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



Welcome

Dear Readers,

Our intrepid leader, Cherrie Wilson, has been caught up in the storms path so I hope you will allow me to write this welcome for you.

As we welcome you to edition 253 we send our thoughts and prayers to all those who have been affected by the sever storms which ravaged South East Queensland this week. There has been a lot of damage in the area, so please take care.

Christmas is fast approaching and we can feel the excitement build as the 'big day' approaches. I, for one, enjoy Christmas and the wonderful spirit of giving and joy it can bring. Seeing family, having lunches or coffee with friends and generally being social is all part of the joy.

Planning those surprises for others absolutely lifts my heart. Even though this is a time of joy for many, it is also a time of loneliness or stress for many others, so I would encourage you to check on neighbours who are alone or offer an encouraging word to someone doing it tough.

Just a little quote to finish off for this edition:-
Christmas is forever, not for just one day,
For loving, sharing, giving are not to put away.
Like bells and lights and tinsel, in some box upon a shelf.
The good you do for others is good you do yourself.
..... Norman Wesley Brooks

Take care, Stay safe and we will see you again in our next edition.

Paulne

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

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5 Home Remedies for Soothing Ear Issues

Surprisingly, ear discomfort can be very disruptive, interfering with balance, attention, and even sleep.

Ear irritation and pain may be caused by wax, mild infections, allergies, and pressure fluctuations, prompting one to seek simple relief.

Although constant or acute complications require professional care, some safe home-based solutions can be used to soothe the ear in mild cases and promote natural comfort.

1. Warm Compress: A Simple but Effective Initiative.

The use of a warm compress is one of the widely recommended remedies for treating ear pain. The heat can also relax the circulation around the ear, ease muscle tension, and alleviate pain related to fluid accumulation or inflammation.

Warm (not hot) water can be applied to the affected ear with a clean washcloth, pressed

against it, and left to remain for about ten minutes, which may do the trick.

It must be mentioned, however, that the compress should not be too hot, as excessively hot temperatures can irritate or inflame the skin.

This is the easiest way to take a reassuring initial step before attempting other techniques.

2. Olive Oil Drops: Light Lube to Help Wax Up.

Olive oil can be a natural remedy for individuals experiencing a feeling of fullness or muffled hearing due to earwax.

Partly due to its soft texture, it helps soften and loosen excess wax, allowing the ear to clear it naturally.

To apply it safely, gently warm a few drops of pure olive oil, taking care not to overheat it, but only to a temperature slightly above room temperature. Then, apply the oil with a clean

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* Int J Surg 2015; 24:113-222
^ Int J Surgery 2015; 24:207-9



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dropper. Olive oil should not be used when there is any suspicion of a ruptured eardrum or active infection at that time, as the introduction of moisture might aggravate the symptoms.

In the right amount and in the proper form, olive oil provides a time-proven method of keeping the ears comfortable and hygienic.

People usually regard it as an essential element of a quality earache treatment plan due to its calming and hydrating effects.

3. Steam Inhalation: Relaxation of Pressure and congestion.

The throat, nose, and ears are intimately related to each other, and that is why the congestion in one part most of the time influences the others. When ear pain is associated with the pressure of a sinus or a cold, steam inhalation can be remarkably effective.

The warm, humid air that one inhales helps thin the mucus and open the Eustachian tubes, which balance the pressure between the inner and outer ear.

This remedy is simple and can be easily practised by filling a bowl of hot water and inhaling the steam on the head with a towel loosely wrapped over the head. To make it even better, it can be combined with

a few drops of eucalyptus or peppermint oil, but people who are sensitive to it should use plain steam only.

A few inhalation lessons could help get that bad, bloated ear feeling down and bring some sense of balance.

4. Garlic Oil: The Antimicrobial Choice of Nature.

Garlic has been used since ancient times as a source of antimicrobial and anti-inflammatory properties.

To make garlic oil at home safely, crush several cloves of garlic using a mortar and then roll them gently in olive oil before straining the mixture to remove the solids.

When administered cautiously, garlic oil offers a natural way to relieve symptoms, consistent with the history of traditional medicine.

5. Drink Water and Control Allergies.

In some cases, ear problems are indirect, like dehydration or a reaction to allergens.

Consuming fluids in large amounts helps the body naturally drain and clear mucus that may accumulate behind the eardrum. Likewise, it is possible to treat allergies

(seasonal or environmental) to avoid inflammatory reactions in the Eustachian tubes, which link the ears and the throat.

Home remedies may offer significant relief for mild ear problems, providing a natural and accessible means of achieving comfort.

Warm compresses, olive oil, steam inhalation, garlic oil, and proper hydration all contribute to reducing inflammation, softening wax, and restoring pressure balance.



