



THE BRIBIE ISLANDER
AND DISTRICTS COMMUNITY MAGAZINE

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249
Oct 3, 2025



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249

OCTOBER 3, 2025



8/9

CHAR'S TRAVELLING TURTLES



26

ALL ABOARD THE PARTY TRAIN



29/41

SENIORS MONTH



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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Welcome

Dear Readers,

Welcome to our 249th edition! With the holiday season right around the corner, the Christmas spirit is starting to fill the air, and celebrations are about to kick off! This weekend, the Bribie Island Nature Festival is in full swing, featuring the beautiful sounds of Jazz Classics and an amazing Artistic Musical Journey that will delight your senses. There are plenty of fun activities and sights to see, so you'll never be bored. Come out and enjoy the natural beauty and lively atmosphere of Bribie Island!

We're excited to feature a special section on our seniors in this edition. This section is full of helpful resources and showcases the amazing services, local businesses, and caring people who are dedicated to improving the lives of our older residents. It includes valuable health tips and a list of friendly places that cater to seniors.

Be sure to take some time to check out this helpful information! As summer arrives and temperatures rise, it's important to be aware of the wildlife around us, especially the snakes. They are more active in the warm weather, so please be careful when you're outside. Watch out for any snakes that might be soaking up the sun or moving through the grass. We also encourage you to check your home for any spots where snakes might hide, as this is especially important for families with young children or curious pets who explore everywhere.

Happy reading,
Take care, Stay Safe,

Cherrie

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

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Discover

the \$2.6 Million Bribie Island Lifestyle



We're excited to welcome you to explore our incredible new prize home at **40 Emilia Close, Banksia Beach.**

This breathtaking residence pairs modern luxury with the relaxed charm and easy-going lifestyle Bribie Island is known for. Wander through four bedrooms, each with its own ensuite, a master retreat with a private balcony, multiple living zones, a media room and a deluxe home office. At its heart, a gourmet kitchen with a butler's pantry flows seamlessly into expansive indoor-outdoor entertaining spaces, leading to a sparkling inground pool and landscaped gardens.

Set just moments from pristine beaches, calm waterways and the Pacific Harbour Golf & Country Club, this home is the perfect showcase of coastal living and timeless elegance.

And there's more – the **\$2.6 million** first prize package comes complete with the luxury home, a full **interior design and furniture package** valued at **\$422,020**, a brand-new **Isuzu MU-X**, plus **\$10,000 in gold.**

The home is open for inspection **Wednesday to Sunday, 10am-4pm** (see website for public holiday closures). Can't make it in person? Take a virtual tour online and secure your tickets at surflottery.com.au.

This is more than a prize – it's your chance to change your life and support Surf Life Saving to help keep our beaches safe.

We look forward to seeing you at the Bribie Island Lifestyle!



CHAR'S TRAVELLING TURTLES



We are excited to share details about a heartfelt fundraising event for Char's Travelling Turtles. This special occasion is dedicated to celebrating the vibrant life of Charlize Maree Zmuda, who will always be remembered as a bright spirit at just 17 years old.

Charlize Maree Zmuda was a radiant person whose presence brought light to everyone's lives.

She was an exceptional young woman, known for her intelligence, kindness, humour, and energy. A talented musician and a dedicated volunteer Surf Life Saver, she touched many hearts with her cheerful spirit and her desire to help others.

Sadly, Charlize's journey came to a tragic end on 3 February 2025

when she was fatally injured by a shark while swimming— one of her favourite places was the ocean, and turtles were among her most loved creatures.

With dreams of travel on the horizon after finishing school, Charlize's vision of exploring the world inspired the creation of Char's Travelling Turtles.

This event, organized by her close friends and family, aims to ensure that her adventurous dreams continue through the turtles.

This initiative reflects her love for adventure and the ocean, allowing friends and family to carry on her legacy by helping turtles travel around the world.

Local businesses are joining this wonderful cause by showcasing their unique products and services.

Their support strengthens our community spirit and makes this day truly special, filled with connections, support, and love for Charlize and her legacy.

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* Am J Sports Med 2007; 35:172
 * Int J Surg 2015; 24:113-222
 * Int J Surgery 2015; 24:201-9

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We invite everyone to join in this meaningful celebration!

Get ready for an afternoon filled with fun activities, fantastic raffles, entertaining performances, delicious food, and a variety of market stalls. This event will be a joyous celebration of Charlize's beautiful life and the positive impact she had on everyone around her.

Together, we will raise funds in her memory and keep her adventurous spirit alive.

Event Details:

Date: 15 November 2025

Location: 114 White Patch Esplanade, White Patch, QLD 4507

Time: 1:00 PM - 5:00 PM

CHAR'S TRAVELLING TURTLES
SATURDAY 15TH NOVEMBER
1-5PM
114 WHITE PATCH - WHITE PATCH
CONTACT
CHARSTRAVELLINGTURTLES@GMAIL.COM
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Acupuncturists Wendy (left) and Jessica (centre) and Receptionist Katherine (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.

2. Calcium – Beyond Strong Bones. Calcium helps convert the amino acid tryptophan into melatonin, supporting restful sleep. Food sources: Sardines, dairy, calcium-set tofu, tahini, leafy greens.

3. Tryptophan – The Sleep Amino Acid. Tryptophan is an essential amino acid that becomes serotonin and then melatonin in the body. Food sources: Chicken, turkey, eggs, oats, sesame seeds, legumes.

4. Melatonin in Foods. Some foods naturally contain melatonin, helping to gently encourage sleep. Food sources: Tart cherries, walnuts, grapes, tomatoes.

Eating for a Better Night's Sleep

When and what you eat matters. To support a calm evening and a deeper sleep: Things to limit:

- **Caffeine:** Avoid coffee, tea, chocolate, or soft drinks within 6-8 hours of bedtime.
- **Alcohol:** While it may make you feel sleepy, alcohol can interrupt deep, restorative sleep.

- **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.

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 or call **0423 160 228**.

You can also find us on Facebook and Instagram @bribieacupuncture. HICAPS is available onsite. Pensioner discounts available.

Bribie Acupuncture

4/29 Benabrow Avenue, Bellara (behind the James Moore law office)

A Gentle Approach

There's no single solution that works for everyone, but small dietary changes can have a real impact. Introducing calming nutrients, enjoying a light evening snack, or simply creating a consistent nightly routine can improve how easily you drift off and how refreshed you feel in the morning. Remember, sleep is nourishment too. Like a balanced meal, it's about care, consistency, and moderation — not perfection.

I am currently practising as a clinical nutritionist out of Bribie Acupuncture, and appointments can be booked via the Equilibrium Hub for personalised support on sleep and nutrition www.theequilibriumhub.com



www.bribieacupuncture.com

Natural Ways to Support a Restful Night's Sleep

Insights from a clinical nutritionist

Good sleep is one of the most important foundations of health, yet it's often overlooked. As we age, getting a solid night's rest can become trickier, and small changes in our diet can make a meaningful difference. Here's a guide to naturally supporting sleep through the foods you eat:

Key Nutrients for Better Sleep

Certain nutrients help your body produce melatonin — the hormone that signals it's time to sleep — and support calming brain chemicals like serotonin and GABA.

1. Magnesium – Nature's Relaxation Mineral. Magnesium helps the body unwind and can reduce stress-related tension. Food sources: Dark leafy greens, almonds, pumpkin seeds, avocado, dark chocolate.

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Opened on June 26, Heart & Soul is more than just our home base — it's a vibrant marketplace celebrating local creativity. We've brought together passionate artisans and makers from the region to showcase a truly unique range of products.

From the pantry to the home, here's just a taste of what you'll find:

- Artisan food: Gourmet olives, sausages, and of course, our award-winning jams
- Handcrafted goods: Soaps, candles, natural beauty products
- Stunning resin art: Chopping boards, jewellery, earrings
- Unique homewares: Bean bag chairs, bespoke coffee tables
- Fun for kids: 3D-printed dragons and animals they'll love
- Grab a Cuppa at The Coffee Shop

Tucked at the back of our store, **The Coffee Shop** offers a permanent coffee & cake special for **just \$10**. Whether you're here to shop or just relax by the sea, pop in, grab a treat, and enjoy the atmosphere.



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We can't wait to welcome you!



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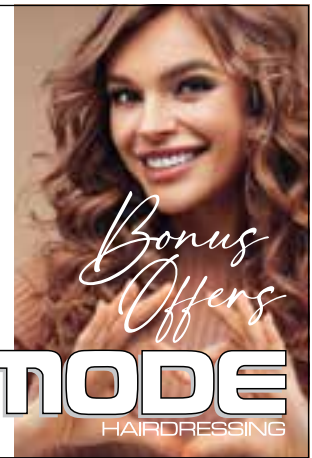
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FOREVER VEE YUMI™ Keratin Lash Lift



Is a lash-boosting treatment giving your natural lashes length, height, volume and shape, as well as a tint to make them look more defined.

\$99 Includes: Lash Lift, Upper Lash Tint & Keratin Nourishing Treatment

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FOREVER VEE

YUMI AUTHENTIC BEAUTY
LASHES



Vanessa is a local, long time resident to Bribie Island, with a love for Health, Lifestyle, Community. Her Lash Lift and Beauty studio is based in Banksia Beach. Bookings are available by prior appointment throughout the week (evenings and weekend by special request).

Support Local especially Small Businesses!

WELCOME TO SPRING! WANT A HEALTHY ALTERNATIVE TO MASCARA, LASH CURLERS OR LASH EXTENSIONS, WITHOUT PANDA EYES?

Treat yourself, or someone special, with a YUMI™ KERATIN LASH LIFT. The natural lashes are boosted from the root, giving them a lifted, curled and lengthened appearance.

A natural, semi-permanent procedure giving you the appearance of fuller, thicker lashes. Your eyes will look more open, brighter, youthful, and glamorous.

WHY ARE LASH LIFTS SO POPULAR?

It is a short, very relaxing, treatment times (approx 15 hours) and results

I cannot speak highly enough about my lash lift experience with Vanessa! I love my lash lift! It opens up my eyes in a way no mascara ever has, and not only does it lift my lashes, it conditions them in the process and has resulted in extra growth and thickness. Needless to say, I no longer need to use mascara to make my eyes pop!

But it isn't just the physical look I love about my treatment, Vanessa makes me feel so relaxed and at ease that I often drift off - waking up looking fresh and feeling confident- it's the perfect combination! I look forward to each session with Vanessa and highly recommend her services!

Ms Brooke S

that last 6-12 weeks without the need for maintenance, means lash lifts are now proving more popular than lash extensions, and much better for the health of your natural lash.

It is recommended to use a nutrient based Lash Serum. This will help keep your lashes strong, soft, and healthy.

Either the Yumi™ Keratin Nourishing Serum or Yumi™ Biotin Serum is recommended, and is available to purchase at appointment.

NOT ALL LASH LIFTS ARE EQUAL!

One of the many ways YUMI™ differ from other Lash Lift systems - Keratin - Inside YUMI™ products is where science meets beauty. Keratin is a naturally occurring protein present in our hair, nails, and eyelashes.

However, our lashes gradually lose Keratin due to exposure to sunlight, chemicals in cosmetics, and pollutants. Lashes also become weaker and more prone to fallout as we age.

NOT ALL LASH LIFT TECHNICIANS ARE EQUAL!

Vanessa is a Fully Qualified "Yumician" (Lash Lift Technician qualified with



YUMI™), and has years of experience in her profession, with lots of happy, repeat clients.

Her aim, apart from making lashes beautiful, is to give a place of peace and tranquillity, allowing clients to come to relax whilst being pampered.

Regular Clients benefit, and like their lashes more, the more they have the YUMI™ KERATIN LASH LIFT done, which cannot often be said for other lash treatments.

GIFT VOUCHERS are available, and a Great idea for Birthdays, Special Events, or Just because You deserve it!



The YUMI™ Keratin Lash Lift - also includes an Upper Lash Tint and Keratin Nourishing Treatment - All Just for \$99

Follow on Instagram and Facebook for gallery of pictures and more info

Vanessa Taylor

M: 0412 273 530

Facebook: Forever Vee

Instagram: @foreverveelashes



7 Years Until Brisbane Hosts the Paralympics:

Let's Build Inclusive Sport

Sport is one of the most powerful ways to build confidence, pursue goals, and connect with community. With just seven years until Brisbane welcomes the Paralympic Games, now is the time to create more local opportunities for people of all abilities to actively and safely participate in sport.

To truly become an inclusive community, we need strong collaboration between local councils, government, and the Australian Paralympic Committee to bring para sport programs to Bribie Island.

People with disabilities shouldn't have to travel hours to access inclusive and structured sporting opportunities. We need grassroots programs right here—led by trained inclusive sports officers.

With accessible tourism already receiving funding in the region, it's time to extend that same inclusive vision into sport. We cannot continue relying on clubs to simply "modify" existing games. People of all abilities deserve access to properly designed para sport programs, delivered by accredited exercise specialists and coaches who are trained in working with diverse needs.

Professional development for grassroots clubs is essential—this includes training in understanding impairments, safe program design, and adapting equipment or drills without compromising the sport experience.

Take archery, for example—a Paralympic sport that's naturally inclusive and low-impact. People of all abilities can participate side by side. Now, imagine a dedicated multi-sport complex on Bribie Island, built for wheelchair access and offering a range of para and low-impact sports. The potential for our community is huge.

Bribie Island is on Brisbane's doorstep. Everyone—regardless of ability—should have the opportunity to participate in sport through safe, empowering, and accessible programs backed by verified organisations.

As someone with over 25 years of experience in softball, including playing at a state level as a pitcher, I've seen firsthand how much hard work and dedication it takes to compete.

I recently attended a fantastic workshop delivered by Softball Australia and Disability Sports Australia: Disability Sport 101 – Building Your Confidence to Engage. It was insightful, practical, and highlighted just how achievable inclusion in sport can be when the right support is in place.

If you're looking to build your skills and confidence around inclusive sport, I highly recommend exploring Disability Sports Australia website and checking out the Australian Sports Commission website for more workshops and resources.

Adaptations in sport aren't just about accommodating wheelchair users—

impairments can be physical, visual, psychosocial, or a rare disease. It's essential that coaches are trained not just in the technical aspects of the sport, but also in how to create a welcoming, inclusive environment for all participants and families. Inclusion starts well before the game begins.

Event planning should include onsite accessibility assessments—can people get to the venue? Are the toilets wheelchair accessible?

Is it navigable for individuals with different needs? These practical considerations are just as important as the game itself.

Dylan Alcott, founder of **Sports4All**, offers fantastic resources for making



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on Bribie Island Now

sports more inclusive. Starting this journey can feel overwhelming, but with a supportive committee and trained coaches, it's absolutely possible to set and achieve inclusive goals. Sport brings people together.

I've worked in rehabilitation for physical injuries and understand the role movement plays in recovery, confidence, and social connection. Hosting all ability come and try days are a great start.

With the Paralympics on the horizon, Bribie has a real chance to lead the way in inclusion, accessibility, and community spirit. Let's not wait. Let's start building it—now.

Yours in health and wellness,

Tracey Blinco
Volunteer:



Law and Access Consultant
Human Rights Advocate
NDIS Psychosocial Recovery Coach
Health Coach
Caregiver

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- Home and Community Access/Participation
- Rehabilitation and Reconditioning
- Hand Therapy

**Paediatric
classes coming,
register your
interest**

Funding: NDIS; My Aged Care; DVA; WorkCover; private health insurance; GP Care Plan.

