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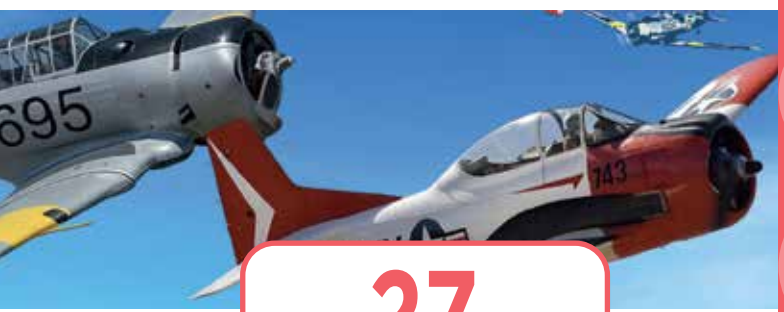
Dan and Mirandas Story



27

Warplanes

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Abbey Museum

SCAN ME

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

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Welcome

Dear Readers,

Welcome to edition 252! I cannot believe we have only two more editions left before the end of the year, the last one being our bumper Christmas edition. As you will see in this edition, we have a huge amount of delightful Christmas events coming up, promising joy and festive cheer. Be sure to mark them on your calendar and join us in celebrating the spirit of Christmas.

With Christmas coming up, I usually say please remember that wonderful spirit could and should be shared all year round, not just for a day. Be kind, some people may be going through very stressful times and need understanding, not judgment.

However, as the blunt person I am, I believe everyone deserves kindness and love, until they don't. Like the grubs who stole my daughter's bike outside of the IGA the other day. You had a bike but stole hers because it was nicer. Had you needed it and asked to borrow it, we would have been kind and lent it to you. Now, if I find out who stole it, not so much.

Unfortunately, it is bottom feeders like this that ruin it for the people who truly deserve help, love and kindness because of their sense of entitlement. However, they are the minority. Let's not let their actions deter us from being the better people. Let's continue to help those in need, not greed, and show that kindness and love can triumph over negativity.

Until next time,
Take care, Stay safe,

Cherrie

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

From Two Wheels to One Heart: Dan & Miranda's Story

When Dan and Miranda first signed up for a Hands Across the Water charity ride, they each came with their own reasons. What they didn't expect was to find each other—and a whole new life.

For Dan, it began in 2009 when he heard founder Peter Baines speak at a conference. Dan was thriving in a corporate career, but something was missing. "I was chasing promotions, possessions… things I thought would bring fulfillment," he recalls. "Hearing Peter speak made me realise I was measuring life with the wrong metrics."

That realisation brought him to Thailand, where he took part in a Hands charity ride—800km of pedalling across sun-drenched roads to raise funds for children he'd never met. But he quickly discovered that Hands wasn't just a charity—it was a family. Miranda's journey began in 2013. Introduced by her best friend Carol, Miranda was seeking something deeper after enduring fertility struggles and a marriage breakdown.

"I was heartbroken, burnt out, and looking for purpose," she shares. "When Carol invited me to join a Hands ride, I had no idea just how much healing it would bring."

Their paths converged on the 2014 Southern Ride. "We met in the chaos of lycra and sunscreen," Miranda laughs. "But what connected us went way beyond the ride."

For 800 kilometres, surrounded by strangers who quickly became family, Dan and Miranda found a shared rhythm—not just on the bike, but in life. Both had come to give… but they ended up receiving so much more.

"We had similar values, similar wounds, and similar dreams," Dan says. "We were two people trying to figure life out—and somehow, we did it together. "Since then, the pair have returned to Thailand countless times—not just as riders, but as partners, and eventually parents. Their daughter, Zoe, arrived after years of trying. "Hands gave me a different perspective on motherhood," Miranda reflects. "It reminded me that love, not biology, is what truly matters."

Dan agrees. "Growing up, I didn't have a stable family life. But the

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Am J Sports Med 2007; 35:972
* Int J Surg 2015; 24:113-222
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community I found in Thailand, the sense of belonging—Hands gave me that. It showed me what home really feels like.

Today, they ride not just for the kids, but for the life they've built together. And the journey continues. "We came to give," Miranda says. "But what we've received is immeasurable—love, perspective, purpose… and each other."

Hands changes lives. Dan and Miranda are proof.

Dan & Miranda's Story

https://www.handsacrossthewater.org.au/20-stories-dan-miranda-murray

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WHAT IS THE CONNECTION BETWEEN ALTERNATIVE HAIRCUTS AND EDGY FASHION TRENDS?

Part 1

In the ever-evolving world of fashion, staying ahead of the trends and making a unique statement is essential. Alt haircuts and edgy fashion trends have a fascinating connection that continues to captivate the fashion industry.

This article explores the intricate relationship between alternative haircuts and edgy fashion trends, shedding light on how they complement each other to create distinctive styles.

Self-Expression and Individuality:
One common thread connecting alternative haircuts and edgy fashion is the emphasis on self-expression and individuality. Both allow individuals to break away from societal norms and create a style that truly represents them.

The juxtaposition of an unconventional haircut with edgy clothing sends a powerful message of personal authenticity.

The Role of Creativity:
Creativity is the driving force behind both alternative haircuts and edgy fashion trends. Fashionistas and hairstylists alike use these outlets to express their artistic talents.

Edgy fashion often borrows from various subcultures and styles, resulting in unique combinations of colours, fabrics, and designs. Similarly, alternative haircuts provide a canvas for hairstylists to showcase their creativity, crafting intricate, avant-garde styles.

Influential Subcultures:
Subcultures play a significant role in shaping both alternative haircuts and edgy fashion. Punk, goth, and grunge are just a few of the subcultures that have left an indelible mark on these trends.

Alternative haircuts are often inspired by the rebellious aesthetics of these subcultures, while edgy fashion takes cues from their fashion sensibilities.

Unconventional Colour Palettes:
Alternative haircuts often feature unconventional colour choices, such as neon hues, pastels, or even multi-coloured designs. These colour palettes seamlessly blend with the daring and vibrant colour combinations seen in edgy fashion.

The boldness of alternative hair colours complements the edginess of fashion trends, creating a harmonious look that draws attention.

Breaking Gender Norms:
Both alternative haircuts and edgy fashion are known for their ability to transcend gender norms.

Edgy fashion often incorporates androgynous styles and gender-neutral clothing, while alternative haircuts can be customized for any gender. This inclusivity allows individuals to break free from traditional expectations and express themselves authentically.

The Influence of Pop Culture and Celebrities:
Pop culture and celebrities play a significant role in the popularization of alternative haircuts and edgy fashion trends. Celebrities like Rihanna, Billie Eilish, and Ruby Rose have embraced these styles, bringing them into the mainstream. As these icons continue to push the envelope, their influence on fashion and hair trends becomes more pronounced.

Accessories and Styling:
Accessories and styling play a pivotal role in enhancing the connection between alternative haircuts and edgy fashion.

Edgy fashion often features bold accessories, from chunky boots to leather gloves, while alternative haircuts can be accentuated with piercings, headgear, or avant-garde hairpins. This combination of accessories and hair styling creates a comprehensive edgy look.

The Impact of Sleep on Memory Formation and Learning

Sleep is one of the most natural activities of human life, yet its influence on learning and memory is often overlooked.

People usually see sleep as a way to rest, but in reality, it is a highly active process where the brain organizes, restores, and stores important information. Every stage of sleep plays a specific role in how we absorb knowledge, recall it later, and apply it to real-life situations. Without proper sleep, even the best study techniques or strategies cannot work effectively because the brain simply cannot hold onto new material as well.

Research shows that sleep is essential for strengthening neural connections, removing irrelevant details, and preparing the brain for the next day's challenges.

Understanding how sleep works and how it impacts memory formation provides a clearer picture of why consistent, good-quality rest is not a luxury but a necessity for learning.

Sleep Stages and Their Role in Memory
The brain cycles through several stages of sleep every night. These stages are not random; each has a specific role in managing memory and learning.

1. Non-REM sleep stages 1 and 2: Light sleep. During these phases, the brain starts slowing down but still processes simple sensory information.

2. Deep sleep (stage 3): Also called slow-

wave sleep. This stage is where the brain consolidates facts and figures. It clears away unnecessary noise and focuses on what needs to stay.

3. REM sleep: This is when dreams occur. It supports emotional learning and creative thinking. Connections between distant ideas are formed during this stage.

Missing any of these stages disturbs the balance. For example, poor deep sleep makes it harder to memorize factual data, while poor REM sleep weakens problem-solving and creativity. Together, these stages create the foundation of strong memory.

Sleep and Short-Term vs. Long-Term Memory
Not all memories are stored the same way. Some are only needed for a short time, like a phone number, while others last a lifetime, like your childhood home address.

Sleep helps move memories from short-term to long-term storage.

Researchers have studied how many repetitions are needed for long-term memory, and the results show that repetition alone is not enough. The brain requires sleep to secure the repeated material into lasting storage.

Without sleep, even information practiced many times may fade quickly. This is why pulling an all-nighter before an exam often results in forgetting the material soon after.

The Importance of Sleep for Learning New Skills
Learning is not only about remembering facts. It also includes developing skills, such as playing an instrument, solving math problems, or learning a new language. Sleep is vital here as well.

During slow-wave sleep, the brain replays what was learned during the day. This "replay" strengthens the pathways needed for the skill.

REM sleep, on the other hand, supports creative insights and problem-solving, which are critical for applying skills in new ways.

For example, someone learning piano may practice during the day. While sleeping at night, the brain rehearses the movements silently. This is why a good night of sleep often leads to improved performance the next day, even without additional practice.

Memory Loss and Sleep Deprivation
Lack of sleep has a direct negative effect on memory. People who regularly get fewer than six hours of sleep struggle more with both remembering and learning new things.

- Sleep deprivation weakens the hippocampus; the part of the brain that helps create new memories.
- It increases stress hormones like cortisol, which interfere with memory storage.
- It lowers attention span, making it harder to focus on learning in the first place.

Even short-term sleep loss can affect performance. Missing just one night of sleep reduces the ability to recall words, facts, and details the following day. For long-term learners, chronic sleep loss can create serious gaps in knowledge.

Sleep and Emotional Memory
Not all memories are logical. Many are tied to emotions, and sleep influences how these memories are stored. REM sleep plays the biggest role here.

During REM, the brain processes emotional events and helps reduce the stress linked to them. This is why people often feel calmer after sleeping on a problem.

Sleep separates the raw emotion from the memory, leaving the lesson intact but softening the stress.

For students and workers, this helps in managing anxiety and improving decision-making. Without enough REM sleep, emotions remain raw and can block logical thinking.

A strong connection exists between body health, mental sharpness, and proper rest. Without sleep, both learning and memory lose their strength. Respecting sleep means respecting the brain's natural process for growth and knowledge

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UNDERSTANDING SPINAL CORD INJUR

Protecting the Vulnerable in the Heat:

Queensland has just experienced its **hottest October day in 20 years**, a timely reminder of how extreme heat can impact our health — especially for those living with medical conditions that affect the body's ability to regulate temperature.

As the warmer months arrive, we often hear advice about keeping cool with air conditioning, staying hydrated, and avoiding direct sun.

While these are important for everyone, they are **critical for people with spinal cord injuries (SCI),** whose bodies often **cannot regulate temperature** due to nerve damage.

When someone with a spinal cord injury says they "can't regulate" their body temperature, please take this very seriously.

This isn't the same as simply feeling hot — it's a medical condition that can quickly lead to heat stress, heat stroke, or even death if not managed properly.

Sadly, it's common for people to underestimate or dismiss these concerns, not realising the serious risks involved.

How Heat Can Trigger Autonomic Dysreflexia

For individuals with spinal cord injuries, heat doesn't just cause discomfort — it can trigger a dangerous condition known as **autonomic dysreflexia (AD).**

Here's how it happens:

• **Impaired temperature regulation:** Damage to the spinal cord can prevent the body from properly controlling temperature, especially below the level of injury.

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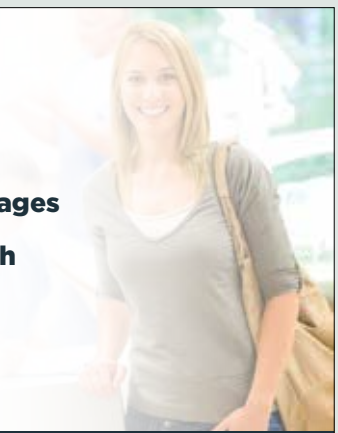

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RIES AND TEMPERATURE REGULATION

• **Hyperthermia (overheating):** Prolonged exposure to heat can cause the body's temperature to rise uncontrollably, leading to hyperthermia.

• **Sympathetic nervous system overactivity:** The inability to cool down can overstimulate the **sympathetic nervous system**, causing a dangerous spike in blood pressure — the hallmark of an autonomic dysreflexia episode.

An episode of AD is a medical emergency and requires immediate attention.

Community Awareness Matters

As a community, we can all play a part in protecting vulnerable people during the heat. Whether it's checking in on neighbours, offering a cool space, or simply understanding that someone's needs are genuine — **compassion and awareness can save lives.**

For people with spinal cord injuries, **air conditioning is not a luxury — it's a medical necessity**. When the body can't regulate temperature, cooling systems act as a form of **life support**, helping prevent dangerous overheating.

Access to air conditioning can literally mean the difference between safety and a medical emergency. It's vital that the community and policymakers understand this — keeping cool isn't about comfort, it's about survival.

Queensland summers can be beautiful, but they can also be harsh. Let's work together to ensure everyone, especially those with disabilities or medical vulnerabilities, stays safe and supported through the heat

Simple acts can make a big difference — check in on vulnerable neighbours, offer a cool drink or air-conditioned space, and help raise awareness about heat-related risks.

Together, we can build a community that looks out for one another, ensuring everyone stays safe and cared for through Queensland's hottest months.

Yours in Health and Wellness,

Tracey Blinco

Volunteer:

Law and Access Consultant

Human Rights Advocate

NDIS Psychosocial Recovery Coach

Health Coach

Caregiver

aidacare™
HEALTHCARE EQUIPMENT

HELPING YOU
LIVE WELL

Delivering dignity and mobility through quality products, trusted advice and ongoing support. With more than 90 showrooms throughout Australia, our friendly team is here to help you find the right solution.

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fortywinks.com.au

FortyWinks
Serious About Sleep

Terms & Conditions: Qantas Member Sale offer is valid from Monday, 20 October 2025 until Sunday 2 November 2025. The Qantas Member Sale "up to 50% off" offer is subject to change at any time. Offer is available in-store and online. This offer is exclusive to Qantas Frequent Flyer members at participating stores only. To access the exclusive discount and earn 1 Qantas Point per $1 spent, you must provide your Qantas Frequent Flyer number at check out when shopping in-store or online (it cannot be added retrospectively). New customers can access the offer by joining the Qantas Frequent Flyer membership program for free via this link: https://www.qantas.com/au/en/frequent-flyer/discover-and-join/join-now.html/code/fortywinks. Products available may differ between in-store and online. Exclusions apply. The offer is only available on selected mattresses and selected bedroom furniture. Excludes Sleep Savers range, Harrison Spinks and Aireloom. This offer excludes the following product ranges: iAdjust (Bronze, Silver, Gold, Platinum) Bases, Sealy Crown Jewel & Exquisite Aspen, Daydream, Hamilton, Lindeman & Noosa ranges. This offer also excludes Valentine, Soho, Aria, Olena, Eden, Dunsborough, Kingscliff, Lara, Luna & Powell ranges. The offer must be completed in one transaction during the promotional period. No rain checks. Delivery, installation, and additional costs may apply. Lay-by not available at all stores, please contact your local store for availability. Prices, stock availability and products may vary from store to store. Not valid in conjunction with other Forty Winks promotions which enable members to earn Qantas Points by purchasing products. Qantas Points will be allocated within 14 days of the product delivery date. Visit fortywinks.com.au for full partnership Terms & Conditions.

