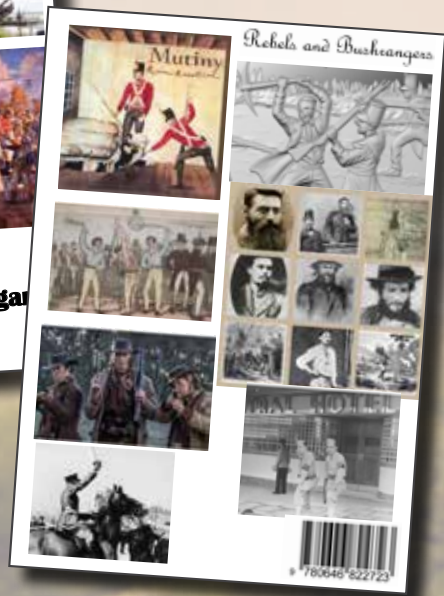
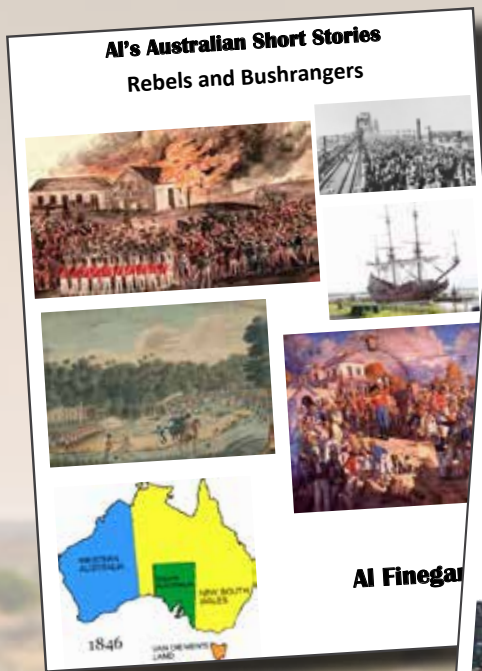


Dive into the captivating world of

## AL'S AUSTRALIAN SHORT STORIES:

# Rebels And Bushrangers,

a remarkable collection that brings to life the untamed spirit of Australia's past.



If you haven't already got a copy, you also won't want to miss...

# The Forgotten Explorer

a novel that promises to take you on a thrilling journey through history.

THE FORGOTTEN EXPLORER is not just a novel, but a thrilling journey through Australia's past. Alan has meticulously researched every key fact, from characters to events, to ensure the story's integrity. The beginning and end of the book, in relation to the Finnegan family, are based on references and reports from newspapers and historical narratives. Original words are highlighted in Italics, preserving the language of the time. Alan has woven an exciting novel around these historical facts, revealing the true story of the discovery and exploitation of Moreton Bay and Bribie Island. It's a story that will keep you on the edge of your seat from start to finish and leave you feeling intellectually stimulated and well-informed.

Alan has also introduced an enthralling collection entitled *Al's Australian Short Stories: Rebels and Bushrangers*. This meticulously crafted book provides an in-depth exploration of Australia's vibrant history, capturing significant events over the last 200 years that have shaped the nation's identity. Through a series of captivating and engaging narratives, readers are invited to journey through time, encountering the fearless figures and dramatic incidents that embody the spirit of rebellion and adventure in the Australian landscape.

Each story is built upon a foundation of rigorous research, utilising primary documents, historical reports, and authentic accounts from the era in question, ensuring that the tales are not only captivating but also grounded in reality. As readers turn the pages, they will feel the weight of history and the pulse of a nation evolving, experiencing the triumphs and tribulations that have defined Australia's past. This collection serves not only as entertainment but also as a valuable resource for anyone seeking a deeper understanding of Australia's rich cultural tapestry.

## ABOUT THE AUTHOR

Alan's life is a thrilling tale of adventure and achievement! Born in the vibrant city of Brisbane in 1944, he quickly set the stage for an extraordinary journey, displaying remarkable prowess as Captain of his school's rugby 1st XV and making his mark in 1st Grade for Easts. The breathtaking peaks of the Glasshouse Mountains became his playground as he fearlessly tackled their heights time and again, a story that will leave you feeling excited and intrigued.

His spirit of adventure led him to join the Army, where he dedicated an impressive 28 years to the Army Reserve's Royal Queensland Regiment, retiring with the esteemed rank of Major. In 1968, he graduated as an Air Traffic Controller, soaring through the skies for the next 12 years in Control Towers across Brisbane, Townsville, and even New Guinea. When he wasn't in the tower, he dove into the depths as a SCUBA Diving Instructor, revelling in the thrill of spearfishing.

In 1987, Alan transformed his passion for education into a career, first teaching in Brisbane and then answering a calling to a Catholic Mission School in the stunning Solomon Islands. He continued to rise, coaching

a first-grade rugby team in Fiji from the bottom to the exhilarating heights of the Fijian Grand Final, proving that with dedication, anything is possible.

Upon returning to Australia, Alan embarked on a new chapter as a private Computer Project Manager, orchestrating multi-million-dollar projects across the Northern Territory to New South Wales. His most monumental achievement? Leading the ambitious \$3 billion RAAF F/A 18 Hornet Upgrade, overseeing a staggering 15 to 20 individual projects over a decade!

Alan's deep love for history shines through in his captivating, published works inspired by his father's remarkable war story and family history. His exploration of the legendary *Castaway Finnegan* sparked a passion that led him to research and share an unforgettable narrative.

At the age of 70, Alan settled on picturesque Bribie Island—a place filled with cherished childhood memories. He enjoys life to the fullest with his incredible wife, Judith, who has been his rock for over 53 wonderful years. Together, they raised four children and celebrated the joy of 11 grandchildren. Alan's journey is a testament to living life with unyielding enthusiasm and a heart full of stories!

Alan has dedicated himself to meticulous research, infusing every page with accurate details about the characters and events that shaped this great land. Experience the adventure, struggles, and triumphs of those who ventured into the unknown. This isn't just a story; it's a vivid exploration of Australia's rebellious and adventurous spirit.

Whether you're a history buff or simply love a well-told tale, these books are sure to ignite your imagination and transport you to a time of exploration and excitement. Don't miss out on this unforgettable journey—grab your copy today!

**You can order your copies by emailing**  
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at The Bribie Islander...  
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design.thebribieislander@gmail.com



**Stephen**

# Pawgome Pet Page



**Amir**



**Milo & Moey**



**Rosie**



**Poppy**



**Sasha**



**Jake & Lillie**

# Barking Dogs....

## ALL DOGS BARK, BUT SOME BARKING DOGS BECOME A REAL NEIGHBOURHOOD NUISANCE.

When it comes to barking dogs, you're not alone. It's the most common animal behaviour problem the Council is asked to deal with, and we're here to help.

Under Council's Animal Management Local Law 2023, a barking dog is considered a noise nuisance if it makes a noise which:

- is repetitious or incessant and
- unreasonably disrupts or inhibits activities at adjoining or nearby land.

### WHY DOGS BARK

Reasons for excessive barking include:

- Dogs are social animals and often bark when they are lonely
- Separation from an owner can cause the dog stress
- Barking may also be the result of boredom, frustration, or a dog's way of seeking attention from its owner
- Dogs bark out of fear - this can be fear of people, objects or other animals
- Dogs bark when there is a threat to their territory
- Playing with your dog often stimulates barking
- Some breeds have a reputation for barking
- Some dominant dogs bark until they get what they want.

### Dog owners' responsibilities

Dog owners are responsible for ensuring their dogs don't bark too much and cause a noise nuisance.

A barking dog is considered a noise nuisance if it makes a noise that unreasonably disrupts or inhibits activities at adjoining or nearby land by being repetitious or incessant. It may take some time for the dog to change its behaviour.

Remember, not all dog barking is considered a noise nuisance. Barking is a natural behaviour for dogs and is one of the ways they communicate.



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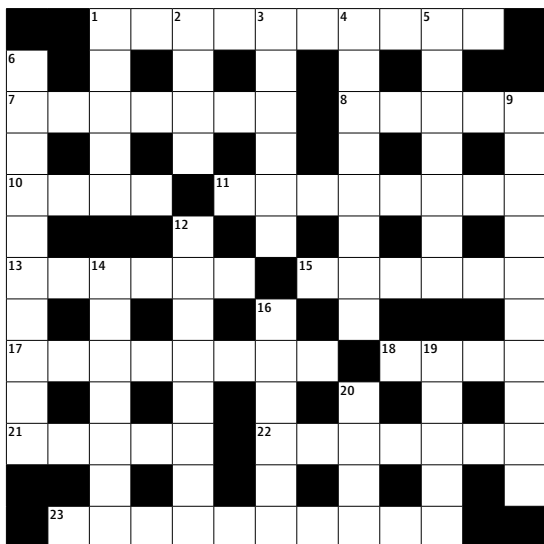


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# Crosswords - QUICK & CRYPTIC



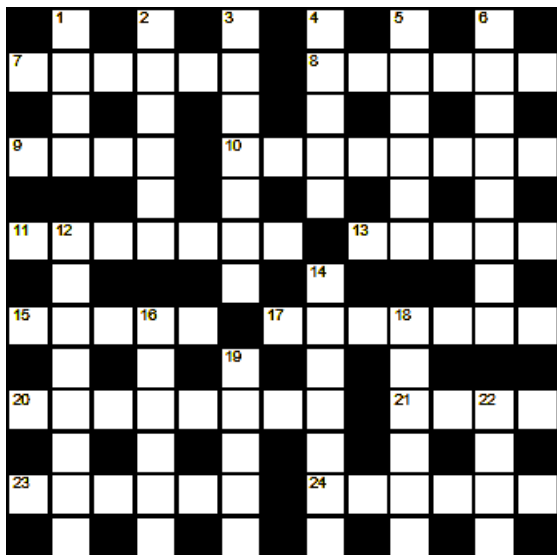
**Across**

- 1 Speaker of Old English (5-5)
- 7 So-so (7)
- 8 Genesis character (5)
- 10 White cheese (4)
- 11 Folkloric figure of diminutive stature (3,5)
- 13 Extent (6)
- 15 Ailing (6)
- 17 Excessive enthusiasm (8)
- 18 Swear (4)
- 21 Credulous (5)
- 22 Gothic novel (7)
- 23 Skive (4,6)