Call one of our friendly team members today to book an appointment at Bribie Island Back in Motion on 07 3408 6608



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The Stuff Dreams Are Made Of

By Michael Matthews



Let out an involuntary sigh as I crossed the old bridge back onto the Island – my Island home. This old fashioned, rather quaint little Island with its 4 suburbs – all with the same postcode. 4507. A haven representing the Australia that is slowly fading today.

Its population largely made up of over 60s but with a vibrant school age contingent as well – keeping us all young. Housing dating from 100+

years ago to today's modern palaces.

It's a place with virtually no traffic light, no parking metres, no real violence or racial issues. A place that even seems bereft of graffiti. The only sirens you hear are from a passing ambulance. But a place with glorious beaches and Clubs, surf and golf.

Plus perhaps the best boating/fishing areas imagined. A place where the few restaurants are generally closed by 8pm – everyone's home in bed. But not a place that time has forgotten.

All the usual mod-cons and needs. Woolies, Aldi, IGA etc. Doctors, paediatricians, opticians, morticians, dermatologists etc all have a ready market on the Island. We even have a few banks left.

Current issues on the Island tend to centre on items such as the road to the highway, our population cap, 4WDs on the beach, turtle hatching season, and most importantly, the proposed new bridge. Many want 2 lanes, many want 4 lanes, but many – especially the older/original inhabitants – would like to see no bridge at all.

It is a place where people still have the paper delivered to their door. Still know the names of their neighbours. Support their local footie and cricket teams and walk the dog at least twice a day. They also pick up after their hound.

Sitting in my wooden rocker on the back deck of an afternoon, enjoying a beer, I can often count over a dozen different species of bird life. See kangaroos on the golf course. Watch the ducks swimming on the lagoon. Listen to the Kookas. Spy our resident water rat hesitantly coming out to see what I've thrown to him. A few bush turkeys rummaging. A family of buff banded rails searching for food. And the usual battles between the Willie Wag Tails and the Magpies or Kookaburras.



A new family of Curlews has moved in behind us and their eerie cries echo toward me as dusk approaches. Being Saturday a roast pork is in the Webber. Crackling is amazing, as is the smell. Roast veges in the oven.

Table set for dinner. Sun is going down and a brilliant sunset is starting over the Glasshouse Mountains in the West – in Australia. Birds settling and almost no noise at all, but for the Curlews.

Time to turn the vegetables.

(A hidden gem that reminds you of an Australia that may be disappearing. I thank God almost every day for bringing me and my family here. Ahh – Bribie – the stuff dreams are made of.)

thislife@theaustralian.com.au



Local Dining Guide



SCOOPY'S

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

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

07 3410 4024

Scan The QR Code To Book Now!



Sunsets On Bribie

Experience our new menu, with classics you'll love and the new favourites you'll crave.

We've also added mouth-watering Gourmet Pizzas, which are a must-try.

OPEN 7 DAYS

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

Call our restaurant on 07 3408 1018 to book

Bribie Island Bowls Club 11-23 Welsby Parade, Bongaree



Foodie



**The Lions Club
of Bribie Island**



LIONS COMMUNITY CHEST RAFFLE

LAST DAYS TO GET YOUR TICKETS

DRAWN 11th OCTOBER

Lions Markets

Tintookie Park Woorim

12 midday

Join our Lions Family

Noela: 0410 085 091

Lions Markets 2nd Saturday of the month

Stall enquiries 0410 085 091

Ocean & River Cruise Showcase

Wednesday 1st October

Pacific Harbour Golf & Country Club

1pm - 5pm

Free Entry!



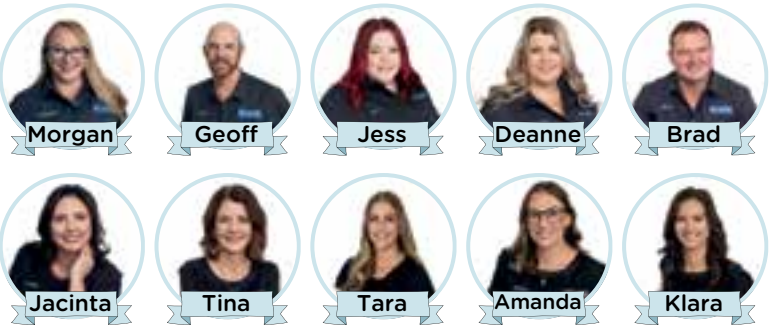
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GAME NIGHTS!

ON BRIBIE

MONDAY EUCHRE

Bribie Bowls Club 12.00pm
Contact Annette on 0414622490

TRIVA

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

TUESDAY

BINGO

Bribie Island R.S.L 9.00am

POKER

Bribie Island Hotel 6.30pm

TRIVA

Bribie Island Bowls Club 7.00pm

WEDNESDAY MUSIC BINGO

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

RAFFLES

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

THURSDAY BINGO

Bribie Island R.S.L 7.30pm

RAFFLES

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

FRIDAY

MEAT TRAY RAFFLES

Bribie Island Bowls Club 5.30pm
Bribie Island Golf Club 5.30
Blue Pacific Hotel (from) 3.00pm
Solander Lakes Bowls Club - 6.30pm
(tickets on sale from 5:30pm)

Enjoy playing 500 Cards?

Join a like-minded group who meet on Monday afternoons at the RSL Anzac Room from 1-4pm.
\$5 which includes raffle prize.

Please arrive 10mins before play starts at 1pm
Further information please ring

Carole **0438 713 663**.

MARKETS

Beachmere District Community

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

Bribie Island BIDCA Markets

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

Bribie Rotary Markets

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

Queensland Cancer Council

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

LUNCH MARKETS - Sylvan Beach (Farmers Market)

First Saturday of each month from 8am to 1pm held in the park opposite the Bribie Island Hotel. Funds raised to E.P.C.S, Ass, 0417629957

Banksia Beach Market

Bribie Harbour Shopping Village is held on the last Saturday of each month 8am to 12pm

The Bribie Island Lions Market

2nd Sat of the month at Tintookie Park Woorim
7am - 1pm.

Bribie Woodcrafters & Bribie Island Gem Club

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

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

Mystic Journey Markets Saturday's 10-3pm

11th Oct ~ Ningi Community Hall

25th Oct ~ Bribie Recreation Hall

15th Nov ~ Bribie Recreation Hall

6th Dec ~ Bribie Recreation Hall

20th Dec ~ Bribie Recreation Hall

Bribie Arts Centre

Print.ED EXHIBITION 2025 October 7 - 19

The Bribie Printmakers chose renowned floral artist Margaret Preston as the theme for their 2025 exhibition.

They believe this encourages their group to research and learn about important artists and their influence in the 20th century development of Australian printmaking.

Margaret Preston was a multi-discipline female artist with a distinctive style especially in printmaking - an example that a style in one discipline can cross over into other mediums thus encouraging thinking 'outside the square', flexibility and experimentation.

Having a common theme or thread is intended to give the exhibition a unified look whilst still allowing our members the freedom to pursue their own projects and approaches.

Preston's predilection to Banksias was also a deciding factor. The Printmakers at Bribie Community Arts Centre live and create in a suburb named after her favourite floral subject - Banksia Beach.

Most members of the Printmakers will exhibit. Some have been remarkably prolific and all will show an interesting interpretation or 'take' on a subject.

Meet the Bribie Printmakers in the Gallery each day of the exhibition.



The poster features a collage of various prints in shades of brown, black, and white, including stylized flowers and abstract shapes. A white box at the top left contains the text 'First Bribie Printmakers'. The main title 'PRINT.ED - 2025 Exhibition' is in large, bold, black letters. Below it, the dates '6th—19th October' are displayed. A line of text reads 'Featuring homage to the work of noted Australian artist and printmaker MARGARET PRESTON'. At the bottom left, there is a logo for 'Bribie Island Community Arts Society Inc.' and the text 'Matthew Flinders Gallery'.

First Bribie Printmakers

**PRINT.ED - 2025
Exhibition**

6th—19th October

Featuring homage to the work of noted
Australian artist and printmaker
MARGARET PRESTON

Bribie Island Community Arts Society Inc.
Matthew Flinders Gallery

Don't Miss Bribie Island Nature Festival 17-19 October 2025

Bribie Island Nature Festival:

Jazz Classics and a Unique Artistic Musical Journey

Don't miss the rare opportunity to witness the JMI ensemble, hailing from the renowned jazz institute, JMI. They will be performing an afternoon of jazz classics and fresh tunes, featuring the exceptional singer and trumpeter Alyssa Sinclair.

The Bribie Jazz concerts have been exclusive sell-out successes for the past two years, as those in the know have quickly secured their tickets to see the stars of the future.

This year, Bribie Jazz will take place at the Bribie Island Recreation Hall, providing additional capacity for cabaret-style seating. Guests can purchase a glass or bottle of wine at the bar and cozy up for an afternoon of high-quality music.

The JMI offers a chance to see some of the country's finest musicians at the start of their careers, performing jazz standards and showcasing soloists from within the orchestra.

Tickets \$25.00

Sunday 18 October at 4pm

For bookings visit

www.bribieislandnaturefestival.com.au

Fairweather: A Musical Journey

Local artist Geoff Ginn, inspired by his childhood memories of Bribie's famous artist Ian Fairweather, presents an exclusive event on Saturday, 18 October at the Bribie Island Recreation Hall.

The concert will feature original music by Queensland composer Erik Griswold, written and narrated by award-winning writer Rodney Hall. The music will be performed by a string quartet alongside a Japanese koto instrument and will include original artwork by Glen Henderson.

This piece has been performed only once before, and the project will involve the artists collaborating in the lead-up to the performance to record the work.

The Queensland Government supports this exclusive event through Arts Queensland.

Tickets: \$25.00

Saturday 18 October at 6pm.

For bookings visit

www.bribieislandnaturefestival.com.au

Bribie Jazz

It don't mean a thing,
if it ain't got that swing

Celebrate the finale of the Bribie Island Nature Festival with a spectacular performance featuring classic jazz standards and original compositions from the rising stars of the Jazz Music Institute.

Our cabaret-style seating accommodates tables of 8, perfect for sharing with friends.

SUNDAY 19 OCTOBER 4-6PM

Bribie Island Recreation Hall, 156 First Avenue, Bongaree

www.bribieislandnaturefestival.com.au



This event is supported by
the Queensland Government
through Arts Queensland.

ALL ABOARD THE PARTY TRAIN



As we all read in our last edition, (most people anyway Les) the old QR Guards Van at **MELSA PARK**, which was in need of a little love and care after years of clutter. With 2025 being the Year of the Guards Van, MELSA Members rolled up their sleeves to clear out the junk, only to find some unexpected structural issues that needed professional help.

Thankfully, Jim Benham from COBI Constructions and Dave Coonan from Under the Sun Electrical P/L stepped in to lend their expertise for the refurbishment and electrical work.

A big thank went out to Busy Fingers Fundraising Inc. and the Community Plant Nursery for their generous support, which helped complete the project by mid-August, and they couldn't be happier with how it turned out! This refurbishment is part of Melsa's goal to become financially self-sufficient, allowing them to better support other community groups.

Exciting news ahead! Melsa is launching a super fun hot food service right from the Guards Van, and you won't want to miss it! This tasty food will be available on regular run days and for special birthday parties, making it the perfect way to celebrate your little ones' big days.

Get ready to choose from a range of tasty package options, each designed to satisfy your kids and their friends! You can also book just the train ride, pack a picnic, and enjoy a fun day in the park with your favourite treats.

Melsa all about making your experience as smooth and enjoyable as possible, so you can focus on creating fabulous memories while we handle all the details. Your kids will have a birthday party bursting with laughter and excitement, and you can kick back and enjoy the day, knowing everything is taken care of.

Want to know more? **Just reach out to Ian at 0409 100 656**, or swing by on a run day and chat with some of the awesome team — Les, Jim, and Dave. They're ready to help you plan a truly unforgettable celebration for your child! Let's make some magic happen!



**MELSA PARK FROM
10 AM TO 2 PM
THIRD SUNDAY OF
EVERY MONTH**

**BOOK YOUR
BIRTHDAY
PARTY
NOW**

**\$3
A TRAIN
RIDE**

**FOOD &
DRINKS
AVAILABLE AT
THE GUARD
VAN**

**CARD
EXCHANGES
AND
MEMBERSHIP**

**MELSA PARK
STEAM
TRAIN RIDES**

**MINIATURE TRAIN
RIDES FOR THE
YOUNG AND YOUNG
AT HEART**

EXPERIENCE MOUNTAIN GREATS
CLIMBED BY CHILDREN

Community spirit **strong**

at Bribie Island Community Kindergarten

Enrol your child in free kindy at the award-winning Bribie Island Community Kindergarten! We have spaces available for 2026!

By Laura Boers

Bribie Island Community Kindergarten (BICK) in Cotterill Ave has been a fixture in the lives of Island families since 1984. BICK is a standalone community kindergarten affiliated with The Creche & Kindergarten Association.

BICK also holds the prestigious position of being the **ONLY** and **FIRST** early learning service in Australia to be awarded the highest quality rating of Excellence for the fourth consecutive time, by the Australian Children's Education & Care Authority (ACECQA).

The Kindy's children enjoy an educational experience that embraces slow pedagogy and fosters learning through nature play, including bush and beach Kindy, intergenerational playgroups and cultural connections, fortnightly instrumental music program, Indigenous yoga program and art program.

"Our program & practice nurtures the life and growth of our community", says Kindergarten Director Narelle Dawson.

"We live in the moment and celebrate childhood as a valued part of life and something to behold. We embrace a holistic approach to teaching life skills that supports our little people to become lifelong learners.

This reflects awareness and a progressive approach to the complex and rapidly evolving world in our future".

On Saturday October 18, the Kindergarten will host its annual Market Day Fundraiser, where both bargains and community spirit will be in plentiful supply.

The annual event includes bric-a-brac market stalls, small business stalls, a sausage sizzle, face painting, buskers, raffle with prizes donated from local businesses and a homemade lemonade stand operated by the Kindy students themselves, helps raise funds for additional resources and extracurricular activities for the children (in past years this has included visits to local farms, the Brisbane Museum and a high ropes adventure course), and for Children's Cancer Research too!

The Bribie Island Community Kindergarten is now taking enrolments for 2026 and beyond, and yes free Kindy is remaining! If you would like more information on enrolling your child, please give them a call on (07) 3408 1788 or email their friendly team admin@bribiekindy.com.au



BRIBIE ISLAND COMMUNITY KINDY Market Day FUNDRAISER EVENT

Join us for a family Fun Day out with our Sausage Sizzle, Family Baked Treats, Bric-a-Brac, Live Music, Kid-Run Lemonade Stand, Face Painting, Fresh Coffee, Fossicking & More

7 - 11 AM ~ SAT 18TH OCT
30 COTTERILL AVENUE, BRIBIE ISLAND QLD 4507

Bribie Island Community Kindergarten
FREE KINDY NOW AVAILABLE!

Nurturing, play-based learning for children.
Qualified and caring educators.
Limited spots available - enrol today!

30 COTTERILL AVENUE, BRIBIE ISLAND QLD 4507
07 3408 1788 - ADMIN@BRIBIEKINDY.COM.AU



264

PADDLERS CELEBRATED DRAGONFEST!

