THE BRIBIE ISLANDER
AND DISTRICTS COMMUNITY MAGAZINE

"For Gogga"
– Uncle Ron 'Gogga' Watson

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251

OCTOBER 31, 2025

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We respectfully acknowledge the Traditional Country across our region. We also acknowledge and pay our respects to the Kabi Kabi, Jinibara and Turrbal Traditional Custodians, and their elders past, present and emerging of the lands, winds and waters where we live, learn and work. We pay our respects and acknowledge the important role of Elders past and present, for they hold the memories of the traditions, cultures and aspirations of Australia's First Nations peoples, and have taken on the responsibility to protect and promote their culture and leave a legacy for future Elders and leaders.

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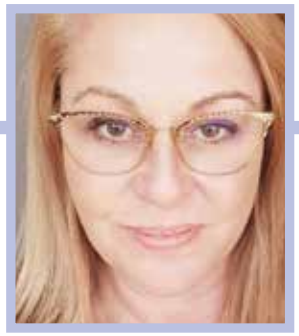

Dear Readers,

Welcome to edition 251. It is with a heavy heart that I write this editor's note, as Bribie has lost one of its most beloved residents, Uncle Ron 'Gogga' Watson.

Gogga was a pillar of our community and the cherished husband of Aunty Flo Watson. He was the father of Michelle Watson and the grandfather to all his jarjums. His willingness to lend a hand to countless community groups is a testament to his selflessness and dedication.

Gogga was a truly special man—generous, caring, giving, and humorous. He always had the brightest smile whenever you spoke with him. I feel blessed to have known him and to have called him my friend. He was a gentle soul who radiated warmth and love to those around him.

Gogga and Aunty Flo were married for over 50 years. When in their presence, you could see the love and respect they shared; they still looked like teenagers in love. The obstacles they overcame only brought them closer together.

Their beautiful daughter, Michelle, is a product of this remarkable love story and embodies the wonderful attributes of both her parents. My heart breaks for you, Michelle. As a community, we are here for you, and as a friend, I wish I could find the words to help heal your pain, but I cannot. So, I will borrow some:

"We are all visitors to this time, this place. We are just passing through. Our purpose here is to observe, to learn, to grow, to love… and then we return home."

Let us remember Gogga's life and the love he shared with all of us. In his memory, let's come together as a community, supporting one another and spreading the same warmth and kindness that Gogga showed us.

Until next time,
Take care, stay safe,

Cherrie

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UNDERSTANDING BILATERAL MICROTIA IN CHILDREN

A Call for Awareness and Support

Bilateral microtia is a congenital condition where both ears fail to develop properly. For children living with this condition, it poses significant challenges that extend far beyond physical appearance.

The impact on their daily lives, self-esteem, and overall quality of life cannot be overstated. As we work to raise awareness about bilateral microtia, it's crucial to focus on how it specifically affects children and what we can do to support them.

Microtia occurs in approximately 1 in every 6,000 to 12,000 births. Children with bilateral microtia may experience variable ear formations, which can result in hearing difficulties from a young age.

This can impact their ability to communicate effectively, participate in classroom activities, and form friendships. The social and educational implications are profound, as children may struggle to keep up in school or feel isolated during playtime due to their hearing challenges.

The emotional toll on children with bilateral microtia is significant. Many experience bullying or social exclusion, leading to feelings of loneliness and anxiety. The desire to fit in is universal for children, and those with visible differences may find this even more challenging.

Parents and caregivers often face tough decisions about medical interventions, such as whether to pursue hearing aids or surgical options, while also worrying about their child's emotional well-being. It's essential to foster an environment of understanding and support to help alleviate these burdens.

Creating a supportive atmosphere in schools and communities is vital. Educators, classmates, and staff should be informed about bilateral microtia to reduce stigma and foster empathy. Implementing inclusion programs can help children with this condition feel valued and empowered. Peers understanding the challenges faced can lead to supportive friendships, which are crucial for emotional resilience.

Surgical options, like ear reconstruction, have evolved and offer hope, but the decision to opt for surgery is a personal one for each child and their family. It's important to prioritise the child's feelings and preferences when discussing treatment options. Open conversations about their experiences can empower them to advocate for their own needs.

Awareness campaigns and educational initiatives focusing on bilateral microtia can play a significant role in changing perceptions. By sharing stories and experiences, we can cultivate empathy and understanding among peers and the community.

Supporting organisations dedicated to research and improved treatment options is also essential, ensuring that children with bilateral microtia feel respected and included in all aspects of life.

Advocating for the recognition of bilateral microtia and supporting affected children is crucial. Through education, compassion, and community outreach, we can help these children thrive in an inclusive environment. Let's join together to promote understanding and celebrate differences, ensuring that every child has the opportunity to succeed and feel accepted.

Awareness is the first step toward meaningful change, and we must commit to uplifting those with bilateral microtia, particularly our children.

HELP HUDSON HEAR
JOIN THE BRIBIE ISLAND COMMUNITY EFFORT

Bribie Island has always been a close-knit community that rallies together in times of need — and right now, a little boy named Hudson Magee urgently needs our compassion and support. In moments like these, it's so important that we unite and make a heartfelt difference in Hudson's life.

Hudson was born with bilateral microtia, a condition that has left his outer ears underdeveloped and his ear canals closed. This makes it incredibly challenging for him to hear the beautiful world around him.

To help Hudson experience the sounds that many of us take for granted, his family has established the Help Hudson Hear Fundraiser, aiming to raise funds for the surgery, therapy, and essential medical care he desperately requires.

Businesses throughout our region are coming together in support of Hudson, and Poolwerx Bribie Island is proud to join this noble effort.

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We also invite you to contribute to our Donations for Decorations Christmas tree, where each contribution allows you to add a decoration, brightening up our community symbolically as we support Hudson.

Every ticket purchased will directly benefit Hudson's journey toward life-changing treatment. This initiative isn't just about fundraising; it's about showing Hudson and his family that they are not alone in this fight and that our community is standing strong alongside them.

So, the next time you're out and about, please consider stopping by Poolwerx Bribie Island. Grab a ticket and be part of something truly impactful.

Together, we can help Hudson experience the joy of hearing laughter, music, the ocean, and, most importantly, the voices of those who love him dearly. Let's turn hope into reality for Hudson and make it possible for him to embrace the world around him.

Let's unite in this cause and show our love and support and turn hope into reality.

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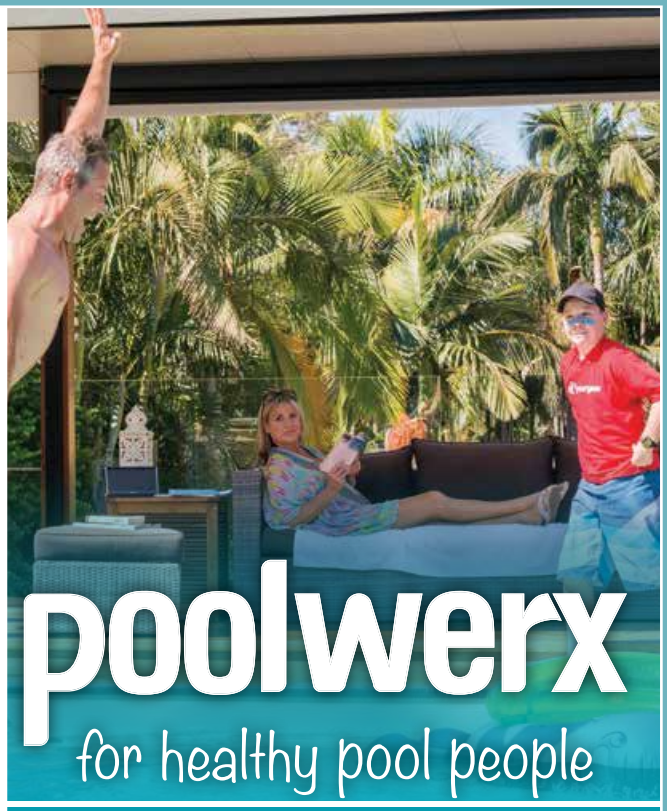

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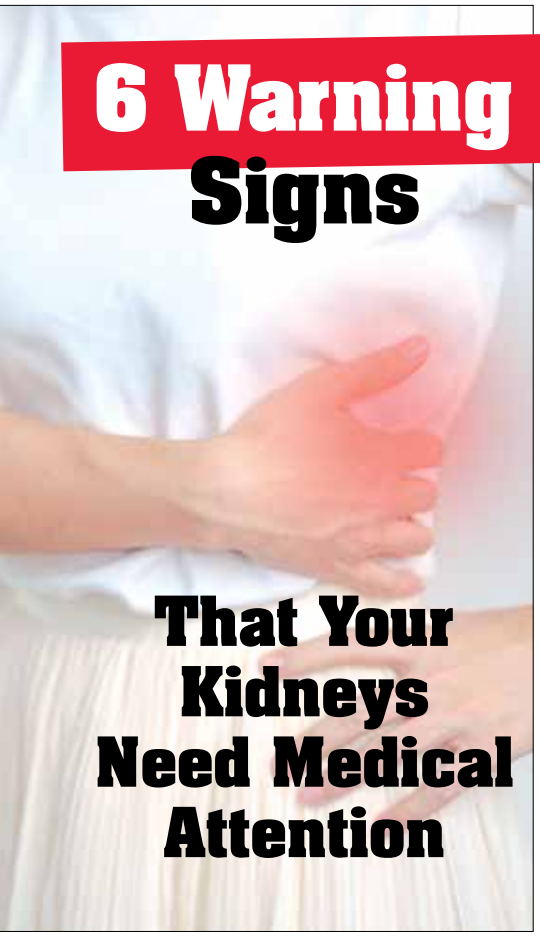

6 Warning Signs That Your Kidneys Need Medical Attention

Your kidneys quietly keep your body in balance every single day — filtering waste, maintaining blood pressure, and regulating fluid levels. Yet, kidney problems often develop silently until serious complications arise.

Recognizing the early warning signs can make a significant difference in protecting your long-term health.

If you begin noticing unusual symptoms, it's important to get evaluated by a urology specialist, who can perform proper diagnostics and recommend the right treatment before the condition worsens.

Below are six subtle but serious signs that your kidneys may be in distress — and what to do if you experience them.

1. Persistent Fatigue and Weakness

Feeling tired once in a while is normal, but persistent fatigue that doesn't go away with rest may indicate your kidneys are struggling. Healthy kidneys produce erythropoietin, a hormone that helps generate red blood cells.

When your kidneys are impaired, erythropoietin levels drop, leading to anaemia — and consequently, reduced oxygen supply to your body and brain.

This can leave you feeling constantly tired, lightheaded, or even short of breath. Over time, this fatigue can affect your ability to work, exercise, and carry out everyday activities. If you notice this prolonged exhaustion, a blood test can determine whether kidney-related anaemia might be to blame.

2. Noticeable Changes in Urination

Your urine can reveal early clues about your kidney health. Because the kidneys are directly responsible for producing urine, any noticeable change — whether in frequency, colour, or consistency — can indicate a problem.

You should be cautious if you observe:

- Urinating more frequently at night (nocturia)
- Foamy or bubbly urine, which suggests protein leakage
- Blood in the urine, turning it pink or brownish
- Pain, burning, or discomfort during urination
- Unusually dark or reduced urine output

These changes can be symptoms of infections, kidney stones, or chronic kidney disease. Even a seemingly minor alteration in your urine pattern is worth a medical checkup.

3. Swelling in the Legs, Ankles, or Around the Eyes

One of the kidneys' main roles is to eliminate excess sodium and fluid from your body. When they fail to do this efficiently, water retention

occurs — resulting in noticeable swelling, known as oedema.You may see puffiness around your eyes in the morning or experience tightness in your shoes by the end of the day.

Swelling in your legs and ankles may also become more prominent after sitting or standing for long periods.

While occasional mild swelling could be due to lifestyle factors like too much salt or prolonged sitting, persistent or unexplained swelling can point to early kidney dysfunction.

4. Shortness of Breath or Chest Discomfort

If you find yourself gasping for air after minimal activity, your kidneys may be part of the issue.

There are two possible explanations for this:

Fluid buildup — Damaged kidneys may allow fluid to accumulate in the lungs, causing shortness of breath and sometimes chest tightness.

Anaemia-related fatigue — With fewer red blood cells to carry oxygen, your body works harder to deliver enough oxygen to vital organs, leaving you breathless.

These symptoms can also overlap with heart or lung conditions, which is why proper medical assessment is essential. Your doctor may recommend imaging or lab tests to pinpoint whether your kidneys are the source.

5. Nausea, Vomiting, and Poor Appetite

As kidney function declines, toxins and waste products begin to build up in your bloodstream. This buildup, known as uraemia, can cause nausea, vomiting, metallic taste in the mouth, or an overall aversion to food.

Some people report that even their favourite meals begin to taste unpleasant. Prolonged poor appetite may then lead to weight loss, dehydration, and further stress on your kidneys.

This symptom often appears in later stages of kidney disease, making it especially important to act quickly if you experience it. Early medical evaluation can help slow down disease progression and improve quality of life.

6. High Blood Pressure That's Difficult to Control

High blood pressure and kidney health are closely connected. The kidneys play a critical role in regulating blood pressure by controlling fluid balance and producing hormones that affect blood vessel tone.

When your kidneys are damaged, they struggle to regulate these processes, causing blood pressure to rise. Conversely, chronic high blood pressure can also damage kidney blood vessels, reducing their ability to filter waste.

This creates a dangerous cycle that can lead to heart complications and kidney failure if not managed promptly.

If you're already taking medication but your blood pressure remains high, it's important to ask your doctor about a possible kidney-related cause.

Other Subtle Signs Worth Noticing
Aside from these major red flags, there are smaller, often-overlooked symptoms that may signal early kidney distress:

- Itchy, dry skin — A sign that minerals and nutrients are out of balance.
- Muscle cramps — Often caused by imbalances in calcium or phosphorus.
- Puffiness in the face — Especially noticeable in the morning, linked to protein leakage.
- Difficulty sleeping — Waste buildup in the blood can cause restlessness or muscle cramps that interrupt sleep.

Monitoring these subtle indicators can help catch potential issues before they become severe. Early detection makes treatment far more effective.

Lifestyle changes and medical monitoring can slow progression, protect kidney function, and improve your overall well-being.

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Natural Approaches to Supporting Thyroid Health

The thyroid gland is a small, butterfly-shaped organ of your body present in the neck. For its size, the thyroid does a remarkably impressive job of keeping several functions in our body operational. It does so by producing certain hormones while regulating the secretions of other hormones.

It's easy for thyroid disorders to go undetected for years because of how the symptoms align well with other diseases. A few natural methods that can help you support your thyroid gland are given below:

Make Changes to Your Diet
Perhaps the most important step towards fixing your thyroid gland and helping it perform optimally is making serious changes to your diet. A diet that is well-rounded and comprises all the nutrients that support your thyroid function and keep your gut healthy will be of immense help. Anti-inflammatory diets can drastically reduce the inflammation in the body which can help curb the symptoms of autoimmune thyroid disorders and reduce flare-ups.

What helps the most is adding iodine-rich foods such as seaweed, pescatarian food options, and even dairy. You can get selenium naturally from different nuts and seeds supporting your body naturally through these nutrients will significantly reduce your chances of developing a thyroid disorder in the first place. Vitamins D and A are also really important for thyroid functioning. Eliminating processed foods from your diet could be the right step towards fixing your thyroid.

Get Physically Active
Physical activity is extremely important for the human body. More so than maintaining a certain weight, exercise can help your body by aiding with hormone regulation. Studies indicate that physical exercise can balance out the hormones in the human body and potentially reduce the risk of hormone-related disorders. Optimal thyroid health requires that you maintain a complete exercise routine that comprises of strength training, cardiovascular exercises, and flexibility workout sequences like Pilates, etc. Yoga can also significantly help you improve your health and help you correct the symptoms of thyroid disorders or altogether avoid the development of thyroid disorders in people.

Reduce Cortisol
Perhaps the most important way you can protect your thyroid is by reducing your stress levels. Excessive stress levels can cause a spike in the cortisol levels. Cortisol is the hormone that is triggered when you are stressed. While healthy levels of cortisol are important to keep you alert, awake, and functional through the day, excessive cortisol can wreak havoc on your body and lead to a host of autoimmune disorders, such as thyroid autoimmune disorders. If you incorporate methods to deal with stressors of life such as taking therapy, actively reducing stressors from your life, doing meditations and breathing exercises you can keep your body healthy and happy. Getting enough sleep can also help you reduce your stress levels significantly.

Use Herbs to Support Thyroid Function
While herbs cannot cure your thyroid, they can definitely help with restoring thyroid functioning or support your thyroid if your hormones indicate that your thyroid hasn't been functioning perfectly. Ashwagandha is one such herb; it is an adaptogenic herb that has anti-inflammatory properties, and it can protect the body from inflammation.

It helps the thyroid by reducing the oxidative stress triggered in the body for multiple reasons. Ginger is a popular herb with known anti-inflammatory properties, and it helps the thyroid by reducing symptoms of hypothyroidism. This herb is also popular for improving the lipid profile of people who take it.

If you have been struggling with a thyroid disorder or similar symptoms the hope isn't lost. You can rehabilitate your thyroid by making healthy changes to your lifestyle or opting for a minimally invasive procedure that can give you your health back without completely taking out your thyroid gland.

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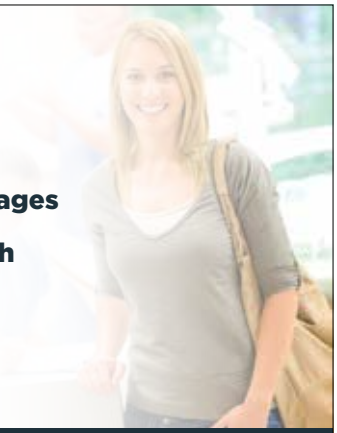

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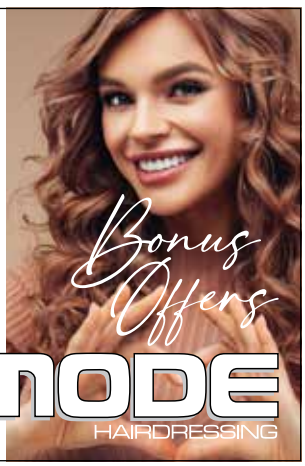

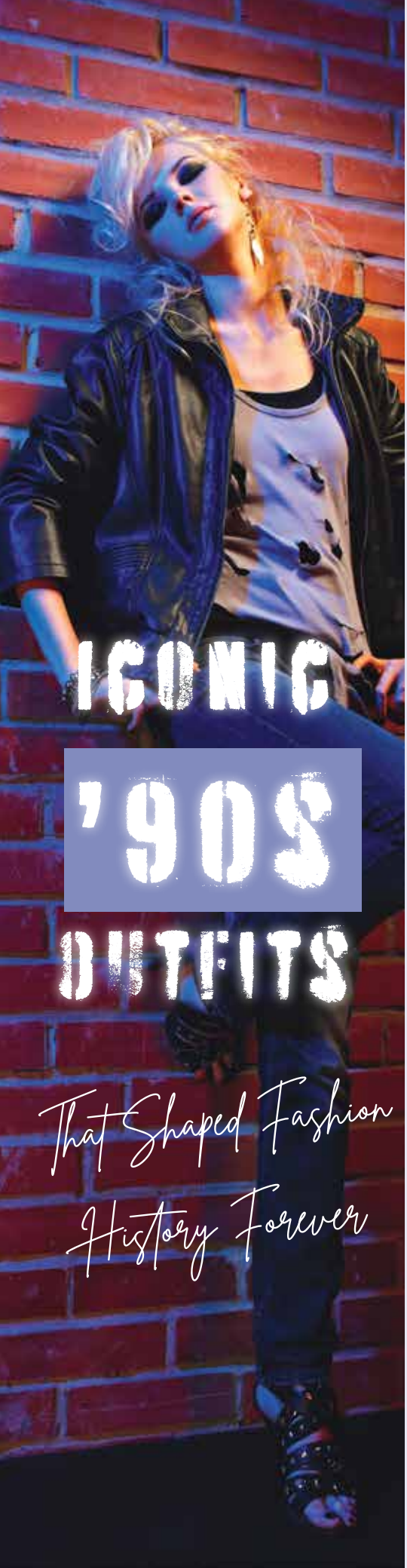

The 1990s provided us with a mix of experimentation, effortless cool, and classic styles that never go out of style, let's take a nostalgic trip through the outfits that shaped fashion history forever.