**Down**

- 1 Operative (5)
- 2 Eat at (4)
- 3 Spouse of Titania (6)
- 4 Officer's assistant (8)
- 5 Obscure or obstruct (7)
- 6 6 (4,1,5)
- 9 Packing material (6,4)
- 12 Convalescence (8)
- 14 Bitterly cold (7)
- 16 Dealer (6)
- 19 Storage room (5)
- 20 Facts and figures (4)

## CRYPTIC



**Across**

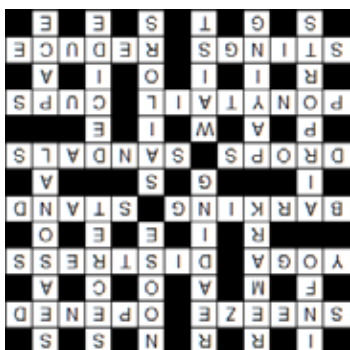
- 7 Poles ease, say, resulting in explosion.. (6)
- 8 Frank, journalist, revealed (6)
- 9 On the mat for discipline (4)
- 10 Diana's mane led to trouble (8)
- 11 Royal support went mad - extremely so (7)
- 13 First and foremost holding position (5)
- 15 A favourite, once, even if acid (5)
- 17 Something afoot for the beach to begin with (7)
- 20 Hairstyle lay in top-dressing (8)
- 21 Flying saucers usually don't travel with these on board (4)
- 23 Swindles but legitimate in Police operation (6)
- 24 Moderate about dictator (6)

**Down**

- 1 Fill in forms including details (4)
- 2 Talk about blemish (6)
- 3 Understanding Edgar in trouble (7)
- 4 It goes around the neck - the living end (5)
- 5 Known only to me to be safe (6)
- 6 A lesson, a change from the regular (8)
- 12 Where one might take off songs about wine (8)
- 14 Floating workforce in many hands (7)
- 16 Atoning for one's mistakes can clean the slate (6)
- 18 Go for dice of French manufacture (6)
- 19 Midriff waits for enhancement (5)
- 22 Palace hub out of step (4)

## SOLUTIONS

CRYPTIC SOLUTION 229

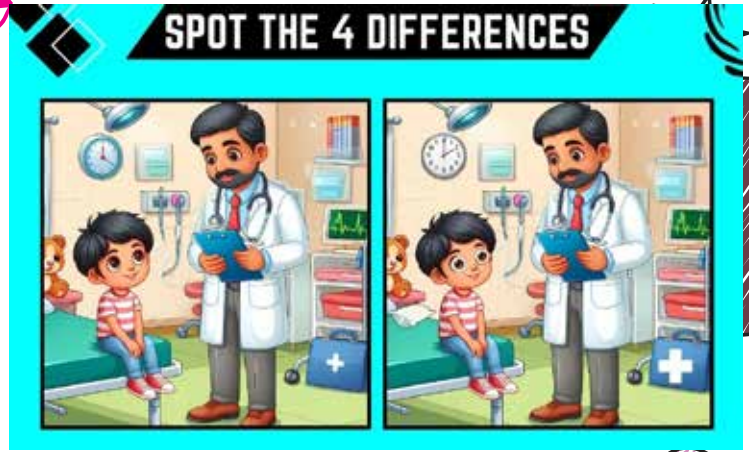


QUICK SOLUTION 229





# KidsPage

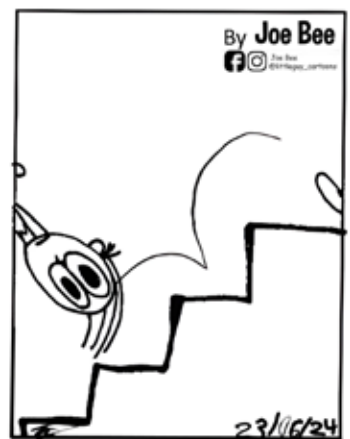
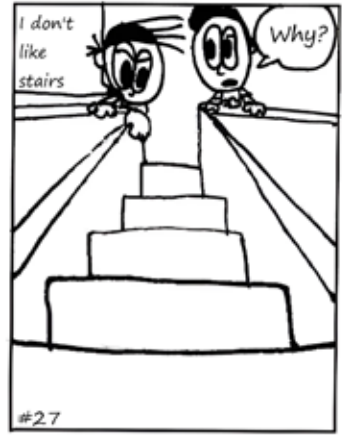


J	N	E	E	T	S	O	G	N	A	M	P	A	L
T	N	P	A	W	P	A	W	I	A	A	A	S	C
N	R	A	A	O	J	I	E	F	P	A	A	D	K
A	K	I	N	E	J	K	E	A	G	J	V	I	A
H	O	A	I	N	F	A	Y	L	U	A	A	A	K
D	C	A	G	G	J	A	C	S	G	N	R	L	I
D	R	A	A	E	I	N	A	A	L	E	N	G	A
U	I	P	E	I	N	F	N	N	I	I	K	A	A
R	N	R	O	P	T	I	U	R	F	K	C	A	J
I	D	R	P	N	A	N	A	G	N	O	L	E	L
A	N	E	C	T	A	R	I	N	E	E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

- |           |           |            |
|-----------|-----------|------------|
| NECTARINE | PEACH     | PAW PAW    |
| FIG       | PAPAYA    | KAKI       |
| LONGAN    | RASPBERRY | JACKFRUIT  |
| PLANTAIN  | UGLI      | AVOCADO    |
| DURIAN    | FEIJOA    | MANGOSTEEN |

## Sudoku

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



## MELSA PARK STEAM TRAIN RIDES

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TRAINS RUN on 3RD SUNDAY of MONTH  
 21ST DEC 2024, 19TH JAN, 16TH FEB, 16TH MAR

EVERYONE MUST HAVE CLOSED IN SHOES

10AM - 2PM

Call Ian for party enquiry 0409 100 656



Pursehouse, Judy Pursehouse & Barry King.

R/U: Tony Ollier, Krys Henshaw, Keith Tucker & Graham Hubbard.

3rd: Jeff Farmer, Kevin Zipf, Ray Griffin & Vicki Mitchell.  
Jackpot (\$40) – No winners.

**Friday: Self Select Pairs**

Winners: Brian & Julie Kent.  
R/U: Chris Treacy & Glenn McCarthy.

3rd: Pete McCarthy & Ian James.

**Saturday: Club Select Triples.**

Winners: Rob Clavell-Pearson, Ray Zahl & Ricci Harris.  
2nd: Dudley McKenzie, Marieke Moore & Mal Dawson.

**Results - W/E 17/11/2024.**

Tuesday: Club Select Triples.  
Winners: Janelle Day & Merv Adam.

R/U: John Harris, Des Stewart & Neil Lethlean.

3rd: Paul Boldero & Graham Hubbard.

**Wednesday: Club Select Pairs.**

Winners: Paul Dixon, Neil Feazey & John Dann.

R/U: Krys Henshaw, Mark

Wendt & Peter Evans.

Lucky team: John Sly, Maggie Zahl & Peter Nixon.

Jackpot (\$500) – No winner.

**Thursday: Self Select Fours.**

Winners: Des Stewart, Brad Storey, Brian Harris & Jan Oakley.

R/U: D Jackson, Ann Larson, Judy Pursehouse & Robyn McLean.

3rd: Ray Griffin, Keith Reithmuller & Kevin Zipf.  
Jackpot (\$40) – No winners.

**Friday: Self Select Pairs**

Winners: Cheryl Dann, John Dann & Marieke Moore.

R/U: Peter McCarthy & Ian James.

Saturday: Club Select Triples – Rained out

**Results - W/E 24/11/2024.**

Mon to Fri - Washed out

Saturday: Club Select Triples.

Winners: Rob Clavell-Pearson, Ray Zahl & Ricci Harris.

2nd: Dudley McKenzie, Marieke Moore & Mal Dawson

**BRIBIE ISLAND WOMEN'S GOLF**

7 November 2024 to 19 November 2024

7/11/24 - Monthly Medal – sponsor Churches of Christ Qld

A Grade Winner: Yuko Nakamura 74, 2nd Lorna Burns 75, 3rd Pauline Grooby 76cb

NTP's: Hole 14 Jo Malone, Best Gross: Jo Malone 86

B Grade Winner: Maree Bailey 71, 2nd Vivienne Learoyd 74 cb, 3rd Angela Jordan 74, Best Gross: Maree Bailey 96

C Grade Winner: Sonia Ferrante 70, 2nd Jude Dorhauer 71, 3rd Jan Jennings 73, Best Gross: Jude Dorhauer 101



Yuko Nakamura



Maree Bailey



Sonia Ferrante

12/11/24 – 4BBB Stableford

Overall Winners: Kate Wilson & Leonie Pratt 48, 2nd Julie Bell & Lorna Burns 43 cb, 3rd Robyn Colbran & Marg Bailey 43 cb

NTP's: Hole 4 Gwen Clutterbuck, Hole 7 Julie Bell, Hole 14 Sandra Marshall, Hole 16 Lesley Heap, Hole 4 (Div 3 2nd shot) Jan Jennings

**14/11/24 – Single Stroke**

Overall Winner: Lenore Wilson 69, 2nd Margaret Huxley 72, 3rd Hazel McDonnell 73

NTP's: Hole 4 Lorna Burns, Hole 7 Lorna Burns, Hole 14 Jody Bedson, Hole 16 Carol McKenzie

**14/11/24 – Medal of Medals**

A Grade Winner: Vicki Jones 72, R/Up Abby Driver 77

B Grade Winner: Lauren McDonald 74, R/Up Vivi Lloyd 76 cb

C Grade Winner: Sonia Ferrante 68, R/Up Mary Carruthers 75



Vicki Jones



Lauren McDonald



Sonia Ferrante

19/11/24 – Single Stable (Final Rd Hudda Memorial Trophy)

Div 1 Winner: Lesley Heap 41, 2nd Julie Bell 40, 3rd Paula McKenzie 39 cb

Div 2 Winner: Rae Clarke 40 cb, 2nd Fizzie Jackson 40, 3rd Debbie McCowan 39

NTP's: Hole 4 Jude Dorhauer, Hole 7 Julie Bell, Hole 14 Julie Bell, Hole 16 Abby Driver  
Winner Hudda Memorial Trophy – Rae Clarke



**MORETON BRIBIE BRIDGE CLUB:**

Sat 9 Nov N/S 1 L Carr & J Wright 2 H Standfast & J Budgeon 3 B & F Van Dongen E/W 1 R Webb & L McLaren 2 I Best & L Wilson 3 Y Nakamura & M Bailey

Wed 13 Nov N/S 1 L Carr & J Wright 2 H Tyler & J Medhurst 3 S & C Watson E/W 1 J Newton & D Scown 2 R Deacon & N Denvir 3 J Easey & J Borowski

Sat 16 Nov N/S 1 S & C Watson 2 K Cohen & P Breene 3 D & G Lock E/W 1 D Scown & J Newton 2 S McCulloch & J Easey 3 J Wright & J Medhurst

Wed 20 Nov N/S 1 S & C Watson 2 A Tywanek & C McAlister 3 L Carr & J Wright E/W 1 R Webb & L McLaren 2 J Newton & D Scown 3 D & G Gibbards

BICBC: Mon 11 Nov N/S 1 D & D Quinan 2 L Groves & R Deacon 3 L Wilson & J Brazier E/W 1 S Smith & M O'Reilly 2 G Lock & N Denvir 3 D Dowling & U Maffey

Mon 18 Nov N/S 1 M Arthur & R King 2 L Groves & J Lawson 3 A Fielding & J Easey E/W 1 P Edis & C McAlister 2 I Best & B Moxham 3 D Dowling & U Maffey





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# EVERYONE SHOULD HAVE ACCESS TO SAFE AIR INDOORS



## INFECTION PREVENTION EXPERT RESPONDS TO REPORT

People spend 90 percent of their time indoors, so it's vital that we ensure everyone is breathing safe air there, says University of the Sunshine Coast infection prevention and control expert Dr Matt Mason.