Blessed with clear blue skies, shimmering waters against the backdrop of the magnificent Glasshouse Mountains, Sunday, 14th September, saw the bringing together of a vibrant community of paddlers and residents of Bribie Island as the Pumicestone Passage came alive for DragonFest 2025.

The Blessing of the Boats, conducted by a revered monk from the Chenrezig Institute, marked the beginning of a day that blended dragon boat traditions with community spirit.

Member for Pumicestone Ariana Doolan MP, said, "It was so special to put eyes on the dragon boats alongside the Monks at the Blessing of the Boats and see our community come alive with colour, energy, and connection."

The Third Eye of the Dragon is opened when a new boat is blessed and races for the first time. "The Kinross", thanks to the generous support of Busy Fingers Fundraisers, is the newest boat in the Pumicestone fleet, and the honour of opening the Third Eye went to Councillor for Division 1, City of Moreton Bay, Brooke Savige.

A Day to Remember

As the rhythmic drumbeats of the dragon boats echoed across the Passage, the presence of playful dolphins added a delightful surprise, reminding us of what a special place Bribie Island is.

Dr Diarmuid de Burca, of Wamuran Doctors, who took out first place in the **Inaugural Health Professionals Challenge**, said, "First of all, great club, warm welcoming and interested in people. Great sport - very accessible - ideal for improving your overall body strength and your aerobic fitness, but best of all is the sense of camaraderie and belonging."

A Heartfelt Thank You

This event would not have been possible without the generous support of major sponsors, The Bribie Island Hotel and Knobel & Davis Real Estate, plus a grant from the City of Moreton Bay.

Small and large businesses alike rallied around with support ranging from raffle prizes to event donations; every contribution helped bring the vision for DragonFest to life.

DragonFest 2025 was more than just a day of racing; it was a celebration of culture, community, and the beauty of our natural surroundings.

FREE COME & TRY SESSION

Discover a fun, exciting way to stay active and meet new people!

Date: Saturday 4th October

Time: 7.30am

Location: Sylvan Beach Esplanade, Bribie. Next to VMR.

No experience necessary - all welcome!

Visit Dragon Boat Pumicestone on Facebook to register or email dragonboatpumicestone@gmail.com

RACE RESULTS

Women

1st Place Maroochy Sea Serpents
2nd Place Coomera Dragons 2
3rd Place Coomera Dragons 1

Social Category

1st Place Mahalo Blazing Paddles
2nd Place Mahalo Sizzling Sisters
3rd Place Pumicestone Novices

Coomera Dragons, with a powerhouse team of 49 paddlers claimed the Perpetual Trophy presented by Keith Wilson from Knobel & Davis Real Estate.

Open

1st Place Coomera Dragons 1
2nd Place Coomera Dragons 2
3rd Place Tweed Dragons

Health Professionals Challenge

1st Place Wamuran Doctors
2nd Place Bribie Doctors
3rd Place Goodwin Drive Medical



Seniors month



aidacareTM
HEALTHCARE EQUIPMENT

DISCOVER YOUR JOURNEY

Visit the Aidacare Ningi store to test drive the **2026 ASPIRE SCOOTER RANGE** featuring the latest comfort and ride features.

What will your **aspire Journey** be?

Aidacare Ningi/Bribie Island
Shop 18, Ningi Plaza, 1 Regina Avenue, Ningi
P 07 3081 1998 | aidacare.com.au



Zulu



Oscar



Delta



Odin



As our population ages, the discussion around suitable living arrangements for seniors becomes increasingly pertinent. Among the myriad housing options available, modular homes have emerged as a compelling solution for the elderly.

One of the most significant advantages of tiny homes is their affordability. The cost of living is a pressing concern for many seniors, especially those on fixed incomes. Modular homes typically require a smaller upfront investment and lower ongoing expenses than traditional housing.

This financial freedom allows seniors to allocate their resources towards healthcare, hobbies, or travel, enhancing their quality of life as they age.

As people age, the physical and mental burden of maintaining a large home can become overwhelming. Modular homes offer a solution by simplifying living spaces and minimising maintenance needs. With fewer rooms to clean

and take care of, seniors can focus more on their passions and less on upkeep.

This reduction in clutter not only makes daily living more manageable but also fosters a sense of calm and organisation in the home.

With less space, it's also easier for seniors to keep their homes tidy, reducing the risk of falls and other accidents related to clutter.

Modular homes represent an innovative and practical housing solution for the elderly. They provide financial relief, reduce maintenance burdens, promote social engagement, and encourage healthier lifestyles.

As we consider the future of senior living, it's crucial to recognise that modular homes can be a viable option, allowing our aging population to live independently, sustainably, and happily. Embracing tiny homes not only benefits the elderly but also paves the way for a more

thoughtful and inclusive approach to housing in our communities.

WRIGHT CHOICE HOMES OFFER A STRESS-FREE, EFFORTLESS PROCESS FROM FRAME TO FINISH

Welcome to a lifestyle that celebrates your independence and comfort with our specially designed modular homes, perfect for seniors looking to enjoy their golden years. Starting at a cozy 58.5m², our homes provide ample space, featuring welcoming decks where you can sip your morning coffee or enjoy the fresh air.

Unlike many modular homes that don't meet safety and building standards, our residences are built to Class 1A Building Approval specifications, ensuring they are safe, durable, and truly liveable.

One of the standout features of our homes is the innovative hydraulic house trailers, allowing you the flexibility to relocate your home without the



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hassle of expensive cranes. This means you can easily adapt your living situation as your needs change, whether that's moving closer to family or seeking a new view—all with minimal stress.

Your Ideal Sanctuary Awaits

Imagine having a primary residence that doubles as a peaceful retreat, allowing for minimalist, debt-free living. Our modular homes are also perfect as granny flats, giving family members their own beautiful space nearby while fostering connection and independence.

They would be ideal for elderly parents to have a space of their own on the family's property, providing them with the comfort of support when needed while still enjoying their independence.

Or if you're dreaming of a coastal escape or a serene spot in the hinterland, our homes serve as the ultimate getaway, providing a secure haven where you can relax and rejuvenate. You can even turn an unused space into a smart rental opportunity, creating a source of income that can support your travels or hobbies. Or consider our flexible rural dwellings, ideal for

hosting seasonal workers or offering caretaker accommodation right on your property.

Experience Freedom Like Never Before

With our tiny homes, you can enjoy a lifestyle that feels just like a holiday every day!

Embrace the joy of reduced housing costs, allowing you to allocate funds for travel adventures, quality time with loved ones, or hobbies you're passionate about.

By choosing a compact home, you're also making an eco-conscious decision, reducing your environmental footprint while living comfortably.

Most importantly, a Wright Choice modular home provides unrivalled lifestyle flexibility. Picture waking up every day in a space that reflects your needs—whether that's enjoying a good book with a view, spending time with family, or simply having more time for yourself.

Experience the joy of living life on your terms in a home that enhances your well-being and

HEALTH, WEALTH & COMMUNITY

celebrates everything that makes your life special. Make your golden years truly golden in a home designed for you!



DISCOVER OUR BEAUTIFULLY DESIGNED MODULAR HOME MODELS

Your **Wright Choice home** is built with a strong foundation and includes essential services right from the start. Our versatile modular homes effortlessly fit into diverse Australian lifestyles. Discover how a **Wright Choice home** can transform your daily living and future.

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JOIN US

FOR A FUN-FILLED
SENIORS'
MONTH
CELEBRATION
AT BRIBIE
ISLAND CROQUET
CLUB!



Bribie Island Croquet Club is excited to extend a warm invitation to our FREE MORNING TEA and fun activities, raffles, and prizes, all in celebration of Seniors' Month on Saturday, 25 October from 10 am.

This event, courtesy of the Council on the Ageing and funded by the Queensland Government, is open to people of all ages, emphasising our commitment to inclusivity and community spirit.

After morning tea, there will be a unique opportunity to try your hand at croquet with free coaching and fun games.

No experience is necessary, and all equipment is provided. Just bring a

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hat and wear covered shoes. Courts will be available until 2.30 pm.

Croquet is a wonderful game. It is low impact but provides good exercise. It is suitable for individuals of all ages and is played in a great social environment.

It helps improve strategic thinking, and above all, it is fun. It has been proven to be beneficial for both physical and mental health, particularly for those of more mature years, yet it is not too physically demanding.

Many at the Club didn't take up croquet until their 60s or 70s and regret having not given it a try much earlier. The Club now has active members



ranging from their 50s to their 90s and is always looking to introduce others to the game.

The day is designed to foster a sense of community, offering good food, good fun, and the opportunity to meet new friends while discovering a new activity that will benefit mind, body, and soul.

There will be raffles and prizes throughout the day, and a sausage sizzle and refreshments will be available for lunch (at a modest cost) for those who wish to stay on.

The Club is located at Cosmos Park, 70 Sunderland Drive, Banksia Beach. We would love to see you there—please phone Lynn on 0416 194 078 for more information.



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Caravanning in Retirement:

Embracing Freedom and Adventure

As Australians retire, many are discovering that caravanning is more than just a change of scenery; it's a whole new way of life that's packed with opportunities.

This style of travel has become popular among retirees, mixing adventure, relaxation, and a strong sense of community.

With Australia's stunning landscapes and friendly towns, caravanning really amps up the retirement vibe, allowing people to explore their own backyard like never before.

One of the biggest perks of caravanning is the freedom it gives. Retirees, no longer tied down by work, can take off on spontaneous trips to amazing places—whether it's the gorgeous

beaches of Queensland, the awe-inspiring Outback, or the lush landscapes of Tasmania.

This flexibility enables them to travel at their own pace, uncover hidden gems, and create unforgettable memories along the way.

Caravan parks are essential for building community among travellers. These parks act as lively hubs, where you can swap stories and make new friends.

Many parks even organise fun events, like game nights and group outings, helping newcomers feel right at home, while seasoned travellers can expand their circle of friends.

On the financial side of things, caravanning

makes a lot of sense for retirees. Owning a caravan or campervan helps you avoid rising accommodation costs, allowing you to travel more often while enjoying the comforts of home. This financial freedom contributes to a rich lifestyle filled with adventures without the hassle of pricey hotel stays.

While caravanning has plenty of benefits, it's not without its challenges. You need to plan your routes carefully and ensure your vehicle is safe for the journey.

Weather can also throw a wrench into the works, but with good preparation—such as checking campground reliability and keeping a detailed travel itinerary—you can tackle these issues. Keeping your caravan safe is important for a

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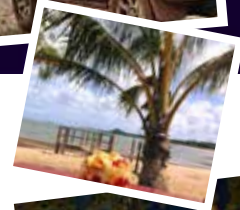
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fun and worry-free trip. To start, make sure the caravan is strong and in good shape before you hit the road.

Check the tyre pressure regularly and ensure the weight inside the caravan is balanced correctly for safe towing.

Regularly checking the brakes, lights, and connections can help avoid accidents while driving. It's also important to know how to drive safely and stick to speed limits for a more comfortable journey.

Be careful not to overload the caravan, as this can make it harder to handle. Having an emergency kit and first aid supplies ready, along with knowing what to do in case of unexpected situations, can help you feel more prepared.

Overall, focusing on safety will give you peace of mind as you enjoy your travels. Embracing technology has revolutionised the caravanning experience, making it more accessible and enjoyable for everyone.

Handy navigation apps provide real-time directions and insights, helping travellers discover the best routes while avoiding traffic and road closures.

Online resources offer valuable information on campsites, reviews, and local attractions, enhancing trip planning.

Social media and forums connect caravan enthusiasts, allowing them to share tips, advice, and experiences in real-time.

With just a few taps on a smartphone, caravanners can access weather forecasts, find amenities, and connect with other travellers, making every journey smoother and more enjoyable.



HEALTH, WEALTH & COMMUNITY

Technology truly enhances the freedom of the open road.

For retirees facing health concerns or mobility issues, caravanning provides a comfortable way to travel. Many modern caravans are designed to cater to different needs, giving travellers the chance to explore while still feeling at home in a familiar setting.

In a nutshell, caravanning in retirement is more than just a means of travel; it's an incredible journey towards the freedom of the open road, a chance to connect with fellow adventurers, and an opportunity to create lasting memories.

With a bit of planning and a sense of adventure, retirees can unlock a fulfilling lifestyle that showcases the stunning beauty of Australia.

With their caravan all set, they can hit the road, ready for the best years of exploration ahead.



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Supporting Community

Bribie Respite and Support Services Incorporated has been servicing Bribie Island and surround since 1987. As a not for profit organization all monies generated are reinvested into our Bribie based business. Our well trained support workers offer high quality care and support to ensure our clients are able to live their lives in the best possible way with support an dignity.



Our Aged and Dementia Care Services Disability Support

are also funded through the Commonwealth Home Support Program, which include various activities:

- Social Support Group (5days Week)
- Flexibe Respite
- In Home Social Support
- Personal Care
- Transport To And From Our Service
- Meals
- Diversional Recreational Activities

We are a Registerd NDIS provider, offering a wide range of support services to assist individuls within our community

- Centre based Day Program (5days week)
- Community Access
- In Home Social Support
- Personal Care
- Overnight/short term accomodation
- Supported Independent Living
- School Holiday Program
- Transport to and from our services



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Dear Pumicestone...

In recent weeks, the Crisafulli Government has achieved meaningful outcomes for our community, and I'm pleased to share some of the progress made in Pumicestone and across Queensland.

Firstly, we have taken strong measures against illegal tobacco with the introduction of landmark legislation.

This new law strengthens enforcement, shuts down premises found with illicit tobacco products, and grants health officers' greater powers to combat this organised crime.

I have also been active in the electorate over the past month. We held the Dementia Morning Tea at the Bribie RSL to emphasise the importance of supporting loved ones with dementia.

Additionally, October marks the beginning of Queensland Seniors' Month, and this year's theme is **"Connect and Celebrate."**

During these events, I had the wonderful opportunity to connect personally with many of you, which was truly rewarding.

I also attended the Caboolture Netball Grand Final Day and hosted a mobile office in Bribie Island, along with another session with Federal Member for Longman, Terry Young MP, in Donnybrook.

Furthermore, we have launched the Commission of Inquiry into Child Safety to expose the failures of Labor's broken system and to deliver meaningful reform aimed at protecting vulnerable children.

For the first time, monthly crime victim statistics are being released, showing a 5.7% decrease in victimisation rates across Queensland.

This is what delivering for Queensland looks like: safer communities, stronger frontline services, and accountability at every level.

As always, I am here to help you. If there is any issue I can assist you with, please feel free to get in touch with my office at pumicestone@parliament.qld.gov.au.

Your concerns are my priority, and I am committed to supporting you.

I look forward to seeing you out and about in our community.

Ariana Doolan



Ariana
DOOLAN MP
MEMBER FOR **PUMICESTONE**

🏠 1/43 Benabrow Avenue, Bellara
☎️ (07) 3474 2100
📧 ArianaDoolanMP
🌐 arianadoolan.com.au
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Bribie Island Physiotherapy & Lifestyle Gym

STRONGER FOR LONGER: HOW BRIBIE SENIORS CAN STAY ACTIVE, INDEPENDENT, AND PAIN-FREE

BECAUSE AGEING WELL IS ABOUT ADDING LIFE TO YOUR YEARS, NOT JUST YEARS TO YOUR LIFE.