Bribie Simply HEALTHY

By Heenam Kim

Sugar Addiction
Psychotherapy & Hypnosis

A woman in her fifties came to the shop because of her sugar addiction. She was very much in control of every other aspect of her life, except when it came to sugar. She couldn't understand why she couldn't manage her sugar intake.

When we think about any addiction, the emotional perception of it often carries a much stronger positive charge than the intellectual understanding, which recognizes it as harmful. In her case, sugar was emotionally comforting in a way that logic couldn't override.

Her stepfather passed away when she was 12 years old, but she continued to carry a deep sense of confusion. No one — not even her mother — told her about his death. She sensed something was wrong, which made her feel anxious about the atmosphere at home. Even though she didn't particularly like her stepfather, she appreciated having him around because he was the only one who could bring boundaries and order to the family.

Her mother suffered from depression and wasn't able to care for her four children properly. As a result, she grew up in a household that lacked structure, leaving her constantly confused. Her memories of her mother weren't always pleasant, though she remembered that her mother used to make desserts and cookies. She was always anxious about missing out on a second cookie, even though there often wasn't enough for one. This fear reflected a deeper longing for her mother's love and attention, which she rarely experienced.

I realised that, in her subconscious mind, sweet desserts represented her mother's unexpressed love. Eating sweets gave her the illusion of receiving the affection she longed for and felt she deserved. Perhaps the only way her mother felt she could make her children happy was by baking cookies — and maybe that was the only thing she felt she could do well. Her attachment to sugar had become a substitute for the love she missed.

In our sessions, we worked on changing this belief. Sweet food was no longer framed as a source of love, but as something harmful to her body.

I often ask my clients to attend at least two sessions so we can observe changes and address any remaining issues, and so they can report what has shifted and what hasn't.

Surprisingly, when she came to her second session two weeks later, she said she hadn't eaten any extra sweets — no cake, no cookies. When her husband offered her a coffee with cake, she said, she replied, "That's poison to my body." Amazing!

She also wanted to improve her

relationship with her daughter, particularly so she could remain close to her two grandchildren. After the session, she realized she had been too harsh in judging her daughter and understood that she doesn't need to fully understand her to love and support her. Sometimes, judgment can be our biggest enemy.

Herb - Blood Sugar Balance & Reduce Sugar Cravings

Gymnema is herb traditionally used in Ayurvedic medicine to support healthy blood sugar levels reduce Sugar Cravings.

- ***Reduces sugar absorption:*** Gymnema can block sugar receptors in the intestines, helping to reduce the amount of sugar absorbed from food.
- ***Decreases sugar cravings:*** It may reduce the desire for sweet foods, which can support healthier eating habits.
- ***Supports healthy glucose levels:*** Some studies suggest Gymnema can help maintain balanced blood sugar levels, especially after meals.
- ***Supports pancreatic function:*** It may help stimulate insulin production in the pancreas, contributing to overall sugar metabolism.

Visit us or call enquire further to discover how you can improve your journey to better health.

Bribie Simply Healthy,
Ask for Kim. Ph. 07 3410 0521

Bribie Simply Healthy

Struggling with STRESS & ANXIETY?
It's a pattern you're running.
Break free of your old condition,
- Change your life today! -

Call 07 3410 0521

Pleae Note:
We're Moving Mid Dec 2025, to Shop 3, 41 Benabrow Av, Bellara
(Just Before Back in Motion, Physio)

Bribie Psychotherapy & Clinical Hypnosis

- Stress & Anxiety
- Anger
- Pain management
- Depression
- Motivation
- Procrastination
- Addiction
- Weight control

Follow Us
There are many more interesting articles to read.

Bribie Healing Centre / Bribie Simply Healthy, Shop 13, 19 Benabrow Av, Bellara, QLD 4507

BUSY FINGERS

BUSY FINGERS

Our free raffle is continuing until the end of the month, it will be drawn in the first week of December and all winners will be notified on the telephone number they supplied.

Don't forget to get a ticket when you spend $10 or more on your visit. We will be continuing our $1 clothing days so please check Facebook to find out which day it is happening, we hope to continue to have one day a week.

We also have bargains of basket of books for $5 and sales on pictures, please check the blackboard at the entrance for these specials. As Christmas decorations come in, we are putting them onto the shelves so look for them.

CLOSING TIME AND DONATIONS OVER CHRISTMEAS

Please remember we will be closing at 3.30pm on Tuesday 23rd December and reopening on Wednesday 7th January 2026.

During this time, please **do not** leave donations on the footpath, as this is council land and they recognize this as dumping and you will be fined, as they have to remove it and take it to the dump.

SUPPORT

We like to support as many associations on our wonderful island as we can which includes the Bribie Nashos, they are running their Christmas raffle again this year and will be selling tickets from 20th November until 27th November at the shopping centre, please support this wonderful group of veterans.

DONATIONS ARRIVING ON THE TRUCK

Items arriving on the truck are not for sale from the truck. The items have to be checked by staff and priced accordingly and placed into the shop for everyone to see.

Please do not approach drivers advising them to leave the item on the truck because you are buying it, they have their instructions to unload all items.

DONATIONS GIVEN

We continue to support Global Care with their Foodbank account. Due to the generosity of our donators and customers we were able to support the following associations. Dragons Abreast are increasing in members and require some more shirts.

BI Aged Care have requested an ice cream trolley for easier access to the residents with some yummy treats. BI Tennis Club now has 181 members and their executive committee required new laptops.

The Coolamon Social Club has asked for a Bingo Wheel Cage to assist their bingo callers. BACE are arranging the Pacific Harbour Christmas Lights Boat Parade and asked for portable toilets.

BI Croquet Club are having a fundraising day and asked for some gift cards for prizes.

BI Turtle Trackers Assn required an electric bike for tracking turtle rookeries, BI Swimming Club required a portable shade shelter for their training sessions and swimming meets.
BI Little Athletics needed a new BBQ for their family days and fundraising events.

EPSCA, who supports the homeless and DV issues, received assistance in clearing up problems with trees at their HQ.

REQUEST FOR PRESENTATIONS AND DONATIONS

If you are a member of an island club or association and require assistance, please let us know. We try to assist all non-for-profit associations and sporting clubs, we also assist the Police, SES, VMR and the BI Hospice. Our President Pauline is quite happy to come along to your club and present our aims and goals and how your club can apply for assistance.

Please call 3410 1920 or email busyfingers1@bigpond.com if you wish to have a presentation or if you wish to apply for a grant of assistance.

When applying for assistance please contact us for our check sheet on how to apply, include a contact name and phone number and also a current equipment quote (from an island business if possible), tell us a bit about your association/club and membership and why you need the equipment you are requesting, and email it to busyfingers1@bigpond.com

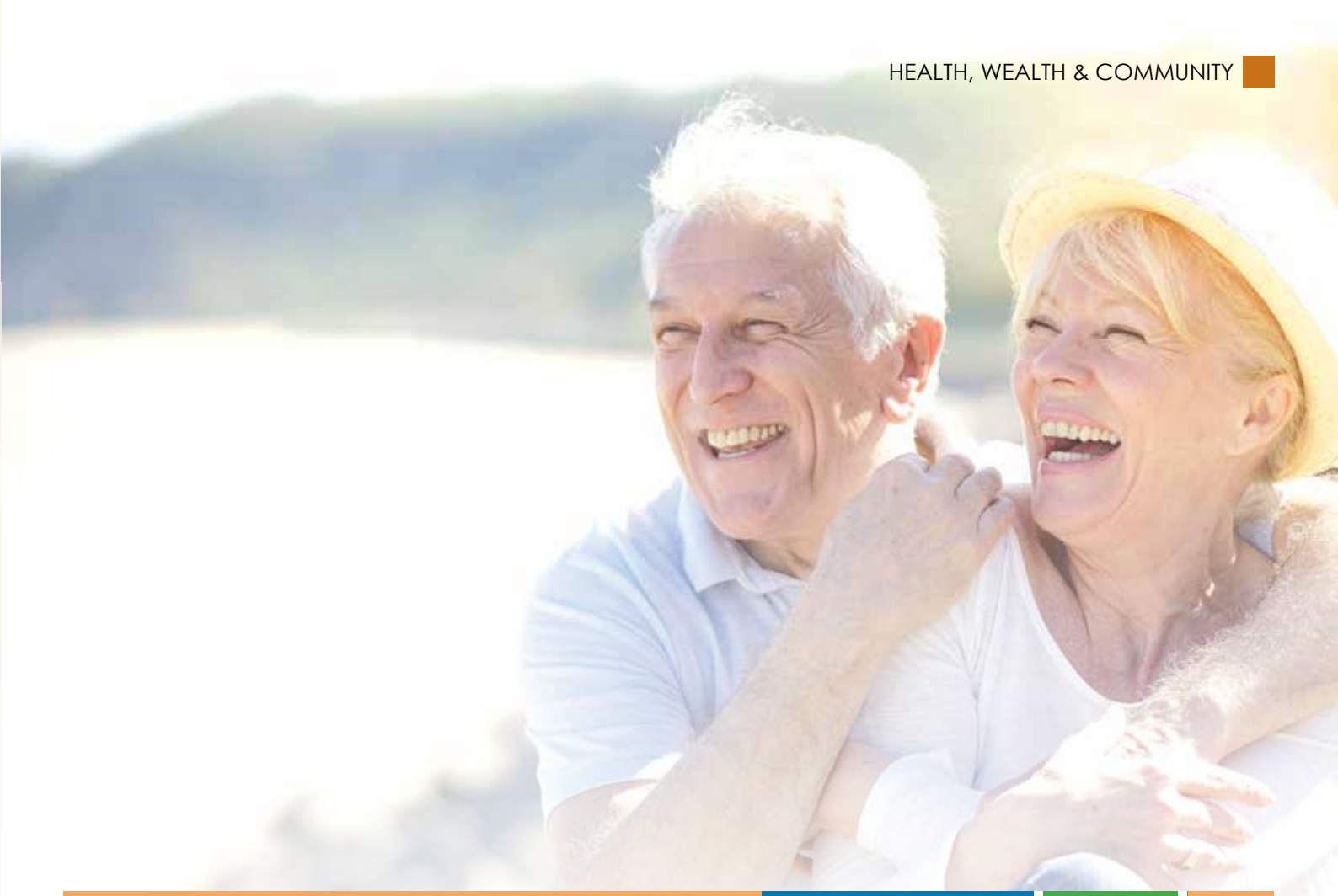
Please be aware we only support **Bribie Island associations and groups, not individuals.**

VOLUNTEERS

We always welcome new volunteers, so if you have a few hours to spare please give us a call on **3408 1014** or pop into the shop and speak to Jacki, we are registered with Centrelink for Job Seeker requirements.

Newcomers to the island can easily make new friends as we have an excellent group of volunteers working with us, it is also a wonderful way of supporting our beautiful island and its residents.

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



SunnymeadePark
Aged Care Community

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Access 63 Days Of Govt Subsidised Respite Care

subject to eligibility

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BOOKINGS OVER THE HOLIDAY PERIOD ARE IN HIGH DEMAND
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For more information or how to find out if you are eligible please contact our Resident Liason Officer
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07 5495 4233

or by email caron@sunnymeadepark.com.au
362 KING STREET, CABOOLTURE

www.sunnymeadepark.com.au

CELEBRATING SENIORS !!

KATHY VINCENT

October was Seniors' Month, and Seniors know how to have fun! There were numerous celebrations in various clubs, featuring a range of fun activities.

It was the "Council of the Ageing" that wanted to encourage clubs to celebrate Seniors Month. They offered grants to help clubs get people together to help celebrate.

Bribie Island Croquet Club was no exception. They organised a fun morning with various games invented so that people could have some fun.

The best game was the one where, if you hit the right ball and uncovered the $10 bill, it was yours to keep. As you can imagine, it was a very popular game!!

There was a delicious morning tea, followed by a sausage sizzle. Seniors could have some fun and then join other visitors for tea.

It was a beautiful spring day in Queensland. The sky was blue, the sun was shining, and everyone seemed to be having a great time. Some visitors had such a good time that they decided to join the Croquet Club.

It was a great success thanks to Lyn Kruger and her team of helpers.

I think the motto for seniors is

"Don't put off to tomorrow the fun you can have today!"

MICHELLE MCCARRON - ELDER ABUSE SUPPORT

Michelle McCarron - Advocate & Support Against Elder Abuse
My Story

As the details are unpleasant and disturbing, only the outline facts have been written.

On **31/1/24**, I was admitted to the hospital. Whilst I was in emergency, very ill and vulnerable, I was sexually assaulted by an employee of the hospital. He had worked there for six months and sexually assaulted multiple women; he was charged, has a criminal record and is on probation.

I had no support during this ordeal.
A police report was completed, and then I had no idea what to do next.

I am 67 years old. I was frightened, vulnerable and in pain and had no support. I am now public speaking to support older Australians who, like myself, have been through trauma.

If this is you or someone you know, please get in touch with me to stop elder abuse. I am an advocate, sharing my perspective with a wider audience.

I want to raise awareness, support, inform and protect the older population who are being mistreated.

Elder abuse is a pervasive issue that often goes unreported, with 1 in 6 older people in the community falling victim to it, sadly, often by family members. This alarming statistic underscores the urgent need for action and awareness.

The types of abuse are:

- **Neglect/domestic violence**
- **Physical and verbal abuse**
- **Psychological and emotional abuse**
- **Financial abuse**
- **Sexual**
- **Control and manipulation**

As a community, we hold the power to recognize, respect, and refer. It's crucial to understand that some victims may experience more than one type of abuse.

By being vigilant and responsive, we can help identify and address all forms of elder abuse, with 24/7 support always at hand.

I will assist and guide all victims with kindness, dignity and confidentiality.

Contact me for more.

Please call **000** Triple Zero
My Aged Care **1800-200422**
National Elder Abuse Line **1800-353374**
Respect for Support **1800-737732**

My contact details 24/7: **0428 900767**

I am available for further speaking (no cost) to all community organisations.

WHAT ARE THE 3 R'S OF ELDER ABUSE?

Bystanders should remember the three “Rs.” This stands for recognize, respond and refer. The first step in helping to break the cycle of abuse is recognizing the signs and behaviors. Abuse can be physical, emotional, verbal, sexual, financial, digital or resource restrictive.

What is the legal definition of elder abuse in Australia?

Elder abuse is a single or repeated act or lack of appropriate action, occurring within any relationship where there is an expectation of trust, which causes harm or distress to an older person **Michelle McCarron** has been a victim of abuse herself and now works hard to help other victims who don’t know how to report abuse or where to turn.

She is available 24/7 and will guide you through the first stages of police reporting and support you.

Please contact Michelle on 0428 900 767

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

Bribie Island
HOTEL
Christmas Day Buffet
THURSDAY 25TH DECEMBER
FROM 11.30AM
Adults
$160
per person
Teen
13 - 17 years
$80
Kids
6 - 12 years
$50
Under
5 years
FREE
PLUS A VISIT FROM SANTA
Bookings Essential

WEAVING WATER 2025

PROGRAM

Building resilient futures for planet and people...

10 days of sharing ideas linking culture, art, science and caring for place with international visitors and local experts on Joondoburri Country. Cultural experiences and heaps more!

PROGRAM
Mon 1 Dec: Welcome to Country
Thu 4 Dec: 4WD Tour of National Park
Sat 6 Dec: Plant talks with Ben Timmings
Sun 7 Dec: Open Day to meet the artists
Mon 8 Dec: Joondoburri Walk
Tue 9 Dec: Symposium
Wed 10 Dec: Workshops

Address:
Bribie Island Retreat and Recreation Centre
2-12 Third Ave
Woorim QLD

BOOK NOW

https://bit.ly/4nBLVHJ

One piece of local history that only those on the Sunshine Coast who look to the sky will know, is the collection of vintage ex-military aircraft that live in the many hangars at the Caboolture Airfield.

Yes, the airfield is home to several iconic vintage aircraft such as those operated by Warplanes Pty Ltd, a company doing business in the area for over 20 years.