In response to the Safer Air Project report published today in Australia, Dr Mason said that ongoing challenges caused by airborne pathogens made effective infection prevention and control vital and that the report was a key step in making safe air accessible to everyone.

"As we spend so much of our time in indoor environments, it is important that we get this right," Dr Mason said.

"This report highlights that nearly half of Australians live with chronic health conditions, making them particularly vulnerable to severe health outcomes from infections transmitted in poorly ventilated indoor environments."

"The report emphasises that many pathogens, including SARS-CoV-2 and influenza, are primarily transmitted indoors where air quality is currently often inadequate. Improving indoor air quality would significantly reduce the risk of airborne infections, protecting not only those with chronic conditions but also the broader community."

"The report also advocates for recognising clean air as a fundamental right, ensuring that everyone, especially those with invisible disabilities or chronic health issues, can access public spaces safely. This inclusivity is essential for fostering a supportive community environment."

"The report outlines specific recommendations for enhancing indoor air quality in schools, healthcare facilities, residential care settings, and workplaces. These include establishing performance standards for shared spaces, which is crucial for preventing infections and promoting public health."

"As the report notes, infection prevention and control is a shared, whole-of-community issue, not just a healthcare setting issue, and the recommendation here is that this remit should sit with the Australian Centre for Disease Control.

"Everyone deserves access to safe indoor environments, a fact recognised in many facets of community life and legislated for by Human Rights Acts and Disability Acts nationwide. By addressing indoor air quality comprehensively, including mandating requirements for safer, cleaner air, we can enhance overall public health while fostering inclusivity for those at risk," Dr Mason said.



# Compositing

Throwing away our food and organic waste is a bit like pass the parcel - it's now out of our hands but we've just passed this waste on to a landfill to be covered by tonnes of other waste. So, these organic materials are forced to decompose more slowly and without oxygen. And it's this anaerobic decomposition that generates odour and greenhouse gases.

Knowing what organic waste can be recycled or reused at home will keep valuable resources out of our landfills. In the kitchen, our organic list includes food scraps, paper and cardboard, and textiles. In the backyard, it's grass clippings, garden pruning, and untreated timber. Recycle your paper and cardboard into the recycling bin and immediately save close to fifty percent of your household waste from landfill. Reuse your food and garden waste, saving another thirty to forty percent.

The first step to reusing your organic waste is deciding what system will suit your lifestyle: If you have poultry or livestock, they will eat vegetables and some fruit. Mulching is suited to active people who can use a mulcher or shredder for prunings. Composting is suited to active people with a sun-filled yard for most of the day. A rotating compost tumbler will give you faster compost. Worm farming is ideal for people with little or no yard or only a balcony. Bokashi bins are a great system for people who want to dispose of food waste directly into an enclosed kitchen container.

A mulcher or chipper will turn prunings into a cover for your gardens and pot plants. Other non-organic mulches that can be used include stones, pebbles, coloured glass pebbles, and other recycled materials. The easiest way to turn most of your food and garden



## GO like a PRO!

Garden organics collections start from 2 December.

### Are you set to Go?

Do you know how to use your new lime-green lidded bin?

#### 1. Never bag your garden organics

Just like your recycling bin, keep it loose and don't include plastic bags!

#### 2. Don't be fooled by compostable or biodegradable packaging.

These products can be great for your home composting, but not your GO bin.

#### 3. Know the dos and don'ts of your garden organics.

Branches cut to size, leaves, grass clippings, weeds, plants and flowers all go in.

Brush up on the basics at [moretonbay.qld.gov.au/GO](http://moretonbay.qld.gov.au/GO)



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



waste into compost is to use a commercial compost bin or make up a simple compost system with reusable items. Placed in a sunny position in the yard with direct access to soil or grass, the compost is built from alternate layers of green and brown organic materials.

Green waste is nitrogen-rich and includes fruit and vegetable scraps and green garden vegetation. You can also add chicken or livestock manure that's a few days old. Brown waste is carbon-rich and includes tea leaves and coffee grounds, crushed egg shells, dry leaves and grass, woody twigs, newspaper, egg cartons, shredded paper, and straw. The smaller the pieces, the quicker the organic material will break down. Follow these layers with enough water to keep the compost as moist as a wrung-out sponge, and aerate your compost weekly with a garden fork or compost turner to speed up decomposition. Using a pipe in the centre will also assist with this breakdown. Your compost is ready to use

when it's a dark brown crumbly mix, with most of the food and garden waste decomposed and unrecognisable. An easy way to turn most of your food waste into compost is to use a commercial worm farm or make up a simple one with reusable items. You need a shady, cool place, preferably under a roof or cover, close to your kitchen door. Sort your organic items into what the worms like to eat, including most garden waste, fruit and vegetable scraps and chopped or shredded paper and cardboard - with tea leaves and coffee grounds, crushed eggshells, cooked rice and small amounts of bread on the menu. They won't eat acidic or spicy food and prefer not to eat from a list that includes meat, seafood, oil, dairy, uncooked grain and legumes and very salty food or chook and stable manure. The worms should be fed daily with scraps cut or blended into small pieces or pulp and watered at least once a week in warmer weather. Within weeks, your worms will reward you with their worm castings or vermicast and a

worm liquid fertiliser that can be diluted and used in the garden and on lawns.

Bokashi bins are an excellent composting system for people who need a handy sealed kitchen container. The bin has a mesh base over a liquid storage area and includes a tap to access the liquid. Food scraps are placed into the bin, mashed to compact the food and remove the air, and then sprinkled with a fermented grain. As the food waste breaks down and ferments, a highly concentrated liquid will drain into the storage area at the base. The fermented Bokashi liquid is diluted with water and used for pot plants and in the garden or poured down your drains and toilet to keep them clean, prevent algae and control odour. The Bokashi compost is acidic when first decanted, so don't place this close to plant roots in the first couple of weeks, though it will neutralise in contact with soil and other compost over a week or two. If using the compost for pot plants, prepare it first by mixing it with an equal amount

of potting mix or other compost before covering it and setting it aside for a month. The result will be a water-retaining soil rich in nutrients and microbes.

Disposing of food scraps and garden clippings into a Council general waste bin is a waste of these valuable resources. By recycling this organic waste to feed the chickens or a composting system, you're returning valuable nutrients back to your garden soil or pot plants, improving soil structure and water retention, and saving the purchase cost of commercial soil and mulch.

Go to [moretonbay.qld.gov.au/waste](http://moretonbay.qld.gov.au/waste) for more information on reducing waste and being more sustainable at home, including fact sheets on worm farming and composting hints and tips.



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# Get ready for our **CHRISTMAS SPECIAL!**

During December 2024, we are running a fantastic offer on stocked pool cleaners.

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Visit the shop and mention the code **"Christmas Madness"** to receive **10% off** any cleaners in stock.

'New customers signing up for 6 mths of pool services, can enjoy a Whopping **15% off** any cleaner in stock purchased same day'.



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# URGENT CALL

## for pool safety awareness as holiday mindset risks children's safety

**W**ith the holiday season around the corner, a new report reveals the majority of Aussie parents worry about pool safety at holiday rentals

Alarmingly, one in five families report experiencing a pool-related emergency, with a concerning 87% of these incidents involving children. This Check Your Pool Gate Month (December), D&D Technologies and Kids Alive are urging all Australians to prioritise pool safety at home and while travelling.

The new MagnaLatch® Pool Safety Report highlights critical safety lapses as families prepare for the holidays. While 87% of parents worry about pool safety at holiday rentals, they admit supervision falls short during vacations, leaving children at risk.

Released as part of Check Your Pool Gate Month, a partnership between D&D Technologies and Kids Alive, the report shows families are most vigilant at home and the beach but significantly less so at holiday accommodations, where many assume safety standards are automatically upheld.

Additionally, 21% of families reported experiencing a pool-related emergency, with 87% of these incidents involving children. The main causes cited for these emergencies highlighted critical lapses in supervision and gate security. The leading cause, accounting for 53% of incidents, was children being left unsupervised, momentarily, such as when an adult left to grab a towel. Another 33% were due to pools being unsupervised and a further 28% of incidents were the result of gates being left propped open.

Laurie Lawrence, founder of Kids

Alive and ambassador for 'Check Your Pool Gate Month,' urged parents to maintain strict supervision, even while on holiday.

"Holidays are a time for joy, not tragedy," he said. "It's heartbreaking to see the data showing parents let their guard down during vacations, assuming safety measures are in place. Whenever children are in a pool, active supervision is a must - this means being within arm's reach of the kids."

**MagnaLatch® Pool Safety Report** also revealed a concerning pattern of delayed pool safety: nearly 20% of pool owners neglect essential safety updates for five or more years and 14% lack safety features like lockable latches on their gates.

While the good news is that 45% of owners updated their pool safety features within the past year, more than a third last performed updates between two and four years ago, and 8% had never updated their safety features.

"These findings are particularly concerning given the 16% increase in drownings last year. Summer is not the time to be complacent. It is the peak drowning season, and all precautions need to be taken.

"Regular checks, being a minimum of once a year, should be mandatory for all pool owners and immediate repairs to fix gates, latches, or hinges are non-negotiable. A secure pool gate is one of the first lines of defense and it needs to be at its most secure. Safe gates save lives."