Gwyneth Paltrow's Minimalist Slip Dress

If the 80s were about glitter and extravagance, the 90s pared things down. Gwyneth Paltrow's slip dresses became the ultimate red-carpet symbol of less-is-more. Her satin and silk look, paired with natural makeup, created a wave of minimalism that designers and celebrities still borrow from today. It was sleek and attractive without being loud.

Jennifer Lopez's Early Red-Carpet Gowns That Sparked Bold Fashion

J. Lo wore daring gowns in the 1990s before her green Versace dress went viral in 2000. Her sequins, body-hugging shapes, and colours made her stand out. She was one of the first celebrities to mix the energy of a music star with the elegance of Hollywood and thus changed the way we expect celebrities to look at awards show events.

Pop Stars Who Defined 90s Streetwear

Britney Spears wore one of the most memorable dresses in a music video ever in "…Baby One More Time." The blouse with the tie, the plaid skirt, and the knee-high socks became famous right away.

Many people emulated the style for Halloween, school dances, and even everyday wear. It was fun but also subversive, illustrating how pop music could directly affect how teens dress.

TLC's Baggy Pants, Crop Tops, and Bold Accessories

TLC was the best at Streetwear. They wore big pants, crop tops, and bright jewellery with so much confidence that it became a global fad. Their style was more than simply what they wore; it was about how they felt and how they acted. To this day, artists like Rihanna and Lizzo nod back to TLC when they go for oversized fits mixed with glam.

Spice Girls' Girl Power Wardrobe That Inspired Generations

Whether you were Team Sporty, Scary, Baby, Posh, or Ginger, the Spice Girls had a look that matched your personality. From platform sneakers to mini dresses, they made fashion fun again.

More than just trends, they permitted girls to express themselves through clothes, and that spirit still lives on in today's festival and Y2K-inspired outfits.

Kate Moss' Grunge Chic with Slip Dresses and Leather Jackets

On the other hand, Kate Moss made grunge chic popular. The stylish rebellious look was slip skirts with leather jackets, messy hair, and almost no makeup. She showed that glamour didn't have to mean polished perfection; it could also mean rough and easy.

Cindy Crawford's All-American Denim and Crop Top Aesthetic

Some people liked expensive fashion, but Cindy Crawford was the epitome of approachable beauty. Every young lady who wanted to seem casual but sexy copied her style of denim pants, crop tops, and all-American looks.

To this day, her outfits feel wearable, which is why they keep coming back on fashion mood boards.

Winona Ryder's Dark Grunge Outfits That Defined Alternative Cool

If you wanted to capture the cool alternative vibe of the '90s, you looked at Winona Ryder. She became a style legend without even trying by wearing dark blazers, vintage band tees, and sombre makeup. She showed that fashion could be powerful even when it was a little dishevelled.

Tom Cruise's Aviator Jacket in Top Gun and Its Lasting Impact

Top Gun changed culture more than any other Hollywood movie. The Tom Cruise outfits, including his aviator jacket with jeans and aviators, changed what it meant to be cool for men. It wasn't just a costume for a movie; it became a style that people wore every day. Even now, bomber and aviator jackets are must-haves for men who wish to look tough and stylish at the same time.

Keanu Reeves' All-Black Leather Look in The Matrix (Late 90s Edge)

Towards the late 90s, Keanu Reeves in The Matrix took leather to a new level. The long black coat and slim sunglasses weren't just sci-fi costumes; they became symbols of futuristic edge. Fashion houses still adopt that slick, cyberpunk look in their designs today.

Kurt Cobain's Flannel Shirts and Distressed Jeans

Kurt Cobain made history in fashion by not following it. His tattered pants, flannel shirts, and thrifted sweaters were all about being real. His ironic grunge appearance became one of the biggest fashion trends of all time, inspiring both high-end designers and regular kids.

Tupac's Bandanas, Leather Vests, and Street Cred Style

You think of Tupac when you think of 90s hip-hop. His baggy jeans, leather jackets, and bandanas weren't simply his flair; they became the uniform for West Coast rap. Luxury labels still take a lot of inspiration from the raw street style he helped create.

Madonna's Corsets and Street-Influenced Stage Looks

Madonna owned the '80s, but the '90s showed her evolution. She kept everyone guessing with her outfits, which ranged from corsets to streetwear-inspired stage looks. Lady Gaga and Beyoncé are two pop stars who were influenced by her ability to change her look with clothes.

Ninth Annual Ride for Red

Raises $13,400 for Cancer Research

Story by Helen Weir

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Saturday, 4 October – The spirit of mateship and community was on full display as the Gronks Social Riders Club hoisted the ninth annual *Ride for Red*, organized by Gary "Blakey" Blake and Helen Weir in honor of their late friend Red Norman, who lost his battle with brain cancer.

Departing from BP Burpengary, the convey of 84 motorcycles and eight vehicles – including a classic Cadillac – travelled to the Hub @ The Ridge and the Kenilworth Hotel, before returning to the Bribie Island Hotel for the event's conclusion.

Favorable weather and strong community support helped the ride raise an impressive **$13,400** through donations, raffles, and auctions. All funds raised go directly to **Cancer Council Queensland**, supporting vital cancer research and patient services. Since its inception in 2016, *Ride for Red* has remained dedicated to continuing the mission established in Red Norman's memory.

Significant contributions were made by **Big Dave's Tippers**, a long-time friend of Red's. and the **Bribie Island Anglers Club**, both of whom provided substantial donations. Participants and supporters travelled from as far south as Sydney and as far north as Ayr to take part.

A big thank you goes to many local businesses who donated major raffle prizes, including **Peter Gardiner Real Estate, G'Day Adventure Tours, Australia Zoo**, and the **Bribie Island Hotel** and **Toni's Pet Station** donating one of the many auction prizes. Their generosity played a key role in helping the event achieve such an outstanding fundraising total.

The organizers also extended their thanks to the venues – **Hub @ The Ridge, Kenilworth Hotel**, and **Bribie Island Hotel** – for their hospitality and continued support of the event.

Organizer Gary Blake said the annual ride has always been about more than the journey.

"It's a way to honor a great mate and contribute to finding a cure for cancer," he said. "The support we've seen over the years is amazing."

Plans are already underway for the **10th anniversary Ride for Red in 2026**, with hopes to raise enough funds to sponsor a room at the **Charles Wanstall Lodge** in Brisbane – a "home away from home" providing accommodation and support for individuals and families undergoing cancer treatment.

The organizing team also announced they will be working closely with **Cancer Council Queensland** to strengthen their impact and continue Red's legacy of community-driven support.

Gary and Helen expressed their heartfelt thanks to everyone who has helped along the way and supported them on the day – especially their family, friends, and fellow riders – noting that "without their support, the event would not be possible."

The organizers also acknowledged the **continual support from *The Bribie Islander***, which has been proudly publishing stories both before and after the event each year since 2016, helping to raise awareness and rally community involvement.

With participation and generosity growing every year, the *Ride for Red* continues to celebrate the values of friendship, remembrance, and community that define its legacy.

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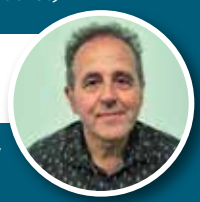
Introducing our new **Dr Frank Demaio** who is accepting new patients now.



Dr Demaio has special interest in **family medicine, childhood health, mental health and catering to the health needs of the older members of our community.** He also has experience in the removal of minor skin lesions/cancers.

As with all the doctors at this clinic, **Dr Frank is committed to listening to your needs and concerns and providing comprehensive health advice and treatment**.

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Consider trying a self-defence system designed for real-life situations. This system was developed by Karl Thornton, a certified, registered and current law enforcement instructor, as well as an operational agent in the fight against child trafficking.

It is based on practical and effective techniques, rather than flashy or complicated ones. Teaching you reality-based self-defence within the use of force and self-defence law.

For those seeking a unique self-defence experience, consider training with Karl Thornton's MDTA (Modern Defensive Tactics Australia).

Here are some of the key reasons why you should choose this system, led by the Registered and **Certified RBSD instructor, Ashley Malek**.

1. Real-World Application

MDTA is not based on traditional martial arts but rather on practical defensive tactics. Karl Thornton's system is focused on real-world violence, with training that reflects actual threats, such as:

- Knife attacks
- Street assaults
- Multiple attackers
- Close quarters situations
- Home invasions

2. Psychological Preparedness

MDTA places a strong emphasis on the mental side of self-defence, including:

- Threat assessment
- Situational awareness
- Adrenaline response and stress inoculation
- Decision-making under pressure

This goes beyond physical techniques, preparing students to respond, not just react.

3. No-Nonsense Training Style

Karl Thornton's MDTA is known for a direct, no-frills approach. The system avoids flashy or overly complex moves in favour of techniques that are:

- Simple
- Efficient
- High percentage
- Usable by people of all sizes and fitness levels

4. Background in Security & Close Protection

Karl Thornton has a professional background in high-risk security and protective services, including:

- Executive protection
- Child recovery operations
- Anti-trafficking efforts
- This gives him firsthand experience in the types of confrontations most people never see — and shapes the realism in his system of training.

5. Focus on Prevention First

While MDTA does teach how to react and defend, there's a significant focus on avoidance, de-escalation, and escape. This emphasis on prevention empowers individuals, giving them the tools and strategies to take control of their safety in real-life situations.

So, Why Train Karl Thornton's MDTA?

Real-World focus designed for real threats, not sport.

- Simple Techniques
- Easy to learn
- High effectiveness
- Mental training
- Builds mindset, awareness, and confidence
- Professional expertise based on decades of field experience.

If you're interested in learning to protect yourself or others in high-stakes, unpredictable situations, MDTA offers a system that's grounded, experienced, and actionable.

Sign up today!!!

Call Ashley on **0427041589**

Email: mdtaseq1@gmail.com

NOTE: Our general public self-defence is not based on law enforcement tactics; it is based on street self-defence.

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bribie acupuncture

Acupuncturists Wendy (left) and Jessica (centre) and Receptionist Katherine (right).

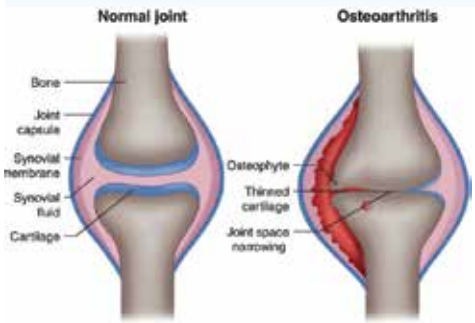
KNEE OSTEOARTHRITIS
Osteoarthritis is a degenerative condition that often causes pain, stiffness, and limited mobility, which can affect daily activities and reduce independence.

As the cartilage in the knee joint wears away over time, bones can rub together, leading to discomfort and inflammation.

While conventional treatments such as pain medication and even surgery are common, acupuncture offers a natural, drug-free alternative that may significantly reduce pain, improve function, and enhance overall quality of life for those living with knee osteoarthritis.

Some of the common symptoms of knee osteoarthritis include:

• **Pain:** Often worsens with activity or long periods of sitting.
• **Stiffness:** Especially after rest or in the morning.
• **Swelling:** Inflammation around the knee joint.
• **Reduced Mobility:** Difficulty walking, climbing stairs, or bending the knee.



HOW ACUPUNCTURE MAY HELP
Acupuncture may provide several benefits for those living with knee osteoarthritis:

• **Pain Relief:**
Acupuncture has long been recognised for its ability to reduce pain. It stimulates the body's natural production of endorphins (the body's natural painkillers) and other chemicals that block pain signals. This helps relieve both acute and chronic pain associated with knee osteoarthritis.

• Reducing Inflammation: Knee osteoarthritis often leads to inflammation in and around the joint, which exacerbates pain and stiffness. Acupuncture helps decrease the production of inflammatory markers in the body, helping to reduce swelling and discomfort.

• Improving Circulation: Acupuncture improves blood flow to the affected area, delivering more oxygen and nutrients to the knee joint. This enhanced circulation supports healing and can help prevent further degeneration of the cartilage.

• Restoring Joint Mobility: Regular acupuncture treatments can help increase flexibility and range of motion in the knee. By stimulating specific acupuncture points, tension in the muscles and connective tissues surrounding the knee joint is reduced, which helps restore normal movement and ease discomfort.

Acupuncture for knee osteoarthritis is one of the many conditions that have been extensively studied by western medical science.

Acupuncture is recommended for knee osteoarthritis by a number of health organisations around the world, including The American College of Rheumatology, Osteoarthritis Research Society International, and The National Institute for Health and Care Excellence in the UK.

WHAT TO EXPECT
Acupuncture for knee osteoarthritis begins with a consultation, during which we will assess your symptoms, lifestyle, and medical history. Based on this information, we will create a customised treatment plan.

We will then insert thin, single-use, sterile needles into specific acupuncture points.

These points may be located around the knee, leg, or even distal points on the body (such as the arm or back - which surprises many people!) that influences knee function. Once the needles are inserted, you will rest for about 20 to 30 minutes.

During this time, you may experience a tingling sensation, warmth, or relaxation - many people fall asleep.

A series of treatments is typically recommended for knee osteoarthritis.

ACUPUNCTURE FOR POST-OPERATIVE PAIN
Sometimes surgery is a necessary approach for addressing certain health conditions - whether that be for joint issues or other health concerns, as it may offer the best chance for recovery and improved quality of life when other treatments are insufficient.

Acupuncture has been shown to provide several benefits for managing post-operative pain, including:

• **Pain Reduction:**
Acupuncture stimulates the release of endorphins, the body's natural painkillers, which may help reduce the intensity of post-surgical pain. Studies show that acupuncture can decrease pain scores significantly compared to control groups receiving standard care alone.

• **Reduced Opioid Use:**
By alleviating pain effectively, acupuncture may help lower the reliance on opioids, which may minimise the risk of side effects such as nausea, dizziness, constipation, and addiction.

• **Faster Recovery:**
Acupuncture improves blood circulation and reduces inflammation, which may accelerate wound healing and tissue repair after surgery.

• **Reducing Secondary Symptoms:**
Acupuncture may assist with symptoms of nausea, vomiting, and other side effects often associated with anesthesia or pain medications, making the recovery process more comfortable.

• Reducing stress and anxiety, which are common after surgery, promoting better rest and recovery.

Research published in journals like 'Pain Medicine' and 'The Journal of Pain' has highlighted acupuncture's role in significantly reducing post-operative pain and opioid consumption.

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.

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

THE WAY WE TREAT ANIMALS Says Everything

Personally, I feel you can tell a lot about a person from the way they see and treat animals. The way someone interacts with a creature that cannot speak for itself reveals what lies inside their heart.

A gentle hand, a moment of patience, or even the decision to walk around an ant instead of stepping on it, these small choices show conscience, awareness, and empathy.

Having a conscience is not just about following rules or avoiding guilt. It is about having an inner sense of right and wrong that is guided by compassion. It is about knowing that life, in all its forms, has value.

When we choose kindness toward animals, we strengthen that inner compass. Though when we ignore their suffering or treat them as if they do not matter, something in our own humanity starts to weaken.

Animals teach us about unconditional love and trust. A dog does not judge your past.

A cat does not care about your job title. Birds, horses, and even the smallest insects each have their own intelligence and purpose, and each deserves to be treated with love, kindness, and respect. When we take the time to notice this, we begin to see that every living being is connected through the same thread of life.

Mistreating an animal is more than an act of cruelty; it is a form of disconnection. It shows that the heart has closed off to empathy.

When a person loses empathy for animals, it often shows up in how they treat other people, too. Violence, control, and indifference rarely stay contained; they spread through every area of life.

Having a conscience means making mindful choices, even when no one is watching.

It could mean adopting rather than buying, choosing cruelty-free products, avoiding the consumption of animal products, or simply stopping to help a stray instead of turning away.

These acts may seem small, but they send powerful ripples of healing into the world.

If we all became a little more aware of the pain and joy we cause, the world would shift.

It starts with you, deciding to care, to look into the eyes of an animal and see a being, not an object. When we live with that kind of awareness, we not only protect them, we also elevate ourselves, and that can fill your heart in moreways than you can imagine.

Our conscience is our quiet guide. It asks one simple question:

"Are you being kind when no one else is looking?"

Need to connect with your heart and find more love and compassion?

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LARAINE VANDENBERG

ELECTED AS PRESIDENT OF DRAGONS ABREAST PUMICESTONE FOLLOWING A VERY SUCCESSFUL YEAR

Dragons Abreast Pumicestone recently held their Annual General Meeting at the Bribie RSL rooms, and congratulations go to the newly elected Committee of Laraine Vandenberg – **President, Kay Short – Secretary, and Val Franklin – Treasurer.**

Appreciation was extended by the members to their new Committee for taking on these important positions to lead the Club forward into new adventures, friendships and connections as part of their **Connect.Move. Live.** Ethos.

Outgoing President, Dr Vivienne Williams, was presented with a lovely orchid for all her tireless work and devotion to our Club.

Vivienne highlighted the achievements of the Club over the past 12 months, of which there were many.

"The relationship with and financial assistance to Wendy Paterson of 'Be Uplifted' continued again this year, of which we are proud", she said.

Vivienne also expressed the Club's appreciation to the many Bribie Island businesses, media outlets, community members, as well as the Bribie Island RSL Club, Bribie Island Lions Club, Bribie Island Rotary Club and our Local and State government representatives who have all supported us so willingly throughout the year in numerous ways.

Incoming President Laraine said, **"If you or someone you know, male or female, has had a breast cancer diagnosis, past or present, please get in touch with us on Mobile 0493 525 980 or Email: dapumicestone@gmail.com**.

We would like to support you!

We are like-minded people who have walked this same journey, so please feel most welcome. It's a tough journey, so please don't travel it alone.

We are a fun group, and we were hoping you could add to the fabric of our Club. We engage in many social activities in and around the Moreton Bay area, and we invite you to make new connections, move and live your best life with us. So don't be shy – make contact now and help our Club grow in strength with you on board".

Laraine is extremely proud of this Club and wishes to see it grow extensively into the future, with support persons also very welcome.

Photo: Incoming President, Laraine Vandenberg with Outgoing President, Dr Vivienne Williams

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TOUCHING TRIBUTE

TO TEEN MOVES FORWARD

From left - Deputy Mayor Councillor Jodie Shipway (Division 4), Steve Zmuda and Councillor Brooke Savige (Division 1) standing in a garden with their arms around each other.