The Chief Pilot is Ross Parker, a former RAAF and commercial pilot who was part of a syndicate that restored a WWII RAAF Wirraway at the airfield. He has been part of the 'warbird' world since 1993 and can regularly be seen taking passengers on the unique experience of a thrilling flight around the region.

The Wirraway is well-known to most Australians as it was the main training aircraft for WWII pilots heading off to war and it remained in service until 1958. Wirraways even saw combat as a stop-gap fighter early in the Pacific War.

So many Aussies have a personal or anecdotal connection with the Wirraway. Indeed, one of our own Bribie locals, a veteran Korean War RAAF fighter pilot, flew this very aircraft in the 1950s.

Adventure Flight passengers can step back in time and combine the excitement of military flight from a bygone era with the beauty of the Sunshine Coast region.

Warbird enthusiasts from around the world come to Caboolture to fly in the Wirraway as there are

now only three airworthy examples left in the country!

The Warplanes' fleet also comprises a US Navy T-28 'Trojan' aircraft, a high-performance trainer and ground-attack aircraft. Named 'Miss Stress' when she arrived in Australia, this aircraft saw 30 years of service at US Naval stations in Texas before retirement into civilian ownership.

Now her service is of a different kind – thrilling passengers with her manoeuvrability and grace in aerobatics and high-speed flight across the waters and landscape of the Moreton Bay region.

Now retired from full-time flying, Ross runs his warbird business alongside the Caboolture Warplane Museum and can be contacted anytime to arrange flights for you or your friends and family.

These flights offer a truly unique experience, tailored to your personal preferences of mild-to-wild for anyone ages 10-99. All flights include a safety briefing that covers the history of the respective aircraft to be flown, followed by a photo session for the whole family alongside the aircraft.

The take-off and landing can be viewed and filmed from close-by vantage points on the airfield and photos/videos can be taken throughout the flight to review with family and friends afterwards. After more than twenty years, there's still a 100% passenger satisfaction rate.

Other activities for the company aircraft include commemorative flypasts for special occasions such as Anzac Day as well as flypasts for special events such as QLD country festivals and aerial displays at airshows.

So, if you need a piece of aviation history to be part of your event or you or your loved ones want to actually be in a pilot's seat, you'd better give your local warbird business, Warplanes Pty Ltd a call to make that booking.

Warplanes Pty Ltd – call 0401493999
www.warplanes.com.au

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Adventure Flights of a Lifetime
Scan Here warplanes.com.au

LET'S GO TRAVEL

Unfortunately, I believe the forecast of rain and storms may have discouraged some members from attending. During our meeting, I shared my exciting plans for a trip I am organising for 2027 where I was looking at expressions of interest among the group.

It was great to see the response from the group, and we added five more names to the list of potential travellers, which is fantastic especially since we only had eight people there.

Looking ahead, our next get-together is planned for **November 23, 2025, at 3 PM** in the RSL Social Area. Maryanne kindly offered to host this meeting while I'm away in Japan.

Please note, we won't have a meeting in December because the RSL gets really busy with holiday activities. Instead, we'll meet again in **2026 on January 18 at 3 PM** in the Social Area.

I want to thank everyone for their ongoing support and enthusiasm. Wishing you all a happy and safe holiday season! I can't wait to catch up with everyone again in 2026.

Best wishes,
Roslyn

0401078187

BEACHMERE XMAS

BAZAAR & COMMUNITY CAROLS

Come and join the lively Beachmere community at Clayton Park on Moreton Terrace on Saturday, December 6th, for a wonderful celebration to kick off the festive season!

The evening will feature some exciting performances by talented entertainers, including Shellacken and Kiani, along with a variety of fun activities that everyone can enjoy. Kids can look forward to a magical experience with face painting, amazing acrobatic shows, stunning aerial acts, and skilled performers who will fascinate their imaginations.

Adults can take a relaxed stroll to admire vintage cars showcased by the Beachmere Classic Vehicle Club, offering a nostalgic look at automotive history.

If you're eager to start your holiday shopping, there will be many market stalls available, featuring unique handmade arts, crafts, and local gifts. It's a great chance to find special presents for your loved ones while supporting local artisans and businesses.

To add to the festive spirit, there will be a delightful surprise: a guest in a classic red suit will appear, bringing joy and smiles to both children and adults.

Don't miss the Beachmere Xmas Bazaar and Christmas Carols happening in Clayton Park on Moreton Terrace from **4 PM to 7 PM on Saturday, December 6th.**

Bring your friends and family for a memorable evening filled with joy, community togetherness, and holiday cheer!

Karen Harris 0402 114 201

Bribie Island Christmas Lights Boat Parade Saturday 13th December 2025

Join the Bribie Boaties Crew

it's about family fun, mateship and Christmas cheer

FREE ENTRY
PRIZES for BEST DECORATED BOATS
1st Prize - $1000
2nd Prize - $500
3rd Prize - $300
Lucky Prize - $200
Enter YOUR BOAT
www.bace.org.au

BOAT PARADE STARTS 7PM
LASER SHOW
PACIFIC HARBOUR MARINA
SANTA'S LOLLY DROP
Santa & his MRQ helpers cruise the canals gifting lollies from 1:30pm

FOOD TRUCKS
4PM - 8PM
PACIFIC HARBOUR MARINA
LIVE ENTERTAINMENT
Grace Alexandra
The Bribie Gleemen

Get Ready, Bribie! The sparkle is back for another magical night on the water as the Annual Bribie Island Christmas Lights Boat Parade lights up the canals on Saturday, December 13th.

Each year, locals and visitors line the canals to watch dozens of boats turn the waterways into a glittering wonderland of colour, creativity, and Christmas cheer. It's the island's most-loved festive tradition - proudly organised by the local volunteer team at Bribie Aquatic Community Events (BACE), the same crew behind the Bribie Classic Boat Regatta.

Safety is always a priority, and thanks to the steady hands (and festive spirit) of Marine Rescue Bribie Island (MRQ), every skipper and crew can sail safely into the spotlight.

"This event is all about bringing the community together, both on the water and along the shoreline," says BACE committee member Ritchie Bloomfield. "We couldn't do it without our amazing sponsors — Southern Fish Marine, Bribie Realty, Ariana Doolan MP, Coastal Pest Control, Mater Lotteries, and QM Properties."

Festivities kick off at 1:30 p.m., when Santa and his MRQ crew make their merry rounds through the canals, spreading joy, lolly bags, and even a few Schmackos for four-legged fans.

From 4:00 to 8:00 p.m., the Pacific Harbour Marina will come alive with festive fun - a mouthwatering lineup of ten hand-picked food trucks (curated with help from SCOFTA to ensure fast service and happy bellies), a BACE-run drinks stand for quick access to soft drinks and water, face painting, and live performances by local favourites Grace Alexandra and the ever-entertaining Bribie Gleemen.

Then at 7:00 p.m. sharp, the boats take centre stage as they cruise the canals in a shimmering procession, crowned by the return of the spectacular Laser Light Show - illuminating the summer sky like never before.

Spectators are encouraged to explore a variety of great vantage points. The viewing area near the marina will be smaller this year due to nearby land works, so why not spread the cheer? Try the brand new park at 170 Cosmos Avenue, with over 100 metres of shoreline and plenty of room for picnics and BBQs. Other favourite spots include Kakadu Beach, Sea Eagle Park, Sunset Park, and Harbourside Marina.

Thinking about joining the parade yourself? Local boaties say it's the best thing they've ever done at Christmas - the roar of the crowd echoing across the canals makes you feel like a true Jinglebell Rockstar!

Entry is free, and everyone from tinnie owners to luxury cruisers are welcome to join the Bribie Crew. Register your boat now at www.bace.org.au or scan the QR code above.

Come along, soak up the magic, and help make this Bribie tradition shine brighter than ever!

FOLLOW ON FACEBOOK

SCAN TO ENTER YOUR BOAT

SOUTHERN FISH MARINE
BRIBIE REALTY QUALITY FIRST
mater Prize Home
COASTAL PEST CONTROL GROUP
Ariana DOOLAN MP
BRIBIE AQUATIC COMMUNITY EVENTS BACE
DUST FINGERS FUNDRAISERS INC.
Bribie Island RSL Club
QM PROPERTIES

VOICES CHORAL GROUP CHRISTMAS SHOW

SUNDAY | 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

Bribie Arts Centre

November Artist of the month

November Artist of the Month, Leonie Jones…

Potter/painter Leonie is inspired by her Bribie environment to bring this wall of beautiful works of nature.

UPCOMING WORKSHOPS

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

WHAT A WONDERFUL AFTERNOON AT THE BRIBIE SEASIDE MUSEUM!

Sabine Vongraz had the pleasure of discussing Leonardo da Vinci's original painting, *Lady with an Ermine*, alongside her reinterpretation, *Lady with a Cockatoo*.

She expressed her excitement, saying, "Seeing my painting displayed next to the original felt incredibly special—it was like watching your artwork take its own little launch into the world!

A heartfelt thank you to everyone who attended, listened to the talk, and joined me for photos. It was truly a unique experience, and your support, smiles, and curiosity made it unforgettable.

I would also like to extend a big thank you to Ann and the team at the museum for making this event possible. Your hard work and dedication contributed to its success, and I am genuinely grateful for your support—it was a privilege to be part of it."

The Lady with a Cockatoo reinterprets Leonardo da Vinci's Lady with an Ermine (c.1489–1491), originally depicting Cecilia Gallerani, the 17-year-old mistress of the Duke of Milan.

Celebrated for her wit, education, and poetry, Cecilia holds an ermine—a symbol of purity, as well as a clever play on her name and a tribute to her lover, known as "the White Ermine." In Leonardo's original, the animal embodies purity and devotion; in my version, it is replaced by a white cockatoo, a lively emblem of Australia's spirit.

This transformation bridges Renaissance elegance with a contemporary Australian voice, shifting the meaning from courtly love to a celebration of freedom, resilience, and natural beauty.

www.sabine.net.au
https://www.facebook.com/sabine.vongraz

Mack Lindon: Rising Again

THE UNDERDOG SPIRIT BEHIND AUSTRALIA'S MOST INSPIRING NEW FILM

Australian filmmaker Mack Lindon knows what it means to fight the odds — and win. From wrongful imprisonment to award-winning director, his journey is proof that resilience and self-belief can turn even the toughest setbacks into something extraordinary.

Lindon first captured attention with RISE (2014), his debut feature based on his own wrongful imprisonment — now streaming on Prime Video with over 30 million views worldwide.

Now he's back with Rise of the Underdog, a powerful new film that continues his story of courage and redemption. The film hits cinemas nationwide from November 6, 2025, including screenings in regional towns across Australia.

At its heart, Rise of the Underdog is about never giving up — even when the world tells you to. It follows Mack's determination to break into the film industry with no funding or formal training, proving that passion and perseverance can open doors against all odds.

The film resonates with anyone who has ever felt written off. Mack's message is clear: it's possible to rise, but it requires honesty, resilience, and the willingness to take the next step — even when it's hard. For Mack, bringing the film to Bribie Island is a personal milestone. Childhood holidays spent visiting family there left lasting memories, and returning now to share his story with the local community feels like a full-circle moment — a chance to give back to a place that helped shape him.

ABOUT THE FILM

Title: Rise of the Underdog
Director: Mack Lindon
Release: In cinemas from November 6, 2025
Genre: True Story / Drama
Prequel to: RISE (2014) — now on Prime Video with over 30 million views

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

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 4.30pm
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

TIME DETECTIVE WORK MAKES STRANGE LINKS!

Michael Strong (Senior Curator at the Abbey Museum of Art and Archaeology)

What amazing connection could there possibly be between a strange amulet from the Sudan, the Tate Gallery, the Abbey Folk Park and a bohemian female Surrealist artist with the Abbey Museum.

Every so often, our research takes us into such unexpected rabbit holes that we feel we are like time detectives, going back into the past and making new linkages from the evidence we discover.

IT IS JUST SO EXCITING.

Recently, our assistant curator was looking at putting together a small display of medical objects for one of our highly successful **"After Dark"** talks in the Museum.

One object being considered for the display was an odd-looking wooden cylinder carved with a frog motif that was acquired for the Abbey Folk Park (the source of many the objects in our Museum) at New Barnet, London, way back in around the mid-1930s.

It comes from one of the Nilotic cultures of South Sudan. It is an amulet, probably to do with rain or fertility, as frogs are usually associated in sub-Saharan peoples with the coming of the wet seasons bringing life-giving rain.

This is a very obscure object, about which little is known. Imagine our surprise when our research produced an identical black and white image of our little amulet on a glass lantern slide in the Tate Gallery's online archives in London!

It had been wrongly described by the Tate, possibly because they only had a photograph to go on, whereas we have the original object.

But there is more. The glass slide came from a collection assembled by a very famous British artist, **Eileen Agar (1899-1991).**

This extraordinary lady was born in Argentina but spent most of her highly productive career as a painter, photographer and sculptor working in Paris and Britain, as one of the most adventurous and influential of the emerging Surrealist movement.

Her associates including Henry Moore, Paul Nash, Pablo Picasso and Dylan Thomas, but her bohemian lifestyle, moving freely between passionate relationships, also brought fame and a wide circle of admirers.

Her love of organic forms from nature and emphasis of the seminal power of imagination was perhaps a stimulus that may have led her to photograph this small carved amulet for what it represented in terms of magical power governing the forces of the natural world.

Eileen Agar was active in London from 1934, the same time as the Abbey Folk Park was attracting the educational and creative intelligentsia of Britain.

She was a powerful icon of feminist individuality, envisaging worlds where gender boundaries were fluid, and the patriarchal controls of British society could be challenged.

She was the only British woman to have her works represented in the ground-breaking 1936 International Surrealist Exhibition in London.

In her late eighties, Agar wrote and published a biography, A Look at My Life (1988); shortly afterwards, she was elected an associate of the Royal Academy.

So, our time detectives have taken us on an amazing journey from the banks of the Nile in South Sudan to an innovative and slightly eccentric Folk Museum and to an image made by one of Britain's most imaginative and bohemian artists.

It is just one of the wonderful treasures on display at the Abbey Museum.

Come along with your friends
for a journey through time and enjoy a coffee in our new cafe.

The Abbey Museum is just 15 kms from Bribie Island.

Leanne Sippel, Angus Stillie, Eric Tabor, Lesley Griffin, Jim Griffin, Michael Forte, David Norton

Leanne Sippel 2nd from right of the photo. Jim Griffin right of photo

Jim Griffin, Hanshi Masayuki Kudaka, Michael Forte, David Norton

Shorinjiryu Seiryukan shines at World Karate Championships

Five members of the Bribie Island-based Seiryukan of Shorinjiryu Koshinkai Karatedo represented Australia at the 21st World Championships held recently in Brisbane.

Teams from Australia, New Zealand, Japan, England, Germany, Canada, Russia, and many others, including some of the world's top martial artists, competed in a series of thrilling and highly competitive Kata (forms) and Kumite (contact fighting) events over two days.

Leanne Sippel earned a bronze medal in Ladies Senior Kata (3rd place) and also competed in Veterans mixed Kata. Other competitors included Eric Tabor in Men's open Kata, Michael Forte in Veterans Kata and Kumite (4th place), Angus Stillie in both 16-17 years Kata and Kumite (4th place) as well as Men's open middleweight Kumite, and David Norton in Men's Veterans Kata.

Each team member demonstrated remarkable commitment, showcasing the extensive training they had dedicated to achieving their personal best. Their rigorous preparation, which involved intense physical conditioning, mental training, and countless hours of practice, was clearly reflected in their performances. Congratulations to all participants.

Instructors Jim Griffin, Kyoshi 8th Dan, and Lesley Griffin, Kyoshi 7th Dan, expressed immense pride in their students' efforts and dedication over the past few months. The competition certainly lived up to its World Championship status, and the Bribie team members met the challenge admirably.

A notable example of dedication was Angus Stillie, who, at just 17 years old, competed in his age division and also stepped up to face challenging opponents in the Men's open middleweight division against some fierce and experienced Russian fighters.