With the holiday season approaching, Check Your Pool Gate Month urges all Australians to prioritise pool safety at home and while travelling.

A comprehensive pool safety checklist is available at [www.checkyourpoolgate.com.au](http://www.checkyourpoolgate.com.au), offering essential tips to

ensure a safe and enjoyable summer for all.

### ADDITIONAL INFORMATION

It only takes a few minutes to check pool fences and gates, including the latch and hinges, and ensure they are in good working order.

Kids are drawn to water and are easily motivated to get into a pool, so it's important Australians have multiple layers of protection.

### POOL GATE SAFETY CHECKS

#### SHOULD INCLUDE:

- Gate is self-closing and self-latching
- Latch release knob is at least 1500mm above ground level
- Gate opens outwards, away from the pool
- Gate hinges are rust-free and bind-free
- Gate carries reliable, tension-adjustable hinges
- Latch cannot be key locked in the "open" position
- Latch cannot be disengaged using implements
- Gate latch cannot be disengaged by jolting or shaking
- Gate shuts securely from any open angle or force
- Gate complies with all Australian Standards for pools

### A snapshot of drownings in Australia over the past 12 months:

11% occurred in swimming pools (35 deaths), half (51%) were backyard pools

December and March recorded the highest numbers of drowning deaths. Drowning rates increase ten-fold from age 10 to age 20, likely due to increases in risk taking, and a lack of swimming, water safety and lifesaving skills across youth and young adult populations.

# How to **CREATE** a household inventory for **INSURANCE** purposes.

Losing everything in a disaster like a fire is devastating. But trying to remember all the contents of your home is nearly impossible without a complete household inventory.

Creating an inventory like this is time-consuming, but it's well worth the effort. Listing all your possessions after a fire, burglary, or some other disaster can be an emotional, gut-wrenching experience as you try to remember everything that you owned. An inventory can take some of the angst out of the process. An inventory is not only a record of your house's contents and their value, but it is also a good indicator of whether you have enough insurance coverage.

How do you get started creating an inventory? There are many ways to begin. If you write everything down and take photographs, use this handy home inventory guide. You can paste the pictures next to the appropriate descriptions. Some people videotape. Others put their information on a computer. Creating a Home Inventory Step-by-Step

Let's begin. The first thing you do is write down all the expensive items, including jewellery, antiques, and collectibles. You should also list toys, old records or comic book collections, CDs, video games, and clothing.

There are a couple of ways to create a list. Write down the belongings in each room. Some people might choose to

categorise their possessions. Others might decide on a combination of the two.

Whatever way you decide, make sure you include general appliances such as a dishwasher or air conditioner; household items including carpets, rugs, bookcases, chairs, clocks, mirrors; living room furniture; dining room furniture; clothing; the contents of all the bedrooms, including linens and night tables; kitchen tables and chairs; patio furniture; everything in the garage, home office, library etc. You get the picture.

As you go from room to room and item to item, take photographs. Others might decide to videotape. Add the photos next to the written descriptions. No matter how you're going to record your possessions, open drawers, cabinets, and closets. If you're videotaping, narrate what you see as you go from room to room, closet to closet, and drawer to drawer.

If you can, keep all the big-ticket items' receipts and serial numbers. Once you complete the inventory, it is extremely important to safeguard the information. You can purchase a fire-resistant box or safe, give the inventory to a relative or close friend, lock the document up in a safe place at work, give the list to an attorney or accountant, or put the inventory in a safe deposit box at your bank. In addition, make sure you update at least four times a year.

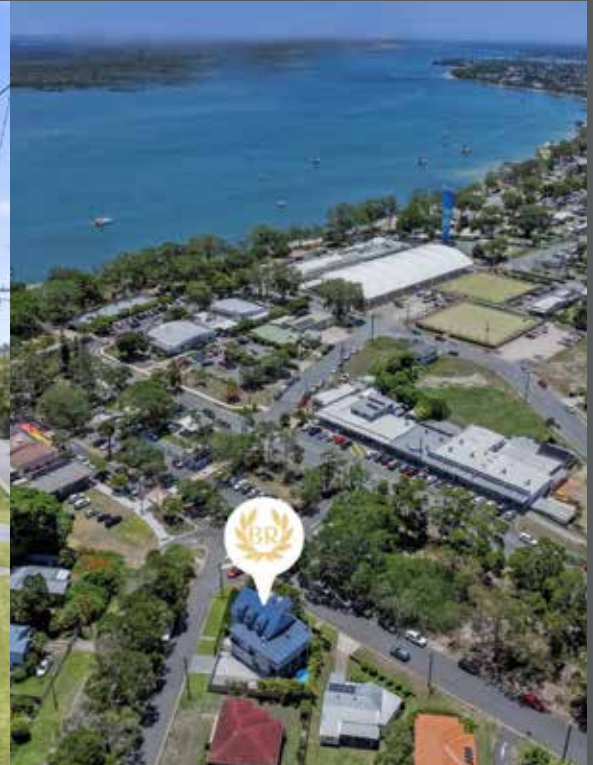
One of the best times to create a home inventory is when you're moving. You'll be sorting through and packing up your things, so it's the perfect time to produce and photograph an inventory of your home's contents. You'll likely end up with a more detailed list than you would if you created the inventory any other time.

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Sheri always has a good base of customers (up her sleeve) and how she finds them I don't know. Thank you very, very much Sheri - your business will go ahead in leaps and bounds

### BONAGAREE - Happy Vendors

Sheri resides locally and has a wealth of knowledge of the areas she lists properties for. We have purchased a property and sold a property with Sheri. On both occasions Sheri was professional, confident, honest and easy to engage with. Sheri delivered on all counts. It was a pleasure to list our property with her.

JULIE WALTON



### BONAGAREE - 5 STAR Agent

We found Julie Walton to be very friendly and helpful, guiding us throughout the buying process as we re-entered the real estate market after a 20-year absence. Julie is very knowledgeable about the Bribie real estate market and answered our numerous questions promptly in a professional and courteous manner and was able to ensure our dream purchase went through as smoothly as possible. Thank you Julie for your 5-star service!

### BELLARA - Excellent

Julie never stopped until she had a deal completed despite numerous buyer road bumps. She kept me informed as things happened and worked hard to get the desired result for me.



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# LIGHTING OF FIRES IN THE OPEN

Lighting and maintaining a fire in the open on all private land is permitted if the fire is used to cook food in a barbeque, pizza oven, food smoker, or similar cooking device. Clean and dry combustible material must be used, and the fire cannot be in direct contact with the ground.

A fire can also be lit and maintained within a practical fireplace, firepit or brazier. The fire should meet the requirements under the local law guidelines.

Lighting of fires on allotments 3000m<sup>2</sup> or greater

Lighting or maintaining a fire on an allotment greater than 3,000 square metres is permitted, provided the following requirements are met. The fire:

- does not exceed 2 metres in height, 2 metres in width or 2 metres in length
- is lit for the purpose of burning the carcass of a beast
- is lit outdoors; if enclosed in a fireplace, the fireplace is designed to prevent the escape of fire or any burning material.

Requirements

- The person lighting and maintaining

the fire is an owner or occupier of the private land, or otherwise has the consent of the owner or occupier to light and maintain the fire.

- The fire does not pose an unreasonable fire hazard.

- Only clean and dry, non-toxic combustible material may be burned.

- Only one fire may be burning at any time.

- Appropriate fire-fighting equipment, including water, hoses, and pumps, must be on-site at all times.

- Fires must not be lit before 7:00 AM and must be extinguished no later than dusk on the same day.

- Ashes must be thoroughly wetted down when a fire is extinguished.

- The person proposing to light the fire must notify all neighbours of the intention to light a fire and the date on which this will occur.

- Fires must be set back at least 6 metres from every property boundary and building.

- A responsible person must be in attendance at the fire until the fire is extinguished.

Fires exceeding 2 metres in height, width, or length are not regulated by the Council and are not permitted unless authorised under a permit from the Queensland Fire Department (QFD).

You can find out your allotment size by searching for your address in My Property Look Up. The property size is listed under property details.

The Queensland Fire Department website provides further information about fire bans, restrictions, and how to obtain a permit to light a fire.

The lighting of fires on public land is not permitted at any time.



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**H**ome staging is the process of transforming your house from a home into a show-worthy work of art. When done correctly, staging your home can reduce its time on the market by half and add to your eventual takeaway. By presenting what you already have in the best way possible, you can forget about costly renovation projects and put your house's natural features to work. Here, we'll look at some of the best things you can do when staging your home.

### **Declutter, Depersonalise and Disengage**

Disengaging emotionally from your house can be difficult, but staging your home can help you see it with a more neutral eye. Because so much of the staging process is about decluttering and depersonalising your house, doing it in conjunction with packing for the move can help even more.

Your first step is decluttering, which should be a natural part of the packing-up process. Decide what you want to take to your new home, and discard or donate the things you're leaving behind. Similarly, because the staging process requires you to portray your house as a welcoming, neutral home for every potential buyer -- which means packing up personal items like family portraits, knickknacks and other signs of your family's time in the house -- you'll find it easier and easier to let go when it's time to leave.

This process is called depersonalising, and it's essential to allow buyers to imagine their families moving in. By reducing your visual "footprint," you can inspire your buyers without making them feel like they're snooping around somebody else's home. They'll understand each room's purpose without feeling locked in and see the space most attractively. A properly staged house feels warm, like a home, and accessible, like a brand-new space.

### **Light, Bright and Luxurious**

As you stage your home, keeping a checklist of simple concepts and keywords in the back of your mind may be the easiest. This will allow you to step back, examine each room, and ensure you achieve the most desirable effect.

All through the house, you're looking for light: Open up every window treatment and turn on all the lights- even in the daytime- for that extra natural brightness. Of course, that means everything needs to be spotless and sparkling. You never

know where people will be looking -- corners of closets, even the crown moulding over your head -- and that means keeping your house utterly sparkling the entire time it's on the market.

You want to concentrate on keeping things clean and luxurious in the bath. A visit to your bathroom should evoke all five senses to create a pampering day spa environment. Likewise, words to remember in the master bedroom should be comfort, luxury and austerity. The kitchen should be uncluttered, simple and beautiful.

Imagine your house as a magazine, with a new, perfectly composed, glossy photograph in each room. By concentrating on the central idea of each room, you can let the natural light and features of a room dictate the way to decorate, style and ultimately stage your home for show.