BY BRIBIE ISLAND PHYSIOTHERAPY & LIFESTYLE GYM



September is Queensland Seniors Month – a time to celebrate the vital role our seniors play in our families and community. At Bribie Island Physiotherapy & Lifestyle Gym, we see every day how the right support helps older adults stay active, independent, and full of life. Unfortunately, many seniors believe slowing down, living with aches, or “just being careful” is a normal part of ageing. The truth is, with the right care and simple lifestyle adjustments, you can enjoy a healthy, independent, and fulfilling life well into your senior years.

Why Staying Active Matters More Than Ever

As we age, muscles naturally lose strength and joints can become stiffer. This affects balance, coordination, and confidence. It's often why small trips or stumbles can lead to serious falls – one of the biggest risks for seniors.

But here's the good news: **movement is medicine.** Regular exercise, even gentle, has been proven to:

- Improve strength and balance
- Reduce pain from arthritis and stiff joints
- Lower risk of falls and fractures
- Boost energy, mood, and memory
- Help you remain independent longer

The Hidden Costs of Ignoring Aches and Pains

It's easy to dismiss a sore knee, a stiff back, or “just feeling unsteady.” But untreated pain often leads to reduced activity – which quickly spirals into weakness, loss of mobility, and more pain.

We often see clients who waited months, even years, before seeking help. With early intervention, we can often prevent bigger problems and keep people enjoying the activities they love – whether that's gardening, golf, or simply playing with the grandkids.

Why Our Clinic is Different on Bribie

We are proud to be **family-owned and locally run**, not part of a corporate chain. This means we know our community, we take the time to listen, and every treatment plan is personalised.

Our strengths include:

- **Experienced team of physiotherapists and exercise physiologists** – led by our senior physiotherapist with over **15 years of experience** supporting clients to live stronger, healthier lives
- **Lifestyle Gym** – a unique, safe space where seniors exercise under professional guidance, not in an intimidating commercial gym
- **Highly trained massage therapists (both male and female)** – giving you the choice and comfort you deserve, with therapists skilled in helping seniors relieve pain, stiffness, and tension
- **One-on-one attention** so you never feel rushed or like a number
- **Holistic care** – from hands-on treatment to tailored exercise programs, and even advice for carers and families

On an island where seniors make up such a large part of the community, we believe you deserve world-class care without leaving Bribie.

New Service: Massage Therapy for Seniors

We are excited to announce that **massage therapy is now available at our clinic** – making it even easier for Bribie seniors to access a complete range of care in one place. Massage therapy offers more than just relaxation. For seniors, it can:

- Relieve muscular tension and stiffness

- Improve circulation and joint mobility
- Reduce stress and promote better sleep
- Support overall wellbeing alongside physiotherapy and exercise

Our massage therapists are among the **best trained on the island**, and with both **male and female therapists** available, you can choose the option that feels most comfortable for you.

For eligible clients, **massage therapy may also be funded through home care packages** – making it an affordable option to support your health and independence.

Simple Tips to Start Ageing Well Today

Even before seeing a physiotherapist, there are steps you can take at home:

1. **Move daily** – even a 20-minute walk helps.
2. **Practice balance** – stand on one foot near a chair for safety.
3. **Strengthen** – sit-to-stand from a chair, 10 times a day.
4. **Stretch gently** – especially ankles, hips, and shoulders.
5. **Don't ignore pain** – early treatment prevents long-term problems.

Celebrating Seniors Month with Our Community

This Seniors Month, we want to honour Bribie's senior community by offering:

- **Complimentary Seniors Wellness Check** – a 20-minute consultation to assess your mobility, balance, and pain concerns
- **Special Introductory Offer: Massage Therapy – 1 hour appointment for \$85 (September only)**

Final Word

Getting older doesn't mean giving up the activities you love. With the right support, you can stay strong, steady, and independent – and enjoy all that Bribie life has to offer.

At *Bribie Island Physiotherapy & Lifestyle Gym*, we are here to help you every step of the way – whether through physiotherapy, exercise, or now massage therapy. Because staying active isn't just about adding years to life – it's about adding life to years.

Bribie Island Physiotherapy & Lifestyle Gym

213 First Avenue, Bongaree, QLD 4507

Ph: 3408 0000

bribiephysio.com.au

New Service – Massage Therapy at Bribie Island Physio

- Relieve pain, reduce stiffness, improve sleep
- Gentle, professional care tailored for seniors
- Choice of male or female therapists
- Eligible clients may access funding through home care packages

Special Seniors Month Offer:

1 Hour Massage – \$85 (September only)

Call **3408 0000** to book your appointment today!

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19th October 2025

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Photo: Mike Watts



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Changing Seasons Consultancy, led by mother and daughter Melody and Shae, helps seniors and their families move through life's big transitions with care, clarity, and confidence.

Whether it's downsizing, selling, relocating, or reimagining how and where to live next, we're here to make the process easier — emotionally and practically.

What makes us different? We're not just consultants — we're Professional Organisers, licensed Real Estate Agents, experienced Project Managers, and compassionate guides.

We can sell your home for the best possible price, manage every detail of the move, and help you figure out what's truly right for your next chapter.

Drawing from a decade of experience in retirement living, we can analyse and advise clients on retirement communities that suit their individual needs and circumstances.

At the same time, we understand that aging in place is a meaningful and achievable option for those not keen on community living.

With invaluable construction experience and a trusted network of advisors and contractors, we take a holistic view and offer smart, realistic solutions tailored to your unique situation.

We know how personal this journey is — and that's exactly how we treat it. We handle every home with respect, and every client like family. Our goal is simple: to ease the burden so you or your loved ones can focus on what matters most.

At Changing Seasons, you're never just a client. You're someone we're proud to walk alongside, every step of the way.



Helping Seniors to Navigate Life-changing Transitions

We provide a comprehensive, managed portfolio of services, to support and guide you through your downsizing journey



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Seniors month

FEATURE



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SPORTS PAGES



BONGAREE BOWLS RESULTS

Bongaree Bowling Club Results 12/9/2025 to 25/9/2025

Results of Thursday Jackpot Pairs 11/9/2025

Winners: Ian Paterson, Graham Symonds

R/Up: Richie Ferguson, Neil Smith

Results of Friday Pairs 12/9/2025

Winners: Pat and Jim Warwick

R/up: Darryl and Bev Birt

Results of Saturday Scroungers 13/9/2025

1st: John Bell. 2nd: Ann Clarke, 3rd: Trevor Mallouk

Results of Tuesday 16/9/2025

Bonus Draw: Narelle and Robert Pender

Results of Wednesday Fours 17/9/2025

Winners: Val Smith, Beryl Moor, Pam Walker, Bob Vonarx

R/up: Roger Parker, Ken Wales, Col Hodges, Peter Thatcher

On Friday 19th September sixteen teams of four competed in the Bongaree Bowls Club's Ladies Mixed Carnival. A humid warm day greeted the bowlers in the morning when morning tea was served.

After a filling barbecue lunch, the clouds had cleared, and things really heated up. A great fun and competitive day were had. Prize money won was donated by our generous and loyal sponsors: Traditional Funerals, First National Real estate, Ariana Doolan MP, Files Stibbe Lawyers, Ireland Flooring Solutions and The Bongaree Veterans. The club would like to thank everyone involved in making this a successful event.

Results of Saturday Scroungers 20/9/2025

1st: Colin Sweet. 2nd: Gideon Croukamp. 3rd: Errol Fender

Results of Tuesday Turkey Pairs 23/9/2025

Winners: Doreen O'Halloran, Brenda Hutchinson

R/Up: Elna Jensen, Dee Morrison

Results of Wednesday Fours 24/9/2025

Winners: Sally Carrick, Leonie Timmerman, Prue Grounds, Peter Caruso

R/Up: Darryl Rowlingson, Bev Birt



1st place - Doreen O'Halloran and Brenda Hutchinson - The "Bongaree Prizes" being presented with their prize by Corina - Ariana Doolan MP representative



2nd Two Highest Score among "Traditional" being presented with their prize by "Member of Traditional Funerals"



3rd Overall winners for "Bongaree Prizes" being presented with their prize by Corina - Ariana Doolan MP representative



Prize Money donated from various sponsors "Bongaree Prizes" being presented with their prize by "Member of Traditional Funerals"



3rd Overall winners Bongaree "Bongaree Prizes" being presented with their prize by Best of First National Real Estate



Prize Money donated from various sponsors "Bongaree Prizes" being presented with their prize by Corina - Ariana Doolan MP representative

SOLANDER LAKE BOWLS SATURDAY 21/9/25

Tuesday Club Select Triples

Winners: Mardy Brenner, Val Jones

2nd: Betty Rudd, Hester Poulos, Rosa McLeod, Robert James

Wednesday Self Select Pairs

Winners: Maurie Bonello, Val Jones

2nd: Not Available

3rd: Not Available

Thursday Self Select Triples

Winners: Julie Watson, Anne Ager, Stuart Ager

2nd: Geoff Sorrensen, Kevin Moore, Steven Todd

3rd: Sharon Lethlean, Neil Lethlean, Brian Wrice

Friday Self Select Pairs

Winners Group A: Ted Dean, Brian Cayley

2nd Group A: Brad Jackson, Allen Lavender

Winners Group B: John Condon, Rob Horsfall

2nd Group B: Tony Ollier, Errol Sharp

Saturday Club Select Triples

Winners:

2nd: BEEF and BEER DAY

3rd:

W/E /26/9/25

Tuesday Club Select Triples

Winners: Billy Moore, Rosa McLeod, Bruce Purehouse

2nd: Hester Poulos, Cheryl Crawford, Keith Riethmuller, Stuart Ager

3rd: Beryl Cowperthwaite, Ross Luscombe, Janelle Day

Wednesday Self Select Pairs

Winners: Bob Stuart, Greg Caplick

2nd: Terry Curtis, Barry Curtis

3rd: Ray Zahl, Maggie Zahl

Thursday Self Select Triples

Winners: Dianne Nock, Ted Parker, Ron Boddenberg

2nd: Carmel Sorrensen, Ralph Chaplin, Anthony MacGregor

3rd: Ian Jackson, Tony Ollier, Rod Reilly

Friday Self Select Pairs

Winners Pool A: Mark Hanko, John Condon

2nd Pool A: Andy Denhart, Tony McGill

Winners Pool B: Peter Hodgson, Ian James

2nd Pool B: John Baker, Silvana Evans

BRIBIE ISLAND WOMEN'S GOLF

16 Sept to 25 Sept 2025

016/09/25 BRIBIE CLASSIC

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= 75 c/b

CLASSIC Stableford RUNNER
UP Linda Knopke (Laidley)
37,38 = 75

CLASSIC Senior WINNER Jo
Malone 73

CLASSIC Senior RUNNER UP
Myra Thomsen 71

CLASSIC WINNER Di
Benghamy 78,78 = 156

CLASSIC RUNNER UP Jo
Malone 83, 77 = 160

18/09/25 SINGLE STABLEFORD

DIV 1 WINNER Abby Driver 40.
2nd Ros Gardiner 38. 3rd Gay
Burnham 37 c/b

DIV 2 WINNER Jennifer
Warburton 40. 2nd Sue Lee 37.
3rd Jude Dorhauer 36 c/b
NTP Hole 4 Di Benghamy. Hole
7 Ann Squires. Hole 14 Abby
Driver. Hole 16 2nd shot Kris
Tomalin. Hole 14 (Div 3 2nd
shot) Claudia Lutgemeier

23/09/25 3 PERSON

AGGREGATE STABLEFORD

WINNERS Abby Driver & Julie
Bell & Tanya Zanow 105 c/b
2nd Carol McKenzie & Sharon
Blundell & Kate Wesener
NTP. Hole 4 Bev Isaksen. Hole
14 Rosanne Sullivan. Hole 16
2nd shot Jude Dorhauer

25/09/25 SINGLE STABLEFORD

DIV 1 WINNER Carole Watson
40 c/b. 2nd Val Phinn 40 c/b.
3rd Pauline Grooby 40

DIV 2 WINNER Gaby Bennett
43. 2nd Rae Clarke 38. 3rd Ann
Rogers 37

DIV 3 WINNER Sue Lee 42. 2nd
Claudia Lutgemeier 40. 3rd
Penny Brittain 39

NTP. Hole 4 Gill Lee. Hole 7
Wendy Robinson. Hole 14
Pauline Grooby. Hole 16 2nd
shot Gill Lee. Hole 14 (Div 3 2nd
shot) Carol Lobegeiger



CLASSIC 30 years Aisla and Ros



CLASSIC SENIOR 2nd place Myra with
Kate B



CLASSIC Runner up. SENIOR WINNER
Jo Malone



CLASSIC WINNER DI Benghamy with Aisla and Ann



MORETON BRIBIE BRIDGE CLUB

Club Championship Teams
event was held over two
Saturdays. Winners of
this event (pictured L to
R) were Janine Budgeon,
Helen Standfast, Charlene
Frederiksen and Jenny Hays.

Second placed team was
Richard Medhurst, Sue
Wagg, Paul Breene & Jill
Medhurst. Third, Ruth Webb,
Jean Kennedy, Lin McLaren,
Lorraine Carr & Janice Wright.
Congratulations all.

Other results were: Wed 17
Sep N/S 1 H Standfast & J
Budgeon 2 G & S Barnulf 3 C
& S Wagg E/W 1 S Watson &
J Kennedy 2 J Hays & K Cohen
3 R Floquet & J Kinross

Wed 24 Sep N/S 1 J
Borowski & J Easey 2 S
Watson & L McLaren 3 C
Browne & P Swan E/W 1 G
& S Barnulf 2 M Arthur & P
Edis 3 I Best & L Wilson

BICBC: Mon 15 Sep N/S
1 C Page & J Kennedy 2
M Arthur & N Denvir 3 L
Groves & A Fielding E/W 1 P
Hexel & C Browne 2 J Lawson
& S Smith 3 K Strickland & J
Jackson

Mon 22 Sep N/S 1 A Fielding
& J Easey 2 P Edis & C
McAlister 3 M Peterson & D
Quinan E/W 1 M Bailey & J
Fitzgerald 2 C & R Perrott 3
P Hexel & C Browne

**The Club welcomes visitors
and new players.** For
information phone **Ruth
0417656 693.**

Lessons and refresher classes
available, phone **Helen 0427
567 670**

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THE DEATH OF BOBBY SANDS

By Al Finegan

In the last edition, I told the story of the life of Bobby Sands till his death on 5th May 1981. His hunger strike lasted for 66 days, ending in a horrible death which sparked intense global reactions. There was widespread public mourning and unrest, particularly in nationalist areas of Northern Ireland.

A massive funeral procession, with over 100,000 attendees with full IRA military honours, marked the public grief. Despite this, the British government, under Prime Minister Margaret Thatcher, maintained a firm stance, attributing his death to suicide and showing little sympathy. The event also led to further hunger strikes and deaths, escalating the conflict and drawing international media attention to the republican movement.

In response to a question in the House of Commons after Bobby's death was announced, Prime Minister Margaret Thatcher said, "Mr Sands was a convicted criminal. He chose to take his own life. It was a choice that his organisation did not allow to many of its victims."