The collective effort and determination of the Australian team led to their overall victory in the event, with Russia finishing in second place. This achievement is a moment of pride for everyone involved.

Congratulations to all.

Michael Forte

Angus Stillie in white

Leanne Sippel

Leanne Sippel, Jim Griffin

close scoreboard in Angus's bronze medal match.

Shorinjiryu Koshinkai Karatedo Seiryukan trains at the Lions Hall on Sunderland Drive every **Tuesday and Thursday from 6:30 PM to 8:00 PM.**

For more information, **call 0428 288 866 or visit www.shorinjiryu.com.au.**

COMPLAINTS OF AN IBIS – WORKING WITH MEDIOCRE PHOTOGRAPHERS

By Brooke the Chooke: restoring honour to the Australian white ibis

If there was ever any doubt I wouldn't make it as a professional photographer, Australian white ibises have reminded me that I lack the patience, agility and lucky timing to take stunning wildlife photos.

I'm actually not a photographer, nor do I have much interest in photography apart from general admiration, kitty pics and updating the socials. But I'm on a quest you see…

It's come to my attention that apparently some folks refer to the Australian white ibis as a b*n ch*ck*n and this must be remedied. Hence force, the name shall be struck from the record and replaced with the Noble Ibis. Your compliance in this matter is most appreciated.

And so naturally, what comes next is a new set of headshots, because what's a new image without an updated look?

So, I have begun trying to capture footage of them just doing their ibis thing … no bins or rubbish in sight. Flying, foraging, taking a dip in the ocean. General ibis' business.
Personally, I think the PR rep that's been looking after the ibis should be fired! Ibises are lovely creatures, and at least they don't chase and squawk at you like mean plovers (incidentally, these are also native birds).

Anyway, so this afternoon I go for a walk down to the passage a.k.a the ibis lounge.

It's overcast. Again. Never mind though, ibises seem to be fine with the rain, even more so than ducks.

Ok, story time. So, you know when it's rainy weather and someone will say to someone else "Wet enough for you?" (because it had to be asked), and the other person responds back with "Haha yeah, it's good weather for ducks", well, those guys haven't seen my local ducks and ibises.

It was raining pretty consistently here one day about six months ago, and my partner and I saw some ibises walking around in the rain, doing their ibis thing, completely unperturbed by the rain. Meanwhile, we also spotted some ducks sitting under a tree
looking cold, wet and miserable.

So, we changed it.

"Wet enough for you Tom".
"Haha, sure is Brooke. Good weather for ibises".
(I should clarify … my name is Brooke … nickname is Chooke … and you're all caught up).

Alright. Maybe it won't catch on. Pretty funny though if you saw the birds that day.
Back to my walk.

I'm by the water and I look over to the jetty. "Ohhhhh is that an ibis I see flying towards me? Yes, it is. Quick Brooke, camera (and by camera, I mean the one on my phone).

Oh shoot. Missed it. Oh, is that another one? Yeah, it is. Camera … Brooke … seriously? Didn't learn from before huh?

Right, I think that's another one coming. Just hit record, you can edit or delete it later."

Now, if you think I'm just playing up some dialogue for this post, or this was going on in my head, you'd be wrong on both accounts.
I said all this out loud. I realised this once I put the phone down and saw my small audience staring.

Time to keep walking.

I spotted some ibises foraging in the shallows. Perfect. Except I can't get close because there's actually quite a lot of water between the dry sand and where the ibis is.

So, I have photos, but they're at x5 zoom. They're a bit grainy, but the glare off the water gives them an almost black and white kind of feel. Actually, it looks ok.

I look at the sky. Hmmm, a bit greyer, a little cloudier. I might start to head home.

An ibis flies straight over head.
Of course it does.
Another one flies by.
I pull out the camera.
No more ibises fly by.
I walk home.

I spotted a couple of ibises hanging out with some ducks (probably getting them sorted for the oncoming weather situation). I start to approach really slowly, but one of the ibises picks up the pace and heads in a different direction.

I tiptoe and zig zag through sticks and dead leaves (because creeping up on an animal that's already alerted to your presence always works so well).

The ibis flies away.
Was my camera ready?
I feel the smallest droplets of water on my face.
Time to call it a day.

In the afternoons on my street some corellas and a couple of ibises hang out for sundowners (is there another reason they'd be friends?

Also, still waiting for my invitation). I was counting on this to get my close up shot.

Yeah … good one. Ibises (obviously) do not let people (me) get close. I wish they knew it was for a good cause. I'm on their side.

I feel like mums with kids must feel when it's time for pictures. "Can't you stay still for two seconds. I just want one nice photo."

There's an ibis strutting on the grass just in front of me. Maybe it's a Kylie, a fitting name for Australian nobility, or a Kyle. I've got no idea. I'm not actually an expert here, just a keen ibis supporter.

They let me get semi-close. Only x2 magnified photo, which I will count as incredibly successful.

I think I'll stick to my day job, but I haven't finished with the ibises. I'll get something special. Just you wait.

Or perhaps someone else will comment with a pic and give me full permission to use it.
Until next time friends of the long beak nobility.

Chooke

Photo On a cloudy afternoon on the Pumicestone passage an ibis forages the shallows for a snack whilst judging the nearby local photographer, who wouldn't come closer lest their shoes get wet (Chooke, 2025).

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

SOLANDER LAKE BOWLS RESULTS 1/11/25

W/E 1/11/25

Tuesday Club Select Triples Winners: Jenny Jones, Ross Luscombe, Garry Poddsey
2nd: Julie Watson, Jennie Cummins, Robert James

Wednesday Random Club Select Triples Winners: Paul Coxhead, Brad Jackson, Graham Hubbard
2nd: Mark Wendt, Glenn McCarthy

Thursday Self Select Fours Winners: Ted Firman, Michael Whiteside, Val Paul, Keith Riethmuller
2nd: Brad Storey, Des Stewart, Geoff Cusbert, Keith Tucker

Friday Random Club Random Select Triples Winners: Rod Townsend, Ian Jackson, Graham Hubbard
2nd : Fred Tarry, Vernon Dean, John Sly
3rd: Terry Nash, Doug Brown, Wally Schmidt

Saturday Club Select Triples Winners: Robert Clavell-Pearson, Bruce Crawford
2nd: Ian Jackson, Beryl Cowperthwaite, Allan Matheson

W/E 9/11/25

Tuesday Club Select Triples
Winners: Ted Fairman, Bill Taylor, Robert James
2nd: Jenny Jones, Diane Nock, Frank Grimsey

Wednesday Random Club Select Triples Winners: Debbie Hill, Rob Stumbles, Peter Nixon
2nd: Neil Lethlean, Chris Jenkins, Brett Sellars

Thursday Self Select Fours Winners: Jeff Farmer, Kevin Zipf, Ray Griffin, Vicki Mitchell
2nd: Brad Storey, Des Stewart, Geoff Cusbert, Graham Hubbard
3rd: Ted Fairman, Michael Whiteside, Val Paul, Merv Adams

Friday Random Club Select Triples Winners: Rob Horsfall, Cheryl Dann, John Dann
2nd: Alan Godbold, Andy Derhnert, Bob Smith
3rd: Ted Dean, Deb Hill, Barry Curtis

Saturday Club Select Triples Winners: Adrian Anderson, Beryl Cowperthwaite, Ricci Harris
2nd: Sheila Jeffrey, Rosa McLeod, Robert Clavell-Pearson, Ross Luscombe Copperthwaite, Brian Craitem
2nd: Shilo Geappen, John Dann, Allan Matheson

BONGAREE BOWLS RESULTS

Bongaree Bowling Club Results 24/10/2025 to 6/10/2025

Results of Friday 2-4-2 24/10/2025
Winners: Clare O'Donohue and John O'Donohue
R/UP: Leonie Timmerman, Peter Caruso

Results of Saturday Scroungers 25/11/2025
1st: Glen Briggs. 2nd: Jan Dixon. 3rd: Maigin Jones. 4th: Gordon Pitts

Ladies B Singles Championship Final was played on Saturday 25/10/2025. It was a very competitive exhibition of bowling played by 2 strong bowlers Bev Montgomery and Andrea Pike. Again the supporters were there to watch and appreciate the competition. Alas, there can only be one winner and Bev Montgomery was the victor. Well done Andrea and Bev for a great game and congratulations goes to Bev Montgomery who is the 2025 Ladies B Singles Champion.

Results of Wednesday Fours 29/10/2025
Winners: Ann Clarke, Averyl Symonds, Ron Wilson, Ray Broughton
R/Up: Yuki King, Jaarpung Blundell, Sandi Hodges, Graham Symonds

Results of Thursday Jackpot Pairs 30/10/2025
Winners: Jacque Murdoch, Ken Kajewski

Results of Friday Paddle Pop Draw 31/10/2025
Winners: Clare O'Donohue, John O'Donohue, Peter Vlajic
R/Up: Jacque Murdoch, Margaret McGarry, Bob Vonarx
Shopper Docket Winner: Maureen Potts

Results of Saturday Scroungers 1/11/2025
1st: Jan Dixon. 2nd: Di Smith. 3rd: Richard Fell

Results of Wednesday Fours 5/11/2025
Winners: Jaarpung Blundell, Graham Symonds, Ross Bryant, Tim Carlton
R/Up: Pat Warwick, Trish Paskin, Clare O'Donohue, Di Drew

Thank you again to our Sponsor for the day, Ray White Real Estate.

Results of Thursday Jackpot Pairs 6/11/2025
Winners: Chris McMillan, Trevor Mallouk

BRIBIE ISLAND BOWLS CLUB

Self select random fours results Saturday 18 October 2025
Highest margin: M Gaggiano, K Muller, B Hamer, C Cross
Lowest margin: H Groves, M Cherry, J Adams, A Campbell
O of H Winner: W Manson, W Follett, K Mulpeter, G Winter
O of H Winner: L Beaven, P Bennett, A Whalley
Self select triples results Tuesday 21 October 2025
Winners: T Phillips, C Brayley, C Wilkie
Runners up: R Garfield, M Garfield, E Bateman
Lucky draw: I Gillard, G Olsen, F Grimsey
Lucky draw: B Castle, L Beaven, L De Roule
Lucky draw: R Cross, F Crocket, R Eaton
Encouragement: P Campbell, S Lobo, N Piva
Scroungers results Wednesday 22 October 2025
1st: J Falvey
2nd: B Hosie
3rd: B Thirlwell
4th: D Russell
Self select open pairs results Wednesday 22 October 2025
Winners: L Murphy, G McEniery
Runners up: F Grimsey, M Thompson, T Charlewood
Self select open pairs night results Wednesday 22 October 2025
Winners: C Kelly, J Gray
Runners up: J Prowle, G Denkel
Lucky draw: C Perkins, K Perkins
Lucky draw: C Barclay, A Feichter
Encouragement: M Love, B Snare
Random triples results Thursday 23 October 2025
Winners: W Manson, J Muller, C Draper
Runners up: C Brayley, A Riseham, C Cross
O of H winner: F Grimsey, M Wright, M Thompson
O of H winner: M Gaggiano, J Brown, D Clarke
Self select pairs results Friday 24 October 2025
Winners: A Sharp, E Sharp
Runners up: L Murphy, A Sturm
Winning draw: J Wallis, BJ Adams
Encouragement: K Muller, S Muller

Self select pairs night results Friday 24 October 2025
Winners: W Hoelscher, G Trevena
Runners up: B Castle, T Erfurth
Lucky draw: D Bowers, W Schmidt
Lucky draw: K Thornton, P Wachmer
Lucky draw: K Ford, C Perkins
Encouragement: A Buckmaster, W Gilbert
Self select random fours results Saturday 25 October 2025
Winners: M Gaggiano, A Russell, M Brown, K Norton
Runners up: B Castle, S Brown, K Mulpeter, B Clarke
Lucky draw: M Thompson, I Gillard, J Adams, C Barrett
Lucky draw: L Savige, G Hutchison, C Brown
Self select triples results Tuesday 28 October 2025
Winning score: J Irvine, D Somerville, R Huggins
Runners up: J Lonsdale, J Wallis, M Cole
Lucky draw: W Baker, J Warick, T Kealch
Lucky draw: M Brown, J Brown, C Ormerod
Lucky draw: E Bateman, M Garfield, L Williams
Encouragement: G Paekau, S Jackson, K Henry
Scroungers results Wednesday 29 October 2025
1st: B Hosie
2nd: J Falvey
3rd: J Muller
Self select open pairs results Wednesday 29 October 2025
Winners: R Stuart, B Stuart
Runners up: B Smith, S Telfer
Self select open pairs night results Wednesday 29 October 2025
Winners: G Teakle, T Erfurth
Runners up: M Garfield, E Bateman
Lucky draw: J Cullen, K Muller
Lucky draw: D Beadman, G Fowler
Lucky draw: M Bonollo, T Nash
Lucky draw: G Duncan, R Eaton
Self select Random Triples results Thursday 30 October 2025
Winners: M Cherry, J Teakle, R Cross
Runners up: C Christiansen, J Herbert, L Stanford
Lucky draw: F Grimsey, G Hutchison, I Teakle
Encouragement: R Ward, K Brown, R Brinton

BRIBIE ISLAND WOMEN'S GOLF RESULTS

28 OCT TO 06 NOV 2025
28/10/25 No Competition, rained out
30/10/25 SINGLE STABLEFORD – Professional/ Manager Day
DIV 1 WINNER Bev Isaksen 40.
2nd Suzanne Vallely 39 c/b.
3rd Myra Dickson 39
DIV 2 WINNER Sue Lee 43.
2nd Helena Winterflood 41.
3rd Sue Navie 40
NTP Hole 4 Myra Thomsen.
Hole 7 Leonie Buxton. Hole 14 Debra Dunn. Hole 16 2nd shot Paula McKenzie. Hole 7 (Div 3 2nd shot) Heather Tanner
Sue Lee Winner of Professional/Manager Day with manager Steve Middleton
04/11/25 Melbourne Cup Day – rained out
06/11/25 MONTHLY MEDAL – Sponsored by Churches of Christ
DIV 1 WINNER Desley Neilson 70. 2nd Kate Wesener 71. 3rd Val Phinn 72
BEST GROSS Lorna Burns 89 c/b
DIV 1 WINNER Desley with Kate B
DIV 2 WINNER Judy Umlauft 71 c/b. 2nd Vivi Lloyd 71 c/b. 3rd Sylvia White 71
BEXT GROSS Vivi Lloyd 96
DIV 2 WINNER Judy with Kate B DIV 3 WINNER Stina Barnulf 65. 2nd Hazel McDonnell 69 c/b. 3rd Cathy Cooke 69
BEST GROSS Stina Barnulf 97
DIV 3 WINNER Stina with Kate B

Sue Lee Winner of Professional/ Manager Day with manager Steve Middleton

DIV 1 WINNER Desley with Kate B

DIV 2 WINNER Judy with Kate B

DIV 3 WINNER Stina with Kate B

THE LINES OF ANZAC

By Al Finegan

The Anzac spirit refers to the set of defining, positive qualities displayed by Australian and New Zealand soldiers at Gallipoli in World War I, including courage, mateship, endurance, humour, ingenuity, and loyalty.

It is a national ideal that reflects the strength and resilience of the Australian personality and has evolved into a symbol of selfless service, camaraderie, and compassion that continues to inspire in communities today.

The Anzac spirit began In 1915, when tens of thousands of Australians and New Zealanders were brought together into the Australian and New Zealand Army Corps - Anzac. The name has been with us ever since, becoming an iconic, even sacred word that generations of Australians have related to, and whose use is even controlled by Commonwealth legislation.

The soldiers of the corps created many of their own newspapers and magazines. These hastily produced publications were often cobbled together on troopships or in camps behind the lines. Some were even created near the front on Gallipoli and at the Western Front, as well as in Palestine and Egypt.