City of Moreton Bay councillors have supported a proposal to rename the Fifth Avenue Beach Access at Woorim in honour of beloved local teenager Charlize Zmuda.

Charlize, a 17-year-old surf lifesaver, known for her love of the ocean and care for the beach environment, tragically passed away in a shark attack earlier this year.

Subject to public consultation, the access will be renamed 'Charlize's Place' as a lasting tribute to her memory. A proposal to rename a Woorim Beach access point after a "salt-of-the-earth" teen who loved the surf is moving forward following the support of City of Moreton Bay councillors.

Charlize Zmuda, a well-known surf lifesaver and much-loved member of the Bribie Island community, tragically passed away in a shark attack while swimming off Woorim Beach in February 2025.

The 17-year-old was a dedicated volunteer surf lifesaver with the Bribie Island Surf Life Saving Club, having served as Nipper Captain, Vice Patrol Captain, and Nipper Age Manager. She also represented Bribie Island at the 2024 World Surf Lifesaving Championships.

Under the proposal, which was supported unanimously by Council at the October 8 General Meeting, Woorim Beach's Fifth Avenue Beach Access will be renamed 'Charlize's Place' in memory of the inspirational teen. City of Moreton Bay Mayor Peter Flannery said the renaming was a way of honouring the enormous contribution Charlize made to her community in such a short space of time.

"Charlize's passion for surf lifesaving was only matched by her dedicated environmental stewardship, and it is fitting Council honours her memory through this renaming," he said. "I thank Division 1 Councillor Brooke Savige for bringing this proposal to Council, which has been supported by Charlize's parents, Renee and Steve.

"We hope this renaming helps in some small way to inspire others to give back to their community in the same way Charlize did throughout the course of her young life."

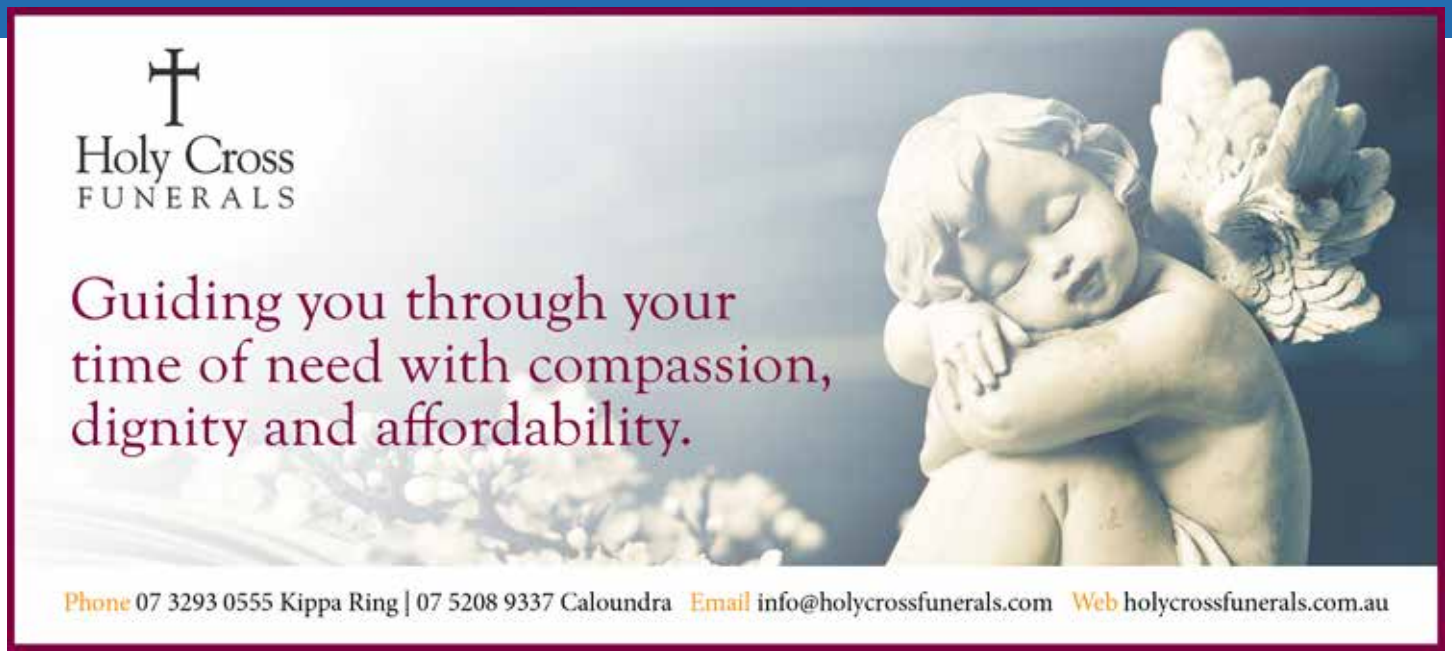
Division 1 Councillor Brooke Savige said the renaming ensures Charlize's legacy would live on for generations to come. "In February this year, we lost a young titan of our community. Charlize was a pillar of compassion and the epitome of service before self," she said.

"As a surf lifesaver, she would have been the first to run towards danger if someone found themselves in trouble at the beach. My heart goes out to Renee, Steve and the entire Zmuda family, who have already endured so much. They can be very proud of the legacy their daughter has left.

"While Charlize is no longer with us, I have no doubt that Woorim Beach has gained a guardian angel."

City of Moreton Bay will now seek public feedback on the proposed renaming until October 30. Non-supportive submissions received over the 14-day consultation period will see the proposed action brought back to Council for reconsideration.

Public feedback can be made by emailing: **council@moretonbay.qld.gov.au or via written submission to: PO Box 159, Caboolture, QLD 4510.**



Dear Pumicestone...

With another Parliamentary Sitting Week finished in October and another underway in November, I am proud to continue to represent our wonderful region.

It's encouraging to see Queensland moving in the right direction when it comes to community safety, a testament to the collective efforts of our community.

Under the Crisafulli Government's plan to restore safety where you live, victim numbers are down 6.5 per cent per capita this year.

Almost 3,000 youth offenders have now been charged under our landmark Adult Crime, Adult Time laws, which hold offenders accountable and give Queenslander's confidence that justice is being restored.

This reduction shows progress, but we won't stop until Queensland is safer for everyone. Our government is committed to this cause, working tirelessly to restore transparency and accountability after Labor's decade of chaos, crisis, and cover-ups, ensuring Queenslanders are told the truth.

It was an absolute pleasure to join many of our community groups across October to showcase the outstanding efforts of our volunteers on the island.

I am deeply grateful for the hard work and dedication of these groups. I was lucky enough to be a part of the Bribie Cancer Council Concert at Banksia Beach State School, where our community rallied in support of those impacted by cancer.

I was also pleased to join the Bribie Social Seniors Club as a guest speaker at the RSL. The social seniors are a well-run organisation, and it was fantastic to join them.

On **Wednesday, 12 November,** I will also host the Hon. Amanda Camm MP and local business leaders for the **Pumicestone Businesses Say No to Domestic Violence event.**

This will be held from 5 pm to 7:30 pm at the Bribie RSL – if you are interested in attending this event, please get in touch with my Office.

As always, I am here to help you. If there are any issues that I can assist with, please don't hesitate to contact me at **pumicestone@parliament.qld.gov.au**.

Ariana Doolan

Ariana
DOOLAN MP
MEMBER FOR **PUMICESTONE**

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

Scan ME! to follow me on Facebook

advertisement

Authorised by Ariana Doolan MP, 1/43 Benabrow Avenue, Bellara, 4507

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

Local Dining Guide

the deck

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

A WIRLWIND OF MUSICAL TALENT

When woodwind musicians Mary Anne Cannon, Anita Taylor, and Della Martin met at a gym on Bribie Island, they quickly discovered that together they share an impressive 120 years of experience in teaching music. United by their love for music, they decided to form a performance group called the "Blue Water Trio."

Mary Anne Cannon studied at the Queensland Conservatorium and has dedicated her life to teaching music in schools. She also performed professionally in Mackay. After moving to Bribie Island in 2012, she has embraced a semi-retired lifestyle, offering music lessons in piano, flute, and singing from her home.

Anita Taylor fell in love with music while growing up in Norway. She started in her primary school's marching band and community bands, and throughout her career, she has taught music in classrooms and led school choirs. Since moving to Bribie Island in 2023, she has become actively involved with local bands and joined the Bribie Island Big Band.

Della Martin has a wealth of experience teaching both classroom and instrumental music, leading school bands and choirs across Queensland, and lecturing in Music Education. She now offers private lessons for flute, saxophone, and piano.

Recently, the trio performed at the Bribie Island Library as part of their preparations for the Nature Festival. They are excited to invite everyone to a free concert at the Art Gallery on Sunday, November 9, at 10 AM.

Their performance will feature a delightful mix of music, including jazz, classical tunes, songs from movies, and all-time favourites, played on instruments like the piano, clarinet, flute, percussion, and harp.

Additionally, they've been invited by the **Bribie Island Community Arts Centre** to perform at a Christmas concert at the **Art Gallery on Sunday, December 7, at 3 PM**. While many of their performances are free, this Christmas event will require tickets, which can be arranged through BICAC.

"Good Company"

Raise Funds for Chaplaincy

On 11th October, the girls of Bribie's own Good Company held a charity concert to support Bribie Island Schools Chaplaincy programme.

A programme to support our children, parents and staff in various ways, including social, behavioural, family issues, bullying and much more. The welfare of our children is paramount.

Over 140 people attended. The girls, as usual, entertained us brilliantly with beautiful songs, and it was a delight to have guest singers, The Wondering Minstrels, to complement the harmony of Good Company.

A cheque for $2000 was presented to Chaplain Sean Godfrey to assist in the continuation of this worthwhile programme.

We were pleased to have support from The Bribie Islander Magazine, Terry Young MP, Federal Member for Longman, Ariana Doolan MP, State Member for Pumicestone, Councillor Brooke Savige, the Ink Shop Bribie Island, and Bribie artists Alex Dalton and Greg Cannon.

A great afternoon of song, food, fellowship and laughter was had by all who attended.

VOICES CHORAL GROUP

CHRISTMAS SHOW

SATURDAY | 30 | 1:30 PM

NOVEMBER

BRIBIE ISLAND COMMUNITY HALL ACADIA AVE WOORIM

AFTERNOON TEA PROVIDED

$22

Tickets available

www.voicesbribie.com.au

THE INK SHOP WARANA AVE BELLARA

Get Your Boat In

ENTRIES NOW OPEN FOR THE BRIBIE ISLAND CHRISTMAS LIGHTS BOAT PARADE!

Boaties, tinnies, jet-skiers and Christmas tragics - it's time to fire up the fairy lights and get your entries in for the **2025 Bribie Island Christmas Lights Boat Parade**, happening **Saturday 13th December!**

Every year this event lights up Bribie's waterways and the hearts of everyone watching.

Thousands of locals and visiting families line the canals, bridges and foreshore to cheer on the sparkling flotilla of boats decked out in dazzling lights, reindeer, Santas and snowmen.

It's become one of the island's most-loved Christmas traditions - and it just keeps getting bigger and brighter.

Here's the hot tip – at the safety briefing the first 30 entries will each receive a Santa Sack stuffed with sponsor goodies, and those are already filling faster than Santa's sleigh on Christmas Eve!

There's also a whopping **$2,000 in prize money and trophies**, including **$1,000 for Best Decorated Boat,** plus a **Lucky Prize Draw**, so everyone's in with a chance.

Whether you're rocking a luxury cruiser or a cheeky tinny, creativity counts far more than size - it's all about imagination, fun and festive flair.

And when you're out there gliding past the crowds with your lights blazing and carols booming, you and your crew will feel like **Jingle-Bell Rockstars**, with thousands of people cheering, waving and snapping photos from every canal corner.

It's the kind of treasured Bribie moment you'll never forget.

Entry is completely free and super easy.

Take your pick:

- **Scan the QR code on the ad**
- **Visit www.bace.org.au**
- **Find the event on Facebook — Bribie Island Christmas Lights Boat Parade**

Or email **bribieaquaticcommunityevents@gmail.com** if you'd like a hard-copy entry form.

So don't wait — those Santa Sacks won't last! Let's light up Bribie and make this year's parade the brightest (and loudest) yet.

FOLLOW ON FACEBOOK

Bribie Arts Centre

New Beginnings & Sculptures in the Garden

NEW is the operative word for concurrent exhibitions at Bribie Arts Centre

Christian Hull and Shirley H

Bribie Arts Centre boasts two fantastic exhibitions which revel in the "New''.

Glass/wood artist and sculptor Shirley Heapy has revamped the Seasoned outdoor Gallery at the Centre to curate **"Artisans in the Garden"**.

Shirley has not only organised a smart restyle of the garden space, helped by BICAS volunteer yardsman, Marty Vass, she has gathered a posse of 11 other artists to highlight the special outdoor ambience with their display of pottery, copper, glass and mosaic pieces to accompany her leadlight and wood works.

This will open in **Seasoned Saturday November 8**, when you can meet Shirley and artists Christian Hull, Kathrin Dierich, Jacqui Horne, Brian Lloyd, Aaron Matila, Linda Middap, Judy Moore, Carol Moss, Kaye Watts, Alan Wilson and Kelly Vass between **10am and 1pm.**

Meanwhile, in the **Matthew Flinders Gallery**, a diverse collection of 13 artists presents **"New Beginnings"** exhibition.

To these creatives, each day offers a wealth of New Beginnings, the first light and sunrise of a new day, a new opportunity to capture the light, to walk and clear your head, the fresh page of a journal, a blank canvas, a new technique, a new subject matter, new forms of inspiration and the thrill of new art supplies.

For some, a New Beginning might be a huge life change, a recovery from illness or adapting to a chronic illness, retiring from a stressful job, moving home or navigating relationships.

Come and experience the joy of New Beginnings, an exhibition which is not displayed by artist, but hung by mood, colour, composition, technique, inviting you to linger longer and immerse yourself in the joy of it.

The artists collaborating in the New Beginnings Exhibition are, Tina Bower, Cheryl Mortimer, Matt Mortimer, Molly Galpin, Gail Shawyer, Sue Gardner, Shirley Heapy, Corinne Purcell, Linda Simpson, Sabine Von Graz, Jenny Cope, Geoff Ginn and Janet Foulcher, whom you can **meet in the Gallery on Saturday November 8 between 10am and noon.**

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

THE ART TARTS EXHIBITION

The 2025 “ART TARTS” exhibition is set to be a vibrant celebration of artistic ingenuity, celebrating 15 years since the first exhibition. This year, it will be held from 18th to 30th November at the Bribie Island Arts Centre.

At its heart, this unique show brings together ten incredibly talented artists, each contributing their distinct voice to a collective narrative of expression.

This year, our artists are Jenny Short, Molly Galpin, Wendy Lynch, Prim Rodgers-Walker, Kerrie Western, Beth Morrow, Dale Berridge, Corinne Purcell, Karen Quinn and Patricia Wheatstone.

Their collective works form a rich tapestry of artistic expression, spanning an impressive spectrum of mediums. From traditional painting and prints, intricate sculptures and pottery, to exquisite jewellery, slumped and painted glass, textile works and even innovative mixed media installations, there's something for every art lover to marvel at.

You are invited to the free Opening Night, Tuesday, 18th November, from 5 pm at the Bribie Island Arts Centre to meet the artists. Enjoy refreshments, finger food and music. Plus, a lucky door prize, valued at $300.00, will be drawn on the night.

We extend our heartfelt thanks to our sponsors, The Bribie Islander Magazine, RSL Bribie Island, Right Look Property Maintenance and Ariana Doolan, MP for Pumicestone. Their generous support has made this exhibition possible, and we are truly grateful for their contribution to the arts in our community.

WHAT'S IN A NAME?

Accidental Writer
Website and blog: suewightonaccidentalwriter.com

by Sue Wighton

There's a wonderful song written by folk singer, Dave Van Ronk called The Garden State Stomp. It's comprised entirely of unlikely names from the US state of New Jersey. And how marvelous they sound in this most exuberant and inventive song.

Lines like: *Allamuchy, Hacklebarney, Rockaway, Piscataway, Ho-Ho-Kus, Secaucus, Lower Squankum, Fair Play*

And another favourite rhyming couplet:
Hardscrabble, Double Trouble, Picatinny, Montague
Muckshaw Pond, Oakanickon, Espanong, Ocean View.

Travelling around this great country of ours, I've discovered some absolutely fabulous names too.

On a trip out west recently, I was beyond thrilled to visit a small railway siding – Bogantungan – mentioned in the folk song: On the Queensland Railway Line. In the dim past I was part of a folk group who used to sing this song! One of the verses is particularly mellifluous: 'Males and females high and dry, Hang around at Durikai, Boora-Mugga Djarawong, Giligul-gul, Wonglepong.'

Every time I pass Barbecue Street on Brisbane's southside on my way to Stradbroke, I imagine all the residents in striped aprons gaily barbecuing on their footpaths and waving their tongs to passers-by.

One can only wonder how Bom Bom Creek got its name. Is it the sound of rocks being skimmed across the water? Or maybe a couple of old clapped-out utes are resting for eternity on its sandy bed? And then there's Nan Glen. I picture mobs of feral grannies meandering aimlessly through this little valley, crochet hooks menacingly at the ready.

Is Middle Brother Road somewhat overlooked and neglected in favour of First-Born Road or Baby Sister Overflow? O.K. I made those last two up!

I saw a Halfway Creek somewhere and of course I wondered. Halfway to where? Halfway from where?

I'd love to live on Ton O Fun Road, wouldn't you? Likewise Carefree Road near Taree. Not so keen to be travelling on Mt Debatable Road or visiting Murdering Hut Creek though.

The name Cureeki Creek strikes me as plain lazy. Like saying Rivery River or Mountainey Mountain.

We're indebted to our first nations people for many of our most interesting and unique-sounding place names – especially those that double up. I'm thinking for example of Booti Booti National Park. This means 'plenty plenty' in the local Aboriginal language.

Book Book is a rural community near Wagga Wagga. Greg Champion famously wrote a song – Don't Call Wagga Wagga Wagga back in the day. It's funny. Look it up. I'm not sure about the provenance of some of these names, but they're distinctively Australian.

The Bungle Bungle Range in western Australia references the grasses common to the Kimberley. And I travelled down the Obi Obi Creek (named for a local Indigenous man) when I was younger – on a li-lo if you please!

At the end of his song, the gravel-voiced, amiable Dave Van Ronk proclaims, 'I call it The Garden State Stomp – thank you very much!'

So, I reckon I'll do the same. I'll put my observations in a song and call it The Aussie Road Trip Blues. Thank you very much.

ARE YOU INTERESTED ?

KATHY VINCENT

In what, you might ask?

In hearing an interesting speaker, meeting friends and having fun!

Well, that's what happens in Pumice Stone Passage Probus on the second Tuesday of the month, 9 for 9.30 in the RSL garden room.

This month's speaker was Professor Ray Collins, who has been working in AGRICULTURAL EDUCATION AND RESEARCH in underdeveloped countries.

The aim was to improve farmers' livelihoods, reduce poverty, increase food security, improve nutrition and empower women and girls.

This cannot be achieved by just giving money; no, it was important to work as partners, to help people solve their problems and create a lasting impact.