On 12th October 1984, at the Grand Hotel in Brighton, England, the IRA detonated a bomb in an attempt to kill Margaret Thatcher. Five were killed, and more than thirty people were injured. Through sheer luck, Thatcher escaped injury.

Cardinal Basil Hume, head of the Catholic Church in England and Wales, condemned Sands, describing the hunger strike as a form of violence. However, he noted, "... that this was his personal view. The Catholic Church's official stance is that ministrations should be provided to the hunger strikers who, believing their

sacrifice to be for a higher good, were acting in good conscience."

At football matches across Scotland, fans sang the republican song, "The Roll of Honour", which commemorates the 10 men who died in the 1981 hunger strike, amongst other songs in support of the IRA. Sands is commemorated in the line, "They stood beside their leader - the gallant Bobby Sands." The 1981 British Home Championship football tournament was cancelled following the refusal of teams from England and Wales to travel to Northern Ireland in the aftermath of his death, citing security concerns.

In Europe, there were widespread protests. 5,000 Milanese students burned the Union Flag and chanted, "Freedom for Ulster" during a march. The British Consulate at Ghent, Belgium was damaged in a raid. In Paris, thousands marched behind a huge portrait of Sands, to chants of, "The IRA will conquer".

In the Portuguese Parliament, the opposition stood in a minute's silence for Sands. In Oslo, one demonstrator threw a tomato at the visiting Queen Elizabeth II, (he missed). In the Soviet Union, Pravda described Bobby's death as "Another tragic page in the grim chronicle of oppression, discrimination, terror, and violence in Ireland."

Many French towns and cities have streets named after Sands, including Nantes, Saint-Étienne, Le Mans, Vierzon, and Saint-Denis. The conservative-aligned West German newspaper Die Welt took a negative view towards Sands saying, "The British Government was right and Sands was simply trying to blackmail the state with his life".

In the United States, a number of political, religious, union and fund-raising institutions chose to honour Sands. The International Longshoremen's Association in New York announced a 24-hour boycott of British ships. Thousands of people gathered in New York's St. Patrick's Cathedral

to hear Cardinal Terence Cooke offer a reconciliation Mass for Northern Ireland. Irish pubs in the city were closed for two hours in mourning. The New Jersey General Assembly, the lower house of the New Jersey Legislature, voted 34-29 for a resolution honouring his "courage and commitment". The American media expressed a range of opinions on Sands' death.

The Boston Globe commented, a few days before Sands' death, that "The slow suicide attempt of Bobby Sands has cast his land and his cause into another downward spiral of death and despair. There are no heroes in the saga of Bobby Sands."

The Chicago Tribune wrote that, "Mahatma Gandhi used the hunger strike to move his countrymen to abstain from fratricide. Bobby Sands' deliberate slow suicide is intended to precipitate civil war. The former deserved veneration and influence. The latter would be viewed, in a reasonable world, not as a charismatic martyr but as a fanatical suicide, whose regrettable death provides no sufficient occasion for killing others."

In an editorial, The New York Times wrote that, "Britain's prime minister Thatcher is right in refusing to yield political status to Bobby Sands, the Irish Republican Army hunger striker", but added that, "... by appearing unfeeling and unresponsive", the British Government was giving Sands "the crown of martyrdom". The San Francisco Chronicle argued that, "... political belief should not exempt activists from criminal law:

Terrorism goes far beyond the expression of political belief. And dealing with it does not allow for compromise as many countries of Western Europe and United States have learned.

The bombing of bars, hotels, restaurants, robbing of banks, abductions, and killings of prominent figures are all criminal acts



and must be dealt with by criminal law."

Some American critics and journalists suggested that American press coverage was a *"melodrama"*. Edward Langley of The Pittsburgh Press criticised the large pro-IRA Irish-American contingent which *"... swallow IRA propaganda as if it were taffy"*, and concluded that, *"The IRA terrorist propaganda triumphs"*.



1981 Monument in Providence, Rhode Island, New York. Dedicated to the H-Block Hunger strikers in May 2023

Archbishop John R. Roach, president of the National Conference of Catholic Bishops, called Sands' death *"...a useless sacrifice"*. The Ledger (Florida) of 5th May 1981, claimed that the hunger strike made Sands *"... a hero among Irish Republicans, or nationalists, seeking the reunion of Protestant-dominated and British-ruled Northern Ireland with the independent and predominantly Catholic Irish Republic to the south"*. The Ledger quoted Sands as saying, *"If I die, God will understand"*, and *"Tell everyone I'll see them somewhere, sometime"*.

In 1997, a memorial in Hartford, Connecticut was dedicated to Bobby Sands and the other hunger strikers, the only one of its kind in the United States. Set up by the Irish Northern Aid Committee and local Irish-Americans, it stands in a traffic island known as *"Bobby Sands Circle"*. Even in Havana, Cuba, a memorial to Sands and the other hunger strikers was unveiled in 2001.

But of all the messages in support for Bobby Sands' sacrifice in 1981, it is the events in Tehran, Iran that stand out. After President Abolhasan Bani-Sadr sent a message of condolence to the Sands' family, the Iranian government renamed Winston Churchill Boulevard, the location of the Embassy of the United Kingdom in Tehran, to Bobby Sands Street.

To avoid using Bobby Sands Street on its letterhead, an enraged British Government spent thousands to rebuild its entrance door on Ferdowsi Street, a side street. In the Elahiyeh district of Tehran another street was also named after Sands.



At the external rear wall of the British embassy compound, an official blue and white street sign was affixed to the wall saying (in Persian) *"Bobby Sands Street"* with three words of explanation *"militant Irish guerrilla"*. The official Iranian Fars News Agency called Bobby Sands' death *"heroic"*.

The British pressured Iranian authorities to change the name of Bobby Sands Street but this was denied. A burger bar in Tehran was named in honour of Sands.

Palestinian prisoners incarcerated in the Israeli desert prison of Nafha sent a letter which was smuggled out and reached Belfast in July 1981. It read, *"To the families of Bobby Sands and his martyred comrades."*

We, revolutionaries of the Palestinian people...extend our salutes and solidarity with you in the confrontation against the oppressive terrorist rule enforced upon the Irish people by the British ruling elite.

We salute the heroic struggle of Bobby Sands and his comrades, for they have sacrificed the most valuable possession of any human being. They gave their lives for freedom."

The Hindustan Times said, *"Margaret Thatcher had allowed a fellow Member of Parliament to die of starvation, an incident which had never before occurred in a civilised country"*. In the Indian Parliament, opposition members in the upper house Rajya Sabha stood for a minute's silence in tribute.

The ruling Congress Party did not participate. Protest marches were organised against the British government and in tribute to Sands and his fellow hunger strikers. In Hong Kong, the Standard said it was *"... sad that successive British governments have failed to end the last of Europe's religious wars"*.

Nine other IRA and Irish National Liberation Army members who were involved in the 1981 Hunger Strike died after Bobby Sands.

On the day of Sands's funeral, Unionist leader Ian Paisley held a memorial service outside Belfast City Hall to commemorate the victims of the IRA. In the Irish general election held the same year, two anti H-block candidates won seats on an abstentionist basis.

Sands's Westminster seat was taken by his election agent, Owen Carron, standing as *'Anti H-Block Proxy Political Prisoner'* with an increased majority. Shortly after Sands' death, the Representation of the People Act 1981 was passed through parliament. As a result of the Act, other prisoners on hunger strike were unable to stand in the second 1981 by-election in Fermanagh and South Tyrone.

The night after Sands died, The Grateful Dead performed at the Nassau Coliseum, where guitarist Bob Weir dedicated the song, *"He's Gone"* to Bobby. The concert was later released as Dick's Picks Volume 13, part of the Grateful Dead's program of

live concert releases.

Other songs written in response to the hunger strikes and Sands's death include Easterhouse, Black 47, Nicky Wire, Meic Stevens, the Undertones, Eric Bogle, Soldat Louis and Christy Moore.

Moore's song, *"The People's Own MP"*, has been described as an example of a rebel song of the "hero-martyr" genre in which Sands's *"intellectual, artistic and moral qualities"* are eulogised. Even as late as November 2013, Celtic FC received a €50,000 fine from UEFA over banners depicting Sands with a political message, which were displayed during a game by Green Brigade fans.

Bobby Sands has been portrayed in the following films by:

John Lynch in the 1996 film *"Some Mother's Son"*. **Mark O'Halloran** in the 2001 film *"H3"*. **Michael Fassbender** in *"Hunger"*, a 2008 film by Steve McQueen. It premiered at the 2008 Cannes Film Festival and won McQueen the prestigious Caméra d'Or (Golden Camera) award for first-time filmmakers.

In 2016, a documentary film *"Bobby Sands: 66 Days"* was released.

Bobby's sister, Bernadette Sands McKevitt, is also a prominent Irish republican. In 1997, she was a founding member of the 32 County Sovereignty Movement. She opposed the Good Friday Agreement, stating that, *"Bobby did not die for cross-border bodies with executive powers. He did not die for nationalists to be equal British citizens within the Northern Ireland state."*

Bobby's death resulted in a fresh surge of IRA activity and an immediate escalation in *"The Troubles"*. IRA recruitment and fund-raising also escalated. Both nationalists and unionists began to harden their attitudes and move towards political extremes. Death and violence became the norm.

Then on 10th April 1998, the *"Good Friday Agreement"* was signed. It was based on the idea of co-operation between communities. The deal brought an end to 30 years of conflict in Northern Ireland.

Importantly, it proclaimed a new power-sharing government for Northern Ireland, representing both Nationalists and Unionists.

The Westminster government gave this new government control over key areas such as health and education - a process they called devolution. Key parts of the agreement state that, *"Armed groups agree to dispose of their weapons. People who had been involved in violence to be released from prison, and the UK government agrees to aim for ... normal security arrangements - including the scaling back of the British military presence."*

It's not a perfect outcome, but hopefully, Bobby and his other nine martyrs might see it as a small victory. But the division between Catholics and Protestants is still prominent in the 6 counties of Northern Ireland.

FASCINATING BRIBIE SECRETS REVEALED



Barry Clark - Bribie Island
Historical Society

Bribie Island has a remarkable history and surprising secrets to reveal if you know where to look. James Cook first sailed this coastline in 1770 and named the distant Glasshouses, as they reminded him of Glass Factories in his distant homeland.

When Matthew Flinders explored Moreton Bay with his Sydney Aboriginal companion Bongaree 30 years later in 1799, he was the first European to set foot on Bribie Island and climb Glasshouse Mountain.

It would be another 60 years before the colony of Queensland was separated from NSW in 1859. During those years, very few people came to desolate Bribie Island, other than three castaway convicts who lived among the indigenous people in 1823.

When they were found in 1824, they led to the discovery of the Brisbane River and the founding of a new Moreton Bay Penal Colony.

Within a hundred years of Europeans first sighting this coastline, the extensive Aboriginal population of Moreton Bay had been reduced to just a few, leading to the establishment of Queensland's first, but short-lived, Aboriginal

reserve on Bribie Island at Whitepatch in 1877.

In 1891, Bribie Island was briefly visited by Archibald Meston, an Explorer, Author and Politician, and official Protector of the Aborigines, who made this comment on his log: It is quite remarkable that just a few years later, Brisbane businessmen decided to invest tens

“Bribie Island is one of the meanest pieces of country in Australia... ..a howling desert of tea-tree swamps, rank aquatic vegetation and unimaginable cussedness”

of millions of pounds building a steam ship and leasing large areas of the deserted Island to create Australia's first Island holiday destination.

A jetty was built at Bongaree in 1912, and the steamship Koopa arrived from the UK, which began many years of mass tourism with thousands of people coming to enjoy a cheap and healthy holiday.



More people came to camp and fish on Bribie Island than the entire population of Caboolture Shire at the time.

These remarkable early boom years for Bribie Island were interrupted in the 1930s by the Great Depression, and soon after that came World War 2.

The Steamship Koopa was requisitioned for naval service. Australian and American military

troops occupied military installations on Bribie and at Sandstone Point.

A large training camp and military structures were constructed. All but a few essential services, people were evacuated from Bribie, and the military occupied many Bribie homes.

Tourism and steamship holiday excursions resumed after the War, but by 1952, the Motor Car had become the favoured transport, and people braved the dreadful dirt roads to bring their car by ferry barge across the Passage to the Island.



The Steamship stopped running, and for 10 years, access to Bribie was by barge from Sandstone Point before the Bribie bridge was



built in 1963. The Island was joined to the mainland, and island life changed dramatically.

Now, more than 60 years after the first bridge, issues of a new Bridge, access, public transport, traffic control, population, and development are once again dramatically impacting the Island's future.

In the 226 years since Flinders and Bongaree

first landed on Bribie, it has experienced many remarkable events of significance to both Queensland and Australia.

I have listed some of Bribes' little-known secrets below for your interest and discussion.

A FEW BRIBIE SECRETS

- More than 50 Aboriginal sites and Bora rings have been officially identified and surveyed on Bribie, revealing occupation over many thousands of years.

-The Water Tower in the Caravan Park at Bongaree is built on the site of a huge Aboriginal shell midden, which was known as The Hill before it was levelled in the 1930s/1930's.

-Red Beach is a name carried over from the War Years, when Australian and US troops carried out beach landing craft training at various colour-coded sections of the ocean beach.

-Australia's first Opera was written on Bribie Island by Emily Coungeau, whose grand home, built in 1916, still stands in Banya Street, Bongaree, now owned by ToCH.

-The initial concept of an ANZAC Day commemoration for those lost in WW1 was initiated by Brisbane businessmen on a fishing trip at Bongaree in January 1916.

-In 1960, Queensland University established an Ionospheric Research Centre on Bribie Island to study the behaviour of Radio signals in the upper atmosphere.

It was built in bushland behind where the Community Arts Centre stands today.

For this high-tech work, an Atomic Clock was installed to monitor precise timing signals, which eventually led the world to develop the mobile phone we all use today.



-In 1968, after the largest personal Tax evasion investigation case in Australian history, the former operator of the Bribie car ferry barge service agreed to pay 500,000 pounds in back taxes. In today's money, that's equivalent to about \$10 million.

-Over the years, residents of Bribie Island have made three attempts to break away from Caboolture and establish Bribie Island as its own Shire.

These unsuccessful attempts at secession were in 1914, 1932 and 1967, reflecting periods of significant growth and change.

We may be approaching another such period of change ahead.

"It might not be too much to claim, Pumicestone Passage and Bribie Island contain more history, written and unwritten, than any other place in Queensland."

The late Sunshine Coast historian Stan Tutt spent much of his 95-year life researching and documenting the heritage of this area, and in 1981, he said ...

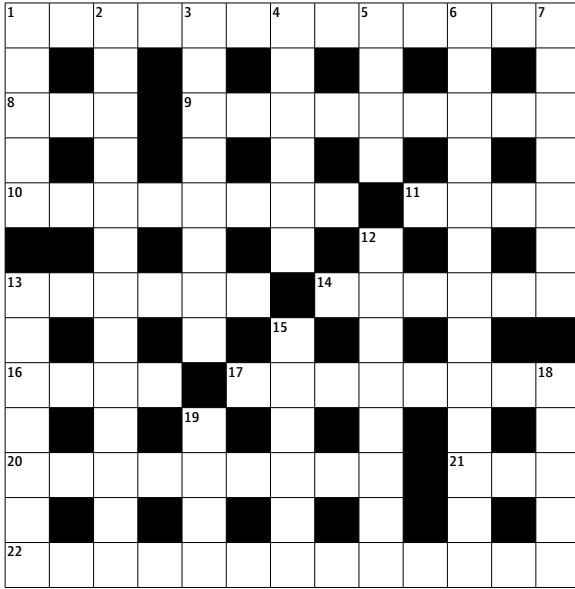
MORE BRIBIE HISTORY

Bribie Historical Society meets on second Wednesday of each month at 6:30pm at RSL Club and visitors are always welcome.