Some were printed, some produced on spirit duplicators, and some were handwritten with the carbon copies passed along from soldier to soldier. The trench journals, as they are often called, carried verse, yarns, cartoons, jokes, snippets of news, gossip and hearsay, all jostling together in a lively froth of humour, sharp satire and the occasional critical comment. They provide a unique picture of the realities of active duty, life and death, written and drawn by, for, and about our diggers.

Under the pool of drifting smoke.
In the dark of the dawn, they came.
And the hidden death. On the thin ranks broke.
And the great guns talk didn't flame.
The strip of sand and the cliffs I face
And the hard, grim work to do.
But the pride of Australia set the pace
And they saw the tough job through.

During the Dardanelles campaign, a number of these publications appeared, including the *Anzac Argus, the Dardanelles Driveller,* and *Snipers Shots* and, in book form shortly after the evacuation, The famous *Anzac Book*.

The 4th Light Horse published, *The Bran Mash*, a pun on the usual horse feed. Scribbled in pencil on two leaves of official typing paper with the dateline of, "Anzac Cove, Gallipoli, June the 15th, 1915".

It featured a few basic cartoons and poems like *"The Troopers Lament"* in which an anonymous Light Horseman complained of being separated from his "prad", or horse, and having to serve as an infantryman.

But let me feel just once again, me old prad, shy an' red, An' you can 'ave me biscuit an me tin of bully beef,
MY B…Y OATH!

The *Dinkum Oil,* meaning the "truth", lasted longer than most of the Gallipoli periodicals. When a German aeroplane dropped leaflets over Anzac telling Australians and New Zealanders, "*…not to hesitate further but to come in and surrender",* the editors immediately responded with an Extra Special Edition. It included the mock headline:

"Australians Rush To Surrender."

A German aeroplane passed over Anzac yesterday and distributed a lot of leaflets, advising the Australian troops not to hesitate any longer, but come and surrender. (This is the first bit of true news The Dinkum Oil has published, and we thoroughly expect it will be the last.) We have since received the following urgent cables from our correspondents: Quinn's Post, 2:00 AM, scramble of Australians out of trenches to get into Turkish lines is so great that parapets completely broken down. The scene reminded onlookers of the memorable rush on the canteen in 1902.

Quinns Post 2:51 AM. Dreadful mistake has occurred. The Turks did not realise that the Australians were coming to surrender, and accordingly made a tactical readjustment of their firing line, and our men found the trenches empty.

Thousands of Australians are now wondering about disconsolately looking for some Turk to surrender to." The satire went on, "To say that those attempting to surrender later found a German officer asleep in a trench. After having finished remaining beer bottles for him, the Australians awakened him and nearly smothered him with kisses."

Heavy handed though it might seem today, humour like this became essential to maintaining morale right through the war:

Where Dingo Dick of Company 3,
Anzac Battalion ICC,
Got winged in the arm with a shrapnel shell.

He wrote some letters to his folk to tell.
Dear mother, he wrote, The danger's passed
I've got my holiday wound at last,
A beautiful wound. You can hardly see
But it means a spell for me in the H3.
I slept in a bed so nice and clean.
there's tonnes of baccy and drinks to go
But the paper will call me a blanky hero.

Other poems evoked a deep poignancy to describe the diggers' piercing feeling of sadness or deep emotion, often one that is both touching and bitterly painful:

The diggers are digging, and filling the hole.
They're sighing and singing.
They pray for my soul.
I hear what they say, and from where I am lying,
I hear a new corporal calling the roll.
But the diggers dig on and fill in my bed,
The diggers dig on, and they sweat and
they sweat.

They sigh and they sigh, and their eyes are wet.
The brown earth clatters and covers my
head;
Then I laugh and I laugh, for they think that
I'm dead

In Palestine, the Mechanical Transport Services published *The Gamrah Weekly Wail,* and the 3rd Field Troop Engineers created *The Palestinian Prattle. The Kia Ora Coo-ee* was published in Palestine and Egypt by the combined Anzac forces in Egypt, while the 3rd Light Horse Field Artillery published the *Desert Dust Bin*. Camel Corps journals included the Cacolet (after the carrying frames fitted to camels and mules) and *Burrak*.

The Kia Ora Coo-ee was issued jointly for Australian and New Zealand troops and aimed to gather and dispense all interesting information concerning the different units in Egypt, Palestine, and Mesopotamia. It was a magazine that brought readers the "real news". This was frequently written as satire, but always with an underlying element of truth.

The magazine contains stories and exposés of minor wartime events that the troops themselves may have discussed, but which were not covered by official news.

It contains vaguely raunchy stories about nurses in war hospitals, information about how to identify different Egyptian snakes, unique takes on, and interpretations of, Middle-Eastern culture, humorous conversations that had been overheard, sporting results (particularly amateur boxing), odes to lost friends, and even a regular letter from a lady in Australia or New Zealand wishing the soldiers well.

Perhaps just as interesting as the articles are the advertisements and the satirical illustrations, often shown with exaggerated features, but also with great attention to detail. The cover of the August issue, for example, shows planes in a dogfight that can be easily identified as a German Albatross being downed by an Allied Bristol F2B.

The Kia Ora Coo-ee carried verse by a Major Patterson, better known as Australia's most famous poet of the day, "Banjo" Paterson, including one on a more serious note, titled "Moving On":
When we make a friend, another friend
has gone;
Should a woman's kindly face
Make us welcome for a space,
Then its boot and saddle, boys, we're
Moving on.
In the hospitals they're moving,`
Moving on;
They're here today, tomorrow they are gone;
When the bravest and the best
Of the boys you know "go west",
Then you're choking down your tears and
Moving on.

This poem differs from the magazine's upbeat and often satirical tone in order to address the issue of grief and loss, and the way in which the narrator, and soldiers like him, are forced to deal with death. The rapidity through which loss occurs is highlighted by the repetition of the second line, "moving on". While death is never explicitly mentioned, it is implied by the use of the euphemistic slang term "go west".

Banjo was also acutely aware of the deep feelings (of) mateship that was being developed. He wrote this as an open letter to the Australian troops fighting there. The poem celebrates the developing Australian national identity, unifying people from various backgrounds under a single banner and highlighting the sacrifice of the soldiers as a crucible for forging a unified nation:

We're all Australians Now
The man who used to "hump his drum",
On far-out Queensland runs
Is fighting side by side with some
Tasmanian farmer's sons.
The fisher-boys dropped sail and oar
To grimly stand the test,
Along that storm-swept Turkish shore,
With miners from the west.

On the Western Front, the need to express the diggers' view of the war continued with trench newspapers like the *7th Field Artillery*, but grades *Yando, Digger*, the *Rising Sun* and, later on, the famous *Aussie*. The Australian first Field Ambulance periodical gloried in the title *Ghutz*. Other Western Front titles included *Honk*, the work of 5th Corps Ammunition Park, which in August 1915 carried this brief but evocative piece by Sergeant C Strong.

Whilst seated one day on my Lorry,
Weary and ill at ease,
I saw a gunner scratching,
As though he was full of fleas.
I asked him why he was scratching
And what was he scratching for,
But his only reply was a long drawn sigh,
And he carefully killed some more.

Printed somewhere in France, The Rising Sun was first published on Christmas Day 1916. Edited by the official Australian war correspondence, CEW Bean, it carried verse like this piece of poetic homesickness by "Pip",

I'm standing in the trenches
with the mud up to my knees
And I'm thinking of the bushland far away.
Where we used to gallop madly
through the gum and wattle trees,
And the horse I used to ride - the Dapple Grey.

In the many deprivations of the war, soldiers found solace in even the smallest of comforts, food, a mug of tea or cocoa, a bath, the rum ration or tobacco. These commonplace items of everyday civilian life were at a premium at Gallipoli, and were highly valued, as their

frequent appearance in the Anzac press attested. My Lady Nicotine appeared in the *Anzac Book*, penned by a grateful digger named HG (Hugh) Garland, who had been a journalist before the war, and included the lines:

Her gift is small and seemingly
Of little value, yet.
It teaches me so charmingly
to think and to forget.
So I and those along with me
in all this dreary scene
Unite in giving thanks to thee,
my Lady Nicotine.

Garland was awarded the Distinguished Conduct Medal (DCM) In 1916, but was killed in France in 1918, aged 24.

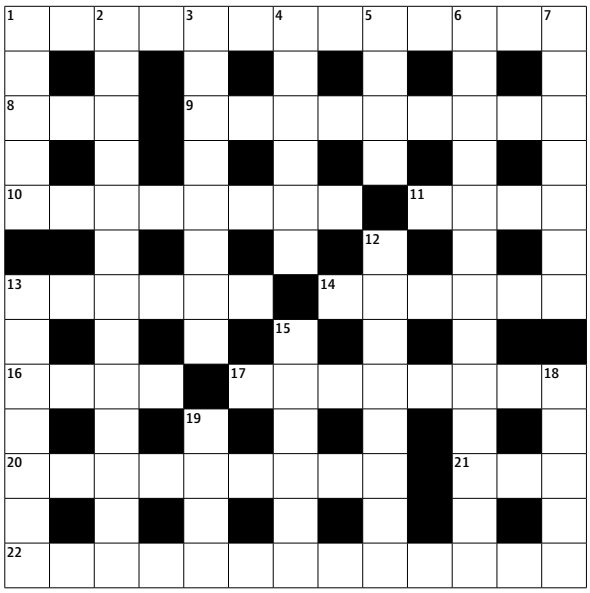
Not surprisingly, the Anzac newspapers featured many items about homesickness, and going home after the war's end. In one of the papers produced during a long voyage aboard the troop ship Port Lyttelton, under the title "Lytteltonic", one especially enthusiastic digger wrote:

"Australia is the cleanest, sweetest, healthiest, sunniest, happiest, and everythingelsest Country in the whole blooming world. Amen!"

Courage is a word that signifies the Anzac spirit. They were all brave. Courage was no longer their virtue, it was their daily bread. They were unconscious of it, as of the air they breathed. And so many lost in slaughter! But the wound was deep.

Out ran the barrage, and one of them set.
Our flag on the enemy parapet.
Find us his name, We shall not forget
Caller all of the splendid host
That came in to their own on the Turkish coast.

Crosswords - QUICK & CRYPTIC



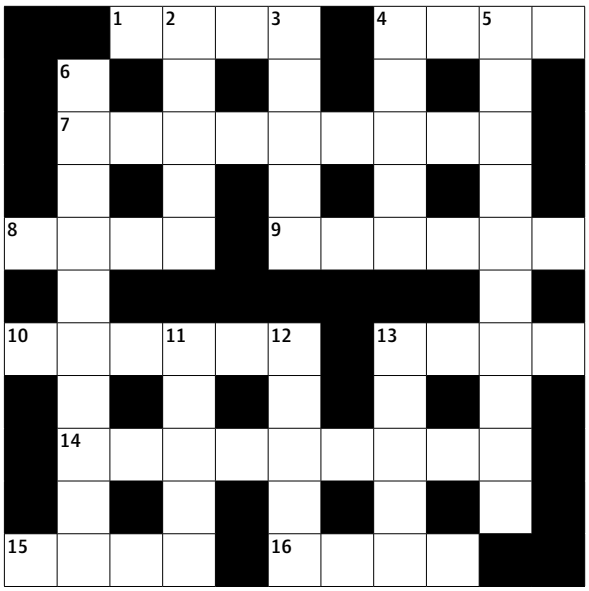
Across

1 Lurid Victorian paperback (5,8)
8 Sighting formally called a UAP (Unidentified Anomalous Phenomenon) (3)
9 Extra run from poor fielding (9)
10 Dishes of stuffed vine leaves (8)
11 Voice (4)
13 Ayurveda spiritual centre (6)
14 Lingo (6)
16 Level (4)
17 Antiquated (8)
20 Replica (9)
21 Devil (3)
22 Adrenalin-fuelled response (5-2-6)

Down

1 £ (5)
2 Not much to look at – in a gallery? (2,3,8)
3 Small freeholders (8)
4 Pot ciggy (6)
5 Cast (anag) (4)
6 Utensil-shaped flash? (4,9)
7 Info (7)
12 RC official (8)
13 Welsh city (7)
15 Subordinate (6)
18 Opted (anag) (5)
19 NaCl, say (4)

CRYPTIC



Across

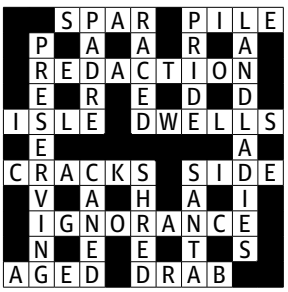
1 Box with spring beginning to rust (4)
4 Heap of things I left in gym (4)
7 Editing – something done by Socialist? (9)
8 Sea-girt land is left half-abandoned (4)
9 Lives with dean by cathedral city (6)
10 Witty remarks in breaks (6)
13 Boundary for cricket team? (4)
14 Not knowing bliss? (9)
15 A good editor no longer young (4)
16 Dull doctor meeting a bishop (4)

Down

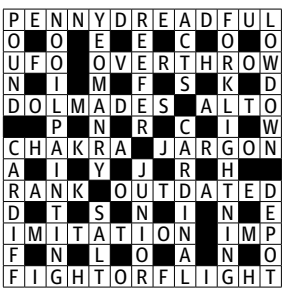
2 Minister – the old man beginning to direct Religious Education (5)
3 Celebrity in middle of little road went quickly (5)
4 Lions asleep finally before journey (5)
5 Lad's denial set out in letters (10)
6 Keeping quiet, holding back (10)
11 Beaten, getting dance wrong (5)
12 Rag right in the middle of hut (5)
13 Social worker in South Africa who makes seasonal visits? (5)

SOLUTIONS

CRYPTIC SOLUTION



QUICK SOLUTION



Sudoku

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

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

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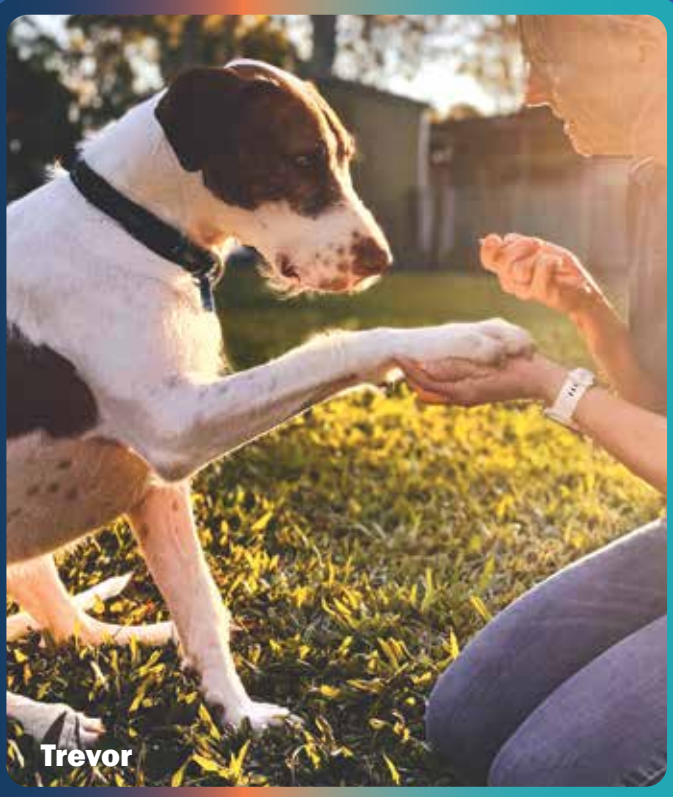
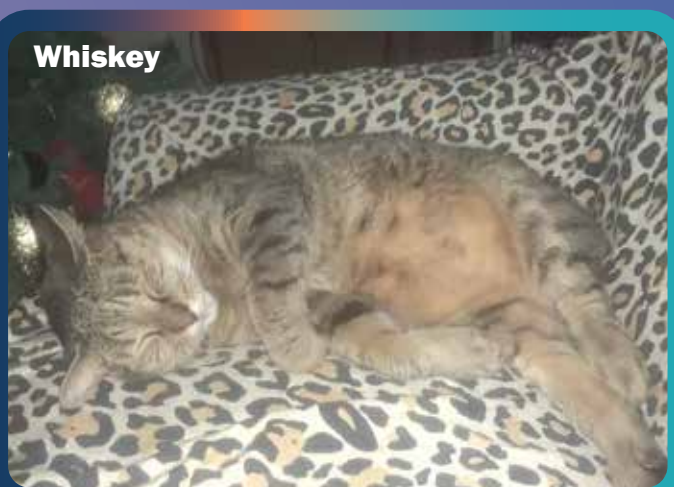


Trevor

Buster & Sunny



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Tulsi Plant
Benefits and Care Guide

By Himanshu Singh

Tulsi, often called holy basil, is more than just a plant; it holds a special place in Hinduism and is deeply respected in Indian culture. Many people see it as a symbol of the divine. Besides its spiritual significance, Tulsi is celebrated for its many health benefits and healing properties.