Since 1990, they began by examining what the buyers wanted and then determining how that could be achieved to benefit everyone. A team of researchers, farmers, retailers, and policy makers working together.

Work in Oman helped to produce quality fish and store them in ice and sanitary conditions. This produced better fish, less wastage —which is what

the consumer wanted —and improved income for the fishermen.

Similar work was carried out in Kenya with leafy vegetable production and in Pakistan with tomato production. In all cases, women were involved and worked alongside the men rather than being excluded.

So when you go to the supermarket, think how lucky we are to be able to purchase good quality foods and how good it is that people like Professor Collins, together with Queensland University, are helping to achieve this for the rest of the world.

Breast Cancer Awareness Month

Breast Cancer Awareness month, this October, brings the focus primarily on how we can encourage the general public to make regular personal breast checks and to ensure they register for the two-yearly Breast Cancer mammograms.

When statistics tell us that ONE out of SEVEN women will encounter Breast Cancer in this country, it is paramount that we try to get this vital message promoted.

A somewhat eye-catching presentation by the members of Bribie Pink Dragons is to wear the decorated bras on the outside of our shirts as a visual reminder!

This we did for our Breast Cancer Walk as "Pinkaboutit" on Sunday 5th and, on its completion; joined Dragons Abreast Pumicestone in a shared morning tea with paddlers from Redcliffe and the Sunshine Coast.

Our social gathering this month was a Garden Excursion to Fairhill Nursery, Manawee Gardens, Buderim and Yandina Ginger factory. It was wonderful to observe the amazing spring growth, in the varieties of blooms and bushes in explosive colours and shapes.

The 19th brought our "Come&Try" at Kal-ma-kuta Park, Spinnaker Sound. It was a great Sunday morning, no wind and perfect sunshine, to accompany our two boats out and into the Passage.

With instruction, a life jacket, a buddy beside to support; those, who had never paddled before, overcame any personal concerns to "have and go", relax, and enjoy the exhilarating experience.

One newbie expressed it as, “once you get out there, everything else falls aside, and you are taken into the moment"!

This we experience three times a week, Monday and Saturday 6am for 6.30am and Thursday Afternoons 3.30p.m. for 4p.m.- in our summer times.

We welcome ALL survivors, their supporters and those who share the ethos of Breast Cancer Awareness in the true "Spirit of Bribie"; as we paddle for fun, recovery, rehabilitation and build resilience through the recreational sport of dragon boating.

Contact: - President Marie 0499990352.

Bribie Island Croquet Club Announces Annual FUN Fundraiser to Support CADA

The Bribie Island Croquet Club will host its annual fundraising event on Saturday, November 15, from 9:30am to 4:00pm at Cosmos Park, 70a Sunderland Drive, Banksia Beach.

This year, all proceeds will be donated to CADA, an organisation providing essential support to individuals experiencing domestic and family violence or abuse.

Funds raised will be allocated specifically to assist Bribie Island residents in need.

The event will feature:

- Croquet introductions, games, and challenges for beginners
- Raffles and prizes
- Morning tea and a sausage sizzle (10:00am – 2:30pm)
- "Create it, make it, grow it" gift stall and book sale
- The Annual Community Challenge: Teams of two or four will compete in a fun, modified croquet tournament for the Croquet Mallet Trophy 2025.

All equipment and coaching provided, no experience necessary. Community members and local businesses are invited to support the event by:

- Making a cash donation (no amount is too small)
- Donating vouchers or suitable items for stalls or raffles
- Attending the event and participating in activities
- Entering a team in the Annual Community Challenge ($25 entry per team)

Donations can be made via direct deposit to:
Bribie Island Croquet Club
BSB: 034 119 **Account:** 255 022 **Reference:** CADA & organisation name

For contributions or team registrations (by November 3), please contact: Joan Gleeson: **0429 165 643** or Lyn Beh: **0419 405 166**

The club wishes to thank the generosity of the many businesses and organisations that are already supporting this important fundraising day.

In previous years, the communities and businesses have helped the croquet club raise money to support 'The Bribie Island Neighbourhood Centre"; "The Bribie Island Pantry"; "B.I.K.E.S"; "Bribie Island Dragons Abreast" to name a few.

Join us on November 15 to enjoy a day of fun and help support a vital community cause.

YOU ARE INVITED to a COMMUNITY FUN DAY to HELP RAISE FUNDS to SUPPORT

CADA
Centre Against Domestic Abuse
Moreton Bay region

On **Saturday 15th November**
at **Bribie Island Croquet Club.**
Cosmos Park, Sunderland Drive,
Banksia Beach

9:30 am – 4:00 pm

- Come & Try – hit balls through hoops
- Raffles & Prizes
- Books, Plants & Homemade Gifts for Sale
- Devonshire Morning Tea
- Sausage Sizzle & refreshments available
- Join in a Community Challenge Event**
- Meet & Make New Friends

For further information email bribieislandcroquet@gmail.com
or phone Joan 0429 165 643
Community Challenge Event – Entry Fee = **$25 4 player team.
Entries Close **Mon 3rd Nov.**

PICNIC IN THE PARK

FUN FOR THE WHOLE FAMILY!

Prepare for a morning of laughter, games, and good old-fashioned family fun at Picnic in the Park, a unique event happening right here on **Bribie Island, Saturday 15th November 2025.**

Families are invited to join from **9:30 am to 11:30 am at Quota Park (also known as Lions Park, Pumicestone**, Welsby Parade opposite Allamanda Drive) for a relaxed and joy-filled community event.

The morning will be packed with games and activities designed to get kids aged 5–12 years smiling, running, and having a blast! Of course, children outside this age range are also very welcome to join in with them, the more, the merrier!

To ensure a safe and enjoyable experience for everyone, parents are kindly requested to supervise their children throughout the event. Please remember to bring water, sunscreen and a hat, and be ready to enjoy some quality family time outdoors.

Light refreshments will be available, and on-site toilet facilities are available for your convenience. Due to the popularity of the event and to ensure everyone's safety, we kindly ask you to book your spot early as places are limited.

For more information or to reserve your spot, call or text Ruth on **0429 998 744**.

Join us and create unforgettable memories on this fun-filled community morning on beautiful Bribie Island!

DON'T MISS OUT,
REGISTER NOW!

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 change of location

Saturday November 15th ~ 9am ~ 2pm
Saturday December 6th ~ 9am ~ 2 pm
Saturday December 20th ~
9am ~ 2m
4pm ~ 8pm
There is also an outdoor market to run alongside indoor market called This ‘n’ That

SPORTS PAGES

BRIBIE ISLAND BOWLS CLUB

Self select pairs results Friday 3 October 2025
Winners: B Pritchard, K Rush
Runners up: B Stuart, L Tait
Lucky draw: G Lucas, M Lyons
Encouragement: L Williams, M Aubin

Self select pairs night results Friday 3 October 2025
Winners: K Thornton, B Ferguson
Runners up: L Barclay, N Bolton
Lucky draw: N Kirchemier, M Walter
Lucky draw: B Smith, C Wilkie
Lucky draw: J Prowl, W McDougall
Encouragement: C Teakel, E James

Self select triples results Tuesday 7 October 2025
Lowest winning score: J Lonsdale, J Wallis, J Coleman
Runners up: L Kurtz, D James, M Young
Lucky draw: H Groves, G Hull, V McDermott
Lucky draw: L Tweddle, G McEniery, S Hose
Lucky draw: L Deakins, E Deakin, R Brinton
Scroungers results Wednesday 8 October 2025
1st: B Hosie
2nd: A Russell
3rd: S Greensill

Self select open pairs results Wednesday 8 October 2025
Winners: M Thompson, P Symons
Runners up: A Wills, P Maloney
Lucky draw: T Bishop, C Fowler
Lucky draw: J Oliver, P Gray
Lucky draw: R Ferguson, J Ferguson
Lucky draw: F Crockett, M Mills, T Bennett

Random triples results Thursday 9 October 2025
Winners: L De-Roule, J Coleman, J Smith
Runners up: D Neumann, M Brown, C Hamilton
O of H winner: M Cherry, K Mulpeter, M Cole
O of H winner: D Charlwood, J Teakle, P Maloney
Encouragement: G Frew, G Hutchison, K Brown

Self select pairs results Friday 10 October 2025
Winners: W Ebert, C Ebert, F Grimsey
Runners up: D Wilkins, J Brown
Winning draw: B Pursehouse, R Bull
Encouragement: M Lyons, G Lucas

Self select pairs night results Friday 10 October 2025
Winners: C Perkins, R Elmore
Runners up: J Oliver, K Lauerty
Lucky draw: P Gray, D Ackroyd
Lucky draw: T Bishop, M O'Neill
Lucky draw: B Castle, D Bowers
Encouragement: G Hartley, B Svensson

Self select random fours results Saturday 11 October 2025
Highest margin: M Thompson, R Follett, J Laidlaw
Lowest margin: T Whalley, T Phillips, G Hutchison, J Wallis
O of H Winner: D Neumann, W Langford, K Langford, M Littleboy
O of H Winner: W Manson, J Coleman, P Bennett, A Whalley
O of H Winner: D Draper, K Norton, P Neumann, E Polloni

Self select triples results Tuesday 14 October 2025
Winning score: P Andrews, E Hockey, B Clarke
Runners up: W Hoelscher, J Murray, B Lingley
Lucky draw: G Olsen, F Grimsey, D Davis
Lucky draw: J Park, J McKay, L McKay

Self select open pairs results Wednesday 15 October 2025
Winners: S Hose, G McEniery
Runners up: T O'Loughlin, P Nelson
Encouragement: J Baker, J Baker

Self select open pairs night results Wednesday 15 October 2025
Winners: K Smith, K Burton
Runners up: A Lavender, R Wales
Lucky draw: M Lyons, G Lucas
Lucky draw: D Beadman, C Fowler
Lucky draw: C Barklay, A Feichter

Self select Random Triples results Thursday 16 October 2025
Winners: Bettina W, Jean C, Reg B,
Runners up: G Frew, M Thompson, K Norton
Lucky draw: A Daves, A Kathage, S Muller
Lucky draw: D Draper, M McDonald, T Charlwood
Lucky Draw: L Beaven, L Hannaford, B George

Encouragement: P Rose, K Mulpeter, M Cole

Self select pairs results Friday 17 October 2025
Winners: S Cook, J Hosie
Runners up: K Brown, F Grimsey
Lucky draw: R Bull, R Reilly
Lucky draw: J Brown, S Hose

Self select pairs night results Friday 17 October 2025
Winners: T Smith, M Retchford
Runners up: W Manson, R Symons
Lucky draw: G Denkel, R Avern
Lucky draw: M Tull, B Kinnier
Lucky draw: M Andrews, K Thornton
Encouragement: B Lamb F Brocket

BONGAREE BOWLS RESULTS

Bongaree Bowling Club Results 10/10/2025 to 11/10/2025
Results of Friday 2-4-2 10/10/2025
Winners: Sue Francis, David Vaughan
R/Up: Elaine and Frank Levey

Results of Saturday Scroungers 11/10/2025
1st: Sheena Bath. 2nd: Errol Fender. 3rd: Tony Jericevich

Results of Wednesday Fours 15/10/2025
Winners: Bob Hall, Gideon Croukamp, John Bell, Robert Johnson
R/Up: Billy Bradshaw, Kevin Wilkins, Jacko, Barry Russell

Results of Thursday Jackpot Pairs 16/10/2025
Winners: Arne Jensen, Errol Fender
R/Up: Tim Carlton, Jaarpung Blundell

Results of Wednesday Fours 22/10/2025
Winners: Val Smith, Beryl Moor, Pam Walker, Frank Levey
R/Up: Ron Carruthers, Terry Keatch, Doreen Pennery, Jim Warrick

Results of Thursday Jackpot Pairs 23/10/2025
Winners: Tim Carlton, Jaarpung Blundell
R/Up: Greg Hemphill, Jacque Murdoch

On Tuesday 14/10/2025 Bongaree Bowls Club hosted 38 players from the Fraser Coast who came along to our club and had a terrific game of bowls with 26 of our members. It was certainly a fun day with music and lots of competitive bowling. Thanks Fraser Coast members for a great day and let's hope we can do it all again next year.

On Saturday 18/10/2025 Bongaree Bowls club held a Summer Carnival with 56 of our members coming along and enjoying a great day of competitive bowling. Along with our sponsors Traditional Funerals, AN & R Sharman, Bribie Physiotherapy and Lifestyle Gym, L J Hooker, Island Body Works, Councillor Brooke Savige and MP Ariana Doolan who came along supporting our club and presenting the winning prizes, a fun day of competitive bowling was had by all.

SOLANDER LAKE BOWLS SATURDAY 19/10/25

Tuesday Club Select Triples
Winners: Val Foley, Debbie Jackson, Val Paul, Rod Riley
2nd: John Harris, Ann Larsen, Ted Parker, Leonie Schmidt

Wednesday Random Club Select Triples
Winners: Mark Wendt, Brian Cayley, Barry Curtis
2nd: Pat Samuelson, Maggie Zahl, Peter Nixon

Thursday Self Select Fours
Winners: Ian Jackson, Dianne Nock, Kerry Fulmer, Ron Boddenberg
2nd: Marieke Moore, Keith Riethmuller, Steve Todd, Geoff Sorrensen
3rd: Chris Cummins, Jennie Cummins, Andy Wilkins, Ian Boast

Friday Random Club Select Triples
Winners: John Sly, Neil Feazy, Greg Caplick
2nd : Denis John, Alex Kinnear, Peter Nixon

Saturday Club Select Triples
Winners: Alex Carr, Dave Thomas, Merv Adams
2nd: Ray O'Brien, David Bentley, Chris Cummins

W/E 26/10/25
Tuesday Club Select Fours
Winners: Sheila Jeffery, Jennie Cummins, Janelle Day, Ron Boddenberg
2nd: Not Available

Wednesday Random Club Select Fours
Winners: Neil Lethlean, Brett Sellars, Neil Feazey, Steve Jameson
2nd: Peter McIntyre, Rod Reilly, Rob Stumbles, Pete Nixon

Thursday Self Select Fours
Winners: Ricci Harris, Raie Stuart, Leonie Schmidt, Janelle Day
2nd: Brad Storey, Des Stewart, Jan Oakley, Graham Hubbard
3rd: Jeff Farmer, Wayne Mitchell, Ray Griffin, Vicki Mitchell

Friday Random Club Select Pairs
Winners: Graham Hubbard, John Sly
2nd: Debbie Jackson, Peter Nixon

Saturday Club Select Triples
Winners: Ian Jackson, Beryl Copperthwaite, Brian Craitem
2nd: Shilo Geappen, John Dann, Allan Matheson

BRIBIE ISLAND WOMEN'S GOLF

14 OCT TO 23 OCT 2025

14/10/25 4BBB Stableford - Sponsored by The Lorikeets

OVERALL WINNERS
Kerryn Keys & Sheena Bath 49. 2nd Sue Navie & Jody Bedson 46. 3rd Julie Skerman & Melinda Russell (Royal Queensland GC) 44
NTP. Hole 4 Nadia Aylott. Hole 7 Christine Pronk. Hole 14 Suzanne Peet. Hole 16 2nd shot Linda Urquhart. Hole 7 (Div 3 2nd shot) Carol Lobegeiger.

2nd place Sue and Jody

3rd place Julie and Melinda

16/10/25 SINGLE STROKE

DIV 1 WINNER
Vivi Lloyd 70. 2nd Lyn Cockerell 72. 3rd Desley Neilson 74 c/b.

DIV 2 WINNER
Gay Burnham 72. 2nd Jennifer Warburton 73 c/b. 3rd Jude Dorhauer 73
NTP. Hole 4 Di Benghamy. Hole 7 Vivi Lloyd. Hole 14 Dianne Hayward. Hole 16 2nd shot Kate Wilson. Hole 7 (Div 3 2nd shot) Di Croft.

21/10/25 SINGLE STROKE – MONTHLY MEDAL
Sponsor Churches of Christ

DIV 1 Kate with Annie from Churches of Christ

DIV 1 WINNER
Kate Wesener 72. 2nd Kate Wilson 73 c/b. 3rd Vicki Jones 73
NTP Hole 4 Val Phinn. Hole 7 Linda Urquhart. Hole 14 Carol McKenzie. Hole 16 2nd shot Lorna Burns.
BEST GROSS Kate Wesener 90

DIV 2 Annie with Maree

DIV 2 WINNER
Maree Bailey 69. 2nd Penny Brittain 73. 3rd Lulu Drew 74 c/b.
NTP Hole 14 Diane Fitzpatrick. Hole 16 2nd shot Suzanne Fowler
BEST GROSS Maree Bailey 95

DIV 3 WINNER
Jan Jennings 69. 2nd Stina Barnulf 73 c/b. 3rd Di Croft 73
NTP Hole 7 Carol Lobegeiger. Hole 14 Stina Barnulf. Hole 16 2nd shot Hazel McDonnell
BEST GROSS Stina Barnulf 108

23/10/25 SINGLE STROKE

DIV 1 WINNER
Pauline Grooby 67. 2nd Jo McCowan 72. 3rd Gwen Clutterbuck 73 c/b

DIV 2 WINNER
Marjorie Sills 71 c/b. 2nd Heather Croukamp 71. 3rd Yvonne Nicklin 76 c/b
NTP Hole 4 Pauline Grooby. Hole 7 Gaby Bennett. Hole 14 Carol Lobegeiger. Hole 16 2nd shot Sandra Power. Hole 7 (Div 3 2nd shot) Heather Croukamp

DIV 3 Jan with Annie

MORETON BRIBIE BRIDGE CLUB

MORETON BRIBIE BRIDGE CLUB: Sat 11 Oct N/S 1 S Watson & R Sutton 2 J Kinross & J Budgeon 3 L Groves & A Fielding E/W 1 D Scown & J Easey 2 M Bailey & L McLaren 3 L Gadsby & J Fitzgerald

Wed 15 Oct (a) N/S 1 J Kinross & R Floquet 2 G & S Barnulf 3 M& L Dawson E/W 1 R Medhurst & P Breene 2 M Arthur & P Edis 3 L Wilson & N Denvir (b) 1 D Scown & J Easey 2 L Carr & J Wright 3 L Heap & B Connell

Sat 18 Oct N/S 1 L Carr & L McLaren 2 S Watson &R Sutton 3 M & L Dawson E/W 1 D Scown & J Easey 2 J Reiter & B Connell 3 L Groves & A Fielding

Wed 22 Oct N/S 1 R Webb & L McLaren 2 S Watson & R Sutton 3 M & L Dawson E/W 1 J Jones & K Cohen 2 J Kinross & J Reiter 3 R Sutton & M Bailey

BICBC: Mon 13 Oct N/S 1 J Kennedy & Visitor 2 M Peterson & D Quinan 3 P Edis & C McAlister E/W 1 S Smith & M O'Reilly 2 I Best & B Moxham 3 C Frankcom & K Strickland

Mon 20 Oct N/S 1 A Fielding & J Easey 2 M Arthur & L Wilson 3 C Page & J Kennedy E/W 1 C Frankcom & K Strickland 2 P Hexel & C Browne 3 J Day & S McCulloch

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

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

Fuzzy Wuzzy Angels

Sapper H "Bert" Beros,1942

Many a mother in Australia,
When the busy day is done.
Sends a prayer to the Almighty,
For the keeping of her son.