### **Curb Appeal**

Nowadays, curb appeal means more than just analysing your yard, lawn, and front elevation to ensure they're beautiful and welcoming. Online photography is an extension of getting people out of their cars and into your listing: With people shopping online for practically everything, you have to make sure they're motivated to get off their computers in the first place!

Once they're in the car, meeting an agent or just doing a drive-by, the more common definition of curb appeal comes into play. Walk out to the street and see what catches your eye first: Is the entry inviting and unique? Do overgrown shrubs cover the door? Do you have any distracting lawn ornaments or quirky features that might be better off removed for now? Remember, one house's conversation piece is another family's eyesore, so keep it neutral.

Turn on your sprinklers before showings to give your lawn extra sparkle, make sure your house numbers are easily visible and bring nature right up to the door with potted blooming flowers in terracotta pots (yellow is said to be the most inviting colour). Finally, remember: Curb appeal is a round-the-clock concern. People could be zooming by at any time of the day or evening, so it's essential to ensure your home looks as inviting as possible so your buyers will remember to make an appointment in the morning.

### **Common Areas**

Common areas like the living room or office are versatile spaces. They are not just for family time



**Tips for Staging YOUR HOME**

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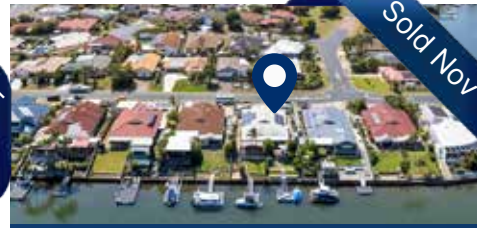
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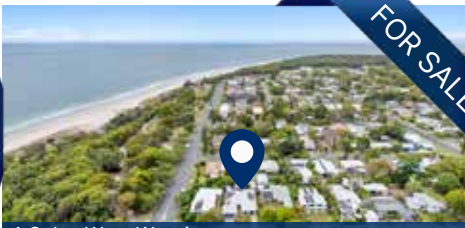
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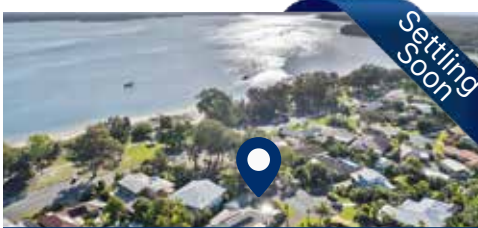
FOR SALE

4 Oxley Way, Woorim  
4 Bed | 2 Bath | 3 Car | Pool | AirBNB Potential



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128 Cosmos Avenue, Banksia Beach  
Canal Front | 4 Bed | 2 Bath | 2 Car | Pool



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and entertaining but also for sparking potential buyers' imaginations. By rearranging your furniture and removing personal items, you can transform these spaces into inviting areas for any purpose, empowering you to showcase your home's full potential.

Decorative objects should be free of personal meaning. Still, they can be used with your furnishings to create flow through the house and draw attention to special features of the architecture or view. A vignette is a classic staging technique that suggests uses for an inviting and purposeful space: perhaps a chess or board game in a quiet nook or a reading chair with a lamp and table in a cozy corner. By using what you have creatively, you turn your house into a showpiece where the buyer can imagine his or her family relaxing.

### Dining Room

You want to maintain a bright and airy feel, but the lighting can be more dramatic if you like. You're setting up a story for your buyers in which everyone is on their best behaviour and enjoying a delicious meal. However, a common pitfall when staging the dining room is overdoing it. Remember to edit yourself -- you're telling just enough of the story to inspire your buyers, not overwhelm

them with your vision. Keep place settings elegant but simple. A beautiful centrepiece should add to the effect and draw the eye to the space without being overwhelming. Above all, remember: The goal is to sell your house, not to impress everybody.

### Master Bedroom

Staging your bedroom means emphasising its size while focusing on comfort, privacy and intimacy. The lighting here should remain soft and natural when possible, and classic white bedding is a great way to add elegance without darkening the room. Mix and match textures the way you colour, and you can make your furniture pop.

Since you don't know who will be buying your house, the master bedroom should be staged equally for both partners and both sexes. Simple, neutral elegance will sell this room better than overly masculine or feminine touches or themes. Limit furnishings to a few classic pieces, remove family photographs of any kind and make sure any decoration is beautiful and neutral, as this will become the home's most personal and special area.

Remove 80 percent of the clothing from your closet and pack it up, including your shoes. A sparse but organised closet seems larger and makes the

room more elegant.

### Bedrooms and Guest Rooms

Staging this area means rethinking the entire decorating scheme, stripping it down to the architectural bones, and showing it in its best and most neutral light.

A small desk and lamp help your buyer imagine his or her own children studying and reading. Nothing, even beautiful vintage toys, should be on the floor because this makes the room appear cluttered. Although you'll probably want to avoid too many bright colours, you can take accent pieces and colours further here than anywhere else.

When staging a guest room, include a bed frame, queen-size mattress, bedside table, dresser, and small desk or armchair. A bit of art or nature photography, simple window treatments, and a neatly folded stack of quilts or towels complete the look.

### Bathrooms

For most buyers, the kitchen and bathrooms are most important. We spend a lot of time in those rooms, and there are many ways to fail your buyer's personal tests. Grime is unacceptable: As clean as your entire house must be for show, that goes double for the kitchen and bath. Additionally, you want the bathroom to be well-lit but not harsh or overly bright. Scents, soft textures, and

soothing colours engage the senses, while every fixture and faucet should gleam like new.

The bathroom should sell itself as a place of luxury.

In addition to classic touches like potpourri and freshly folded towels, imagine other ways to make your bathroom seem like a fantastic getaway. Replace and update fixtures as necessary and hang up the fluffiest robe to imply that sense of luxury. A tray of unused soaps, a soft rug (no dirty bathmats!) and flowers will make this oasis a high point on the tour.

### Kitchen

When you sell a house, you're essentially selling space, and you can maximise the effect of space more readily in the kitchen than anywhere else. It's all about surfaces: gleaming, spacious, bright and ready. Shining and polishing your fixtures is essential. Aging cabinetry can be spiced up with inexpensive pulls and handles; you can always stain or paint the doors.

If your kitchen is unusually dark, brighten it as much as possible. Darkness can be mistaken for dinginess. Install sheer cafe curtains for natural light and use recessed track lighting to show off your counter space. If painting cabinets, use white as much as possible and keep the walls and pantry door neutral and soft.



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The good news is that there are several things you can do before you commit your job to somebody, which will ultimately help to ensure it is completed on time, on budget and to the right standard.

## Step 1: SHOP AROUND BEFORE YOU COMMIT

Treat choosing a tradesperson as you would treat buying a car. It's unlikely you would ever purchase the first car you inspected, and likewise there is no obligation to give your job to the first tradesperson you call. There are several websites offering instant quotes from multiple companies, but it is always best to go directly to the tradesperson. These websites typically charge tradespeople to have their services featured and pass these costs to the customers and speaking to somebody directly will allow you to ask follow-up questions.

## Step 2: LISTEN TO WORD OF MOUTH

The internet age means that anybody with a smartphone has access to a myriad review. But while online review can be handy, they aren't the be all and end all. If you have family members, friends or colleagues who have recently had work done around the house, ask them questions about the tradespeople they used. You can't beat old-fashioned word-of-mouth. You are more likely to get an honest answer from somebody you know rather than relying on stranger's opinions online.

## Step 3: CHECK ON THEIR CREDENTIALS

Each state and territory have its own laws about licensing. A quick way to ensure the tradesperson you've been speaking with has the right accreditation is to visit [licensedtrades.com.au](http://licensedtrades.com.au). Australia's only comprehensive license-checking site features an easy-to-use database of more than 1.2 million trade professionals across the country. Another good sign is if your tradesperson is a member of their peak organisation such as the Masters Building Association or Master Plumbers. By going to these peak organisations directly, you will be able to obtain a list of credentialed professionals in your local area.

## Step 4: GET A DETAILED QUOTE

It is important that you get a quote with a breakdown of the total figure – how much of the cost relates to materials and relates to labour. All quotes should feature the ABN and/or license number of the tradesperson. The best way to avoid 'bill shock' at the end of the job is to be up-front with your tradesperson throughout the process and ask questions in advance about how they will handle and communicate any unexpected changes to the quote or the timeframe of the job. Communication is key. A lot of the stress involved in hiring a tradesperson can be alleviated if you ask plenty of questions, get everything in writing and make sure your tradesperson knows you expect to be informed as soon as anything changes."

# M Y L T

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## NOT JUST CARPETS



BEFORE



AFTER



BEFORE



AFTER



BEFORE



AFTER

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Our technicians offer a free tile and grout test patch so the client will have an idea on what results to expect before booking.

John was very friendly and efficient and my carpets/couch are like new! Thank you so much, very well priced and the work was fantastic, will definitely use you again

No fuss, great communication, great price. We have older carpets which will be replacing down the track. Some of the stains in some of the room we didn't think were possible to be removed. Came up looking like new. Highly recommended.

great job done by the guys. Carpet Medic has a local owner as well in the Bribie Island area. Carpets are clean, lounges refreshed and house pest control done.



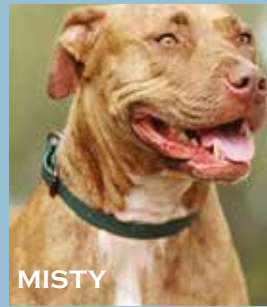
# Lucky PAWS Needs Your Help



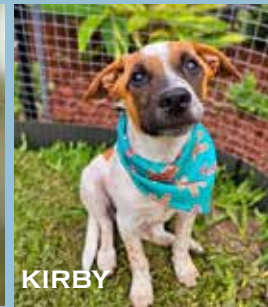
Lucky Paws Dog Rescue Inc. was founded in 2017 by a group of compassionate volunteers who share a deep commitment to giving a voice to those who cannot speak for themselves. While they may be a small rescue, their passion for helping dogs in need drives them to reach out to remote Indigenous and outback communities. They engage in Last Litter Programs, support working breeds and retired working dogs, and manage large-scale surrenders. Lucky Paws Dog Rescue's journey began out of heartfelt concern for dogs in small, overlooked communities that often lack the support they desperately need. Their dedicated team invests countless hours travelling to rescue these less fortunate dogs from very remote areas. They deeply appreciate the incredible volunteer foster carers who open their hearts and homes, making a significant difference in these animals' lives. As a non-profit registered charity, Lucky Paws Dog Rescue Inc. relies wholly on the generosity of volunteers.