Come and see what we do.

See much more on Web site bribiehistoricalsociety.org.au and Blog site <http://bribieislandhistory.blogspot.com> or contact us on bribiehistoricalsociety@gmail.com

Crosswords - QUICK & CRYPTIC



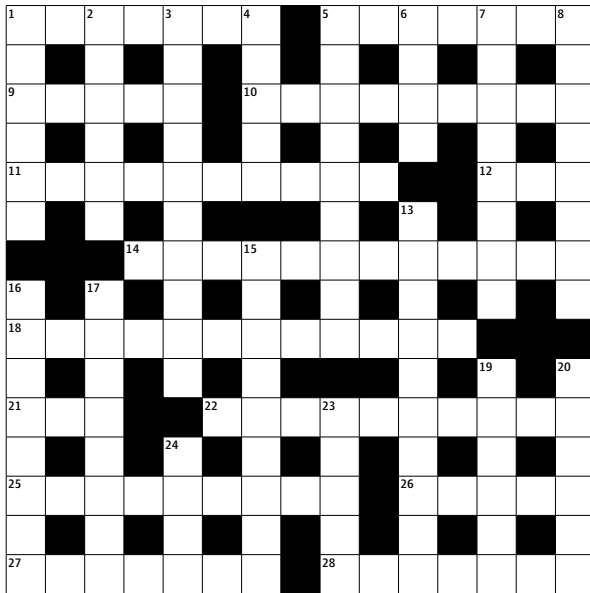
Across

- 1 Stone Age tool-making process (5-8)
- 8 Tease - youngster (3)
- 9 One starts on the grid (6,3)
- 10 Find out (8)
- 11 Thompson or Watson? (4)
- 13 Cloud over (6)
- 14 Suffused (6)
- 16 They're a sign of austerity (4)
- 17 Consistently correct (8)
- 20 Lacking an identity (9)
- 21 (Much) fuss (3)
- 22 Diverse (13)

Down

- 1 Not the genuine article (5)
- 2 Careless talk - doctrine is sin (anag) (13)
- 3 Change channel (4,4)
- 4 (You're) under arrest (slang) (6)
- 5 Shetland or show? (4)
- 6 Out of contact (13)
- 7 Floral decoration (7)
- 12 Lock up (8)
- 13 Speak theatrically (7)
- 15 Straighten (something curled up) (6)
- 18 Total (without deductions) (5)
- 19 Exaggerated claims (4)

CRYPTIC



Across

- 1 "The bold and the beautiful" - in the wash? (4)
- 3 On the run - gap since repaired (8)
- 9 Long haired to suit her dress (7)
- 10 Chief seen to draw the line (5)
- 11 Young lady, with shirt tail tucked in, keeps up (5)
- 12 Spanish gent opens the door - what an ass (6)
- 14 To stand up to the rest is foolish (6)
- 16 Church sets order for trunks (6)
- 19 Subdued forest vandalism (6)
- 21 Legal but nasty finally (5)
- 24 Passing celebration for the conscious (5)
- 25 Tar a friend with something to bid for (7)
- 26 Love is, apparently...in song (8)
- 27 Go ahead - pray without the soft approach (4)

Down

- 1 They learn choral medley aboard ship (8)
- 2 Cares about space (5)
- 4 Bookie starts races (6)
- 5 Protection at the forefront seen in the kitchen, usually (5)
- 6 Sick head? Make a complaint (7)
- 7 Soldier needed both hands to handle her (4)
- 8 Patient supporters (6)
- 13 Set apart but given to ideals (8)
- 15 Depot finds a place to hold silver (7)
- 17 Individual constitution? (6)
- 18 Covers mixed farms needing direction (6)
- 20 Surprise sees husband heading out of danger (5)
- 22 Fleas swim - doubtful (5)
- 23 Dodge jaguars obviously (4)

SOLUTIONS

CRYPTIC SOLUTION



QUICK SOLUTION



KIDS'

Sudoku

Fill the grid so that every row, every column and every 3x3 box contains the numbers 1 to 9.

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

SPOT THE 10 DIFFERENCES



- | | | |
|------------|------------|------------|
| Black | Ginger | Matcha |
| Breakfast | Green | Mint |
| Brew | Herbal | Mug |
| Chamomile | Hibiscus | Oolong |
| China | Hot Tea | Party |
| Cozy | Iced Tea | Peppermint |
| Cup | Infusion | Red Zinger |
| Darjeeling | Kettle | Rooibos |
| Earl Grey | Lemon | Saucer |
| English | Loose Leaf | Scones |
| Sencha | Teapot | |
| Strainer | White | |

FIND A WORD

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

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Pawsome Pet Pages

PETS WITHOUT PEOPLE

Welcome to our new rescue segment, inspired by Sue Kirley, who has been a local on Bribie for 28 years. Occasionally, Bribie vets reach out to Sue to help rehome a desexed, healthy cat or dog in need of a new home.

Meet Ghost, Sue's fourth cat, **Ghost is an 11-year-old desexed male Russian Blue** who has been cherished by a single devoted owner. Unfortunately, due to illness, his owner has had to move to a care facility, leaving Ghost in need of a new home.

He is gentle and affectionate, and he would thrive in a peaceful environment, particularly with an older companion. With an estimated 7-8 years of love left to give, Ghost urgently seeks a caring home where he can feel safe and valued.

Don't miss this wonderful opportunity to meet Ghost in person! If you feel a connection and want to take the first step toward welcoming him into your life, please reach out to **Sue at 0429 144 918**.

Your love could be exactly what Ghost has been waiting for!

If you have a pet that needs rehoming, please send us a photo and information so we can help put pets with people!

Ghost



Ruby



Astro



Bella & Tilly



Ellie



Nuggy



Fluffy

Annual General Meeting

Caboolture and District Animal Welfare Inc (CADAWI) operates an op shop where we recycle, reduce, and reuse donated items to support the welfare of cats and dogs in the City of Moreton Bay.

We provide foster care and adoption services for cats and dogs, as well as support for individuals experiencing financial hardship by subsidising desexing, veterinary bills and microchipping.

You can check out the animals in our care that are ready for adoption at petrescue.com.au/CADAWI.

Our organisation is membership-based and run entirely by volunteers.

We will be having our Annual General Meeting as follows:

**10am, Saturday, 15th November
ANZAC Room, Bribie RSL
99 Toorbul Street, Bongaree, Bribie**

Vacant positions that will be elected upon are: 2 x Committee Members, Treasurer and Vice President. All members are invited to attend. Please contact us if you would like more information or would like to become a member, a foster carer or a shop volunteer.



Caboolture & District Animal Welfare Inc

Shop 1, 60 Hornsby Road, Bongaree, Bribie

www.CADAWI.org.au

Phone: 0491 455 211

Email: admin@CADAWI.org.au

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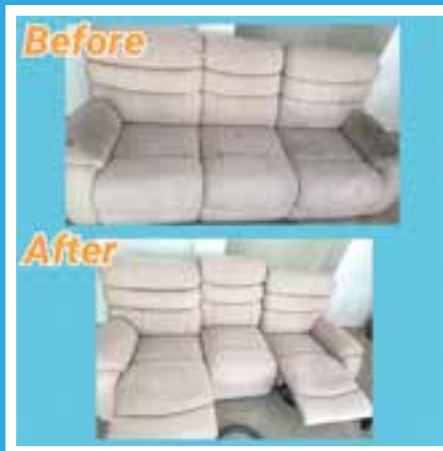
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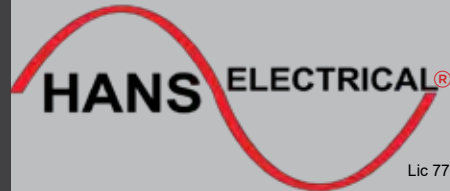


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ESSENTIAL PREPARATIONS

As storm season approaches in Australia, many homeowners are reminded of the importance of ensuring their properties are prepared for the harsh weather conditions that can occur. While some may think that minor fixes can be addressed with a DIY attitude, enlisting qualified tradespersons can significantly enhance the safety and durability of your home.

The impact of storms—characterised by high winds, torrential rain, and even hail—can lead to significant damage if homes are not properly fortified. One of the first areas to consider is roofing. Leaks or damage to tiles can worsen during heavy rain, potentially resulting in water ingress and subsequent damage to internal structures. Engaging a licensed roofer to inspect and repair any issues beforehand can save homeowners from costly repairs down the track.

Another crucial area to address is drainage. Clogged gutters and downpipes can quickly lead to flooding around the home. A qualified plumber can ensure that your drainage systems are in optimal working condition, clearing debris and making necessary adjustments. This proactive approach not only protects the property but also contributes to the overall efficiency of the water management system.

Windows and doors also require attention. Storms can produce flying debris that can shatter unprotected glass or force open poorly secured entry points. Skilled tradesmen can install storm shutters or impact-resistant glass, providing an extra layer of security, ensuring that windows and doors are correctly sealed can prevent wind-driven rain from entering the home.

The landscape around your home plays a significant role in storm preparedness as well. Overhanging branches and improperly placed shrubs can cause damage during high winds. Engaging an arborist to assess the health of trees and remove any potentially hazardous branches is a wise decision. Landscapers can also implement effective designs that promote proper water runoff, reducing the chances of water pooling around the foundation of your house.

Homeowners should not overlook the importance of electrical safety. Storms can lead to power outages, and water intrusion can pose severe risks to any electrical systems. A qualified electrician can inspect wiring and ensure that circuits, especially those in vulnerable areas, are secure and up to code. Installing surge protectors and backup systems can also mitigate damage from power surges resulting from storm activity.

Finally, engaging a professional in the field of building maintenance can provide a holistic approach to storm readiness. They can complete comprehensive assessments, ensuring every aspect of your home is storm-ready, from the roof to the foundation.

While the desire to save money can lead many homeowners to undertake repairs themselves, when it comes to preparing for storm season, the expertise offered by qualified trades is invaluable. Not only do they bring a level of skill and knowledge that can identify underlying issues that might not be visible to the untrained eye, but they also provide peace of mind.

By investing in qualified trades to get your house ready for storm season, you protect not just your property, but your family and well-being as well. Taking the appropriate measures now can lead to significant long-term savings and a safer living environment when the storm season hits.

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Moreton Bay residents

urged to start preparing now for severe weather

- Moreton Bay residents are being urged to begin preparations for severe weather following recent unseasonal storm activity
- Unseasonal storms brought hail to parts of Moreton Bay in mid-August, and spring is expected to bring above average rainfall
- Residents are being urged to clean up their properties, check their insurances, sign up for Moreton Alert and monitor official weather warnings

Moreton Bay residents are being told to urgently prepare for severe weather following recent unseasonal thunderstorm activity and predictions of a soggy spring.

Parts of Moreton Bay, including Caboolture and Narangba, were hit with hail producing storms in August, and long-range forecasts show spring will likely bring above average rainfall for most of eastern Australia.

City of Moreton Bay Mayor Peter Flannery said now was the time to start preparing for the arrival of severe weather, including potential flooding and damaging storm activity.

“September may seem early for severe weather preparations, but we’ve already had some severe thunderstorm activity, and we are expecting a wetter than normal spring,” he said.

“With this in mind, we are asking residents to start clearing gutters and overhanging tree branches, and to ensure they pack an emergency kit, check their insurances, download their flood check property report to understand their flood risk, and get a household emergency plan ready.

“We’re also asking them to make sure they’re getting the latest information and severe weather warnings by signing up to receive Moreton Alert.”

Local Disaster Management Group Chair and Division 10 Councillor Matt Constance urged residents to monitor the Bureau of Meteorology’s website and app for official warnings alongside Council’s Disaster Dashboard for local updates on severe weather, road closures, power outages and evacuation centres.

“In partnership with WeatherWatch, which provides tailored forecasts for Moreton Bay, Council recently introduced a real-time thunderstorm risk information into its Disaster Dashboard,” he said.

“This weather analysis tool highlights severe thunderstorm activity and updates every five minutes using radar imagery from the Bureau of Meteorology’s Mt Stapylton station in Brisbane. “Residents can click on individual storm cells to see their severity

and potential impacts, helping them stay informed and prepare.

“However, when it comes to the storm season, it’s important residents don’t wait for a warning – we want them to start preparing now.”

Top storm season tips:

- **Plan:** Understand your risks and make a plan for your household to follow during a disaster.
- **Prepare:** Prepare an emergency kit that you and your family can use for up to three days with no electricity or water. Keep your property maintained by clearing debris from your yard and gutters and keeping grass cut short.
- **Survive:** Follow your emergency plan, grab your emergency kit and be ready to take action.
- **Sign up** to Moreton Alert, monitor the Bureau of Meteorology’s website and app for official warnings, and check Council’s Disaster Dashboard for up-to-date information

To understand your risks and plan for severe weather season visit: <https://www.moretonbay.qld.gov.au/Services/Disaster-Management>

To understand your flood risk, download your flood check property report: Flood check property report - City of Moreton Bay

To sign-up for Moreton Alert, a free SMS, email and voice alert system providing severe weather warnings, bushfire warning messages and other important alerts visit: **MoretonAlert - City of Moreton Bay**

The City of Moreton Bay Disaster Dashboard can be accessed at <https://disaster.moretonbay.qld.gov.au>

The Bureau of Meteorology (BOM) is Australia’s official source of weather warnings. For more information on weather warnings visit: <https://www.bom.gov.au>



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Mould in Bathrooms:

Health Risks and Prevention

Mould in bathrooms is not just an unsightly inconvenience; it poses significant health risks that demand our attention. Bathrooms, often characterised by high humidity and limited ventilation, create the perfect breeding ground for mould spores. When these spores settle on damp surfaces, they multiply rapidly, leading to potentially hazardous conditions.

One of the primary concerns with bathroom mould is its impact on respiratory health. According to health experts, inhaling mould spores can trigger allergic reactions, exacerbate asthma symptoms, and even lead to chronic respiratory issues. Those with pre-existing health conditions, infants, and the elderly are particularly vulnerable to these effects.

Furthermore, prolonged exposure to mould may result in more serious health complications, including chronic sinusitis or lung infections.

Beyond health risks, mould in bathrooms can cause significant damage to the structure of a home. It thrives in areas where moisture is abundant, undermining drywall, ceilings, and even wooden fixtures. This deterioration not only affects the aesthetics of a bathroom but can also lead to costly repairs. Ignoring a mould problem can create a cycle of damage that is much more difficult to address in the long run.

Preventing mould growth requires a proactive approach. Homeowners should ensure that bathrooms are well-ventilated; using exhaust fans during and after showers can significantly reduce humidity levels. Regular cleaning with mould-resistant solutions is essential to keep surfaces dry and free from spores.

It is crucial to recognise the danger that mould presents in bathrooms. By taking preventive measures and maintaining vigilance, we can protect our health and our homes from the invisible threat of mould. It's time we prioritise mould prevention in our households to ensure a safe and healthy living environment.