Asking that an Angel guide him,
And to bring him safely back.
Now we see those prayers are answered,
On the Owen Stanley track.

Though they haven't any Halos.
Only holes slashed through their ears.
And their face is marked with tattoos,
And with scratch pins in their hair.

Bringing back the badly wounded,
Just as steady as a hearse.
Using leaves to keep the rain off,
And as gentle as a nurse.

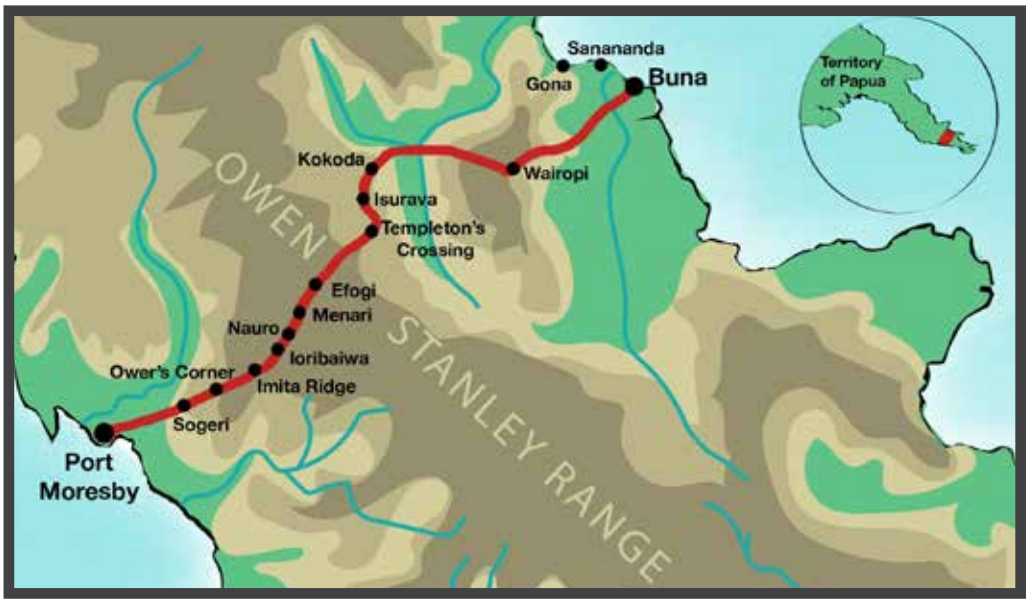
Slow and careful in bad places,
On the awful mountain track.
And the look upon their faces
Makes us think that Christ was black.

Not a move to hurt the carried.
As they treat him like a Saint.
It's a picture worth recording,
That an artist's yet to paint.

Many a lad will see his mother,
And the husbands, kids and wives,
Just because the fuzzy wuzzys,
Carried them to save their lives

From mortar or machine gun fire,
Or a chance surprise attack.
To safety and care of doctors,
At the bottom of the track.

May the mothers in Australia,
When they offer up a prayer,
Mention these impromptu angels,
With the fuzzy wuzzy hair.



Remembrance Day

The Kokoda Track 1942

By Major Al Finegan RFD Rtd

After the Japanese suddenly attacked Pearl Harbour in December 1941, they rapidly advanced through Malaya and the East indies, while conducting air raids on Broome and Darwin.

By April 1942, the Japanese had captured Rabaul, located in the East New Britain province of Papua New Guinea, about 600 km to the east of the New Guinea mainland.

The next Japanese objective was to invade Port Moresby to establish a base for the bombing of Northern Australia, to cut Allied supply lines, and to expand their Pacific influence, ultimately forming a defensive ring around their "co-prosperity sphere". Their plan was to occupy Port Moresby by the first week of May 1942.

Their invasion force consisted of 5,000 marines of the Japanese Special Naval Landing Forces, loaded on 12 transport ships. These would be escorted by destroyers and cruisers with one light aircraft carrier to provide air cover.

Following the invasion of Port Moresby, the Japanese fleet planned to head south to mount a massive 300 aircraft raid on Townsville. After departing Rabaul they sailed down through the Louisiade Archipelago around the eastern end of New Guinea. Their sights were firmly fixed on Port Moresby.

Because the Allied code-breakers were able to read most of the Japanese Naval radio traffic, the US was well aware of the Japanese plans.

An attack squadron based on the aircraft carrier USS Lexington was ordered to make a high-speed journey from Pearl Harbour in time to intercept the Japanese Navy in what was to be called, "The Battle of the Coral Sea".
The American naval forces attacked the Japanese fleet on 4th May 1942. By 9th May, after a series of battles, the combined allied forces had driven the Japanese out of the Coral Sea thus saving the Queensland coast and Port Moresby from imminent invasion. The Japanese then decided that the only viable route to capture Port Moresby was by crossing the Owen Stanley Range.

On 21st July 1942, the Japanese landed their marines near Gona and Buna, opposed by just four platoons of the 39th Battalion, and elements of the Papuan Infantry Battalion.

On 29th July, the Japanese quickly advanced and captured Kokoda and its strategically vital airfield, and penetrated as far as Imita Ridge. The Japanese continued to push the heavily outnumbered Australians back towards Port Moresby.

The Australians fought a courageous delaying defence, during which Private Bruce Kingsbury was awarded a posthumous Victoria Cross for holding back the Japanese with his Bren gun. By September 1942, the Japanese had advanced close enough to see the lights of Port Moresby, but the tide of the battle was about to turn.

Due to American forces on Guadalcanal causing huge Japanese losses in men, equipment and rations, Japanese supply lines began to fail.

They were forced to withdraw, and the Australians, now on the offensive with better training and equipment, pushed them back into the Owen Stanley Ranges. These young Australian militia men, often called chocolate soldiers, had surprised everyone with their determination and courage. On 4th September, the Australian situation was lifted again. The

exhausted militia diggers were reinforced by fresh, battle hardened AIF troops returning from the Middle East.

The AIF joined in on the offensive. Now a combined force, the Aussies overcame strong opposition from well-prepared positions around Templeton's Crossing and Eora Village. Following the unopposed recapture of Kokoda, they fought more major battles from the 4th to 11th November, resulting in a victory for the Australians. By 16th November, two brigades of the Australian 7th Division had crossed the Kumusi River at Wairopi, and advanced on the Japanese beachheads.

On 22nd January 1943, the Australians, along with newly arrived United States Army troops, conducted a joint operation to attack the Japanese at the Battle of Buna-Gona. The allies won. It resulted in the complete destruction of the Japanese ambitions in Papua New Guinea.

The rugged Kokoda Track Battle was one of the most gruelling campaigns ever fought by Australian soldiers. The dense jungle, steep mountains and relentless rain created conditions that tested endurance and spirit. The Kokoda Track is a 96 kilometre jungle track across the Owen Stanley Range combining dense rainforests, deep ridges, deep valleys, mud, torrential rain, and millions of leeches. The terrain was as dangerous as the enemy. Soldiers also fought malaria, dysentery and hunger. But despite this hardship the Australian diggers found unexpected allies, the Papuan carriers who came to be known as the Fuzzy Wuzzy Angels.

These men, many of whom had never left their villages before the war, became the lifeline of the Aussie diggers. They carried supplies, food, ammo, and medical gear into the mountains. More importantly, they carried wounded and sick Australian soldiers out, often on makeshift stretchers or on their backs over mud, rivers, and steep jungle tracks. They tended to the men gently and with dignity, sometimes sitting by them through the night.

Countless diggers recalled how the Papuan carriers would speak gently to the injured Australians, shelter them from the rain, and even wipe the mud from their faces. They did not see the soldiers as foreigners, but as fellow human beings in need.

They endured the same brutal conditions of torrential rain, mud, disease, exhaustion and the risk of Japanese attack, and never a complaint was heard. Despite being noncombatants, many were killed or wounded in air raids or crossfire. It was their compassion that left an everlasting mark. Their kindness and care saved many lives. The name Fuzzy Wuzzy Angels came from the Australians themselves, describing both the curly hair of the Papuans and their angelic role on the track. Though the name reflects the attitudes of a different era, it has endured as a symbol of respect and gratitude.

Today, the legacy of the Fuzzy Wuzzy Angels is remembered in both Australia and Papua New Guinea. Their story is one of the most human and moving elements of Kokoda. Their selflessness forged a bond between nations, and their story continues to inspire generations. They remind us that in war, as in life, humanity and compassion, can shine through at the darkest of times.

The Kokoda story is one of those times in history that always fills me with pride. Ordinary young blokes, many just militia, holding the line under the worst conditions imaginable. About 625 Australians were killed and 1,016 were wounded, with thousands more incapacitated by disease. It became a defining moment in Australia's military identity, often compared to Gallipoli. It was the first time during World War 2 that the Japanese advance was decisively halted on land.

Australian soldiers never forgot the kindness of the Fuzzy Wuzzy Angels. Private George Dick Whittington of the 210th Battalion was wounded in late 1942 and was then carried for days along the track by a Papuan named Rafael Imbari.

A photograph taken of the two became one of the most famous images of the campaign with Whittington leaning on a stick while Rafael gently guides him along the muddy track. Whittington later wrote of the Papuans, *"Without them, many of us would never have made it home. They never let us down. They never left us, even when the going was hardest.". Another testimony came from Captain Geoffrey Hampden Vernon of the Australian Army Medical Corp and attached to HQ 1 Papuan Infantry Battalion as a medical officer, who served on the Kokoda Trail and attended to the sick and wounded. "They carried stretchers with wounded men over terrain where we had to crawl ourselves, and through it all they never once complained. They weren't armed, they weren't trained soldiers, but they gave everything they had to save lives."*

These accounts show why the Australian soldiers thought of them as Angels. They saw the Angels as much a part of winning the battle as were the diggers themselves. The poem, "Fuzzy Wuzzy Angels" was written in 1942 by Sapper Bert" Beros, an Australian soldier of the 7th Division after seeing firsthand the care given by the Papuan carriers. The poignant poem struck a deep chord with all Australians, even being published in the Australian Woman's Weekly. It begins, "Many a mother in Australia, When the busy day is done. Sends a prayer to the Almighty, For the keeping of her son.

Asking that an Angel guide him, And to bring him safely back. Now we see those prayers are answered, On the Owen Stanley track." It goes on to describe how gently the Papuans carried the injured. "Though their faces maybe black, their hearts are white. They are the only blokes I've ever seen. He never left me behind."

For the soldiers, the poem captured exactly what they felt: gratitude, respect and even affection. It spread quickly among the troops and back home in Australia, it helped shape the enduring legacy of the fuzzy Wuzzy's. Not just carriers, but angels who gave hope and comfort.

One of the Fuzzy Wuzzy Angels. He was recommended for a commendation medal by an Australian Company Commander, but this was denied as the Angel didn't "exist". So the Aussie troops formed a parade, and the commander stuck a cardboard medal on his (very proud) chest, while the troops performed a general salute. *(My father took this photograph and told me the story).*

In 2009, the Australian Government formally recognised the Angels' service with a special medal. Today, trekkers on Kokoda often meet the descendants of those carriers who are proud of their grandfathers' contribution.

The Fuzzy Wuzzy Angels are remembered not just as helpers, but as Life Savers who embodied a spirit of humanity in the middle of horror.

Even now, when Australians walk the Kokoda Track, guides who are descendants of the original carriers often recite the poem. It has become part of the oral tradition that keeps their memory alive.

Loading wounded diggers onto a US plane at Kokoda in 1942 (Picture, Cpl Lawrence Finegan).

It is also to be remembered that over 10,000 Japanese soldiers died during the Kokoda Track campaign.

Exact figures are difficult to determine due to the nature of the conflict and unreliable army statistics for the Imperial Japanese Army.

Many died not only from combat but also from disease, malnutrition, and exhaustion in the harsh conditions.

FIRST PEOPLE ON THE ISLAND

Barry Clark - Bribie Island Historical Society

I have been writing articles about different aspects of Bribie Island history for over 15 years so many readers now understand and appreciate the rich history of this small island. I am often asked about the first indigenous inhabitants, explorers and first white settlers, and the impact of climate change. This article explores some of that.

We are fortunate that Swedish artist and photographer Oscar Fristrom captured images of a few local people when he visited in 1890's. The Title header photo above is of the families of Caboolture and Bribie Island leaders.

Work is now underway to repair the breakthrough that created small islands and a new northern entry to Pumicestone Passage last year.

The waterway separating Bribie from the mainland has played a key part over the last 15,000 years as the sea level was much lower, and indeed higher, than it is now. A sea level change of more than 140 metres - just imagine that.

The Pacific Ocean beach was 50 klms east of what is now Bribie, there was no Bay or Islands, and the whole of Moreton Bay was wooded land with a large river. It was a bountiful and abundant area for the "Salt Water" people as Bribie Island was formed.

Bribie has only been an island for a few thousand years, and aboriginal people along the developing watercourse enjoyed security and seasonal access to its fish and plants.

Their lives changed after 1799 when Matthew Flinders first sailed up what he named the ***Pumicestone River***.

Flinders did not know it was an island, nor did John Bingle or William Edwardson in 1822 when they sailed up the ***Strait***, not reaching the north entrance and noting that ***the natives are too numerous to risk a landing"***

EXPLORERS

In the years that followed, several early explorers

came and named the island ***Brieby, Briby, Brieves, Brisbane*** on their maps, but Bribie was eventually adopted for the official name.

Lieutenant Otter rescued survivors of the ***Stirling Castle*** on Bribie and Andrew Petrie found escaped convict James Davis. ***Ludwig Leichardt*** explored the waterway with the Archer brothers from ***Durundur*** station at Woodford in 1843 and William ***Landsborough*** acquired land on the Passage after leading an unsuccessful search for ***Burke & Wills*** When free settlers first moved into this area around 1860 it led to conflict with traditional owners over important hunting and fishing grounds.

Alexander Archer wrote ***"The Bribie blacks were greatly feared and had a bad name"***. With no written language and different spoken languages, any communication was difficult and often misunderstood.

FIRST SETTLERS

The first white settler was Thomas Tripcony who took land in **1861** he named ***"Cowie Bank"*** on the mainland side of the passage after years working on gold fields, Sugar plantations and Oyster leases.

When he came to farm on the Passage, he noted, ***"The wild food of the aborigines is a very rich diet, which they spend much time getting, and never go hungry, and organised fighting is a popular pastime".***

The new Colony of Queensland was established in 1859, separating it from NSW, and within a few years of white settlement indigenous people lost their hunting grounds and food supplies, caught new diseases and were soon decimated.

A Government Reserve was established in 1877 at ***White Patch*** on Bribie Island for a few remaining indigenous people around the Bay, but it failed to recognise cultural differences and land use which led to closure in less than two years.

Archibald Meston, the Government appointed ***"Protector of the Blacks"*** visited Bribie Island in 1891 and noted that fifty years ago there were 600 to 1000 on the island, and an aboriginal school briefly operated at Mission Point before relocating to Stradbroke Island. The last Joondooburri of Bribie Island

Bribie Island Mission Point School prior to being moved to Myora 1892

was ***Kal-Ma-Kuta*** who was married to settler Fred Turner and died in 1897. Her memorial is in the central road reserve of Bribie Island Road.

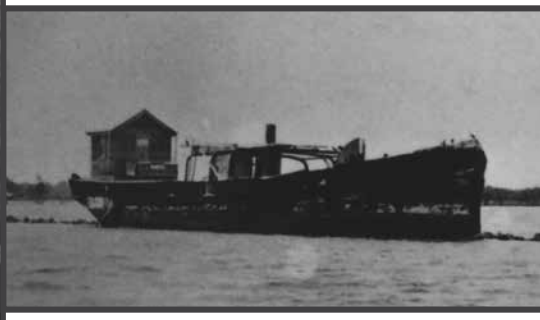
INDUSTRIES

The Pumicestone Channel or Passage supported several industries from 1870's including burning shells for lime, dredging and harvesting oysters, fish canning, timber milling at Campbellville, and grazing cattle on north Bribie.

The Passage was significant waterway for large ships for many years until discovery of of gold at Gympie led to building the railway in 1890. Record rainfall and floods then impacted the entire waterway in February 1893 when almost one meter of rain fell in just one day and the many creeks that flow into the Passage silted it up, creating the shallow and meandering waterway it is today.

The silt and mud worm infection that followed brought an end to Oyster lease farming in the Passage. In 1915, the ***AVON***, an old coal hulk was scuttled in the Passage opposite Dux Creek in an attempt to provide protection for James Clark's oyster leases.

After 110 years the AVON has all but rusted away, but still just visible at low tide. James Clark owned the whole of what is now Sandstone Point, and Avon Avenue at Banksia Beach is in memory of this interesting event.

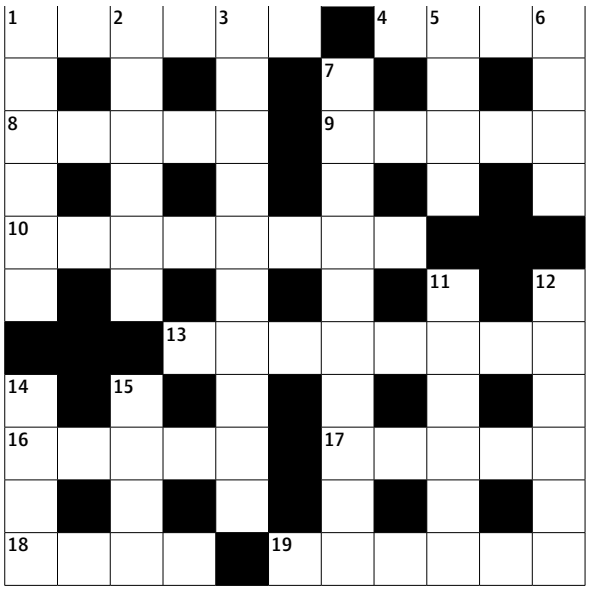


The settlement named Bongaree got its first residents and many visitors after the Tug Company built the Jetty and began steamship excursions in 1912.