In India, people commonly make tea from Tulsi by using its stems to add flavour. In this article, we will explore the benefits of Tulsi and provide guidance on how to grow it.

Health Benefits of Tulsi

Tulsi is well-loved for its health advantages. It is known for its qualities that can help reduce inflammation, fight bacteria, and provide antioxidants.

Here are some of the key benefits:

Boosts Immunity: Tulsi can strengthen the immune system, helping your body fight off illnesses and infections.
Helps with Breathing: It can ease coughs, colds, and other respiratory problems thanks to its ability to clear up the airways.
Improves Digestion: Tulsi can help with digestive issues like bloating and acidity.
Reduces Stress and Anxiety: It has properties that support mental health and help the body cope with stress.
Promotes Healthy Skin: Its blood-cleaning abilities can lead to clear and glowing skin.
Helps Control Blood Sugar: Tulsi may also play a role in managing diabetes.

Types of Tulsi Plants

Several varieties of Tulsi plants are popular, each with its own unique traits:

Krishna Tulsi (Ocimum tenuiflorum):
This type is known for its purple leaves and rich healing properties.
Rama Tulsi (Ocimum tenuiflorum):
Noted for its calming effects, it has green leaves and a refreshing aroma.
Vana Tulsi (Ocimum gratissimum):
This variety features light green leaves and a strong scent, often found in Ayurvedic remedies.
Kapoor Tulsi (Ocimum sanctum):
This type is cherished for its spiritual significance and has a delightful fragrance.

Growing Tulsi

Here are some simple steps to successfully grow Tulsi:

Where to Plant:
Choose a sunny spot in your garden or use a container with good drainage.
Watering and Sunlight: Keep the soil moist, but don't let it get soggy. Make sure your Tulsi gets 6-8 hours of sunlight each day, as it thrives in warm, sunny conditions.

Soil and Fertilizer:
Tulsi likes rich, well-drained soil. Add some organic matter to the soil and use balanced organic fertilizer every few months to nourish the plant.

Pruning and Harvesting

To help your Tulsi plant grow bushier and healthier, regularly pinch back the tips as it grows. You can harvest leaves as needed but try to take no more than one-third of the plant at a time to keep it thriving.

Pests and Diseases

Tulsi is generally a strong plant with few pest issues. Still, be on the lookout for common pests like aphids and spider mites. To prevent diseases, ensure good air circulation around the plant and avoid getting the leaves too wet.

FAQs

1. Can I grow Tulsi indoors? Yes! Tulsi can easily be grown indoors in pots. Make sure to place it near a sunny window or use grow lights.
2. How often should I water Tulsi? Water your Tulsi regularly to keep the soil moist but not soggy. Let the top layer of soil dry out between waterings.
3. Is it safe to eat Tulsi leaves? Absolutely! You can eat Tulsi leaves fresh or dried. They are great in herbal teas, soups, salads, or traditional medicine.
4. Does Tulsi need pruning? Yes, regular pruning helps keep the plant bushy and healthy. Pinch back the growing tips.
5. Can I grow Tulsi from cuttings?
Yes! You can easily ropagate Tulsi using cuttings. Just take 4-6 inches from a healthy plant, remove some lower leaves, and place it in water or moist soil until it roots. This method is a great way to expand your Tulsi collection!

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THE CUSTOMERS HAVE TO SAY:
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David R
Jack has been instrumental in keeping our lawn bindi & weed-free all year round. We are constantly receiving compliments from visitors & even a few drivers by have stopped and complimented. We love being outdoors and this is the first house we've lived in where we can be barefoot all year round. We HIGHLY recommend Jack for your lawn care!
★★★★★
Sharon B
Jack provides excellent lawn services, friendly communication with an email following each visit containing details of every treatment and suggestions on what you need to do to keep your lawn in the best condition (best watering times for the season, dethatching etc) We would recommend this company unreservedly.
★★★★★
Elaine G
Jack has been treating and taking care of my lawn for the last 18 months/2 years and the lawn always looks fantastic. The treatment he uses and the advice he gives to keep the lawn looking top notch through all the seasons works perfectly. I highly recommend this service to keep your lawn looking spot on.
★★★★★
Jenny H
Jack has been servicing our lawn for about 2 years now and has done a fantastic job! Removed weeds with his magic spray and allows the good grass to prosper. Reliable, good value, knowledgeable, helpful and keeps the grass greener.

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- Are at the point of replacing your lawn which will cost $1000's of dollars knowing that you will still get weeds and lawn pests

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Deb B
Jack, is a master at his trade, he provides an excellent service and his visits are always educational. He takes the extra time to fully explain everything and his knowledge is second to none. Would highly recommend his services.

★★★★★

Liana L
Jack was extremely professional and helped educate me on how to get the garden of my dreams. My yard has never looked so lush and my children are loving being outside again definitely recommend.

★★★★★

Irene M
Jack has our lawn looking the best it has in years, we were using every weed killer we could get our hands on, trying every fertiliser spending 100's of dollars yearly and the lawn was always a mess full of weeds, since using Jack we save a fortune paying the bi-monthly bill and our lawn looks fantastic, so green and thick and FINALLY weed free.

★★★★★

Kevin R
Jack has been treating our lawn for several years now and taken it from basically weed, to a lush spongy green lawn all year round. The regular fertilising and weed treatment is fundamental to this result but equally important is his advice and ongoing support that allows us to keep it this way.

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GREENER SPACES

DRIVING PROPERTY VALUE AND BUYER DEMAND ACROSS AUSTRALIA

New research has revealed that green spaces are now a powerful driver of home value and buyer demand across Australia, with some homes selling for 17% more than those without greenery.

New research from Greener Spaces Better Places reveals that homes featuring greenery, such as established gardens, trees, indoor plants, or lush outdoor spaces, can sell for higher prices, attract greater buyer interest, and spend less time on the market.

Commissioned by Greener Spaces Better Places and based on 12 months of Domain property listing data, The Plant Value Report shows that homes featuring landscaped gardens, established trees, or even indoor plants consistently outperform those without.

These homes are selling faster, generating more buyer interest and achieving significantly higher price premiums.

The report highlights that greenery offers more than just visual appeal. It represents investment, quality and lifestyle value, all of which are important factors that appeal to today's buyers.

Key Findings

- **Houses with greenery can sell for 17.4% more on average, equating to around $140,000**. These homes can also attract up to 7% more buyer views and can typically sell one day faster than those without green features.
- **Units with greenery can achieve a 16.1% price premium, or about $100,000 more on average**, and tend to sell up to three days faster.
- **Regional homes see the strongest uplift**, with properties featuring green outdoor spaces selling for up to 24% more, adding as much as $154,000 to the sale price.
- In Sydney's dense urban market, where access to green space is limited, the impact is even more significant. **Houses with greenery can sell for 28.7% more, while units can command a 23.4% premium.**
- Despite these clear benefits, only one in three houses and one in six units currently feature greenery designers, suggesting a growing opportunity for sellers and a competitive edge for those who invest in green features.

Rooted in value: Homes with greenery sell for an average of 17% more.

The research reveals a clear connection between greenery and property performance, showing that homes with natural features can achieve higher sale prices and stronger buyer interest.

Domain's Chief of Research and Economics, Dr Nicola Powell, said the findings demonstrate that green spaces add tangible value to properties by meeting buyers' growing desire for quality of life and environmental amenities.

"Greenery is not just a nice-to-have, it's a clear economic advantage in today's property market," she said.

Green appeal can grow buyer engagement

The appeal of greenery extends beyond higher sale prices and influences how buyers engage with property listings. Domain's data shows that homes featuring greenery can attract 3.3% more listing views and sell around one day faster than those without.

"Greenery has an incredible ability to transform a space, softening and uplifting it to create instant appeal." says Interior expert, Neale Whitaker.

"Whether it's a leafy balcony, a few well-placed plants, or a landscaped garden, adding greenery helps buyers imagine a home that feels welcoming and alive.

What's great is that anyone can do it, regardless of location, property type or size. A touch of green can instantly elevate atmosphere and connection, making a home feel both more stylish and more livable."

A little greenery goes a long way no matter where you live

While houses are more likely to feature greenery than units, the data shows that units can also gain significant benefits from natural touches of green.

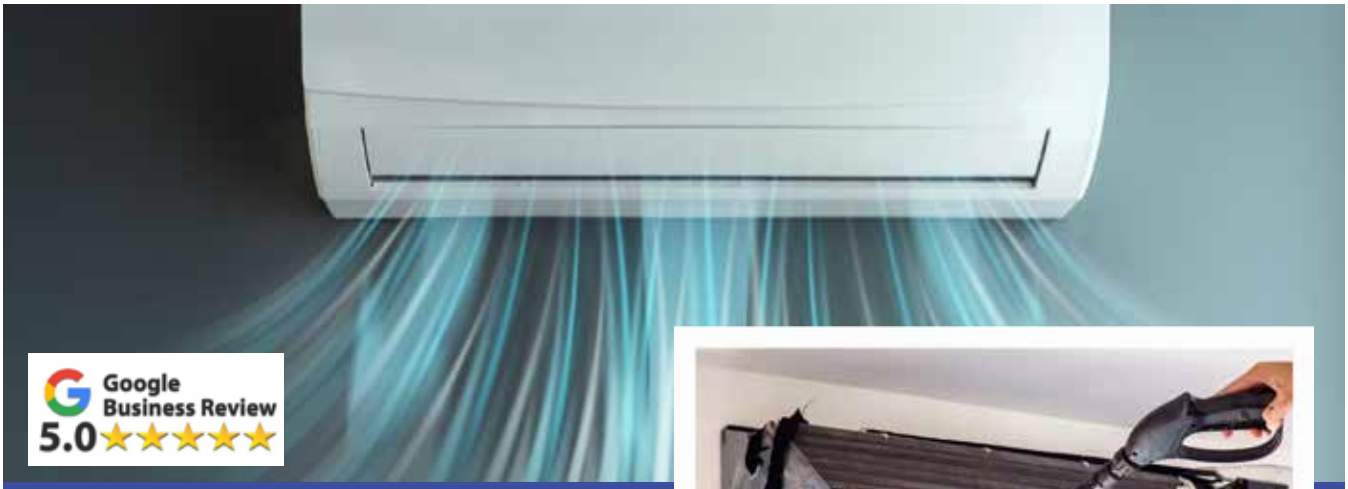
Despite only one in six units currently featuring greenery, listed units with plants or landscaped spaces sell three days faster than those without.

These units also enjoy a 16% price premium increase compared to their bare counterparts, highlighting a clear opportunity for Australians to boost their unit's value and appeal with the simple addition of greenery.

The Final Word: Plants Pays Off - Indoors and Out

Greenery has proven to be an effective way to elevate a property's appeal and value: from boosting market performance to creating a more welcoming atmosphere, regardless of property type.

Whether it's a simple balcony garden, indoor plants, or a landscaped outdoor space, adding a touch of green not only transforms how a property looks but also changes how it feels - affecting buyer appeal and demand.



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Top 5 DECORATIVE CONCRETE FINISHES FOR MODERN HOMES

by Himanshu Singh

Modern decorative concrete comes in many styles, but five standout finishes really capture the imagination. Let's explore each one, along with why homeowners love them:

Polished Concrete

Polished concrete is perhaps the most well-known decorative finish. It involves grinding down the concrete surface to remove imperfections, then polishing it to a glossy or matte sheen.

Why Are Polished Concrete Floors So Popular: A big part of their popularity lies in the high-end look they bring to any interior. Polished floors reflect light beautifully, making your home feel more spacious and livelier. Plus, the densifying agents used in the polishing process help strengthen the surface. This means your indoor cement flooring can stand the test of time—perfect if you're seeking a long-running solution that cuts down on refinishing costs.

Are Polished Floors Suitable for Indoor Cement Flooring? Absolutely. Polished floors work particularly well in living rooms, kitchens, and even stylish open-plan offices. With the right sealants, they become stain-resistant, making them a top pick for busy families. If you love that modern, reflective vibe, this finish is definitely worth a closer look.

Stamped Concrete

Stamped concrete, sometimes called imprinted or patterned concrete, is a decorative method that mimics the look of brick, slate, or stone.

Concrete Patio Finishing Options: Popular Patterns and Textures:
When stamping, contractors use moulds to imprint designs that replicate natural materials. Common patterns include cobblestone, flagstone, and brick textures.
Homeowners often prefer stamped concrete for patios and pool surrounds, as it adds a high-end aesthetic without requiring the upkeep that real stone or brick would demand.

How Does Stamped Concrete Compare to Traditional Paving:
Compared to traditional paving, stamped concrete is easier to install and maintain. There are no separate seams between tiles or pavers, meaning fewer places for weeds to grow or for water to seep in and cause shifting. Plus, stamped concrete often works out cheaper in materials and labour, giving you an attractive and budget-friendly option for your outdoor living areas.

Exposed Aggregate

Exposed aggregate is all about texture. Instead of finishing the top layer until it's smooth, small gravel and stones are intentionally revealed.

How to Achieve a Striking Texture with Exposed Aggregate:
Your contractor pours the concrete as usual, then removes the surface paste to expose the aggregates underneath. You can choose different types of aggregate, from natural pebbles to coloured glass, allowing for a custom look that shines when sunlight hits it.

Is Exposed Aggregate Suitable for Both Indoor and Outdoor Use:
While more commonly used outdoors—particularly for driveways, walkways, and pool decks—exposed aggregate can also be placed indoors if you're looking for a statement floor.

However, keep in mind that it has a rougher finish. If you prefer a smoother underfoot feel inside, you might explore other decorative finishes for main living areas.

Limestone Finish Concrete

If you want an elegant, subtle appearance, limestone finish concrete could be your ideal match. This technique replicates the soft, refined look of natural limestone.

What Is a Limestone Concrete Finish:
A limestone concrete finish is achieved by blending cement with specific additives that create a honed, stone-like surface.

The finished look is subtle and sophisticated, often in lighter shades that work brilliantly with modern or coastal-inspired designs.

Why Consider Limestone Finish for Your Patio or Driveway:
Limestone finish concrete delivers a timeless, high-end aesthetic without the price tag and fragility of real limestone. Because it's a cement-based product, maintenance is straightforward, and the surface is more resistant to cracking. Plus, its lighter colours can help reflect sunlight, which is a handy feature during those scorching Australian summers.

Coloured or Stained Concrete

Finally, coloured or stained concrete is for anyone who wants to make a bolder statement. Pigments and stains can be applied during or after the concrete pour, opening up a world of creative options.

Customising Concrete Colours and Finishes:
From earthy browns to vibrant turquoise, you can choose just about any hue. Some homeowners opt for a mottled effect with acid stains, while others prefer a solid colour all over. Add a sealant to lock in those tones, and you've got a floor that expresses your personal flair.

Are Coloured Concrete Floors Prone to Fading: Modern staining systems and UV-resistant sealants go a long way in preventing fading. That said, areas with direct, harsh sunlight may eventually see some shift in tone. Regular resealing can help your coloured concrete stay vibrant for many years.

Now that you know more about polished concrete, stamped finishes, exposed aggregate, limestone finish concrete, and coloured or stained options, you're one step closer to transforming your living space.