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Open Minds and Bric Housing Celebrate



10 Year Mental Health & Housing Partnership Ahead of Mental Health Awareness Month

As Australia prepares to shine a month-long spotlight on mental health, Open Minds and Bric Housing are celebrating an important partnership that has successfully provided pathways out of homelessness for people facing domestic violence, drug and alcohol addiction, mental health challenges and other barriers.

This month, independent not-for-profit organisation Open Minds and Bric Housing will together celebrate the 10-year anniversary of Henry Street Redcliffe, a supported housing complex that has provided safe and sustainable homes for people facing homelessness and other complex challenges.

The important collaboration, which aligns with the City of Moreton Bay's Homelessness Action Now initiative for 2025, highlights the importance of collaborative local solutions to address growing housing needs.

To mark this major milestone, Open Minds and Bric Housing hosted an anniversary event at 8-10 Henry Street in Redcliffe, where they were joined by the Queensland Mental Health Commissioner, members from Q Shelter, Housing & Homelessness Services and the Department of Housing, and local Member for Redcliffe Kerri-Anne Dooley MP.

The milestone event included tenants who shared stories of how the Henry Street complex helped them find safety, stability, and a sense of community. "For ten years, Henry Street has shown that when you combine a safe home with the right support, people can move beyond crisis and into long-term stability," said Karen Hale-Robertson, Open Minds CEO.

"This anniversary is about more than looking back - it's about demonstrating what works, and why partnerships like this should continue to be scaled across Queensland."

Bric Housing CEO Jane West said the partnership was proof that collaboration delivers lasting results.

"Housing alone is not enough. By bringing together tenancy management and supports,

Henry Street has proved over the years how to create real change in people's lives."



"Henry Street stands as a powerful example of how housing and support can change lives. Over the past 10 years, this program has provided not just a roof over people's heads, but genuine pathways out of homelessness. We are proud to mark this milestone with our partners and remain committed to delivering local solutions that create stability, dignity, and opportunity for those who need it most."

One of Henry Street's long-term residents reinforced the importance of combining safe homes and support, stating "A home is a roof over my head, somewhere I lock the door without being scared... Carly (Case Manager) and Emma (Support Worker) have been a big help, they have given me the confidence to do the stuff I couldn't do before... I'm never going to feel homeless again!"

Funded through the Queensland Government's Homelessness Program, Henry Street provides 24/7 supported transitional housing for individuals and families experiencing homelessness or at risk of homelessness.

Tenants live under standard RTA leases, with the added support of case management, brokerage funding, outreach, and connections to external services.

This approach empowers people to overcome barriers and work towards independent living. Since opening in 2015, Henry Street has supported more than 60 tenants, with outcomes ranging from recovery-focused

personal achievements to positive transitions into long-term housing.

The program has also provided pathways out of homelessness for people facing domestic violence, mental health challenges, drug and alcohol addiction, physical impairments, and other barriers.

About Open Minds

Open Minds Australia Limited is a respected, independent not-for-profit organisation with over 113 years of experience supporting people living with mental illness and psychosocial disability across Queensland and New South Wales.

Since its founding in 1912, Open Minds has empowered more than 579,000 individuals through its person-centred, recovery-focused approach to care.

With a team of over 450 employees across 15 locations, the organisation provides a wide range of services including mental health support, psychosocial disability services, suicide prevention, NDIS-funded supports, and housing assistance.

Originally established as the Queensland Wattle Day League, Open Minds has evolved into a modern, inclusive provider that champions wellbeing and independence. It is also the proud host of the Queensland Mental Health Awards, recognising excellence and innovation in the sector.

About Bric Housing

Bric Housing is a leading community housing provider in South East Queensland, managing over 900 tenancies across 200+ properties in the region. Bric delivers high-quality, affordable, and secure housing, with a focus on enabling tenants with complex needs to sustain tenancies and move toward independence.

Their services span transitional accommodation to long-term social housing, underpinned by robust tenancy management and community partnerships.



REDEFINING THE CEILING

WITH DEFINITION AND STYLE

Gyprock launches the new Canto™ cornice

CSR Gyprock®, Australia's leading plasterboard manufacturer, has introduced the Canto™ profile to its comprehensive cornice range.

While minimalistic in form, the 90mm design is distinctive, featuring a stepped ridge that flows into a subtle curve, transforming the ceiling line into a striking feature.

Renee McGinty, General Manager Marketing, CSR, says this year they are seeing greater focus on ceilings and overhead features, with cornices becoming a key design element thanks to the balance of functional and visual benefits they bring.

"With modern interiors increasingly more open plan, greater emphasis is being placed on how

each surface contributes to the overall look and feel of a space. Capable of influencing the mood, flow and character of a room as much as the walls and floor, today's ceilings are often referred to as the "fifth wall" of interior design."

"Cornices help frame walls and can transform a room simply by the cornice profile a homeowner chooses. Canto, for example, is an elegant profile perfectly suited to Hamptons, Contemporary and Mid-Century interiors and brings balance to a room when paired with complementary features such as skirting, architraves or statement lighting."

From living rooms to bedrooms, from subtle details to bold statement features, cornices are one of the simplest and most cost-effective ways to refresh a space, instantly changing

the mood and providing an elevated detail that turns ordinary spaces into homes with personality and polish, without the need for major structural work.

To help visualise how a cornice will suit a room, Gyprock's interactive online Cornice Visualiser tool, allows homeowners to experiment with cornice designs in real-time across a variety of room styles with a choice of wall colour, ceiling height, lighting effects and accessories.

With the launch of Canto, Gyprock's Inspiration range now offers seven different cornice profiles that complement emerging Australian interior style trends.

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Gyprock actively supports plasterboard recycling both to help the environment by reducing waste going to landfill and also because it is often a great way for builders to save on waste tipping fees and site clean-up costs as well as improve site safety with better resource management.

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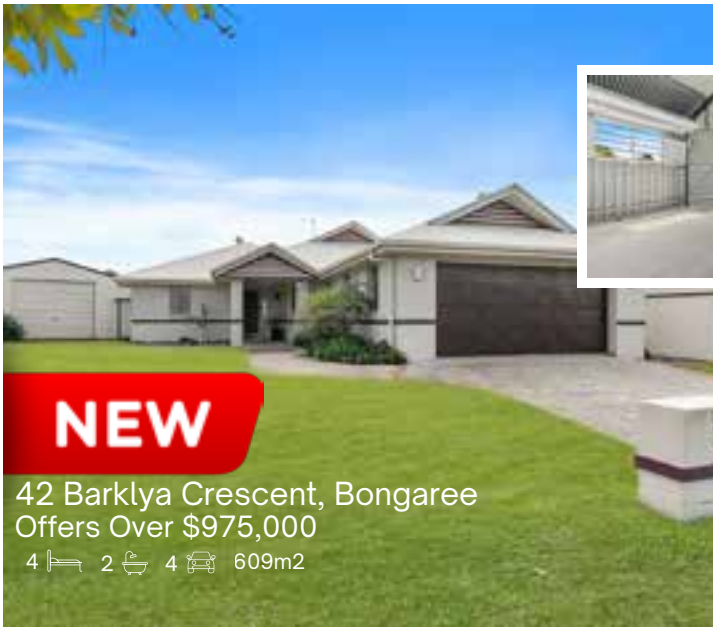


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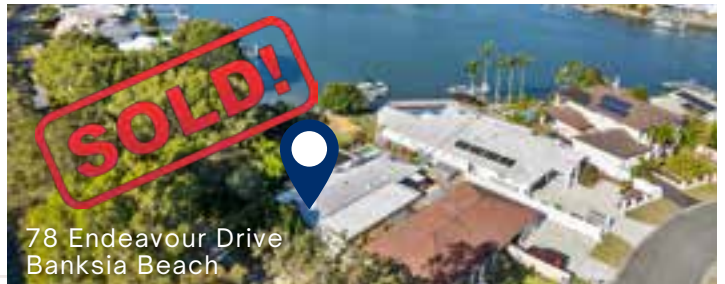


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Professional Guidelines & Concepts for Wallpapering Your Hallway

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Images from (Thibaut)

The hallway serves as the initial point of contact for visitors to your home, offering an opportunity to establish an immediate and lasting impression.

Applying wallpaper in the hallway provides an opportunity to reflect personal character and style, ensuring alignment with the overall aesthetic of the home.

Design Tips and Ideas:

- It is important to carefully assess the dimensions of the hallway (including both width and height) as these measurements are essential for determining the most appropriate wallpaper style and colour.
- In narrow or dimly lit hallways, it is advisable to use light-coloured wallpapers that feature an open background or a subtle sheen. These elements help reflect light, thereby enhancing the sense of openness and making the area feel more inviting.
- Textured wallpapers introduce depth and a refined aesthetic that paint alone cannot achieve. They establish a neutral backdrop, enabling the addition of artwork, photographs, and other decorative elements.
- For those seeking a cosy or a more dramatic atmosphere in their hallway, consider dark or vibrant wallpapers. It is important to note that such choices will make the space appear smaller and more enclosed, particularly in areas with limited natural light or low illumination.
- To enhance a long hallway, consider applying wallpaper to a single accent wall. While it is possible to wallpaper both walls, this approach is recommended only if the wallpaper features neutral colours or subtle patterns. Using bold and vibrant designs on both walls will overpower the space and create a visually narrower effect.
- It is advisable to avoid bold, large-scale patterns in narrow hallways, as highly detailed florals, damasks, or geometric designs may create a sense of chaos and limit visual space. Opting for neutral tones can effectively balance these design choices and contribute to a more open and refined atmosphere.
- Vertical stripes can make a hallway's ceiling appear higher, and horizontal stripes can make a space feel wider.



- Hallways can be a high traffic area therefore, it is advisable to select a durable wallpaper, such as vinyl or vinyl-coated options. Vinyl wallpapers are especially suitable as they offer greater ease of cleaning compared to non-woven wallpapers.
- For narrow hallways, select a design featuring a small-to mid-scale pattern, a subtle motif, or a tone-on-tone effect. These options can help ensure the space remains visually balanced and not overwhelming.
- If your hallway is spacious, you have greater flexibility in your design options. Mid to large-scale patterns and increased use of colour can be successfully incorporated. In some cases, hallways may be sufficiently large enough to accommodate a wall mural. However, it remains advisable to choose neutral colours and understated designs for an elegant effect.
- Wallcoverings featuring pearlescent finishes or glass bead accents effectively reflect light, creating a more open atmosphere in narrow areas.

Chair Rail / Wainscoting

If you are uncertain about applying wallpaper to an entire wall, consider alternatives such as wainscoting or installing a chair rail. These options can enhance both the aesthetic of the space and the impact of the wallpaper.



When choosing a wallpaper option, take into account the dimensions of your hallway and whether the wallpaper will be installed above or below the chair rail.

Select a wallpaper featuring a pattern or texture that harmonises with your wainscoting.

Ensure that the colours and tones of the wallpaper situated above or below the chair rail contribute to a cohesive aesthetic, avoiding any sense of visual overwhelm.

If you remain uncertain about your wallpaper selection, you may contact a Design Professional for their experience and advice.

Enjoy the many Wallpaper options available and the endless possibilities to express your homes unique style and personality.

FISHING REPORT

THE PUMICESTONE PASSAGE PIRATES FATHER'S DAY COMPETITION WINNERS:

This report is a slightly rushed affair - three regular sources of information are interstate or overseas and fishing has been pretty hard-going lately anyway. It's going to be a short article, but I've got lots of news from the Pumicestone Passage Pirates, who are keeping busy with some great family events.

John, the "main man" in the Pumicestone Passage Pirates, organised a great Father's Day Fishing Competition. With fun, community and accessibility in mind, the Pirates put on a good show. Winners all received some great prizes.

Next up for the Pirates is the Kids and Accessibility Competition, being held at Apex Park in Caloundra, on October 19th. Starting at 5am, it's certainly going to get you out of bed early - right on sunrise, and just in time for some hungry fish!

There will be trophies, lucky door prizes and a raffle, so plenty of reason to get up to Caloundra for a great day out! The cost of entry into the competition is \$10 for adults, \$8 for anyone under 18 years and a very reasonable family ticket (two adults, two kids) at just \$30.

This is what's called the shoulder-season, in between the best fishing times. This past winter has been a big one for flathead, tailor and winter whiting. The big bream was also hanging around the Passage and quite ravenous in early winter.

Ahead of us is the summer fishing, with lots of hungry bream, good flathead hiding in the gutters, and other warm-water species like tusk fish and mangrove jack looking for a feed. In the meantime, we could practise our casting and our patience, until the water warms and proper summer weather arrives.

The choppy afternoon breezes from the E/NE have made it harder to cast out and to feel if anything's onto your bait. Some of the best spots are from the shore on the Bribie side of the Passage.

White Patch is nicely protected from north/easterlies, for shore-based fishing and Banksia Beach also offers up some yabbies if the tide is right. Dylan caught a 45cm bream at White Patch, and his little sister caught a 45cm flathead.

There are two local Richards who feature often in my reports - I'm going to have to call them R1 and R2, to distinguish them!



Biggest whiting...

Richard(R1), well-known for his great catches, had a good time last weekend at Cook's Rocks, bringing home three snapper, up to 58cm in size. The other Richard(R2) has still been getting some good flathead from the flats at Ningi Creek and Turner's Camp over the past month.

Richard's wife, Jen, thinks they're "whacking big, revolting things – they look like those ground-sucking things in a fish-tank", but she has been enjoying the home-cooked fish and chips!

Jen said that R2 has also gone out a few times on a mate's boat, beyond Moreton, bringing home tusks and snapper each time. A long way to go for a fish, but worth it every time!



Richard's snapper catch, from Cook's Rocks.



Biggest snapper...



Biggest flathead..

TIDE TIMES

Bribie Island AND Moreton Bay

Fri 3 Oct 1:15 am 0.52m 7:00 am 1.26m 12:34 pm 0.47m 7:20 pm 1.77m	Sat 4 Oct 1:53 am 0.39m 7:45 am 1.42m 1:26 pm 0.33m 8:02 pm 1.89m	Sun 5 Oct 2:28 am 0.27m 8:27 am 1.59m 2:14 pm 0.22m 8:43 pm 1.96m	Mon 6 Oct 3:02 am 0.17m 9:08 am 1.74m 3:00 pm 0.15m 9:22 pm 1.96m	Tue 7 Oct 3:37 am 0.11m 9:50 am 1.86m 3:47 pm 0.15m 10:02 pm 1.88m	Wed 8 Oct 4:11 am 0.11m 10:32 am 1.94m 4:36 pm 0.2m 10:43 pm 1.73m	Thu 9 Oct 4:45 am 0.15m 11:15 am 1.98m 5:27 pm 0.3m 11:24 pm 1.55m
Fri 10 Oct 5:17 am 0.21m 12:00 pm 1.97m 6:19 pm 0.4m	Sat 11 Oct 12:06 am 1.37m 5:51 am 0.29m 12:45 pm 1.93m 7:18 pm 0.5m	Sun 12 Oct 12:54 am 1.22m 6:31 am 0.38m 1:37 pm 1.86m 8:27 pm 0.58m	Mon 13 Oct 1:50 am 1.12m 7:23 am 0.47m 2:36 pm 1.77m 9:45 pm 0.61m	Tue 14 Oct 3:05 am 1.08m 8:34 am 0.56m 3:48 pm 1.69m 11:00 pm 0.59m	Wed 15 Oct 4:43 am 1.13m 10:06 am 0.6m 5:09 pm 1.66m	Thu 16 Oct 12:08 am 0.53m 6:07 am 1.26m 11:37 am 0.56m 6:22 pm 1.67m



TOW FROM NW OF CAPE MORETON

Saturday 13th September 2025 at 1008am Radio Operator Ian MacDonald received a call from a 5.3m Cuddy Cabin with 4 persons on board with a flat battery due to engine issues Northwest of Cape Moreton near Flinders Reef. Bribie 1 was dispatched with Skipper Ian Grimes, Senior Crew Lindsay Crompton and Noel Wendt, and Competent Crew Paul Gillmore to tow the vessel back to the Bellara Boat Ramp.