MORE BRIBIE HISTORY

The Historical Society meets on the second Wednesday of the month at 6;30 pm at the RSL Club. We have inspiring guest speakers, and visitors and new members are always welcome, You can see many more articles on our Web Site **bribiehistoricalsociety.org.au** or Blog Site **http://bribieislandhistory.blogspot.com** or contact us **bribiehistoricalsociety@gmail.com**

Crosswords - QUICK & CRYPTIC



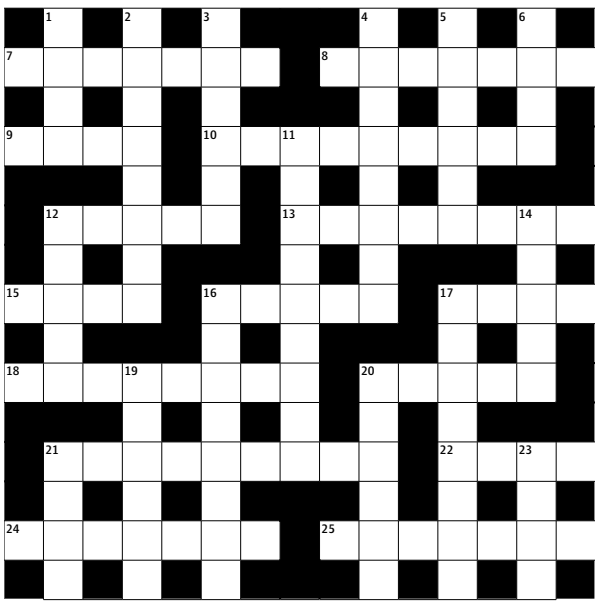
Across

1 Exile heading up bar again names islanders serving hotel (6)
4 Discontinue this topic? Not entirely! (4)
8 Allowance I forgot in desert? (3,2)
9 Select group captivated by novel items (5)
10 Tutor can upset renegade (8)
13 Ace Pole's cooked thin slice of meat (8)
16 One having hump criticised another male eating loudly for starters (5)
17 Tiny creature caught out in small picture (5)
18 Things on which to wipe feetin room at studio (4)
19 Less original alerts getting broadcast (6)

Down

1 Scold robber at emporium in part (6)
2 Leaders in North America treasure unduly really early constitution (6)
3 Scurrying ants scaled thing made on a beach? (10)
5 Slim object, no good (4)
6 One playing instrument without piano in part of resort (4)
7 A part site's played for one aiming to break away from state? (10)
11 Most other runners seem exhausted loving principally bit of food (6)
12 Some rebel termed outstanding figure? (6)
14 Rascal losing power in dishonest scheme (4)
15 Give out brief right away (4)

CRYPTIC



Across

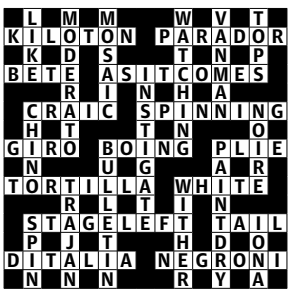
7 With nothing to hide, how Scotsman may appear an explosive force? (7)
8 Road winding past average Spanish hotel (7)
9/14 Curse when e-number found in French drink (4,5)
10 Friends, say, in water doing the backstroke – neat! (2,2,5)
12 Fun solve, reportedly? (5)
13/6 Opts for toys? (8,4)
15/24 I stick it in melon for European event (4,7)
16 Quagmire's fenced off in spring (5)
17 Ballet move worked at when back gone (4)
18 Much appreciated boxes or drawer for dish (8)
20/5Welshman in poet, boor on the way? (5,3,3)
21 Male with fleet at sea – how might one exit? (5,4)
22/21D Pointed fastener on evening dress in sharp spiral (8)
24 See 15
25 Cocktail: one with gin stirred up about right (7)

Down

1/4/17 Wearisome trash talk with pained crying (4,8,5,3)
2 Musical expression in Muse who owned a Lambretta? (8)
3 Design of a prophet? (6)
4 See 1
5 See 20 Across
6 See 13 Across
11 One isn't lost, door found (9)
12 Such in our trousers? (5)
14 See 9 Across
16 Newscast shot? (8)
17 See 1
19 Emperor, king in empty town (6)
20 Flag featuring late monarch (6)
21 See 22 Across
23 Isle where an attention seeker turned up (4)

SOLUTIONS

CRYPTIC SOLUTION



QUICK SOLUTION

KIDS'

Sudoku

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

SPOT THE 10 DIFFERENCES

FIND A WORD

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

Angler fish	Sword fish	Jelly fish	Diver Dan	P Sherman
Clown fish	Australia	Squishy	Pelican	Seaweed
Mr Ray	Squirt	Sydney	Surfer	Marlin
Ocean	Whale	Bloat	Bruce	Mine
Dude	Reef	Dory	Blue	Butt
Boat	Flow	Nemo	Ink	Gil

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Third Sunday of each month
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CARD FACILITIES NOW AVAILABLE
$3 a train ride

Pawsome Pet Pages

PETS WITHOUT PEOPLE

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

MESSAGE US ON FACEBOOK
OR EMAIL
editor.thebribieislander@gmail.com

Benny Boy

Mia

Bribie Island Veterinary Clinic
Your local vet for quality and compassionate care
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Diagnositcs
Surgery
Dentistry
Xrays & Ultrasound
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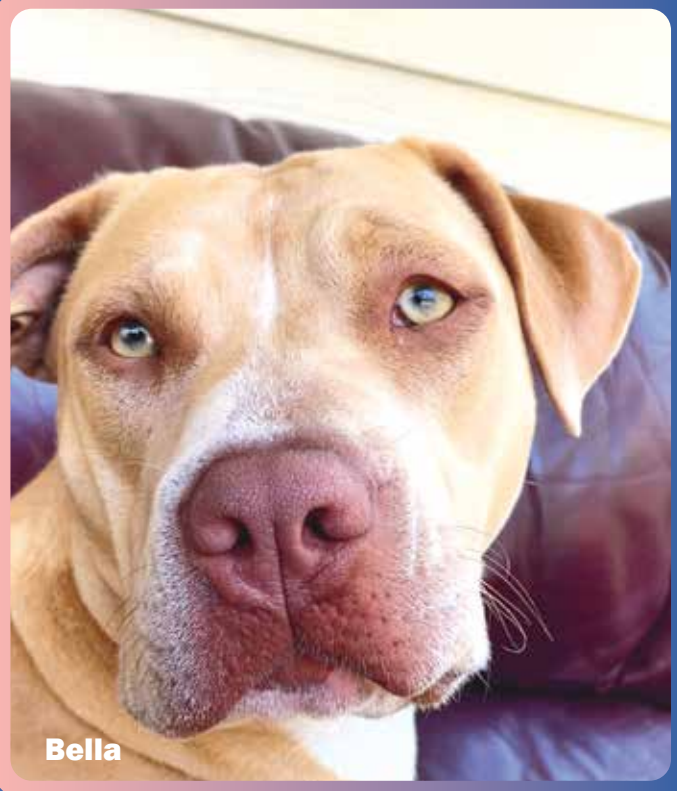
http://bribieislandvet.com.au
Bribie Island Veterinary Clinic
07 3408 8011 Shop 2, 45-53 Benabrow Avenue, Bellara, Bribe Island

Elton



Bella

Tilly

Pumpkin

Missy & Ellie

REMEMBER me PET CREMATIONS

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Today, our planet faces many environmental challenges, and the roles of recycling and sustainable timber are more important than ever. Both play a key part in reducing waste, saving resources, and creating a better future for the generations to come.

Recycling is essential for keeping our planet clean and healthy. We produce a shocking amount of waste every day—from plastic bottles to old electronics—which can harm our ecosystems.

By recycling, we can lessen this harmful impact. For instance, recycling aluminium cans uses 95% less energy compared to making new cans from raw materials. This energy-saving benefit applies to many types of materials, making recycling a crucial tool in our fight against climate change.

Recycling also encourages a circular economy, where products are reused and repurposed instead of thrown away. This not only cuts down on waste but sparks new ideas and creates jobs in the recycling industry.

Plus, it builds a sense of community, encouraging everyone—individuals and businesses—to think about how they consume and dispose of items. Turning to sustainable timber practices is equally important.

With the growing demand for wood products, our forests are being cut down at an alarming rate, leading to loss of wildlife habitats. Sustainable timber practices focus on using wood responsibly, so we don't harm our forests. This includes methods like careful logging, planting new trees, and following guidelines that protect our environment.

Choosing timber from well-managed forests supports wildlife and ecosystems while also providing jobs in forestry and manufacturing. When consumers select sustainable timber, they help protect the environment and support practices that keep our forests healthy for the long term.

Linking recycling with sustainable timber offers a great chance to fight against environmental harm. By recycling wooden items, we can make the most of our timber resources and reduce the need for new trees to be cut down. Reclaimed wood, for example, not only helps the environment but also adds a unique touch to buildings and furniture.

Consumers play an important role in this shift. By making smart choices and favouring recycled materials and sustainably sourced wood, we can drive demand for eco-friendly products and encourage industries to adopt better practices. It's essential that communities understand how to make these sustainable choices, so education and awareness are key.

Recycling and sustainable timber are vital for a brighter, more sustainable future. By incorporating these practices into our daily lives and supporting systemic changes, we can significantly lessen our impact on the environment.

It's up to us to advocate for taking care of our planet and to choose lifestyles that respect and protect it. Together, we can create a more sustainable and fairer world, one recycled item and sustainably sourced plank at a time.

Sustainable Timber Harvesting Returns to Bribie Island

Timber plantations on Bribie Island have supported Queensland's timber industry for over 70 years, providing local jobs and sustainable materials. This October, **HQPlantations (HQP)** commenced harvesting operations in the southern section of the island's pine plantation. The harvested timber will be transported to local sawmills where it will be manufactured into products to make housing frames, fencing and landscaping materials.

HQP holds a 99-year licence from the Queensland Government to manage timber plantations on state land and is committed to sustainable forestry. The current harvest is part of a long-term cycle of plantation management, where trees are grown, harvested, and replanted to ensure ongoing timber supply and environmental stewardship.

In response to community feedback, **HQP** is conducting a low-level harvesting operation between 5.30am to 5.00pm, Monday to Friday (excluding public holidays) with haulage via Hornsby Road, originally constructed as the designated haulage route. For the safety of the public and our workers, access to Hornsby Road will be restricted during these times.

Once harvesting is complete, the area will be replanted with southern pine seedlings, continuing the cycle of sustainable timber production. **HQP** only harvests from plantation forests, ensuring native forests remain protected while meeting the growing demand for locally sourced timber.

To learn more about HQPlantations and its commitment to sustainable forest management, visit www.hqplantations.com.au

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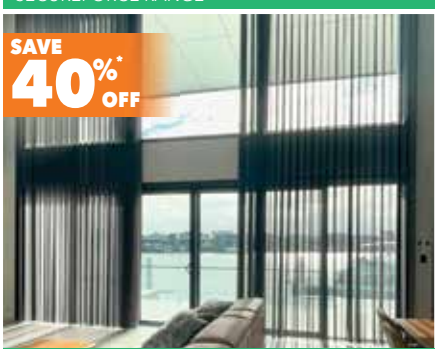

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Community and Caregiving

Following on from my previous article about inclusive housing design for people of all abilities, it's clear that affordability now needs to be at the very top of the government's agenda.

Australia is in the midst of a housing crisis, and for people with disabilities, the impact is nothing short of catastrophic.

Finding a home that is both functional and affordable is an impossible balancing act for many families. Accessible housing isn't a luxury—it's a necessity.

But the additional cost of design modifications, along with the surging cost of living, places unbearable financial stress on individuals with disabilities and their families.

People living with disability often face costs that go far beyond rent or mortgage payments.

Regular travel to metropolitan hospitals for essential treatments, specialised equipment, adaptive home modifications, parking at medical appointments, heating and cooling for thermoregulation impairments—these are just a few of the unavoidable expenses they bear.

Then there are the caregivers—many of whom work full-time, unpaid, and unrecognised. These individuals provide round-the-clock support, often for decades, without superannuation, sick leave, or even a liveable income. They are not considered employees, yet they perform physically, emotionally, and mentally demanding work every single day.

Since 2019, rents across the country have tripled. While we often hear about the pressures of cost-of-living on the average family, we rarely hear about the unique, compounding costs borne by people with disabilities and their carers. And we certainly don't hear enough about the toll it takes.

It's time for governments at all levels to take this seriously. I am calling on both federal and state governments to **implement a plan that includes superannuation for caregivers**, with a path toward establishing caregiving as a **paid profession,** on par with support workers—at the very least.

Caregivers are not only carers; they are advocates, administrators, case managers, emotional support, medical aides, and more.

This work is not only essential, but also economically invaluable. Unpaid caregivers save governments billions every year by keeping people at home rather than in institutional settings.

It's time for the government to invest some of those billions back into caregivers to ensure this model of care remains sustainable and families can stay together.

The stress on families is unsustainable. The dignity of people with disabilities, and the wellbeing of those who support them, should not come at such an enormous personal cost.

We need a serious national conversation—not only about self-care—but about **community care.**

We must treat caregivers with the respect and recognition they deserve. They should not be left financially disadvantaged for dedicating their lives to the care of others.

They need support. They need income. They need tools to do their job. No other profession is expected to work without sick pay, superannuation, or even the basic dignity of a liveable wage. And yet, unpaid caregivers are expected to do just that—quietly, tirelessly, and without complaint.

I urge every Australian to write to their local MP and demand policy change. Housing affordability, income support, and formal recognition for caregivers must be at the forefront of national discussions. Caregiving is a profession. And it's time we gave them the respect, tools, and income they deserve.

Yours in health and wellness,

Kind regards,

Tracey Blinco

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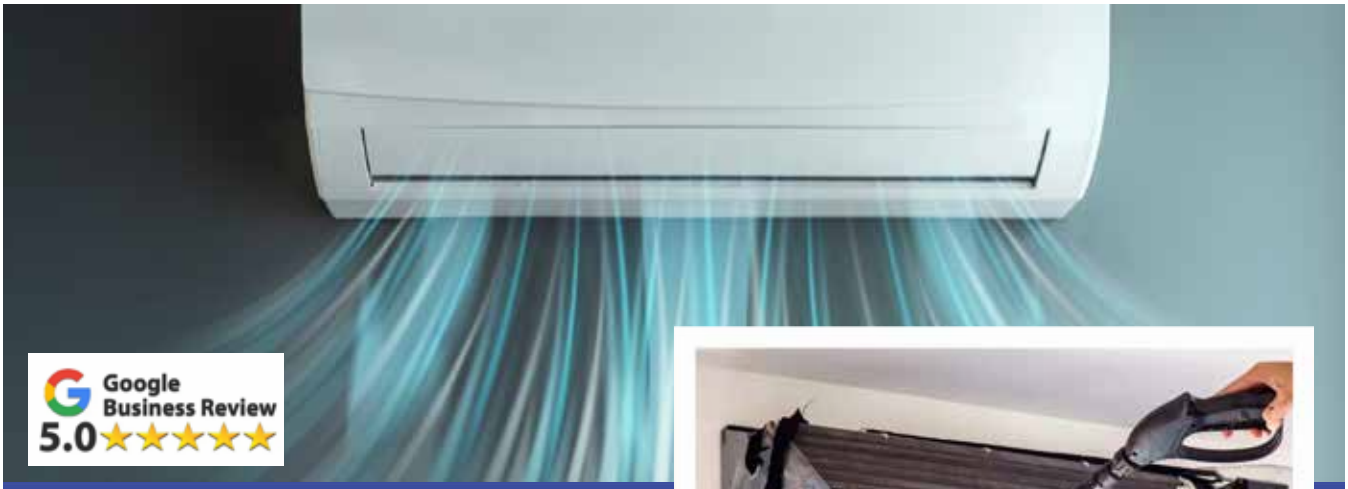

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HIGH-TECH FIRE POWER REDUCES BUSHFIRE RISK IN MORETON BAY

Residents and businesses are urged to plan, prepare and protect their homes and loved ones this bushfire season.

A rotary wing revolution has taken off at City of Moreton Bay, helping combat the threat of bushfires as south-east Queensland swelters under a soaring heatwave.

Contracted by Council, specialised aerial incendiary drones have been hard at work over the last few months, flying into areas previously deemed inaccessible by foot or vehicle in order to help fire management crews conduct hazard reduction burns.

The drones drop small incendiary pellets from above, allowing crews to carry out planned burns with greater precision and safety across challenging terrains. Mayor Peter Flannery said the new technology had made a positive impact to Council's planned burns program.

"We've taken action to reduce fuel loads and lessen the risk of major bushfires," he said. "Our city spans everything from mountain ranges to sandy beaches, and this drone technology has allowed us to access areas that vehicles and even people sometimes can't reach. "Within seconds of being dropped the capsule bursts into flame, igniting the surrounding vegetation to begin a cooler, controlled burn.

"The drones are a more compact, cost-effective, and safer alternative to helicopters and are helping to keep our fire crews safe while increasing the number of locations where burns can take place."

Mayor Flannery said this year City of Moreton Bay had used this method, which had already helped Council scale up hazard reduction efforts prior to bushfire season starting.

Mayor Flannery said the drone's key advantage in reaching previously inaccessible areas also helped Council better protect nearby communities. "The use of aerial incendiaries is a well-tested and proven method and City of Moreton Bay is one of the few local governments leading the way by incorporating this innovation into our bushfire management work," he said.

"At the same time, we're also expanding our internal drone capability to support safety and environmental monitoring before, during and after planned burns.

These drones provide thermal imaging and real-time oversight for fire crews on the ground, with all operations strictly aligned to CASA legislation and operational standards." Mayor Flannery said the message to residents was simple during bushfire season - "we're preparing so you should be too".

"Now's the perfect time to clean up your yards, make sure you have a bushfire survival plan and sign up to MoretonAlert for alerts about planned burns in your area," he said.

"Having a plan can save your life. It's the most important step you can take to protect yourself, your family, and your home."

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Boosting Your Kitchen and Bathroom Before Downsizing in Retirement

As retirement gets closer, many people start thinking about what comes next in their lives. This often means making the tough choice to move from a larger family home to a smaller, more manageable space.

Downsizing in retirement offers a variety of benefits that extend beyond just reducing the physical size of your living space. Here are several key advantages to consider:

Lower Costs: One of the biggest perks of downsizing is saving money. A smaller home usually means lower mortgage payments, fewer property taxes, and smaller utility bills. These savings can free up extra cash for fun activities like traveling or enjoying hobbies during retirement.

Less Maintenance: Bigger homes require more work to take care of, including yard work and repairs. By moving to a smaller space, you can spend less time on chores and more time enjoying your retirement. This extra time can be spent with family or pursuing new interests.

Simpler Living: Downsizing often encourages you to declutter and let go of things you don't really need. This can create a sense of freedom and make it easier to focus on experiences rather than possessions. A simpler living space can lead to a more peaceful and enjoyable life.

Stronger Community Ties: Moving to a smaller home can also mean moving to a neighbourhood that fits your lifestyle better.

Many smaller homes are located in lively communities with social activities, making it easier to meet new friends and stay active.

Better Comfort and Accessibility: As we get older, being comfortable and able to move around easily becomes important. A smaller home, especially one designed to be accessible, can make daily life simpler and more enjoyable. Features like open floor plans and single-story layouts can help a lot.

Emotional Growth: Downsizing can also be a chance for personal renewal. Leaving a long-time home can be emotional, but it also offers a fresh start and the opportunity to create new memories. This change can be empowering as you step into a new phase of your life.

Investment Opportunities: If you sell your larger home and buy a smaller one, you might make a good profit. This extra money can be used for retirement savings, health care, or other important needs, helping you secure your financial future.

Improved Quality of Life: Ultimately, downsizing can lead to a better quality of life. With fewer belongings and responsibilities, you can focus on what truly matters—spending time with loved ones, exploring new activities, or simply enjoying a more peaceful environment.

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Before you put up that “For Sale” sign, there’s one important thing you should consider: upgrading your kitchen and bathroom.

These two areas of your home play a big role in attracting buyers. The kitchen is often seen as the heart of the home, while bathrooms are essential for daily comfort.

By renovating these spaces, you not only make your home look better, but you can also increase its value. Investing in your kitchen and bathroom can help your house stand out in a busy real estate market.

Why a New Kitchen Matters
The kitchen is where special moments happen—family meals, holiday gatherings, and late-night snacks. A modern kitchen with updated appliances and a smart layout can really appeal to potential buyers.

Many buyers like open designs, plenty of storage, energy-efficient appliances, and high-quality countertops. Even small changes, like a fresh paint job or new cabinet handles, can greatly improve how your kitchen is perceived.

A beautiful, updated kitchen can attract buyers who prefer a home they can move into without needing to make major fixes. A well-designed kitchen may lead to better offers and can help sell your home faster.