Each finish brings its own charm—be it the sleek shine of polished floors or the natural look of limestone concrete finish. With the right choice, you'll be able to enjoy a stylish, hard-wearing surface that fits seamlessly into your modern lifestyle.

How Much Do Modular Homes Cost in Australia?

The cost of living in Australia has been climbing steadily, and housing is no exception. For many Australians, purchasing, or even building, a traditional home can feel completely out of reach. In fact, in March 2025 the Australian Bureau of Statistics recently passed the $1 million mark for the first time.

It's no wonder modular homes are rising in popularity. These compact, cleverly designed houses offer an affordable alternative for those looking to save money, simplify their lifestyle, and even embrace sustainability. With some models starting at just $60,000, these houses are making homeownership a real possibility for more people.

Whether you're dreaming of downsizing, purchasing your first home, or simply finding a more manageable and cost-effective way to own your own space, understanding the costs involved in a modular house is the first step.

In this guide, we'll break down everything you need to know about modular house prices in Australia, from basic models to fully customised builds.

Entry-level modular houses start from AUD $50,000, with DIY builds sometimes costing as little as $20,000–$60,000, depending on design complexity and materials.

Mid-range modular homes typically range from $60,000–$150,000, offering more space, upgraded finishes, and higher quality materials. Luxury or custom modular homes can exceed $400,000, especially when fitted with premium appliances, bespoke layouts, and high-end finishes.

Additional costs beyond the build include land purchase, site preparation, council permits, utility connections or off-grid systems, and delivery fees, which can significantly increase your budget.

Material choices influence both upfront and long-term costs: steel framing and Colourbond cladding cost more initially but save money in durability and maintenance, while budget finishes like vinyl flooring lower upfront spend.

Wright Choice Homes offers ready-to-live modular houses built to Class 1A Building Approval standards, with models like the K'Gari ($174,000) and Moreton ($193,000), including delivery within 100km.

Factors That Influence Modular House Costs

1. Location and Land

Where your modular house will live has a huge impact on costs. Land prices vary dramatically across Australia: rural areas tend to be much more affordable than cities, where urban land can be more expensive.

If you already own private land, you could save significantly by avoiding the high cost of purchasing a plot. Keep in mind that zoning regulations may also affect what you can build, especially in city regions.

2. Size and Layout

The size of your modular house is one of the biggest cost drivers. Bigger homes naturally require more materials and labour, and intricate layouts can further increase expenses.

Clever design is key: a well-planned layout maximises space while staying within these legal limits, giving you more living area without adding unnecessary cost.

3. Materials and Finishes

The quality of materials influences both your upfront costs and long-term maintenance. Premium materials may be more expensive initially but often save money in the long run by lasting longer and requiring less upkeep.

Framing:
Timber is a strong, renewable material that provides natural insulation, durability, and a warm, inviting character to any building.Exterior cladding: Colourbond steel remains a top choice for durability and low maintenance.

Interior finishes:
Vinyl flooring is a favourite for modular homes. It's durable, water-resistant, and easy to maintain. Options range from simple and functional to high-end luxury finishes, which can significantly impact costs.

4. Inclusions and Appliances
Your budget also needs to account for appliances, fixtures, and special features. A simple modular house with basic amenities costs far less than a move-in-ready home packed with luxury touches, smart technology, or custom furniture designed to maximise space. Off-grid features such as solar panels, composting toilets, and rainwater collection systems add to upfront costs but can reduce ongoing utility bills.

Custom-built furniture and storage solutions often carry a premium, despite the smaller scale, due to the precision and materials required.

Most modular house builders offer tiered packages, from a bare shell to a fully furnished, move-in-ready home, allowing you to match your build with your budget and lifestyle needs. By understanding these cost factors, you can make informed decisions that balance quality, comfort, and affordability.

Additional Costs to Consider

When budgeting for a modular house, it's easy to focus on the build price alone. But there are several hidden or extra costs that can sneak up on you and impact your total budget. Knowing about these expenses early means fewer surprises down the road.

Land and Site Preparation: If you don't already own land, this will likely be your biggest additional expense. Even if you do, the site may need work before your modular house can be placed. Costs can include clearing vegetation, levelling the ground, adding foundations or stumps, and ensuring safe vehicle access. Rural land may be cheaper to buy, but site preparation can sometimes be more involved.

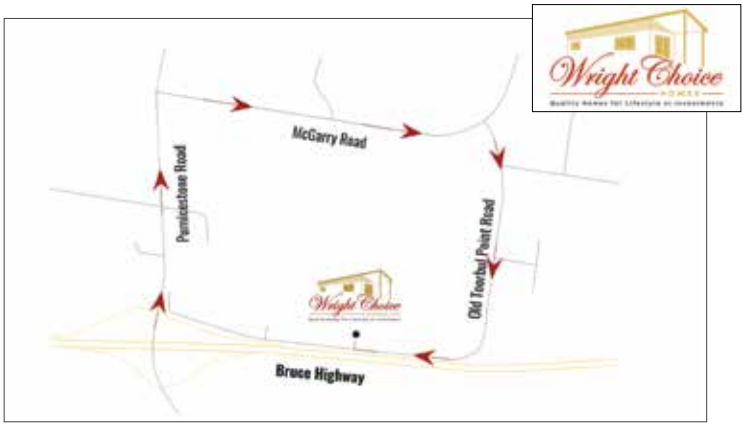
Utilities and Connections (or Off-Grid Systems): Connecting to mains power, water, and sewerage can add up quickly, especially in rural or hard-to-reach areas. Alternatively, going off grid comes with its own upfront costs. While off-grid solutions may save you money long-term, the installation costs can be a significant upfront investment.

Transport and Delivery Fees:
Most modular homes are built off-site and delivered to your land. Delivery costs vary depending on distance, road access, and whether special equipment (like cranes) is needed. Some builders include delivery within a certain radius, while others charge per kilometre.

Council Permits and Approvals:
Regulations around modular homes differ across councils in Australia. You may need to pay for development applications, building approvals, or occupancy permits.

These fees not only add to your budget but can also affect your project timeline. Always check with your local council to understand what's required before committing to a build.

Ready to explore your own home journey? Our expert builders at Wright Choice Homes can guide you through every step, from design to delivery. Get in touch with us today to start building a home that's affordable, sustainable, and made for the way you want to live.



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3 Sustainable Choices

to Make for Your Rental Properties

The cost of life is constantly increasing everywhere across the world. In the rental housing market, both tenants and landlords are seeking ways to make rental living more affordable, sustainable, and accessible.

In fact, creating sustainable rental properties is the best way to retain tenants who can manage to pay all the bills. Sustainable rental properties also reduce maintenance costs due to their design.

This article serves as a guide on how to make your rental properties significantly more sustainable and attract tenants. But first, you need to understand why sustainable rental properties are more attractive.

Why Make Sustainable Rental Properties?
Sustainability is a primary concern for people nowadays for multiple reasons. Some tenants are keen on saving money, while others prioritise their carbon footprint and a more frugal yet environmentally friendly way of life.

When you make your property eco-friendly, you have the opportunity to attract a specific niche of tenants that's increasing in number. Energy-efficient practices also often lead to lower costs in the form of cheaper bills, which nearly all the tenants want.

You can have water-saving mechanisms installed in the house, you can opt for solar-

powered electricity throughout the house, and you can even use more natural building materials to avoid causing any pollution.

All of these measures help you become a responsible landlord and make your property both frugal and attractive to live in. If you're unsure how you can turn your rental property into a sustainable one, the following three steps could be constructive:

1. Appliances That Are Energy Efficient
Conserving energy goes beyond just installing a solar power source in your rental property. You can actually opt for appliances that help conserve electricity. Old appliances that could be installed in your house for a few years of use up a lot more electricity.

With improvements in technology, some appliances now use only a fraction of the power to run, making it possible for you to store more electricity and prevent large bills.

Switching to these appliances can be especially beneficial if you're not relying on solar or hydroelectricity, as it will be more cost-effective for your wallet and help protect the environment. Look for Energy Star-certified appliances, as they may initially cost a bit more.

Still, in the long run, they will save you a significant amount of money and give you the peace of mind that you're making the best decision for the environment. What's more is that installing these appliances in your house can help you charge more money from your tenants because of the quality you're providing in your rental property.

2. Promote Water Conservation on Your Property
If you live in a relatively arid area prone to droughts, investing in water conservation technology and methods can help increase the value of your rental property, making it more sustainable for its residents.

As a rental property owner, regular maintenance checks to fix any leakages would allow your residents to have fuller tanks and prevent any water wastage in the property.

You should also consider installing low-flow tap fixtures to avoid leakage from the property. Along with low-flow fixtures, another step that you can take is installing aerators in all the plumbing fixtures.

Aerators help maintain the water pressure, so even if the water flow is lower, the pressure remains steady, and your residents won't have any complaints. The toilets should have a dual-flush mode to help conserve water.

3. Educate Your Residents About Sustainability
Suppose you market your rental property as a sustainable housing option.
In that case, you can take it a step further once the sale closes and prepare a welcome package for your new tenants that can help them understand how to live sustainably in their new property.

The package should include information about maintaining the thermostat through summers and winters, so they have a fair idea of what the temperature in the region is like.

Introduce them to local waste management protocols and make sure your property offers a waste collection service.

As a landlord, you can also model sustainability by choosing sustainable choices for the features in your home, such as quality multifamily countertops.

Teach them water-saving techniques and gardening tips that require less water, and how to use the sprinkler more sustainably.

You can also walk them through the local public transportation system and eco-friendly commerce in the region.

Conclusion
Sustainable living is becoming a priority for an increasing number of people as awareness grows, and you can capitalise on this trend to create rental properties that offer top-notch amenities while remaining environmentally sustainable.

The tips given above should give you a head start.

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Interior Decorating & Design with **Feng Shui** (PART B)

"Feng shui views good and bad fortune as tangible elements that can be managed through predictable and consistent rules. This involves the management of Qi/Chi, an imagined form of cosmic "energy." In situating the local environment to maximize good Qi/Chi one can optimize their own good fortune." Wikipedia

Feng Shui in the Kitchen

Position the kitchen at the back of a house to encourage guests to enter and move through the home. This will foster deeper connections, longer visits and better energy.

To prevent a conflict between fire and water, it's best to keep the stove's flame and the sink's water separate.
A tidy kitchen with uncluttered counters and orderly cabinets encourages positive energy.

Repair or discard any items that are damaged or chipped, since they are believed to represent poor health and financial trouble.
Knives and other sharp utensils should be stored in drawers, not left on the counter or hanging, as they can cut you and good energy.
Hide away rubbish bins in cabinets or drawers.

If cabinets don't go to the ceiling, fill the space with plants or decor to prevent negative energy and dust from accumulating. Incorporating features such as a bowl of fruit on the counter or establishing an herb garden can effectively introduce a sense of freshness and vitality to the space, creating good energy.

Use natural light and open windows to make the space feel happy and energetic. White is considered a peaceful colour for the kitchen, but light green, blue, and brown can also be used, or as accents.

Feng Shui in the Bedroom

Place the bed against a solid wall so it's diagonally opposite the door. You should be able to see the door from your bed, but not directly in line with it. This creates a sense of security and control.
Avoid the "coffin position". Do not align the bed so your feet point directly out the door when you're lying down. The Coffin position disrupts sleep and is considered unlucky.

Always have the headboard against a solid, sturdy wall to promote a sense of security and stability.

Do not place the bed under a window as this can lead to feelings of weakness. My thought is no one wants a draft leading to a cold, or the summer sun beaming down on your head.

Keep the bedroom, including under the bed, free of clutter by using storage to organize items. Use matching nightstands on both sides of the bed for balance and harmony. Choose neutral, calming shades such as beige, cream, soft grey, or blue, and avoid bold or harsh colours.
Opt for soft, warm, and layered lighting such as bedside lamps, instead of utilising intense overhead fixtures.

To prevent disruptive energy, try to keep electronic devices such as TVs and phones out of your bedroom or at least away from your bed.
Do not place mirrors facing the bed, as they can disrupt sleep with their amplified energy.

Avoid sleeping directly under exposed ceiling beams, as they can create a feeling of downward pressure. If you have an ensuite, always keep the door closed and the toilet lid down to prevent energy from draining.

Feng Shui in Your Home Office

Arrange your desk so that you can see the door without being directly in line with it. This setup lets you notice who comes in and helps you maintain a feeling of control.

Having a sturdy wall behind your chair offers better support. It's best not to sit with a window or open area directly behind you. Using a high-backed chair can also help you feel more secure and supported.

Keep your workspace clear of clutter to improve energy flow and focus. Keep blinds and curtains open to let in as much natural sunlight as possible. Illuminate dim areas with lamps to ensure every space feels bright.

Achieve harmony in your décor by including all five feng shui elements: wood (like plants or wooden furniture), fire (through lighting or red decorations), earth (using stones or yellow and beige hues), metal (with metal items or white and grey tones), and water (incorporating water features or blue and black colours).

Use calming colours like blue or green for focus, white and cream for mental clarity, and accent colours like red for energy.

Display artwork that inspires motivation or reflects personal objectives. Include a photograph of loved ones to promote positive energy. Place crystals on your desk or near electronics to help neutralise negative energy from devices.

Enhance your focus, purify the air, and foster positive energy by introducing plants in your office.

Images from Thibaut
Ivory T - fabric & wallpaper 0422599084

FISHING REPORT

November

Fishing has improved a little in the Passage as we get through Spring. Strong afternoon winds, some great storms and big tides have led to water turbidity and there's also a good rise in humidity, which is starting to fire up the summer species. Bream is sensitive to this sort of weather and are pretty keen right now. Alex and Kay made it back in before a storm hit, bringing with them some good bream.

The biggest were caught off Turner's camp, using squid on the falling tide. We've also heard good reports of the bream up between Gallaghers' Point and Poverty Creek. Any bait has been working on the bream, but an old fellow, Bruce, told me once that he hadn't used regular bait for 40 years: "I soak uncooked rice in a little fish-oil – I just get one of those bottles of fish-attractant, but anything will do.

Then I cut up fresh white bread crusts into 2'' pieces – I press a bread crust around my hook -toss a handful of rice into the water, then fish into the spot with my bread. Sometimes I'll put three hooks onto my line, and I'll score a couple of bream at the same time – it never fails to catch bream!"

The flathead is hungry too and are being found all through the Passage. Squid and pillies have been the top baits for flathead but soft plastic lures are certainly working, in spite of the murky water. Cast your lure over the sand bank near a creek as the tide is rising and the flathead might be waiting there for you.

There have also been plenty of good flathead catches around the bridge, and south of it, on the weedy flats around Sandstone Point. The fishing at the bridge has been pretty consistent over the past couple of weeks, plenty of bream and whiting there as well.

Wil and his dad were fishing near the Sandstone Point fish traps on a falling tide, using blood worms, and caught a lovely big grunter, a nice bream and a couple of good whiting. Further round, at Godwin Beach, also using bloodworms, they had another great day - with a 55cm flat-head and eight whiting, including a whopper 50cm specimen!

Sand whiting is showing up through the Passage, and they are good sizes. Jacko has been doing well from the shore near Cardboard Hill at Sandstone Point as the tide sweeps the whiting past and up the Passage. The snapper is keeping a few people guessing lately. Fishers have been having less than usual success around the Ripples, finding them instead between the Avon wreck and Ningi Creek.

Russell and his mate hooked eight snapper, and a shovelnose, all at Turner's Camp, on squid and a rising tide. If you wander a little just south of the Avon wreck, you might happen upon a nice hole that seems to be holding a few of them.

Sand crabbing has continued to be a bit erratic; plenty of hopeful pots out in the Passage but not lots happening. Ron has been setting his crab pots just north of the bridge, mainland side, with fairly consistent results – 8 in one day recently – so you never know!