The 5.3m vessel towed by Bribie 1.



Coxswain Stephen Parry addresses the participants: - Kevin Fraser, Damian Goodair, Ross Perry, Rob Blaschka, and Mark Vickerman.



Mark Vickerman practices using the fire extinguisher.



The participants tread water.



Ross Perry activates an orange daytime maritime flare.

ASSIST FROM NW3

Monday morning 15th September 2025 at 11:01am Radio Operator Denny Freeman received a distress call from a 5.8m Cuddy Cabin which had lost power near the NW3 marker in the North West Channel off the East coast of Bribie. Bribie 1 was deployed with Commercial Coxswain Ces Luscombe as Skipper, crewed by Competent Crew Wayne Robinson and Crew Garry Comerford towing the stricken vessel back to the Pacific Harbour canals.

SSSS TRAINING

SHIPBOARD SAFETY SKILL SET TRAINING - The aspects covered were abandoning ship, swim to a life raft, throwing a life buoy, recovering a person from the water, how to fit a life jacket, and how to use marine flares.

Our 6 trainees were: - Brad Anderson, Rob Blaschka, Kevin Fraser, Damian Goodair, Ross Perry, and Mark Vickerman.

Unit Recruitment Officer & Crew Day Coxswain Mark Purtell, Unit Training Coordinator & Senior Crew Mark Young, Deputy Unit Commander & Commercial Coxswain Allan Tranter, and Restricted Coxswain Stephen Parry were all on hand to make sure the exercise ran smoothly and was conducted correctly and safely.



Rob Blaschka abandons ship.



Participants swim from the life raft to the rescue vessel.



Crew Garry Comerford keeps watch on the towed vessel.

MRQ INDUCTION

Tuesday and Wednesday 16th/17th September 2025 – MRQ staff provided Induction Presentations for all MRQ Bribie Island members. Areas covered: -

1. Details regarding any operational changes that are relevant to the volunteers,
2. Ensuring everyone is aware of what the expectations are of MRQ volunteers; including the Standard of Professional Practice ethics, the Code of Conduct and a detailed view of what Wellness services are available from the HUB.



Jody Patterson, Training Lead Marine Rescue Queensland presents the first Induction Presentation on Tuesday 16th September 2025.



Glenn Phillip MRQ Regional Training Coordinator South East delivers an Induction Presentation on Wednesday 17th September 2025.

MEDEVAC - TANGALOOMA

Sunday 21st September 2025 at 13:56 pm Radio Operator Uldis Baltars received a call from QAS to transport 2 Ambulance Officers to medevac patients from Tangalooma back to their ambulance at MRQ Bribie base. Bribie 1 which was being prepared for visits by the Emergency Services Cadets was diverted for the medevac. With Commercial Coxswain Graham Parker as Skipper, and crew of Wayne Robinson and Mark Vickerman and 2 Ambulance Officers aboard headed for Tangalooma at 14:18 arriving at Tangalooma Jetty at 15:05. After taking 3 patients on board Bribie 1 arrived back at base at 16:33 pm.



Ambulance waits at MRQ Bribie base.



Bribie 1 heads for Tangalooma for the medevac.

UNIT COMMANDER CES' SAFETY MESSAGE:



"Having the right safety equipment on your boat and knowing how to use it is essential. This could save your life in an emergency. The safety equipment you're required to carry depends on the

size of your boat, whether the boat needs to be registered and where you're operating, you must also keep safety equipment in date, in good repair and everyone on board must know where it is stored."

Minimum Safety Equipment in Pumicestone Passage: -

Firefighting equipment, signalling device, life jacket Anchor and cable, Drinking water, Oars or paddles for boats under 6m, Bailing/pumping equipment.

Minimum Safety Equipment in Moreton Bay: -

All the above plus Flares & V Sheet, Chart & Compass

Beyond Moreton Bay an EPIRB is also required. For full details visit the MSQ.qld.gov.au Website:

"PLEASE WEAR YOUR LIFE JACKETS!"

SEPTEMBER ASSISTS

FRI 12/09 08455AM - Tasked by QAS to transport 2 Ambulance Officers to the cruise ship Carnival Adventure to Tangalooma to medevac a patient back to MRQ Bribie Island to their waiting ambulance and transport to hospital.

SAT 13/09 0355AM - Tasked by QAS to transport 3 Ambulance Officers to Tangalooma to medevac a patient back to MRQ Bribie Island to their waiting ambulance and transport to hospital.

SAT 13/09 1008AM – 5.3m Cuddy Cabin 4POB non-member with a flat battery required a tow from NW of Cape Moreton to Sylvan Beach Boat Ramp.

SUN 14/09 1039AM – 4.2m Runabout 2POB non-member broken down 2.5N miles North of Cape Moreton required a tow to Brisbane River. 1127Am Bribie 1 stood down – VMR Brisbane completed job.

SUN 14/09 1132AM – 3.9m Runabout 3POB non-member with engine failure near Avon wreck, required a tow to Toorbul Boat Ramp.

MON 15/09 1101AM – 5.8m Cuddy Cabin 2POB member lost power near NW3 required a tow to Pacific Harbour canals.

SAT 20/09 1608PM – 12m Catamaran 4POB non-member overdue, request by Water Police to Investigate, vessel made contact during search.

SUN 21/09 0907AM - 4m Centre Console 2POB non-member lost power entrance to Passage. Jump started and escorted to Pacific Harbour.

SUN 21/09 1356PM - Tasked by QAS to transport 2 Ambulance Officers to Tangalooma to medevac 3 patients back to MRQ Bribie Island to their waiting ambulance and transport to hospital.

TUE 23/09 0735AM - Tasked by QAS to transport 2 Ambulance Officers to Tangalooma to medevac a patient back to MRQ Bribie Island to their waiting ambulance and transport to hospital.

TUE 23/09 1217PM – Tender for 12m Houseboat 4POB has drifted away at White Patch – investigated and tender was among mangroves advised Hire Boat owner who will retrieve.

TUE 23/09 1238PM - Tasked by QAS to transport 2 Ambulance Officers to Tangalooma to medevac a patient back to MRQ Bribie Island to their waiting ambulance and transport to hospital.

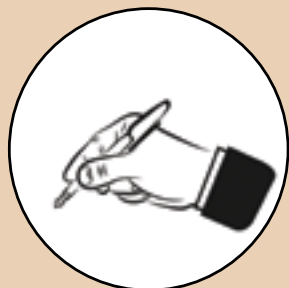
WED 24/09 1029AM - Tasked by QAS to transport 2 Ambulance Officers to Tangalooma to medevac 3 patients plus 2 family members and holiday luggage back to MRQ Bribie Island to their waiting ambulances and transport to hospital.

YTD RADIO ROOM STATISTICS

CALLS	11,698
VESSELS LOG ONS	3,492
VESSEL ASSISTS	201
SITREPS	1,117
REQUESTS	1,061
OVERDUE VESSELS	37
VESSEL TRACKING	25
RADIO CHECKS	1052
WEATHER BROADCASTS	6
SECURITE BROADCASTS	2
PAN PAN CALLS	0
MAYDAY CALLS	0
PERSONS ASSISTED	412
VHF CALLS	56.5%
27MHz CALLS	0.1%
PHONE CALLS	27.6%
GWN CALLS	2.0%

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

Letters to the editor



The comments and opinions on these pages are not those of The Bribie Islander, but those of our residents.

Dear Editor,

P Robinson raised the ongoing issue of e-bikes and e-scooters in your issue 248.

The major problem I have found is dangerous, high speed, largely unguided missiles, of that variety, weaving between pedestrians on the joint user path along the Bongaree waterfront. Many of these vehicles are probably illegal, as the bikes do not appear to need pedals to maintain high speeds. Likewise, many do not appear to be governed to 25kph which would make them illegal. Numerous e-scooters also do not appear to comply with the age limit rules.

There are two main ways to reduce the danger to riders and pedestrians. Firstly, the council must post speed limits (with large signage) for e-bikes on the joint user path. I would suggest 12kph which would be in common with e-scooters (there are provisions in the regulations for speed limits of e-bikes on paths). The second step is for police to conduct enforcement operations along the Bongaree waterfront to control speed and illegally modified e-bikes and e-scooters. Urgent action is required.

P Garrett

Dear Editor,

We found the letter from Dr. V.A. Sublette regarding " the Q " Greyhound Racetrack in Ipswich most disturbing as obviously you did as well when you highlighted it on page 73 in issue no. 248.

Dr. Sublette tells us that 14 dogs have died since the venue opened 2 months ago and we have heard that another dog has died since the letter was printed. We felt the statistics of greyhound injuries and deaths that Dr. Sublette quoted were horrifying and we have noted that Greyhound racing has become increasingly unacceptable around the world including most of the USA (only 2 commercial tracks still operating), the UK (both Scotland and Wales are discussing having the industry banned) and New Zealand where it will be banned next year.

Apart from the moral irresponsibility of the Queensland

Government by:

1. Encouraging a system that not only results in deaths and horrific injuries to a breed of dogs which are naturally gentle in disposition and:

2. Encouraging gambling, we feel that the Queensland Government have been financially irresponsible in wasting taxpayers' money (over \$44million) which could have been better spent on healthcare, education and many more worthy things than this.

Sincerely,
Annette & Chris Schnack

TRUE PROGRESS PROTECTS

Beneath wide skies the island lies,
A coastal gem where stillness sighs.
Yet towers rise with steel and might,
And dim the stars that bless the night.

The bushland hum, the seabird's call,
Are softened, shadowed, lost to all.
For progress here should tread with care,
Preserving beauty, light and air.
A fleeting profit builds so high,
But leaves the land with muted cry.
Once island charm is swept away,
No hand can bring it back one day.

Progress should guard the bush and sand,
Not concrete sprawling over the land.
The island heart is calm and near,
Not traffic, noise, or crowds to steer.

Short gains enrich a wealthy few,
But long-term losses scar the view.
One tower leads to many more,
And coastal charm is lost for sure.
For profit builds on fleeting ground,
While lasting loss will then resound.

Once limits fall and nature fades,
No law can mend what self-interest degrades.

Lyn Rushby

Dear Editor,

I am not a local, currently on Bribie Island house/dog sitting for 5 weeks with my husband, for people who are the neighbours of good friends of ours.

We are thoroughly enjoying our stay here. So much to see or do, a warm friendly community and neighbourhood. I enjoy reading The Bribie Islander.

I particularly loved the article about the much-maligned Ibis. People conveniently forget that as humans we have invaded much of the territory of our native animals. It is a case of adapt or perish. The Ibis have adapted well, though I'm not sure about the nutrition of some of their diet where they scavenge to get something to eat. We used to have a 100-acre property near Gin Gin and loved the native creatures visiting, including the Sacred Ibis which are great soil aerators. We planted a lot of trees including many fruit trees, enough to share the spoils with native birds and animals.

We had a resident echidna that would come into our garden at night and was our natural termite and ant controller. I had to refill or put back garden borders pushed out by said echidna, but a small price to pay and better environmentally than resorting to non-organic pesticides. Similar deal with visiting bandicoots.

Great critters to have around for grub control!

Thank you again to Brooke Nunn for a great article!
Cheers
P Jackson

Letters to the editor



Neighbourhood Watch

BRIBIE ONE NHW - NEWSLETTER

OCT 2025

CHANGE OF MEETING DATES

At the AGM this month, it was decided to change from monthly meetings to quarterly. That means, while the October and November meetings will go ahead as planned, the first meeting for 2026 will conform to the new schedule and will be on the third Tuesday in February, at 9.30. Other meetings will be in May, August and November.

OCTOBER MEETING

21st October at 9.30. We have a grant from "Be Connected" and will be running a workshop as part of the process. The theme is about AI. Bring your device - tablet, phone or Ipad - and learn how to make better use of it in your daily life. There will be plenty of opportunity for one-on-one help and a question-and-answer session. And there will be scones with jam and cream to follow! All free, and available to everyone.

ANNUAL CONFERENCE

This year the state NHW conference will be held at the Royal International Conference Centre in Bowen Hills. It is on Saturday, 8th November, starting at 9.00am. It is free to attend, but registration is essential. Go to the NHW Queensland website for more details. It is a free event, morning and afternoon tea, and lunch are provided. There's lots of interesting presentations, award ceremonies and the Police Pipes and Drums will also be along!

NEIGHBOURHOOD WATCH WEEK

This is held annually, and this year it runs from October 13th to 19th. Be neighbourly - just say "GDay" to your neighbour or, even better, speak to people on your daily walk. It may surprise them! Less than half of Australian homes have a lockable side gate. Yet many residents store stuff outside. It is an easy task - once past the gate, intruders are not seen, and can easily access bikes, tools and equipment that you may think are "out of sight, out of mind". Fit a lock to your side gate - it may just save you some heartache.

**BANKSIA BEACH - BELLARA -
WOORIM - BONGAREE - SAND-
STONE POINT - NINGI**

QUEENSLAND POLICE WEBSITE

Just type QPS into your browser, click on "Maps and Statistics" and have a look at just what crimes there are in any locality.

Enter our 4507 postcode, and a map of Bribie Island will come up, with the number and location of crimes committed in the past day, week, month, quarter, etc.

You can access any suburb, locality or postcode, and the information is updated daily. There are many other pieces of information about crime on that website - it is interesting to spend time on the various options.

SECURITY TIPS FOR THE MONTH

If you have not yet done so, consider fitting one-way-screws to your number plates. They are easy to fit and will give you peace of mind if you regularly park your vehicle in the street, or in public car parks. Screws are made for different makes of vehicle. Some are bolts, most are screws.

Look up the website on one way screws to find the ones to suit your car, and the stores which stock them.

And one other tip - make sure your new wallet or key holder is RFID - this will be indicated either printed onto the material of the holder - such as a leather wallet, or included as a printed card with a purse, passport or key holder.

SUPPORT OUR ADVERTISERS

Our advertisers are the life blood of your local NHW. Without them we cannot continue to publish our newsletter. Please support them.

Our meetings are on the third Tuesday of the month, at 9.30 in the ANZAC Room of the RSL.

More information on your local Neighbourhood Watch:- Ring Peter on 0408 841 306

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LETS MAKE CRIME PREVENTION A PRIORITY

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



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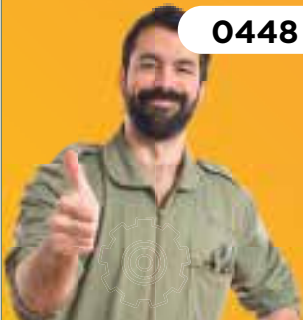
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