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5 Benefits of Regular Dental Check-ups

A Special Health Update for Our Community



Dear reader,

Regular dental check-ups do more than keep your smile clean – they help catch small issues early, before they become painful or costly. Here are **5 key reasons** why regular check-ups are one of the smartest health habits you can keep:

1

Early Detection – dentists can identify problems like cavities, gum disease, and oral cancer early on, when they are easier and less expensive to treat.

2

Prevention – regular check-ups and cleanings can help prevent the buildup of plaque and tartar, which can lead to tooth decay and gum disease.

3

Systemic Health Connection – oral health is linked to overall health, and managing oral health can improve conditions like diabetes, cardiovascular disease, and respiratory infections.

4

Oral Cancer Screening – dentists can screen for oral cancer, which is often detected in its early stages during check-ups, increasing the chances of successful treatment.

5

Personalised Advice – dentists can provide personalised advice on oral hygiene habits, diet, and smoking/alcohol use to help patients maintain optimal oral health.

LOOK AFTER YOUR HEALTH

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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**

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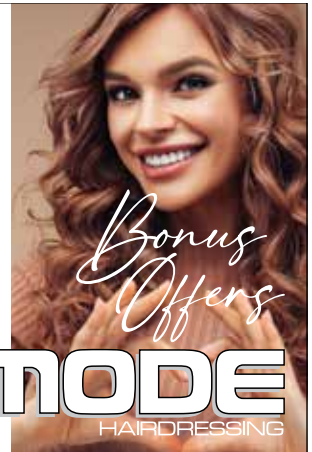
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WHAT IS THE CONNECTION BETWEEN ALTERNATIVE HAIRCUTS

Part 2

and Edgy Fashion Trends?

The Influence of Street Fashion:

Street fashion is a significant source of inspiration for both alternative haircuts and edgy fashion.

The gritty and raw aesthetics of street fashion often blend seamlessly with the rebellious and unconventional styles of alternative haircuts.

Street fashion icons, especially in urban centres like Tokyo and New York, have embraced the edgy look, further merging these two trends.

The Power of Minimalism:

While alternative haircuts and edgy fashion are often associated with bold and daring styles, minimalism has also found its place in this fusion.

Clean and sharp haircuts, complemented by simple, monochromatic edgy outfits, create a striking contrast.

The power of minimalism within these trends lies in its ability to emphasize the strength of subtlety.

The Role of Fashion Subversion:

Edgy fashion and alternative haircuts are inherently subversive, challenging the status quo and the traditional norms of beauty and fashion.

The deliberate intent to stand out from the crowd, disrupt conventional standards, and provoke thought through fashion choices is a defining characteristic of this alliance.

The Recurring Vintage Influence:

Vintage fashion has always held a special place within edgy fashion trends. Retro styles, such as punk rock and grunge from the '70s and '90s, continue to inspire both edgy fashion and alternative haircuts.

The incorporation of vintage elements into modern looks creates a unique blend of old and new, further cementing their connection.

Acceptance of Imperfections:

Both alternative haircuts and edgy fashion trends embrace the beauty of imperfections.

Edgy fashion celebrates distressed fabrics, asymmetrical cuts, and unconventional layering, while alternative haircuts allow for the acceptance of unconventional hair textures, shapes, and styles. This acceptance of imperfections promotes self-confidence and self-love.

DIY Culture:

Do-It-Yourself (DIY) culture is deeply rooted in both alternative haircuts and edgy fashion.

Many enthusiasts of these trends prefer to experiment and create their unique styles at home, fostering a sense of individualism and self-reliance. This hands-on approach strengthens the connection between these two trends and their communities.

Sustainability and Ethical Choices:

There is a growing movement towards sustainability and ethical fashion choices within the edgy fashion and alternative haircut realms.

Many individuals in these communities seek out eco-friendly, cruelty-free, and vegan products, aligning their fashion and hair choices with their values.

This emphasis on conscious consumerism demonstrates that these trends can be responsible and forward-thinking.

The Fusion of High Fashion and Streetwear:

High fashion and streetwear have been merging in recent years, leading to a blurring of lines between alternative haircuts and edgy fashion.

Luxury brands have embraced the edgy aesthetic, incorporating elements like tattoos, piercings, and unconventional hairstyles in their runway shows. This fusion showcases the adaptability and crossover potential of these trends.

Conclusion:

The connection between alternative haircuts and edgy fashion trends is a dynamic and mutually reinforcing relationship.

Both celebrate creativity, individuality, and self-expression, allowing individuals to break free from conventional norms and create distinctive styles that capture attention.