They take immense pride in ensuring that every pet they rescue receives essential care—being desexed, vaccinated, microchipped, heartworm tested and treated, and treated for fleas and worms—before finding their forever homes. Each animal is placed in loving, approved



MISTY



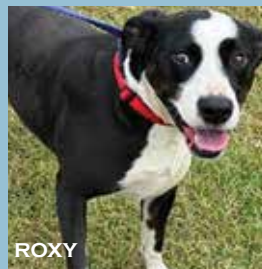
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ZOOM



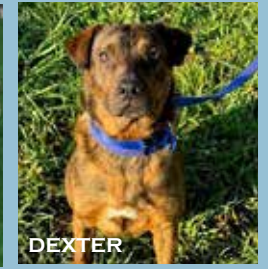
MAGNOLIA



ROXY



OAK



DEXTER



CHARCOAL



MOUSSE



BINDI

foster homes, where they receive exceptional care as they await their new families. Lucky Paws Dog Rescue is committed to providing necessary veterinary and behavioural support to ensure they thrive.

One of Lucky Paws Dog Rescue's cherished initiatives, the 'Lucky Last Litter Program,' offers a compassionate solution for those surrendering an entire litter of puppies. In these cases, they desex the mother for free, working with a local vet of the owner's choice to alleviate some of their burdens. However, they are reaching out for your urgent help to keep their mission alive.

Rising costs have made their situation increasingly challenging. If they cannot raise the necessary funds, they may have to close their doors. We hope to find at least 12 kind-hearted individuals who can support

their urgent fundraiser to help with vet bills.

Lucky Paws Dog Rescue vet bills have become overwhelming, particularly with the increased demand leading up to the Christmas season. Sadly, calls for help continue to pour in, and know that the upcoming weeks will only be busier as they strive to assist dogs and puppies in their most urgent times of need.

Lucky Paws Dog Rescue is witnessing an unprecedented number of litters being surrendered, likely due to the ongoing cost-of-living crisis. Many compassionate individuals are reaching out because they can no longer afford to feed their pets or cover their veterinary expenses.

It breaks their hearts to see these loving dogs come through the doors under such difficult circumstances. Yet, this is their calling—to assist these precious animals when they need help the most.

Recently, they faced a critical situation with 11 puppies requiring emergency care at the same time, resulting in vet bills soaring into the thousands.

To continue Lucky Paws Dog Rescue's vital rescue efforts, we must raise at least \$40,000 to keep the doors open.

This funding is essential for covering current vet bills, providing food, and ensuring safe shelter for the animals. It is also crucial for their ongoing mission to support future pups who will need them.

If each of you could contribute just \$5—the cost of a cup of coffee—Lucky Paws Dog Rescue could significantly impact the lives of these animals. Your small donation would mean the world to them and to all at Lucky Paws.

Lucky Paws Dog Rescue cannot stress enough how much they need your support right now. Every contribution counts, and are profoundly grateful for any help you can offer. Together, we can elevate the lives of these beautiful animals and ensure they receive the love and care they so deserve.

Please consider donating now: <https://lucky-paws-dog-rescue.mygiveeasy.com/help.../donate>. Thank you for joining us on this journey and for your kindness and compassion.

# BRIBIE ANIMAL WELFARE

*caring for cats and dogs in our community*

Though we may have a tiny op shop, thanks to the generosity of the community, we are able to do wonderful things for pets in our community.

With a constant supply of donations of preloved household items or clothes and a devoted bunch of volunteers and community supporters, we are able to provide foster homes for unwanted cats and dogs until someone adopts them.

We recently held a major desexing drive, providing free desexing to cats and dogs for pet owners holding concession/pension cards in the City of Moreton region. Approximately 500 pets were desexed, improving the animals' health and reducing the number of unwanted litter and feral pets.

We are able to undertake the work we do thanks to a fantastic team of around 60 volunteers supported by an elected Management Committee, and our organisation pays no one. Everything we do relies on the goodwill of people who give hours of their time to numerous activities - from sorting through clothes and linen, serving customers, picking up and delivering unwanted pets, fostering animals in their homes, driving donated items to our shop, picking up food and toys from shopping centre donations bins, pricing items and so on.

We are also super impressed and grateful to various community organisations and businesses who turn up with money and donations from their own fundraising events for us - from pet supply shops to real estate agents to retirement villages. Such thoughtful generosity!

We also try to share our resources with other community organisations in our region, from providing financial donations to pet rescue places to blankets and towels for



Charlie



REGULAR FEATURES

Tigs



Ciri

Wildlife Rescue to electrical goods for community welfare charities.

We keep our prices low to ensure access to all community members— all clothes are only \$3, and babies/ kiddies' clothes are only 50c. Prices for household items, books, hardware, and Christmas things are also kept to a minimum, as we are a small shop with limited storage, so we need to keep items moving in and out as soon as possible.

At the moment, we are having a Christmas Raffle with five hampers full of donated items from the community and businesses. Tickets are only \$1 each, and the raffle will be drawn on December 20th at 10 a.m.

These pictures are of pets currently up for adoption via our website, [petrescue.com.au](http://petrescue.com.au), which is updated regularly with newcomers. If these cuties have already gone, or you want a different furry friend, check out the website another day.

**For any cat or dog-related enquiries, please call our Animal Coordinator Jen on 0455 778 166.**

We are a member-based organisation, and annual membership is only \$10, so we would love you to join us. Just email [secretary@caboolturebribieanimalwelfare.org](mailto:secretary@caboolturebribieanimalwelfare.org). au or call Deb on 040 888 3615.



**Caboolture & District Animal Welfare Inc**

**Annual General Meeting**

Saturday 7th Dec @ 10am

ANZAC ROOM BRIBIE RSL  
All members are welcome to attend.



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

There will be **NO PUBLIC ACCESS** to the VMR base while building works are underway so **we will not be accepting out-of-date Flares or EPIRBs until March 2025**. Memberships payments will only be accepted by phone or online. This **will not affect** our Rescue Coverage, and the Radio Room will be operating as normal.

Also to our amazing Raffle Donors: - Southern Fish 4 x \$250 Service Labour Vouchers plus 10 x One Dozen Oyster Vouchers, The Bribie Islander \$1000 advertising package, Priceline 20 x \$25 gift cards, Wilson and Co two gift boxes, All Power Marine \$500 BWS gift voucher, Bribie Cinemas 2 x \$10 gift cards, Sandys sheet service 6 x \$15 vouchers, Island Body Works \$200 donation, Shirley Beaty (Chambers Rosewood Vineyards) Wine, Leading Edge Appliances 32" smart TV, Tangalooma Resort Safari Day trip, and Aussie Meats and Seafood \$100 voucher.

Winners of the event were: - Robbie Dean, Shaun Macey, Adam Barnard, and M Pitori with a Net Score 51 ¾. Runners-Up were Paul Lennon, Steve McLachlan, Connor McLachlan, and Dave Mawson with a Net Score 56 1/8. Nearest the pins: - 4th – Chris Green 14th – Jess Knight.

**ANNUAL GOLF DAY**

Friday 1st November 2024 – held at the Bribie Island Golf Club it was a 4-person Ambrose Event with a shotgun start at 12 pm, VMR Bribie provided a burger and soft drink/water with the playing price. With a full field, a mobile drinks cart, 2 refreshment (soft) stations on the way around, and 3 novelty holes combined with great weather made for an enjoyable day. Extra burgers and sausages were available for purchase throughout the afternoon until 3pm.

A big thank you to Jim Brown, John O'Hagan and Kelly Langworthy for the organisation up to and on the day. And also, to all those that helped in the lead-up and on the day – a great effort and result!

A special thank you to our hole sponsors – Busy Fingers x 3. RSL, North Harbour, Terry Young MP Rosa Consulting Services P/L, Adept Building Approvals, Northside Marine, Bribie & District Locksmiths, Southern Fish Marine x 2, Coastal Pest Control, All Power Marine, & Dossels Engineering



Charles Williams and Mike Pobar cook sausages and onions for the workers during the morning.



Hamburger assembly line and drinks station worked well.



The "Raffle Girls" Barb O'Hagan and Lindsay Paterson were kept busy, especially during Registration time!



Brooke, Kate, Roz and Ailsa demonstrate decorum on the course!



Team Busy Fingers Gill, Mary, Lyn and Fitzy.



Radio Operator Peter Buck showing his style on the tee.

**BLUE SATURDAY CREW DAY** Saturday 9 Nov 2024 Training: - Crew compliment was Liz Radajewski (Skipper), Mike Looney, Gary Howell, James Dickson and Michael Booth (Crew Trainee).

Lots of on water training exercises were done, which in particular, gives Michael skills development to progress towards Crew rank from Trainee.



MOB drills on Bribie 1.



Michael setting the springers when B2 is rafted to B1



James organising lines ready for use when transitioning from tow to raft



**TANGALOOMA MEDEVAC**

On a stormy Wednesday evening 13th November 2024 Bribie 1 was used to perform an Assist just North of the Bribie Bridge and a Medevac at Tangalooma commencing at 10:05pm. The Callout Crew was: - Commercial Coxswain Liz Radajewski, Restricted Coxswain Mike Looney, Senior Crew Noel Wendt, Competent Crew Denise Inggs, and Crew Kathy Rickard-Simms. The Base was manned by Senior Radio Operator Graham Gibb.

With an Assist just North of the Bribie Bridge in mid channel a broken down tinny (a tender to a trawler) with a VMR Bribie member and his 2 dogs aboard was towed back to the Trawler at Turner's Camp, completing at 10:37pm. Bribie 1 then with an additional 3 Ambulance Officers aboard proceeded to Tangalooma to perform the medevac arriving at the North side of the Tangalooma Jetty at 11:34pm.

After loading the patient and one other Bribie 1 headed back to base and the awaiting ambulance at 1 minute after midnight arriving at the Base Pontoon at 12:59am.

his 2 dogs) and towed back to the trawler at Turners Camp.



11:34pm arrived at North side of the Tangalooma Jetty; and waiting for patient transfer

**BUILDING RENOVATIONS**

During our current Building Renovations there will be no parking on the grassed section on the right-hand side of the main driveway, this area has been fenced off by the builder allowing them to park vehicles and equipment there. During this time all active members will have to park in the back yard behind the sliding gate or finding parking on the street. We estimate that these parking arrangements will extend to the end of February 2025.

Below: - Workers demolish the Radio Room, which was a built-in balcony and served as the Radio Room for many years.



**COMMODORE CES' SAFETY MESSAGE:**



"With the weather improving check that your boat is in good order, check that you

have all your safety gear and everyone on board knows its location, ensure it is easy to get at in an emergency, ensure your flares are in date, that your torch works, check your battery and your fuel.