Making Bathrooms Shine
Just like kitchens, bathrooms are crucial when it comes to selling your home. A clean and modern bathroom is something many buyers look for, as it helps them picture their daily routines and moments of relaxation.

Simple updates—like new faucets, fresh tiles, or even a double sink—can change an old bathroom into a valuable part of your home.

A popular trend is creating spa-like bathrooms with calming colours, great lighting, and quality materials. As buyers seek comfort and relaxation, a tranquil bathroom can greatly boost your home's charm.

In short, improving your kitchen and bathroom before selling your home is a smart choice that can increase its value and ease your transition into retirement.

It invites potential buyers to picture their future in a welcoming and functional space.

By thoughtfully renovating, you can enhance your property’s appeal and set a solid foundation for your next adventure.

Embrace this opportunity for change; after all, retirement marks the beginning of a thrilling new journey.

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Top 10 Benefits of Choosing Transportable Homes

Transportable homes, also known as relocatable homes or portable homes, offer a unique and flexible living solution. Whether you're seeking a temporary or permanent residence, these homes provide numerous advantages.

From cost-effectiveness and environmental friendliness to customisation and convenience, transportable homes offer a compelling alternative to traditional housing options. In Australia, transportable homes have gained significant popularity due to their ability to adapt to diverse lifestyles and changing needs. But that's not all; these versatile dwellings have several other advantages.

Affordable and Cost-Effective

The affordable cost of transportable homes is one of their biggest draws. Unlike traditional homes, which can involve costly site preparation and lengthy construction times, transportable homes are built in a factory where materials and labour can be efficiently managed.

This streamlined process results in lower costs overall, making it a fantastic choice for first-time buyers, young families, or those wanting a holiday or investment property without breaking the bank.

Quick Construction and Setup

Relocatable homes can be ready in a fraction of the time it takes to build a traditional house. As they're constructed in a controlled environment, there are fewer delays due to weather or other on-site disruptions. Once the home is completed, it's simply transported to your location, significantly reducing the time it takes from start to finish. Relocatable houses can be ready in weeks rather than months, making them ideal for those on a tight timeline.

Eco-Friendly and Sustainable

In today's environmentally conscious world, transportable homes are an excellent option for those looking to minimise their carbon footprint. These homes are typically designed with sustainable materials and energy-efficient features, reducing waste and environmental impact. The factory-controlled setting also helps minimise material wastage, as exact resources can be calculated and used efficiently.

Flexible and Adaptable Designs

Transportable homes in QLD aren't limited in terms of design. Many manufacturers offer a variety of layouts, styles, and finishes, allowing you to create a home that reflects your personal taste and meets your needs.

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40 Allamanda Drive, Bongaree
76 Bibimulya Street, Bellara
9 Grasstree Place, Ningi
4/103 Boyd Street, Woorim
34 Eimeo Place, Sandstone Point
28 Anchor Court, Banksia Beach
9 Wattle Avenue, Bongaree
4 Howard Court, Sandstone Point
32 May Street, Godwin Beach
644 Bestman Road, Ningi
192 Endeavour Drive, Banksia Beach
2/1-3 Links Court, Woorim

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RayWhite.

units to multi-room family homes, with the option to add customisable features like decks, verandas, or even solar panels. As your needs change over time, you can adapt or add to your home, offering incredible flexibility that's difficult to achieve with traditional builds.

Ideal for Remote or Difficult Locations
Portable homes are perfect for those building in remote or challenging areas. Since these homes are constructed off-site and simply transported to the chosen location, they can be installed almost anywhere, from mountainous regions to coastal sites or rural landscapes.

This adaptability opens up a world of possibilities for people who want to live off the beaten track or who need to place homes in locations where traditional construction would be challenging or expensive.

Quality-Controlled Building Standards
Transportable homes are constructed in a factory environment, which means they're built to strict quality standards and often undergo multiple inspections throughout the construction process.

This level of quality control isn't always possible with traditional builds, where external factors like weather and inconsistent site conditions can impact the final result.

With transportable homes in Australia, you can have peace of mind knowing that every element has been carefully crafted and inspected to meet industry standards.

Energy-Efficiency for Lower Bills
Eco-friendly transportable homes are designed with energy efficiency in mind, incorporating features such as insulation, double-glazed windows, and energy-efficient appliances.

These design elements help maintain a comfortable indoor temperature while reducing energy usage, leading to lower utility bills. Many transportable homes allow adding solar panels, rainwater collection systems, and other eco-friendly features, providing long-term savings on energy costs.

Minimal Site Disruption and Easier Permitting
Traditional construction sites can be disruptive, involving noise, dust, and heavy machinery. Modular homes eliminate much of this disruption, as the building process occurs off-site.

Once the home is completed, it's quickly delivered and set up at your location, causing minimal impact on the surrounding environment. Moreover, securing permits for portable homes can sometimes be easier than for traditional builds, especially in areas where full-scale construction is discouraged or restricted.

Investment-Friendly with A High Resale Value
Transportable homes aren't just great primary residences—they also make excellent investment properties.

With high-quality builds and attractive features, these relocatable houses retain value and can be resold or relocated as needed.

As more people look for affordable and efficient housing solutions, the demand for well-maintained transportable homes will likely increase, making them a wise investment with good resale potential.

Move-In Ready Convenience
Perhaps one of the most appealing aspects of relocatable homes is their move-in-ready convenience. Once delivered, and services are connected these homes are ready to live in, saving you the hassle of waiting for months of finishing touches or interior work.

These homes come complete with essential amenities. This convenience makes modular homes especially popular among those looking for a quick, easy transition into a new space.

With benefits like quick construction, energy efficiency, minimal site disruption, and a high resale value, relocatable houses make a compelling case as a smart housing choice for the future.

If you're looking for transportable homes in QLD, contact **Wright Choice Homes** at **07 5499 2160** today.

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Interior Decorating with Feng Shui (PART A)

Feng Shui is an established tradition that emphasises the enhancement of mental and physical well-being, success, and the circulation of positive energy within an environment.

We have consistently recognised the advantages of applying Feng Shui to both homes and workplaces, successfully blending its principles with interior decorating. Exploring this practice reveals how practical it truly is.

This is accomplished by arranging furniture strategically, integrating the five elements—wood, fire, earth, metal, and water—and maintaining an orderly, uncluttered space to promote well-being, serenity, and prosperity.

Starting Key Points:
Make sure nothing blocks your front door so positive energy can easily flow into your home. Position furniture to facilitate unobstructed movement throughout the space. Refrain from situating large items in locations that impede windows or major walkways.

Open floor plans paired with expansive windows are considered optimal, as they enhance the flow of natural light and promote a positive atmosphere within the space.

Mirrors have the ability to reflect both light and energy; however, it is advisable not to position them directly opposite the main entrance or a bed, as this may redirect positive energy. Create balance with fresh plants, flowers, and natural wood.

Choose furniture and decor with rounded edges instead of sharp ones. Sharp corners are known as “poison arrows” and are believed to disrupt energy flow and can cause stress or other negative effects.

Keep your space tidy and well-organized helps "chi" (positive energy) move smoothly through the area, which encourages a calm and peaceful mindset. Keep the toilet lid down and the bathroom door closed to prevent positive energy from being drained away, and your money.

Balance your space with five elements:
Wood: Plants and wooden furniture represent growth and renewal.
Fire: Use candles or other light sources to symbolise the fire element.
Earth: Add elements like rocks, ceramics, or earth-toned colours in furnishings.
Metal: Incorporate metal elements such as lighting fixtures or decorative accents into your design scheme.
Water: Add a small water fountain or use shades of blue or black to symbolise water.

Feng Shui in the Living Room
Ensure that the entryway to the living room remains unobstructed to facilitate optimal energy flow. Ensure adequate spacing between furniture pieces to facilitate comfortable movement and maintain an uncluttered environment.

Position your seats so everyone has a clear view of the door, but not directly facing it, helping people feel safe and at ease. Set up your furniture in a U-shape to make conversations flow naturally and foster a sense of togetherness.

Open curtains and windows to let in fresh air and natural light for positive energy. Adding plants with gentle, rounded leaves can help attract positive chi and enhance the Wood element in your space.

Declutter and remove unnecessary items that obstruct energy flow and can be symbolic of blocked opportunities. Place round or oval mirrors strategically to reflect light and positive energy but avoid placing them directly opposite the main entrance.

Choose pieces of art that reflect your personal taste and help create the atmosphere you want for the space. Choose a balanced palette of soft, warm, earthy tones for a peaceful feel, with vibrant accents for added energy.

Feng Shui in the Dining Room
Placing the dining room at the centre of the home helps encourage stability and harmony. Do not place the table directly in line with the main entrance door as this will block the flow of Chi’s energy.

A round, oval, or rectangular wooden table with rounded edges is ideal to promote smooth energy flow. Avoid glass or metal tables. As they create feelings of uneasiness and coldness. Unlike wood promoting grounded and nurturing energy.

Arrange an even number of chairs and position them so that no individual is seated with their back to a door, as this may contribute to discomfort or a sense of vulnerability. Presenting a bowl of fresh fruit serves as a refined symbol of abundance and prosperity. And healthy plants bring freshness and energy to the space.

Keep the dining room clean and clutter-free to prevent stagnant energy, which can negatively impact finances.

Consider selecting warm, inviting colours such as yellow, red, and sage green for the wall finishes to create a welcoming atmosphere.

(PART B) Next Issue: Bedroom / Kitchen / Home Office
Images Thibaut
Ivory T – fabric & wallpaper 0422599084

FISHING REPORT

Responsible fishing

Check your bait

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

- Follow the movement restrictions in place to prevent the spread of white spot disease.
- Only use Australian wild-caught prawns from a quality bait supplier or catch your own bait.
- Do not use imported raw prawns as bait as they may introduce serious diseases into our waterways.
- White spot disease does not pose a risk to food safety or human health, so prawns are safe to eat.

Catch and release

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

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

- undersized
- oversized
- no-take or closed-season species.
- Never discard fish you have kept just to upgrade your catch.

Treating barotrauma

When a fish is hauled to the surface, it can suffer barotrauma. This happens when the air in its swim bladder expands as pressure decreases. Barotrauma can be deadly as it:

- causes internal injuries
- may prevent the fish swimming down from the water surface, leaving it exposed to sun damage and predators.
- It mainly affects fish caught in water more than 20m deep, but different species react differently.

Catch and release tips

Selecting gear:

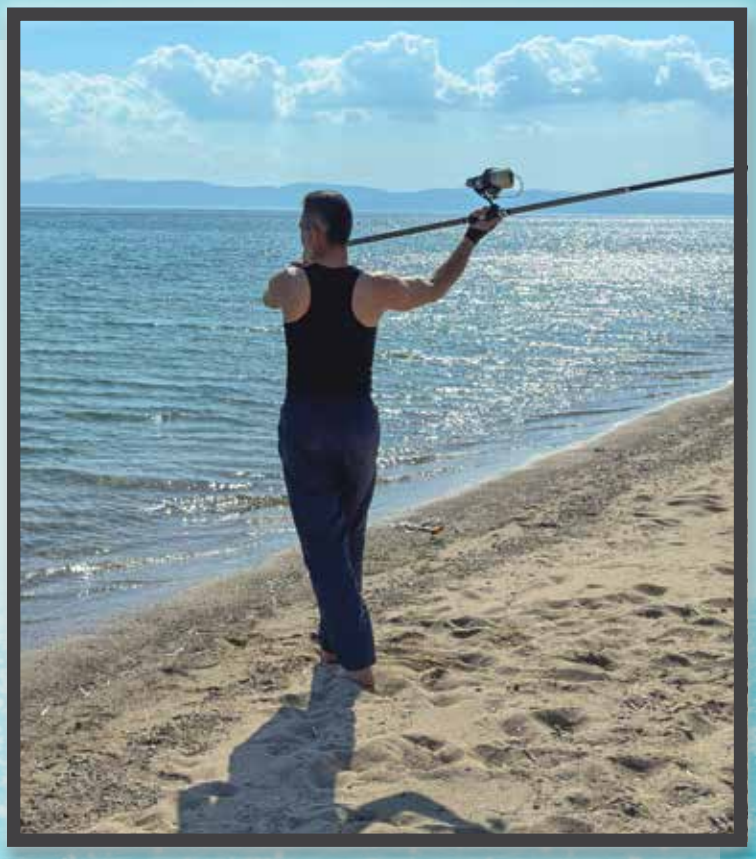
- Use barbless hooks to limit injury to the fish or circle hooks to avoid deep-hooking.
- Use degradable hooks and suitable line strength when catching and releasing fish.

Landing:

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

Handling and unhooking:

Minimise handling and keep the fish in water as much as possible. Remove hooks quickly but gently — longnose pliers and wire cutters can help.



If the fish is hooked deeply or you can't remove the hook without harming the fish, cut the line close to the hook.

Do not hold up large fish by the line, jaw or gills. Cradle the fish near the head and tail or gently hold the fish near the midsection. If you are taking photos before release, try to take them with the fish still in the water. Otherwise, support the fish properly and take the photos quickly.

Release:

Return protected species to the water unharmed immediately. Check for predators before releasing for your safety and the safety of the fish.
If safe to do so, hold the fish underwater with its head facing into the current. If there is no current, 'swim' the fish around until it swims on its own.

If the fish is suffering from barotrauma, consider using a dropper weight (release weight) to release the fish.

Be SharkSmart

Only fish for sharks away from swimmers and other waterway users. Fishing for sharks near people on and in the water can put others at risk. Don't throw your scraps, fish frames or leftover bait in the water unless you're far away from where people swim. Dispose of your scraps and rubbish in a bin on land.

Never chum or berley (scatter bait on the water to attract sharks) in areas where people swim. This can attract a large number of sharks, which can be dangerous for other waterway users. Sharks can be caught effectively with the correct rig and baits.

Handle sharks safely

If you catch a shark larger than 150cm, set it free by cutting off the trace/line. If you catch a shark smaller than 150cm, handle it with a wet towel. Where possible keep your hands, feet and body well clear of the shark's mouth. Anglers and bystanders should always stand well behind the animal's pectoral fins, and where possible behind the tail fin. Restrain the animal with one hand on top and behind the first dorsal fin, with the other hand on top and behind the second dorsal fin. Keeping hands behind the dorsal fins stops the hands from sliding forward towards the shark's mouth when it thrashes.

Be gentle — do not squash the shark's internal organs.
Return the animal to the water as soon as possible.

Avoid removing hooks unless preparations have been made in advance. Never remove hooks by hand. Use bolt cutters to remove the barb from the hook and use pliers or other hook-removing devices to remove the hook. Use rapidly degrading hooks.

Reduce shark depredation

Depredation is when a fish caught in fishing gear is completely or partially eaten before it can be landed. Sharks are usually responsible, but other fish (such as cobia and grouper) and dolphins can also take fish.
Shark depredation can lead to:

- fishers losing fishing gear and their catch
- more fish being killed as fishers lose fish to sharks in addition to those they keep
- sharks being injured or killed due to hooks in their jaw or stomach.
- sharks associating fishing with a food source, leading to an increase in depredation.

To reduce shark depredation:

Move your fishing spot regularly — move on once you have caught a few fish and don't go back to the same fishing spot too often (sharks can learn that it's an easy source of food), If you start losing fish to sharks, move to another spot a good distance away.

Fish in shallower depths and with lines close to the boat when trolling — fish can be retrieved quickly, and sharks have less time to take them.
Use handlines and/or electric reels — this may help you to get fish in the boat faster.

Avoid using bait and burley (this attracts sharks), switch to using lures and jigs.

Avoid cleaning your fish and dumping the waste where you are fishing (this attracts sharks), always discard fish waste far away from fishing and swimming areas.

Switch the fish you target — if you find sharks are taking a particular species, try switching your target species.
Turn your engine and echosounder off when you arrive at your fishing spot — this reduces noise and the chance of attracting sharks.

Report illegal fishing

Call the Fishwatch Hotline on **1800 017 116.**

TIDE TIMES

Bribie Island AND Moreton Bay

Fri 31 Oct	Sat 1 Nov	Sun 2 Nov	Mon 3 Nov	Tue 4 Nov	Wed 5 Nov	Thu 6 Nov
5:05 am	12:07 am	12:53 am	1:35 am	2:15 am	2:54 am	3:31 am
1.22m	0.45m	0.33m	0.21m	0.13m	0.09m	0.1m
10:42 am	6:12 am	7:06 am	7:55 am	8:41 am	9:27 am	10:12 am
0.61m	1.37m	1.55m	1.75m	1.92m	2.06m	2.14m
5:21 pm	11:49 am	12:50 pm	1:47 pm	2:43 pm	3:36 pm	4:30 pm
1.67m	0.52m	0.41m	0.32m	0.26m	0.25m	0.28m
	6:20 pm	7:13 pm	8:02 pm	8:48 pm	9:34 pm	10:20 pm
	1.75m	1.8m	1.82m	1.77m	1.67m	1.54m

Fri 7 Nov	Sat 8 Nov	Sun 9 Nov	Mon 10 Nov	Tue 11 Nov	Wed 12 Nov	Thu 13 Nov
4:10 am	4:48 am	5:30 am	12:47 am	1:46 am	2:58 am	4:17 am
0.14m	0.21m	0.29m	1.21m	1.18m	1.2m	1.26m
10:57 am	11:43 am	12:30 pm	6:18 am	7:15 am	8:23 am	9:43 am
2.16m	2.13m	2.05m	0.38m	0.48m	0.56m	0.62m
5:23 pm	6:17 pm	7:15 pm	1:21 pm	2:16 pm	3:17 pm	4:24 pm
0.34m	0.41m	0.47m	1.95m	1.84m	1.74m	1.65m
11:06 pm	11:55 pm		8:16 pm	9:18 pm	10:17 pm	11:14 pm
1.4m	1.29m		0.51m	0.53m	0.52m	0.49m

WE ARE THE BRIDGE

My name's Richard and I'm 74. I've come to realize something about my generation: we are the bridge.

We were born in one world… and grew up in another.
A world where summers meant open windows, the hum of a box fan, and the smell of fresh-cut grass.

Where neighbours waved from their porches, and if your bike chain broke, you didn't Google it —
you knocked on a door, and someone came out with a wrench.

We lived in a world built on patience.
We waited for letters to arrive.
We waited for the library to open.
We waited for our favourite song to play again on the radio —
and when it finally did, it felt like magic.
Then, almost overnight, everything changed.
Phones shrank. Music became invisible.
News arrived before the coffee finished brewing.
We learned to type, to swipe, to tap.
We learned to talk to machines — and to have them talk back.
We've seen milk delivered to the door in glass bottles...
and we've scanned groceries without speaking to a single cashier.
We've dropped coins into payphones...
and we've made video calls to loved ones across oceans.
We've known the deep quiet of a world without notifications —
and the noise of one that never stops buzzing.

And sometimes, the younger ones look at us like we're behind.
But what they don't see is this:
we know both worlds.
We can plant tomatoes and write an email.

We can tell a story without Google — and then fact-check it with Google. We know the weight of a handwritten letter
and the reach of a message sent in seconds.

We've lived long enough to understand that you can change without losing yourself.

That you can honour where you came from while still learning where the world is headed.

We've buried friends and welcomed grandchildren.
We've seen diseases disappear and new ones arrive.
We've unfolded paper maps — and followed glowing blue lines on GPS.