Wil is really getting into his fishing and has great fun with his Dad

Ronnie's mud crab came in at more than 2kg

TIDE TIMES

Bribie Island AND Moreton Bay

Fri 14 Nov	Sat 15 Nov	Sun 16 Nov	Mon 17 Nov	Tue 18 Nov	Wed 19 Nov	Thu 20 Nov
5:32 am	12:07 am	12:55 am	1:36 am	2:12 am	2:43 am	3:11 am
1.38m	0.44m	0.38m	0.33m	0.3m	0.28m	0.29m
11:05 am	6:35 am	7:29 am	8:15 am	8:55 am	9:30 am	10:01 am
0.64m	1.52m	1.66m	1.78m	1.87m	1.92m	1.94m
5:31 pm	12:21 pm	1:26 pm	2:19 pm	3:04 pm	3:43 pm	4:18 pm
1.59m	0.61m	0.57m	0.52m	0.49m	0.48m	0.49m
	6:30 pm	7:22 pm	8:07 pm	8:45 pm	9:18 pm	9:50 pm
	1.56m	1.53m	1.5m	1.47m	1.44m	1.4m

Fri 21 Nov	Sat 22 Nov	Sun 23 Nov	Mon 24 Nov	Tue 25 Nov	Wed 26 Nov	Thu 27 Nov
3:40 am	4:10 am	4:42 am	5:16 am	12:15 am	1:00 am	1:54 am
0.31m	0.34m	0.37m	0.42m	1.28m	1.26m	1.27m
10:31 am	11:00 am	11:32 am	12:06 pm	5:55 am	6:39 am	7:30 am
1.93m	1.91m	1.88m	1.86m	0.46m	0.49m	0.53m
4:53 pm	5:30 pm	6:07 pm	6:47 pm	12:45 pm	1:27 pm	2:15 pm
0.5m	0.52m	0.54m	0.56m	1.83m	1.81m	1.78m
10:22 pm	10:57 pm	11:33 pm		7:32 pm	8:20 pm	9:14 pm
1.36m	1.33m	1.3m		0.56m	0.54m	0.51m

MEDEVAC FROM CRUISE SHIP

Wednesday 15th October 2025 – 0918 MRQ Bribie Island Radio Operator Denny Freeman received a call from QAS to arrange a medevac for a patient from Tangalooma. By 0956 the 2 Paramedics had arrived at MRQ Bribie Island boarded Bribie 1 skippered by Coxswain Garry Bunker and crewed by Competent Crew Lloyd Clark and Crew Phil Hagen and headed for Tangalooma. Bribie 1 arrived at Tangalooma at 1101 to the Cruise Ship Carnival Adventure, where the Paramedics attended to and brought the patient aboard Bribie 1, heading back to Base at 1126, arriving at 1219. Bribie 1 was refuelled and back at Base at 1301. Photos by Phil Hagen

Competent Crew Lloyd Clark aboard Bribie 1 next to Carnival Adventure.

CAPE MORETON ASSIST

Thursday 16th October 2025 – The Day Callout Crew was prearranged to use Bribie 1 to tow the 9.1m Monohull Yacht off the sand, on the rising tide, West of Northpoint Moreton Island. The vessel was originally located and secured on Tuesday night as the result of a SAR conducted by Water Police with Polair and Bribie 1. Parks and Wildlife Officers arranged for Bribie 1 to tow deeper water to an anchorage by the Tangalooma Wrecks so the owner could assess any damage whilst anchored.

With the assistance of a paddleboarder to ferry the towline to the stricken yacht, the tow went relatively smoothly.

Great job completed late in the afternoon by skipper Senior Coxswain Jim Brown and crew Competent Crew Wayne Robinson, and David Logie, and Radio Operator Laurie Hose.

An inquisitive sea bird (a juvenile masked booby) settled on Bribie 1 to see what all the fuss was about!

The yacht is towed off the beach by Bribie 1.

YACHT ADRIFT COMBOYURO PT.

18th October 2025 – Blue Saturday Crew were tasked by the Water Police to investigate a drifting 9m Yacht off Comboyuro Point, Moreton Island. Bribie 1 departed with skipper Senior Coxswain Liz Radajewski, Senior Coxswain Graham Parker, Competent Crew James Dickson & Gary Howell, and Trainee Crew Kevin Fraser & Rob Blaschka, arriving at the Yacht it was clear that no one was on board. After a risk assessment one crew was put on board the yacht to facilitate securing the tow line and to steer it whilst under tow. Only able tow at 5-6 knots it was a long tow to Tangalooma to secure the vessel to the Government mooring. All went well and with storms approaching from the South and West Bribie 1 made haste to get back to Base before the storm arrived.

Great job, well done by the Crew and an important experience for the Trainee Crew.

Photos by Liz Radajewski

Trainee Crew Kevin Fraser and Competent Crew James Dickson observing the tow yacht from the cabin of Bribie 1.

Nearing Tangalooma there was a skydiver checking our progress!

JET SKI RESCUE

Saturday 25th October 2025 - White Saturday Crew's jet ski rescue. At 1500 a jet ski with 2 POB departed from Bellara ramp without telling anyone their destination and with no means of communication. At 1630 concerned friends contacted MRQ Bribie Island radio room to report that usually this jet ski goes north and returns within an hour. Bribie 2 was deployed with skipper Senior Coxswain Liz Radajewski, and crew Doug Lythgo, Dave Dodsworth and Garry Comerford to search from Wrights Creek northwards.

Bribie 1 once finished refuelling searched from the bridge northwards to the creek. As Bribie 2 turned towards Toorbul from White Patch and Liz using binoculars spotted something red in a place where there should be no red and about a minute later B1 communicated that they had seen a possible target in Ningi Creek. Bribie 2 returned to Ningi Creek and discovered the jet ski high and dry in the mud.

After much deliberation it was decided that the only way to get a line to the jet ski was with our drone, Gary Voss (Senior Coxswain & drone pilot) was contacted and luckily was available to fly the drone. Bribie 1 returned to base as did Bribie 2. As it was after 1700, we changed crew on Bribie 2 to skipper Liz accompanied by Allan Tranter, Gary Voss and Dave Dodsworth and loaded with drone and dyneema lines and set off for the rescue at a bottom low tide of 0.3 metres. We found a small channel to get closer to the jet ski and with expert guidance from Gary with a boathook measuring the depth and Allan looking for signs of deeper water Bribie 2 was able to get within 200 meters of the stranded jet ski. The drone was deployed with a heaving line which was dropped close to the jet ski and the persons pulled in our dyneema line, attached it to their ski and Bribie 2 with Gary depth finding and Allan seeking deeper water, Dave handling the ropes and Liz following the trail on the chart plotter we had a successful retrieval. At 1830 the assist was dropped off at Bellara ramp with 2 very grateful riders as well as happy friends and family.

The lesson from this is:

PLEASE tell someone where you are going and what time you expect to return and always have some means of communication with you. It is only a phone call or radio call to Marine Rescue Bribie to log on - it may be the best call you made that day.

Storm approaches the base late in the day on Saturday 1st November 2025. - Photo by Steve Williams.

UNIT COMMANDER CES' SAFETY MESSAGE:

"With the weather improving check that your boat is in good order, check that you have all your safety gear and everyone on board knows its location, ensure it is easy to get at in an emergency, ensure your flares are in date, that your torch works, check your battery and your fuel.

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

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

"PLEASE WEAR YOUR LIFE JACKETS!"

OCT/NOV ASSISTS

THU 23/10 1111AM – 10m Sports Cruiser 8 POB non-member with motor issues required a tow from South Point to Pacific Harbour.

THU 23/10 1330PM – MOP reported drifting Ketch South end of Passage. Investigated, towed to Bribie Jetty. Water Police to contact owner.

SAT 25/10 0731AM – Tasked by Water Police for SAR off Mud Island.

SAT 25/10 1628PM – MOP reported 2POB Jet Ski non-members haven't returned from trip North in Passage. Located high and dry in Ningi Creek, utilised drone to drop rope to haul tow line. Returned safely to Bellara boat ramp.

SUN 26/10 1253PM - Tasked by QAS to transport 2 Ambulance Officers to Tangalooma and medevac a patient to their waiting ambulance at MRQ Bribie.

TUE 28/10 0942AM – 14m Shark Cat 0POB non-member drifting towards dredging line. Investigated and on advice from Water Police secured vessel to our pontoon for further action by owner.

WED 29/10 0722AM - Tasked by QAS to transport 2 Ambulance Officers to Tangalooma and medevac a patient to their waiting ambulance at MRQ Bribie.

THU 30/10 1024AM - Tasked by QAS to transport 2 Ambulance Officers to Tangalooma and medevac a patient from the Cruise Ship Carnival Adventure to their waiting ambulance at MRQ Bribie.

SAT 01/11 2105PM – Tasked by QAS to transport 2 Ambulance Officers to Tangalooma and medevac a patient to their waiting ambulance at MRQ Bribie.

MON 03/11 1229PM - Tasked by QAS to transport 2 Ambulance Officers to White Patch and medevac a patient to their waiting ambulance at MRQ Bribie.

WED 05/11 1102AM – 7m Centre Console 2POB member with engine problems at Caloundra Wide, required a tow to Spinnaker Sound Marina.

WED 05/11 1254PM – 4.8m Runabout 1POB non-member with steering issues required a tow from Red Beach to Pacific Harbour.

YTD RADIO ROOM STATISTICS

CALLS	13,614
VESSELS LOG ONS	4,045
VESSEL ASSISTS	250
SITREPS	1,330
REQUESTS	1,215
OVERDUE VESSELS	40
VESSEL TRACKING	34
RADIO CHECKS	1,215
WEATHER BROADCASTS	6
SECURITE BROADCASTS	2
PAN PAN CALLS	0
MAYDAY CALLS	0
PERSONS ASSISTED	475
VHF CALLS	56.6%
27MHz CALLS	0.1%
PHONE CALLS	27.2%
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,
COOCHIN CREEK, ROYS ROAD, PROPOSED DEVELOPMENT
We have become aware of a proposal to develop a very large area of the Northern Inter Urban Break into a caravan and holiday park with 150 sites. There is also talk of developing a concert venue there with capacity for 35,000 concert goers. If any of this goes ahead it would be absolutely devastating on many levels including the following:

• The effects on the Pumicestone Passage and the Marine Conservation Park Zone and the impact on the foraging habits of surrounding wildlife particularly nocturnal fauna and birds.

• This area is vital for 40,000 annual visiting migratory shorebirds which need rest to regain strength for their return journey.

• Regarding sewerage, the Government's own wetland maps confirm land, and dams drain into Pumicestone Passage, indicating risks to hydrological security and wildlife habitats.

• The area has a serious mosquito and biting insects' problem which is acknowledged in the Development Plans. Sea breezes and westerly winds are likely to disburse any "blanket" insect control chemical spraying onto Pumicestone Passage water, the birds and also onto residential homes nearby entering water supply. Spraying is also likely to blanket kill insects that are vital to the food chain for other wildlife.

• Traffic on the Bruce Highway would be impacted even further than it is now especially at concert times.

• Roys Road East is in a high intensity bushfire zone and prone to flooding several times a year. Emergency Services are often unable to get through due to flood or fire.

Last but certainly not least, the Queensland Government's own planning Department (SARA) has recommended that the planning minister, in this case the Deputy Premier, turn down the application for the development.

As the deadline for objections to this development is the 17th of November 2025 ime is limited so we urge all concerned persons to please contact The Hon J. Bleijie M.P. stating your concerns or objections.

His address is:
The Hon. J. Bleijie M.P.
Deputy Premier, P.O. Box 15009, City East, QLD 4002

Or you can email his office at:
deputypremier@ministerial.qld.gov.au
CC: industrialrelations@ministerial.qld.gov.au
pumicestone@parliament.qld.gov.au
environment@ministerial.qld.gov.au
premier@ministerial.qld.gov.au

Sincerely,
Annette & Chris Schnack

Dear Editor,

At the last State Election residents of Bribie would have felt confident that a new bridge construction was evident.

The previous Government committed $757 million for construction in its first term if elected. The LNP reiterated it was also a priority with the proviso of a determination from the business case conducted.

The business case is completed and according to the DMR a figure of $756.56 m is detailed.

You would think, that as promised by the last Government, and also signalled as a priority by the new Government, we would see urgent or imminent progress?

Facts are there is no provision for funding in the last State Government Budget for any works on the Bridge in any form, including provision for environmental assessments or other works.

The local Member has advised by social media that $250m to $1B has been allocated in the Budget! (Since retracted) Quite some obfuscation?

What is happening?

And when?
Maybe what has been promised is on the backburner?

Yours sincerely
A. Johnston

Dear Editor,

I would like to give some useful advice to people who think like the driver of a 4WD, partial plate number HG8, which I followed today.

It is NOT helpful to use your right-turn indicator, whenever you enter a roundabout, (unless you are intending to turn right).
If it can be seen by someone coming from the opposite direction, they will assume you intend to turn right.

Before you have had time to change it to the left indicator to signal your intention to exit the roundabout, they will have hit the brakes and lost momentum.

This is the same problem as failing to swap indicators when turning a corner, as many drivers do, relying on the steering to turn it off, sometimes after they have left the roundabout.

One day, this faulty behaviour will cause a tailender to a driver who was not at fault.

H.Beneke

letters to the editor

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,

I was reading A Johnston's recent letter in the Bribie Islander, Issue 251, bemoaning the Queensland Government's decision to retain coal fired power stations until 2045.

It was a bright sunny morning and we were enjoying 'wall-to-wall' blue skies, lots of sunshine and a brisk breeze. What a perfect day for renewables.

I fired up the 'Live Supply & Demand App' on my iPad (link provided below) to find that at 11am, of the 11.4 Gigawatts (GW) of power being generated in Queensland at that time, 7.5 GW, or 65.8%, was being generated by wind and solar.

Proponents of renewables would no doubt claim that "we are closing in on 100% renewables and in a few years we will get there".

However, I would claim that a more realistic comment would be "we can't fully satisfy demand when the sun is shining let alone generate and store the energy needed when the sun sets".

Remember that solar panels need to generate three times the average energy required throughout the day to make up for the 16 hours that the sun is not shining. And that's on a perfect day with 8 hours of uninterrupted sunshine!

I looked again 12 hours later to find that the power generated by solar was nil; no surprise there.

Batteries nil, whereas coal and gas provided 86% of the power required throughout the night. The fact is that coal is going to be used for generating electricity for many years to come.

Ask China, India or the USA. Anyone who thinks otherwise is dreaming. Also ask what is the cost of batteries to store the necessary amount of energy to cover night time.

These batteries will, of course, have to be replaced after 15 years along with the solar panels. Don't like coal? You should have supported nuclear power.

Michael Cavenor
Link: www.nem-watch.info/widgets/reneweconomy

The other day I was at the local public park (not a dog park, but dogs are allowed there).

We were walking along in a high movement area, so I had my dog on a leash.

Another dog, off leash, sees us and starts approaching.

My dog needs her space so we start moving away, but the dog got to us before we could leave.

My dog was stressing a little, so I politely said to the woman, sorry my dog doesn't want to play and ushered her dog away.

Her dog gets the message and moves on.

Quite good, right? Here comes the juicy part:

As I'm leaving the owner comes to me with a speech more or less like this:

Hey, if your dog is nervous and doesn't even want to play with other dogs, go somewhere else! Don't come to the park and ruin other dogs' fun.

I heard this and a wave of fury started taking over, but suddenly I think I had a lightbulb moment and switched gears completely.

With the biggest, friendliest smile, I opened my arms as wide as I could and said Ohhhhh! Come here... I want to give you a BIG hug!

With panic in her eyes, she backs up, speechless and quickly starts walking away. I said "Hey, don't run, I'm so friendly, come on, I only want to give you a hug! I'm friendly I promise... I just want to Hug You!"

Still speechless and backing away with terror now, I said "Wait, you don't want my friendly hug?"

She yelled No!
I said "Well neither does my dog! Have a nice day.!!!"
As I walked away, I saw her just standing there, speechless and she was leashing her dog!
I think I'll try this approach more often.

Author Unknown

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