Ensure you let someone know of your plans, who is with you, where you are leaving from, where you are going, what time you are returning.

Make sure you have either a fully charged mobile phone, a VHF or a 27Mhz marine radio on board, and that it works."

**"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, it's a free service for everyone, so why wouldn't you! It just may save your life!"**



Mike Looney at the helm of Bribie 1 prepares to leave the VMR pontoon.



North of the Bribie Bridge in the middle of the channel Bribie 1 attended to a broken down tinny (tender to trawler) with a male (and

**2024 YTD RADIO ROOM STATISTICS**

**To Wednesday 20<sup>th</sup> November 2024**

14,559 Calls, 4,135 vessels logged on, 292 Vessel Assists, 1,448 Sitreps, 1,618 Requests, 38 Overdue vessels, 18 Vessel Tracking, 1,298 Radio Checks, 9 Weather Forecasts 4 Securite Broadcasts. 1 Pan Pan, 0 Mayday

VHF calls 52.6%. - 27MHz calls 0.2% - Phone 29.0% GWN 2.8%. OTHER 2.2%

**NOVEMBER VESSEL ASSISTS:**

- THU 07/11 0716AM** - 2m Tender to a former trawler has sunk off Turner's Camp, required assistance to raise and pump out.
- FRI 08/11 0016AM** – MOP reported drifting vessel near Bongaree Jetty.
- SAT 09/11 1248PM** – 3.5m Jet Ski member broken down 200m North of VMR Base, required a tow to Bongaree Boat Ramp.
- SAT 09/11 1650PM** – 6.6m Half Cabin member with engine issues, required a tow from in front of VMR Base to Bellara Boat Ramp.
- WED 13/11 2227PM** – 2m Tender to Trawler loss of power, required a tow from just North of Bribie Bridge to Turners Camp.
- WED 13/11 2242PM** – Tasked by QAS to transport 3 Ambulance Officers to Tangalooma and Medevac a patient back to their ambulance at VMR Base.
- SAT 16/11 0031AM** – 8.2m Yacht non-member hard aground and on its side off Sandstone Point Hotel, required a tow to deeper water - wait for high tide to refloat.
- SAT 16/11 0955AM** – 8.2m Yacht non-member rafted to Bribie 2 and moored on Bongaree Jetty to work on inboard motor water pump.
- SUN 17/11 0730AM** – 10m Cruiser with engine issues required a tow from 5km off South Point to Spinnaker Sound Marina.
- MON 18/11 0725AM** – 4.5m Centre Console member with flat battery required a jump start at Pebble Beach.
- TUE 19/11 1624PM** – 4.2m Tinny non-member with motor (propellor) issues, required a tow from near Bongaree Jetty to Kal-Ma-Kuta Boat Ramp.

# FISHING REPORT

By: Claude Trabelsi - Bribie Bait, Tackle & Bikes  
 cjsdemo@hotmail.com



School mackerel have shown up in good numbers, with some good-sized fish up to 70cm being landed. Shipping channels, buoys and shallow water around the passage have turned up fish. Mackerel do school at the surface but are mainly bottom hunters targeting herrings and often winter whiting. Floating pilchards are working well in the shallows, and weighted pilchards and live baits at the shipping channels. I like a 30lb plus braid for the main line with a 20 to 40lb leader, fished with a set of 3 ganged hooks or a wire rig with a circle or suicide hook trailing a treble for the rear of the living. Mackerel are great pan-fried, grilled, or BBQ. Sashimi is one of my Favorite ways to consume this fish. The shipping channel can be very deep, ranging from 5 meters in the passage up to 26 meters in the bay. Sounders are very valuable for locating bait fish. Sabiki rigs can also be dropped around pylons to locate bait. You will quickly know if Mackerel are around as they love attacking bait jigs loaded with bait.



## BRIBIE BAIT TACKLE & BIKES

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**TRADING HOURS:**  
 Mon - Sat 7am - 5pm  
 Sun 7.00am - 3pm

The bay usually has all the bread-and-butter fish, with this mix bag caught last week. The majority of the fish fell for peeled prawns on a 6lb line. There was no sinker, just a hook, and they were thrown into the Berly Trail.



Once again, Jett had another nice session on flathead with two keepers caught close to home. Lightly weighted pilchards once again doing the damage. Nice catch, Jett.



# TIDE TIMES

## Bribie Island AND Moreton Bay

Fri 29 Nov 2:01 am 0.32m 8:53 am 1.85m 3:02 pm 0.57m 8:34 pm 1.42m	Sat 30 Nov 2:31 am 0.29m 9:24 am 1.91m 3:40 pm 0.54m 9:09 pm 1.41m	Sun 1 Dec 3:01 am 0.28m 9:55 am 1.95m 4:16 pm 0.52m 9:44 pm 1.39m	Mon 2 Dec 3:32 am 0.29m 10:27 am 1.98m 4:54 pm 0.51m 10:22 pm 1.37m	Tue 3 Dec 4:06 am 0.3m 11:00 am 1.99m 5:33 pm 0.5m 11:02 pm 1.35m	Wed 4 Dec 4:43 am 0.33m 11:38 am 1.99m 6:15 pm 0.5m 11:45 pm 1.33m	Thu 5 Dec 5:23 am 0.35m 12:18 pm 1.97m 7:01 pm 0.49m
Fri 6 Dec 12:33 am 1.32m 6:10 am 0.39m 1:03 pm 1.95m 7:49 pm 0.48m	Sat 7 Dec 1:27 am 1.33m 7:02 am 0.43m 1:52 pm 1.9m 8:42 pm 0.45m	Sun 8 Dec 2:28 am 1.37m 8:03 am 0.49m 2:46 pm 1.84m 9:36 pm 0.42m	Mon 9 Dec 3:36 am 1.44m 9:15 am 0.54m 3:46 pm 1.76m 10:30 pm 0.37m	Tue 10 Dec 4:49 am 1.55m 10:37 am 0.57m 4:51 pm 1.68m 11:24 pm 0.31m	Wed 11 Dec 6:00 am 1.71m 11:56 am 0.56m 5:58 pm 1.6m	Thu 12 Dec 12:16 am 0.26m 7:02 am 1.88m 1:11 pm 0.51m 7:01 pm 1.54m



# CRITICAL SAFETY REMINDER

*for recreational boats and shipping lanes to save lives*

- Maritime Safety Queensland (MSQ) warns recreational boat operators to avoid shipping lanes and maintain proper lookouts to prevent life-threatening incidents with large vessels.

- The skipper of a 15m recreational sailing catamaran has been fined \$6,000 after failing to keep a proper lookout, causing a near collision with a chemical tanker in Moreton Bay.

- Small vessels must comply with Collision Regulations and stay vigilant in busy shipping lanes to ensure the safety of all waterway users.

Maritime Safety Queensland (MSQ) has issued a critical reminder to masters of recreational boats about the dangers of breaching Collision Regulations in busy shipping lanes following the prosecution of a catamaran skipper in the Sandgate Magistrates Court.

The 15-metre sailing catamaran Sensation skipper was fined \$6,000 for causing a near-miss with a 146-metre chemical tanker, Fairchem Restio, in Moreton Bay.

The incident highlights the life-threatening risks posed when small vessels fail to maintain a proper lookout in designated shipping channels.

Fairchem Restio, carrying hazardous cargo, was forced to take evasive action twice on 21 May 2023 after the catamaran crossed into its path while returning from Moreton Island to Manly Boat Harbour.

Despite attempts by the tanker’s marine pilot to contact the catamaran via VHF radio, Sensation’s skipper failed to respond, leading the pilot to suspect the vessel was on autopilot.

The court heard that the skipper remained unaware of the imminent danger he had created, endangering not only his crew—including four children—but also the tanker and its crew.

The \$6,000 fine was deemed appropriate to serve as a

deterrent and reinforce the need for compliance with the Transport Operations (Marine Safety) Act 1994 and International Collision Regulations.

MSQ urges all vessel masters to maintain a proper lookout and exercise caution in busy shipping channels to prevent such dangerous incidents.

## Quotes attributable to Maritime Safety Queensland General Manager Kell Dillon:

“This Court outcome should serve as a reminder to skippers of small vessels that they should keep a proper lookout and avoid shipping lanes in our ports.

“Large trading ships can take up to two nautical miles or ten minutes to stop and cannot change course quickly.

“If forced to alter course, they could run aground with potentially very serious consequences for the ship and the environment.

“More importantly, lives are put at severe risk, most particularly those onboard the smaller vessel.

“MSQ has grown increasingly concerned that some skippers of recreational vessels do not appreciate how difficult it is for large ships to see and avoid them if they get in the way.

“The Collision Regulations exist for a good reason – to save lives and property.

“It is important to understand the onus to obey the Collision Regulations is on the Masters of vessels, who must know and understand their obligations.”

For additional information on safe navigation and shipping lanes in most of Queensland’s major ports, visit **Maritime Safety Queensland – Ship navigation area warning**. (Chartlets for Cairns and Abbot Point major ports are not available.)

# Meet Strawberry Claws

## A NEW SPECIES OF HERMIT CRAB



Say hello to Strawberry Claws, a large, new-to-science species of hermit crab recently described by Queensland Museum scientists. With its distinctive crimson claws, it was only natural that the crab was given the scientific name *Strigopagurus fragarchela*. The name is derived from the Latin form 'strawberry' (*Fragaria*), combined with 'chela' to highlight the bright red colour of the claws and walking legs.

Scientifically described by Queensland Museum Honorary Peter Davie and Queensland Museum Collection Manager Dr Marissa McNamara, the hermit crab can be found in relatively deep water (120-260 m) off south-eastern Queensland

and has been given the common name 'Strawberry-clawed Hermit'.

Dr McNamara said the new species has several highly distinctive features. Its bright red claws are most striking, but it also has evolved its unique method of producing underwater sound (stridulation), much like cicadas do in the air.

"We knew straight away this was a special hermit crab and quickly gave it the nickname 'Strawberry Claws,'" Dr McNamara said. "The identification of *Strigopagurus fragarchela* is an exciting addition to the genus, for which Australia appears to be the stronghold. We now have four endemic species, two of which are only found in

Queensland."

The new hermit crab has only been collected by trawler catches, so little is known of its ecology, but they are undoubtedly important members of the rich biological communities of the continental shelf off southeastern Queensland.