We've sent postcards with stamps — and emojis with a single tap.
And maybe that's our greatest gift:
the memory of a slower, gentler time,
and the courage to adapt to a world that never sits still.

We can teach the young that not everything needs to happen instantly. And we can remind our peers
that it's never too late to try something new.

Because that's what we are —
the bridge between what was and what will be.
And as long as we keep standing strong, the world will always have something solid to cross on its way forward.

Because every generation builds the road a little further —
and ours? Ours remembers both the dirt path and the highway.

UNDER THE WHITE ENSIGN

HMAS SYDNEY (II) - D48

Class: Modified Leander Class Light Cruiser
Built: England
Sister ships RAN: HMA Ships Perth (I), Hobart (I)
Commissioned: 24 September 1934
Displacement: 8,940 tons (loaded)
Propulsion: 72,000 shp, 4 steam turbines, 4 shafts
Speed: 32.5 knots (60.2 Km/h)
Crew: 645 at loss
Armament:
• 8 x 6 inch guns in 4 twin turrets
• 4 x 4 inch guns
• 12 x 0.5 inch Vickers machine guns in 3 quad mounts
• 8 x 21 inch torpedo tubes in 2 quad mounts
Armour: up to 3 inch belt
Aircraft: 1 x Supermarine Walrus on catapult
Battle Honours: Calabria, Spada and Mediterranean in 1940. Kormoran 1941
Fate: Lost with all Hands 19 December 1941

HMAS Sydney (II) was built in England and commissioned into the RAN in 1934. At the declaration of war in 1939 she conducted convoy escort and patrols off the West Australian coast. In May 1940, *Sydney* joined the British Mediterranean Fleet for an eight-month deployment. The highlight of this intensive and successful deployment was the victory at the Battle of Cape Spada, off Crete. While leading a squadron of Allied ships, *Sydney* battered Italian light cruiser *Giovanni dalle Bande* Nere forcing her to retreat and inflicted fatal damage on the light cruiser *Bartolomeo Colleoni*. She only sustained minor damage and was welcomed as a hero in the Mediterranean and when she was recalled to defend Australia.

Sydney again operated off the West Coast completing troop ship escorts and patrols.

The disappearance of several merchant ships created the concern that an enemy 'raider' was in the region. 'Raiders' were auxiliary cruisers, converted merchant ships with a naval crew and fitted out with heavy weapons. The Germans classified them as 'commerce disruption cruisers'. They were responsible for heavy losses of unsuspecting merchant ships and the laying of mines in the shipping lanes.

On 19 November 1941, a chance encounter with a merchant ship posing as the Dutch merchant ship MV *Straat Malakka*, that showed reluctance to indicate its secret identification code, forced Sydney to move closer for positive examination. At 1715 hours the Australian cruiser, with its' guns and torpedo tubes trained and the aircraft on the catapult, was less than one mile away and on the beam of the ship.

At 1,640 yards, the ship now identified as the *"Kormoran"*, the German Navy's largest auxiliary cruiser, dropped its disguise, hoisted the German flag and opened fire with devastating accuracy. *Sydney's* first reply failed to hit but the German's first 5 salvos and fire from her anti-aircraft guns destroyed much of *Sydney's* armament, primary fire control, the aircraft and the bridge. Having lost her forward turrets, *Sydney's* after turrets opened fast and accurate fire hitting *Kormoran's* funnel and engine room which was soon ablaze. The raider responded with two torpedo strikes and intense gun fire.

Both ships had been dealt mortal blows in the fierce action that lasted only half an hour. *Sydney* crippled and on fire returned sporadic fire from her secondary armament as she steamed slowly to the south. *Kormoran*, having fired 450 rounds from her six 5.9 inch guns, was immobile and ablaze with 400 mines in the hold when it's Captain ordered Abandon Ship.

317 German survivors from a crew of 397 were recovered and relayed details of the battle under interrogation. HMAS Sydney (II) and her crew of 645 were lost and became the highest loss of life in the RAN during WW2 in a single ship.

The main memorial for the loss of Sydney is located at Geraldton, Western Australia. In 2008 the wrecks of the *Sydney* and *Kormoran* were discovered.

NAVAL ASSOCIATION OF AUSTRALIA
BRIBIE ISLAND SUB SECTION

Invites **EX-SHIPMATES** to enjoy that comradeship they experience when they served. Please make contact at our Meet and Greet every **Tuesday evening at the RSL Club from 1600hrs** or contact.

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secretary.naabi@gmail.com

Rod Devenish-Meares
President
0407 767 653

John Greacen
Membership/Treasurer
0459 026 911

ONCE NAVY ALWAYS NAVY

UNIFORMS FOR KIDS

With the establishment of Marine Rescue Queensland (MRQ) and the rollout of new uniforms, the existing light blue dress shirts previously worn by Volunteer Marine Rescue (VMR) Squadron members are now obsolete. These garments, while no longer fit for operational use, remain in good condition and represent a valuable textile resource.

Rather than allowing these shirts to be discarded into general waste, MRQ had a unique opportunity to demonstrate environmental responsibility and social leadership by partnering with Uniforms 4 Kids—a charitable organization that transforms donated uniforms into clothing for children in need across Australia irrespective of who they are or where they are located.

To date MRQ Bribie Island have placed approximately 85 obsolete blue shirts into the programme.

MRQ Bribie Island's Emergency Services Liaison Officer Graham Gibb and Deputy Unit Commander Allan Tranter with Catherine from Uniform 4 Kids and one of the obsolete shirts and a finished product.

EMERGENCY SERVICES EXPO

Held at Brennan Park Bongaree on Sunday 12th October 2025 as part of "Get Ready Week" reminding residents and visitors that the sunny weather right now is the perfect time to prepare your home and family for the coming storm season.

MC for the event Ben Henderson from Rural Fire Services (Ocean View) did a marvellous job commentating for the event assisted by MRQ Bribie Island's Emergency Services Liaison Officer Graham Gibb. It was an action-packed family friendly day showcasing various emergency service organisations skills, equipment, and services.

The steady stream of the community was able to get up close with emergency service vehicles and equipment and learn about the important work they do to keep us all safe. Children (and adults) enjoyed sounding the sirens in a Police car, learning the ropes on what it takes to be a State Emergency Service (SES) volunteer, checking out the fire hoses and gear on a rural fire fighting truck, looking inside an ambulance, checking out the display by MRQ Bribie Island's 3 rescue vessels, watching the Westpac helicopter retrieve a "dummy" from the water and so much more!

Everyone was able to meet and question the dedicated, incredible men and women who work tirelessly to protect the communities and find out how they can get involved. There was plenty of fun and educational activities for the kids, exciting displays, and delicious food trucks to satisfy your appetite.

Music was also provided by the incredible Banksia Beach State School Band and a select group from the QPS Pipes and Drums unit.

MRQ Bribie Island Competent Crew Paul Gillmore mans the MRQ stand.

MRQ Bribie Island Social Committee members Sheryl Traill, Barb Gillmore, Kelly Langworthy and Cheryl Robinson ran the sales from the sausage sizzle and cold drinks.

MRQ Bribie Island Maintenance and BBQ Specialists cook the sausages and onions. From the left: - Ron Burrett, Garry Comerford, Mike Pobar, Charles Williams, and Dave Smith.

Jonkers Bribie 3 on the beach skippered by Senior Coxswain Liz Radajewski and crewed by Phil Hagen.

Bribie 1 with Senior Coxswain Ian Grimes at the helm shows its manoeuvrability and stability at speed to the delight of the watching crowd.

The Westpac Life Saver helicopter lifts the "dummy" from the Pumicestone Passage.

CALLOUT CAPE NEAR MORETON

Wednesday evening at 1930 the Night Callout Crew and Senior Radio Operator John Traill were called in by URC Ross Jones responding to a Search & Rescue (SAR) requested by Water Police to a 9.2m monohull yacht floundering off the beach at Northpoint near Cape Moreton.

QPS Polair 3 Helicopter had located and was in position trying to communicate with the lone sailor to no avail. Bribie 1 attended and was skippered by Coxswain Stephen Parry, and crewed by Senior Coxswain Jim Brown, Competent Crew Wayne Robinson, and Crew Henry Graffen. Water Police were also on their way directing the SAR.

Campers in contact with Water Police had also waded out to the vessel to coax the Korean sailor (with limited English) to come ashore to safety. Water Police also had a Korean interpreter available but was not required.

Parks and Wildlife officers also attended from the beach and the sailor was eventually coaxed off the vessel and recovery would possibly be attempted in the daylight at high tide. Bribie 1 returned to Base at around 2245hrs.

UNIT COMMANDER CES' SAFETY MESSAGE:

Unit Commander Ces reminds everyone to "Check your safety gear, ensure your flares are in date and dry, that you have a fire extinguisher, torch, v-sheet, life jackets; and that they are easily accessible. We talk a lot about servicing inflatable Life Jackets but there are also the old faithful foam filled life Jackets that we see a lot of on vessels.

A lot of the time these are stashed away in the boat, they get wet, and sun damaged and forgotten about, these need to be checked annually too.

Check the life jacket for signs of:

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

OCTOBER ASSISTS

THU 09/10 1114AM – MOP reported that Catamaran had drifted significantly at Bongaree.

THU 09/10 1250PM - MOP reported that vessel drifting at Bongaree. Investigated, persons on board no further action required.

THU 09/10 1552PM – 15m Trawler member has drifted onto sand at Turners Camp requiring a tow to deeper water. Investigated owner and vessel safe will wait for higher tide to rectify himself.

SAT 11/10 0442AM - Tasked by QAS to transport 2 Ambulance Officers to Tangalooma and medevac a patient to their waiting ambulance at MRQ Bribie.

SUN 12/10 1646PM – Tasked by Water Police to proceed to Tangalooma Wrecks for SAR for missing swimmer. Stood down 15 minutes into journey.

MON 13/10 0650AM – Tasked by Water Police to tow 14m Trimaran 1POB to deeper water at Tangalooma and retrieve tender from beach.

MON 13/10 1042AM – 10m Cruiser 1POB member required a tow from Pacific Harbour to Spinnaker Sound Marina for repairs.

MON 13/10 1051AM – 11m Sports Cruiser 1POB non-member with tangled anchor chain off White Patch. Required assistance to right anchor.

TUE 14/10 1938PM – Tasked by Water Police to assist with SAR for 9.1m Yacht 1POB non-member floundering West of Cape Moreton. Located by Polair, lone sailor came ashore, vessel to be assessed in daylight and high tide.

WED 15/10 0921AM - Tasked by QAS to transport 2 Ambulance Officers to Tangalooma and medevac a patient to their waiting ambulance at MRQ Bribie.

WED 15/10 1438PM – 4.8m Side Console 1POB member with motor issues required a tow from Kakadu Beach to Bellara boat ramp.

WED 15/10 1548PM – 9.1m Yacht 1POB non-member beached West of North Point Moreton Island – investigated and tide was too low for recovery – will try tomorrow.

THU 16/10 1424PM – 9.1m Yacht 1POB non-member beached West of North Point – recovered vessel off beach, released tow vessel under own power anchored at Tangalooma Wrecks.

FRI 17/10 1238PM – 6.1m Runabout 1POB non-member with starting issues on sandbank near Bongaree Jetty required a tow to Bongaree boat ramp.

SAT 18/10 1109AM – 4m Tinny 2POB non-member with starting issues at Toorbul required a tow to Bribie Gardens canals.

SAT 18/10 1255PM – Tasked by Water Police to investigate & secure a 9m Yacht off Comboyuro Point. Investigated, vessel was unmanned towed and secured to MSQ mooring at Tangalooma.

SUN 19/10 0940AM - Tasked by QAS to transport 2 Ambulance Officers to Tangalooma and medevac a patient to their waiting ambulance at MRQ Bribie.

SUN 19/10 1028AM – 6m Half Cabin 2POB non-member with motor issues, required a tow from Buckley's Hole to Spinnaker Sound Marina.

SUN 19/10 1433PM – 6m Half Cabin 2POB non-member with starting issues off Pacific Harbour required a tow to Spinnaker Sound Marina.

"PLEASE WEAR YOUR LIFE JACKETS!"

YTD RADIO ROOM STATISTICS

CALLS	13,065
VESSELS LOG ONS	3,889
VESSEL ASSISTS	238
SITREPS	1,264
REQUESTS	1,182
OVERDUE VESSELS	38
VESSEL TRACKING	31
RADIO CHECKS	1,164
WEATHER BROADCASTS	6
SECURITE BROADCASTS	2
PAN PAN CALLS	0
MAYDAY CALLS	0
PERSONS ASSISTED	457
VHF CALLS	56.5%
27MHz CALLS	0.1%
PHONE CALLS	27.4%
GWN CALLS	2.2%

"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,
It's regrettable that the new Queensland Government is going backwards with their new announcement that coal - fired Power stations life expectancy is being extended by 10 years until 2045. This is on top of cancellation of renewable energy projects:
Moonlight Range Wind Farm - cancelled May 25 - Forest Wind Project - cancelled Sept 25 Pioneer-Burdekin pumped hydro - cancelled Nov 24 - And the coal royalty funded power rebate of $1,000 being discontinued!
South East Queensland, particularly Bribie and Surrounds are benefitting presently with reduced energy prices due to rooftop solar and the Battery installation at Bellara. Bribie has 68% solar, Sandstone Point upwards of 85% and Beachmere a high figure boosted by the 67-hectare solar farm on Wallace Road North. The greater Brisbane area has more than 40% take-up, so it seems the way to go is to increase renewables. NOT cancel renewable projects and extend our carbon emissions with coal-fired power!
Surely a negative and illogical decision from the newly elected Queensland Government?
And environmentally regressive!!!!
Sincerely
A. Johnston

Dear Editor
We commend Barry Clark for the effort he's made over many years sharing his history research done and particularly his regular contribution to Bribie Islander Reading Barry's history articles really give us all the sense of and reminds us how special Bribie Island is.
We were particular taken by Issue 249 Fascinating Bribie Secrets Revealed and his paragraph on the largest personal Tax evasion investigation case in Australia. Snowy Drennan was the man, and I was privileged to be meet him on our trips by barge to Bribie Island. He knew my mother as earlier in Charleville he was her schoolteacher (not about tax evasion though!!!).
I recall mum saying Snowy always charged full fare. Mum's contribution may not have made it back to the ATO, however.
It'd be interesting to know had Snowy Drennan actually repaired the 500,000 pounds in full.
Keep up the good work Barry.
Thanks
David and Ann

Dear Editor,
Happy NO Halloween
I wanted to encourage others to wake up and boycott Halloween. Even at face value, without studying its origins, its teaching our kids to go door-to-door asking strangers for candy. Really? All Amidst goblins, ghouls and demons. Do we need it?

Do we want to actively welcome more darkness into our culture? which is full of depression, anxiety, suicide and self-obsession. What we vote for counts! It's much harder to get rid of darkness once you invite it in.

Say NO to the Death Cult that's spreading globally into our homes, into our shops into our way of life, our culture. NO to skulls, crossbones, demons, monsters on clothing, on transaction machines, on products everywhere, on cafe milk jugs. No cup of death Thank you. No to flying banners of death across our water ways.

And that goes for PIRACY too. Have you noticed Pirate things abounding? Pirates Steal, Kill and destroy.

Why is our culture glorifying them?

Let's ALL wake up, speak up and say NO to the spiritual darkness that wants our culture.... and is taking over!

Lynette Davies

To the Editor
Thank you for the excellent article by Michael Matthews (The Islander 3 Oct) on the beauty and serenity of Bribie Island.

In a country where division and intolerance are on the increase, it is refreshing to stop and be reminded of how fortunate we are to live here.

We live in a beautiful place with so much to be thankful for. When we look at the troubles many parts of the world are enduring, or even at home in Australia where violence and homelessness are becoming more commonplace, this island home of ours is heaven on earth. Let us always hang on to the important values of life, and not be constantly torn and divided by race, gender, creed or fear.

How great is this place!

Bev Stafford

Dear Editor,
As a short-time resident of Bribie Island, I write with both hope and concern. Before the last election, I had the opportunity to speak directly with the Queensland Premier during his visit to Bribie. He assured me—personally—that if elected, the second bridge would be built, acknowledging its urgent necessity.

Now, at 74, I reflect on that promise with a mix of anticipation and realism. The current bridge is our only lifeline, and while a second is reportedly underway, many of us feel the weight of isolation—especially when services like Telstra and the NAB close their local store and expect us to travel 20 km for basic support.

This isn't just about infrastructure. It's about dignity, access, and honouring commitments made to a community that has waited long enough. I urge our leaders to remember that promises made face-to-face carry a legacy—and that legacy matters deeply to those of us who may not see the ribbon-cutting, but who still believe in the power of follow-through.

Kind regards, G. Hunt

Graham is a retired UK and Qld police officer and recent Bribie Island resident. He writes regularly for The Bribie Islander, sharing reflections on community, infrastructure, and legacy.

letters to the editor

Neighbourhood Watch

BRIBIE ONE NHW - NEWSLETTER

NOV 2025

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

IDENTITY SAFETY

These days so much of our day-to-day business is carried out online – and lots of that on our phone – so you cannot be too careful about the personal, financial and reputational information you are carrying with you.

If someone gains access to your phone, there could be big trouble to come. Secure passwords, avoiding posting personal information online and ensuring you know the person on the other end of your call, will all help with identity safety.

Voice cloning is becoming more common – so ensure you are satisfied that the person to whom you are speaking is actually who you think they are. Identity theft happens quickly – take sensible precautions to ensure it doesn't happen to you!

Check all your bank details regularly – I check mine every day. Some time ago I noticed an amount of $1.00 had been provisionally debited against my credit card to a business of which I had no knowledge – that was unusual, so I contacted my bank. Their response was to say that is how some scammers work. If the $1.00 is not queried, they will escalate the amount!

Don't discard old bills, personal correspondence, accounts and the like – all those things which have some way of identifying you – name, address, your rate notices, Medicare claims, etc, etc.

It only takes 100 points to establish a new account in your name – that is how some identity theft occurs. If shredding them is too time consuming, save them all for our "Shredding Day", in August each year.

SECURE YOUR PIN

Do not provide your PIN – for your phone, credit card, email access, etc, to anyone. You just never know whether they may inadvertently – or deliberately – give that information to others who may not have your best interests at heart.

SENIOR SAFETY

Senior Safety:- Statistics say that the older you get, the less likely you are to become a victim of crime. Seniors are older and wiser, they tend to spend more time at home and with family, and are aware that they do not place themselves in high-risk situations. However, it is still important to take sensible precautions to protect yourself and your property.

Elder abuse is common. It takes many forms, and is often perpetrated by family members or people they trust. Neglect is one form of such abuse. For example, not visiting, or calling, a relative who may live at some distance, be in a retirement village or a nursing home. We have all heard the saying that Mothers' Day and Fathers' Day could well be called "Inheritance Day", as that is the day of the obligatory visit to the elderly relative! Picking up the phone and calling "out of the blue" can make the day for the person receiving the call.

CYBER BULLYING

This occurs when someone uses an internet service such as email, any of the messaging services or websites, to harass or bully another person. It is an offence punishable by law. We have all heard of, even if we haven't experienced, the effect of such bullying. It can be inadvertent – the making of a stupid comment on a Facebook post is a common one. Think before you post.

NOVEMBER MEETING

Tuesday 18th, at 9.30 in the ANZAC Room of the RSL.

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:- Visit the Qld NHW website, Ring Peter on 0408 841 306

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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