Queensland Museum CEO Dr Jim Thompson commended the work of Peter Davie and Dr Marissa McNamara on this scientific paper. "The work of the scientists and researchers at Queensland Museum helps in providing a record of our state's biodiversity for future



generations," Dr Thompson said. "Our natural history collections are more than just preserved specimens – they are vital tools for scientific discovery, conservation and public education."

The scientific paper was recently published in *Memoirs of Queensland Museum*.

# Letters to the editor



Dear Editor

Now that the State Election is behind us, we should give thought to all the good things that our outgoing Member for Pumicestone Ali King has achieved for our community. Ali King has worked hard over the years for us and has achieved far more than we could have hoped for. I for one thank her for the time and dedication she has shown in support of us all.

I think that our new member has big shoes to fill and will watch with much interest as to how she works towards representing our community and its needs. Miss Doolan had said she intended to continue with her studies at University. I would hope she will put school work behind her now that she has been elected into what has always been a demanding and time consuming employment as a sitting member of Parliament. We should be able to expect her to be working 100% for the people. Now we can only wait and see how our new and youngest Member of Parliament copes with her new role. I hope she remembers that she is not working for her "boss" as she has called him, Mr Crisafulli, but for the community of Pumicestone.  
Kay, Bongare

Dear Editor

I read with interest the recent Letter to the Editor regarding National Carer's week. Especially the reference to unpaid care and recent statistics of saving the Govt 80 billion dollars a year. Here is another scribe regarding care, albeit relating to so-called 'non-profit' Aged Care Providers and their outrageous hourly charges to Govt Aged Care Packages on top of Monthly Care Management Fees AND Package Management Fees.  
My Care Provider recently suggested I

attend a "Bribie Buddies" luncheon at a local venue. I was unwilling as this did not interest me. I was continuously, enticed, encouraged, coerced over a period of time and finally persuaded to attend. I was collected by a carer, driven to the venue, and had lunch, which I paid for at a Senior's cost of \$12. I was there for half the allotted time and then driven home. This week I received my Provider statement for October 2024 and saw that my Govt package was charged in total \$318.49 for that lunch!

I was shocked and outraged to think of the approximately 30 aged people that were there in that room to be charged an equal, if not more, amount of money resulting in \$7,500 thousand dollars minimum in the coffers of the Provider!!! Remember, this is supposed to be non-profit.

At no time was I given the understanding that I was to pay an hourly rate to attend this luncheon. As a consequence, I have now come to the understanding that the Care Provider I chose, based on Brand and Trust, lacks integrity, accountability or transparency and is complicit in non-disclosure of monetary charges for such outings. I am also left feeling that so-called non-profit providers think they are untouchable when it comes to accountability and being answerable to their clients. Probably that will remain the case. However, I will stand up for myself and others with regard to this duplicitous behaviour of the Establishment in relation to charges for a mere lunch. I also want to include that the staff member was paid approximately \$130 for this outing. A tiny portion of the charge to my allocated funds, being GOVT money allocated to Aged Care Individuals to ensure their ongoing care, mobility and independence.  
ME Allen



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# CRIME REPORT BRIBIE ISLAND WRAP NOVEMBER 2024



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

## FATAL TRAFFIC CRASH, CABOOLTURE

Police have charged a 47-year-old Caboolture woman in relation to a fatal traffic in Caboolture on October 12. It will be alleged a black Harley Davidson motorcycle and a white Fiat Ducato van crashed on Bribe Island Road between Hickey Road and Toorbul Road around 4.15 am. The 51-year-old male motorcycle rider died at the scene.

The driver, a 47-year-old Caboolture woman and sole occupant of the Fiat was not injured. The woman was charged with one count of careless driving causing death.

She is due to appear in the Caboolture Magistrates Court on January 1.

### Morayfield drug arrest

Around 2.45 pm on November 18, police from the Moreton Tactical Crime Squad intercepted a vehicle on Morayfield Road at Morayfield.

It will be alleged that police located over 100 grams of methylamphetamine and a large sum of money during a search of the vehicle.

A 52-year-old Mooloolaba man has been charged with possession of a dangerous drug, possession of property suspected to be proceeds of a drug offence, possession of things used in connection with a drug offence and disqualified driving.

He is due to appear before the Caboolture Magistrates Court.



### Morayfield weapons offence

Officers from the Moreton Tactical Crime Squad have charged a 47-year-old man following a traffic stop in Morayfield on November 10.

It is alleged that around 3.20 p.m., officers were patrolling Morayfield Road when they noticed a motorcycle bearing stolen registration plates.

The rider was intercepted after he stopped

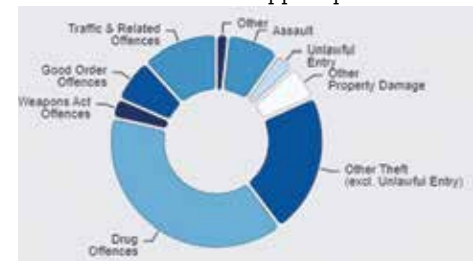
in a carpark, where police allegedly located a homemade firearm, methylamphetamine and drug utensils.

A 47-year-old Caboolture man has been charged with possession of tainted property, unlawful possession of a weapon, possession of a dangerous drug, failure to dispose of a syringe, possession of drug utensils, using false number plates, unlicensed driving, driving an unregistered and uninsured vehicle on a road.

He is due to appear before Caboolture Magistrates Court on December 9.

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) or call 131 444.

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



## 77 Offences

25 OCT 2024 — 24 NOV 2024



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# QPS CALLS ON QUEENSLANDERS TO DRIVE RESPONSIBLY ON THE STATE'S ROADS

The Queensland Police Service (QPS) unveiled a striking tribute to road crash victims to highlight the tragic loss of life on the state's roads this year and to remind drivers of their responsibility to ensure everyone's safety on our roads.

For World Day of Remembrance for Road Traffic Victims, police filled Brisbane's King George Square with 259 life-sized cut-outs of adults and children, each representing a life lost on Queensland roads in 2024.

"These 259 figures represent the lives lost on our roads this year – each a person with loved ones left behind," Commissioner Gollschewski said. "Road deaths remind us that driving involves constant choices; to stay attentive, drive safely, and avoid risky behaviours like speeding, phone use or impaired driving."

QPS Road Policing and Regional Support Command Acting Assistant Commissioner Janelle Andrews said the QPS is taking action to reduce the number of fatalities and injuries on Queensland roads. "Our research indicates this year's national and state lives lost figure could be the most devastating on record," Acting Assistant Commissioner Andrews said.

"The QPS is taking a tactical and targeted approach, with increased high-visibility police patrols across the state. "From the outback to the beaches, and from Coolangatta to Cape York, we will have police patrolling our roads – you could see them anywhere, anytime," Acting Assistant Commissioner Andrews said. "We'll be out there monitoring for the fatal five: speeding, impairment, distraction, failing to wear a seatbelt, and fatigue."

In addition to the lives lost on Queensland roads, more than 6,000 people have been seriously injured this year or are facing long-term trauma and hardship. The QPS will continue to work with road safety partners to raise awareness, improve road safety, and advocate for driver behaviours that keep Queensland roads safe. To learn more about road safety and QPS's initiatives to help make Queensland's roads safer, visit [www.police.qld.gov.au/initiatives/road-safety](http://www.police.qld.gov.au/initiatives/road-safety)

Lives lost on Queensland roads as of 24:00, November 14, 2024

Police Region	Police District	Lives lost
Far Northern	Far North	23
Northern	Mount Isa	3
Northern	Townsville	14
Central Capricornia		22
Central Mackay		20
North Coast	Moreton	17
North Coast	Sunshine Coast	13
North Coast	Wide Bay Burnett	23
Southern	Darling Downs	27
Southern	Ipswich	14
Southern	South West	10
South Eastern	Gold Coast	15
South Eastern	Logan	18
Brisbane	North Brisbane	20
Brisbane	South Brisbane	20
State total		259

The Queensland Police Service is committed to reducing the number of lives lost on our roads. Data shows that serious crashes can be significantly reduced when drivers recognise and avoid the 'Fatal Five' behaviours: speeding, drink and drug driving, not wearing seatbelts, fatigue and distraction.

Road safety is everyone's responsibility. Learn more about staying safe on Queensland roads: <https://www.police.qld.gov.au/initiatives/fatal-five-staying-safe-roads>

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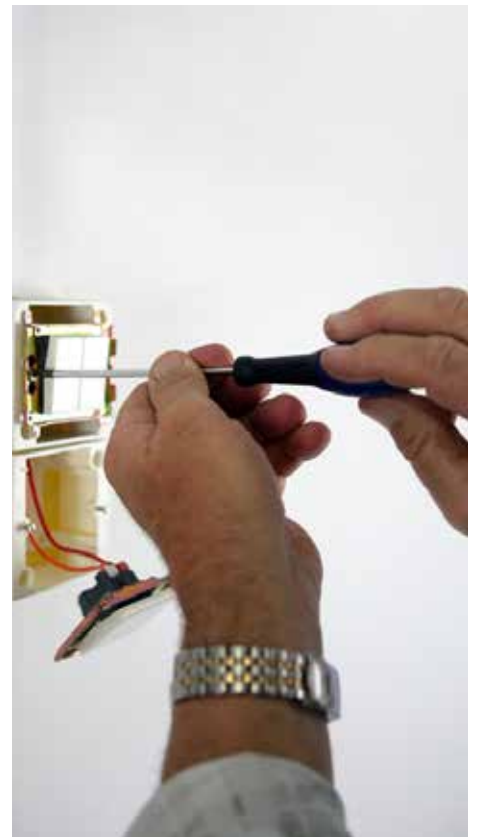
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kg

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WILD CAUGHT  
WHILE  
STOCKS  
LAST



**\$20<sup>00</sup>**  
ea

\$20 per kilo

### AUSTRALIAN GREEN BANANA PRAWNS THAWED

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THE DELI



**\$18<sup>99</sup>**  
kg

### AUSTRALIAN SALMON FILLETS THAWED SKIN ON

FROM  
THE DELI



**\$36<sup>00</sup>**  
kg

### LAMB LOIN CHOPS 1.2kg min



**\$15<sup>00</sup>**  
kg

SAVE \$10.00 kg

### CHICKEN DRUMSTICKS

FROM  
THE  
GLASSHOUSE  
MOUNTAINS

1.2KG MIN



**\$3<sup>00</sup>**  
kg

### TRUSS TOMATOES



**\$2<sup>90</sup>**  
kg

### WHOLE PORK FILLET



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kg

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**\$4<sup>90</sup>**  
punnet

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