As these trends continue to evolve and influence one another, we can expect to see even more daring and unique combinations in the world of fashion and beauty. Embracing alternative haircuts and edgy fashion is a bold declaration of one's identity and an enduring testament to the ever-evolving nature of the fashion industry.

New self-tests

Launch to empower Australian women to take charge of their intimate and hormonal health

- Approximately one in eight Australian women show abnormal or elevated vaginal flora, which often goes unnoticed
- Furthermore, over four in five women who show symptoms for perimenopause remain misdiagnosed or overlooked
- To help Australian women take greater control of their reproductive and intimate health, Touch Biotechnology is launching new Vaginal pH and Perimenopause FSH self-tests designed for convenient, at-home use

Despite growing awareness of women's health issues, Australian women continue to feel dismissed or overlooked when raising concerns about their hormonal or reproductive health.

With one in eight (17.2%) women showing abnormal vaginal flora and more than four in five (85%) experiencing perimenopausal symptoms that go undiagnosed or misdiagnosed, women are left managing discomfort and confusion without the support they deserve. And while 84% of Australian women say they feel comfortable talking to a doctor about menopause, only 57% have actually sought medical advice – a gap between comfort and care that leaves many without timely support.

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To help women take proactive, confident steps toward understanding their bodies, two new at-home self-tests are launching in pharmacies across Australia. Touch Biotechnology's Vaginal pH Rapid Test Panel (Vaginal Swab) and the FSH Rapid Test Midstream (Urine) are designed to help turn vague symptoms into more precise next steps.

A positive result can validate what women are feeling and guide a GP conversation about menopause care or bacterial vaginosis treatment, reducing trial-and-error, easing discomfort, and giving women the reassurance they need to take informed action.

For women, talking about intimate or reproductive health can still be uncomfortable, especially in a clinical setting.

A recent survey revealed women are often deterred by a mix of personal, structural, and social barriers – from fear of being judged or dismissed, to limited access to services, cost concerns, and worries about privacy.

These barriers often lead to delayed diagnoses and ongoing anxiety about what's "normal."

"Understanding what's normal for your body is a powerful first step in taking charge of your health," says Matthew Salihi, CEO of Touch Biotechnology.

"We've designed our self-tests to allow women to remove the barriers in seeking the right care

and treatment. By testing at home, women can better identify potential issues early, which leads to faster, more confident conversations with healthcare providers."

Bacterial Vaginosis (BV) occurs when the natural balance of bacteria in the vagina is disrupted, often leading to an overgrowth of certain bacteria such as *Gardnerella vaginalis*.

Among young women aged 16 to 25, over one in ten (11.8%) experience BV, with up to half facing recurrence within a year.

"Regular pH checks can help detect changes in vaginal bacteria early, even before symptoms develop," adds Mr Salihi.

"This can help women seek the right care sooner and reduce the risk of misdiagnosis or confusion with conditions like thrush, urinary tract infections, or other vaginal issues." Menopause and perimenopause mark significant hormonal transitions, not minor inconveniences. Yet symptoms such as brain fog and fatigue, sleep disruption and mood swings are often dismissed or misunderstood.

Providing women with accessible tools and clear information can replace uncertainty with confidence and help normalise these conversations. The latest data underscores the ongoing gender gap in healthcare, with more than half (50%) of women feeling they were treated extremely differently in healthcare due to their gender.



There is also evidence of a lack of understanding of female-specific health conditions, with women more likely to be misdiagnosed during serious medical events.

Closing that gap means meeting women where they are, with tools that reduce ambiguity, cut through stigma, and make next steps clear.

Both the new self-tests deliver reliable, evidence-based results in minutes, providing a private and practical way for women to identify abnormal vaginal pH levels or hormonal changes associated with menopause.

The Vaginal pH Rapid Test Panel (Vaginal Swab) and FSH Rapid Test Midstream (Urine) tests are available at pharmacies nationwide. For more information, please visit touchaustralia.com.au.

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Christmas Memorial Service

FRIDAY, 12TH DECEMBER 2025

Each year the **Great Northern Garden of Remembrance** holds a special Christmas Memorial Service to remember and pay tribute to those loved ones who have passed on.

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Arrival is from 6.00pm, for a 6:30pm start.

Entry is free and a light supper will be served afterwards.

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SLEEP

Quality VS Quantity

Getting enough hours of sleep is important, but quality matters just as much. Someone may sleep for eight hours but still wake up feeling tired if the sleep was shallow or frequently interrupted.

Key factors that affect sleep quality include:

- Noise in the environment
- Caffeine or alcohol before bed
- Stress and overthinking
- Poor sleep schedule

A person who asks is sleeping a hobby, misses the point. Sleep is not an optional pastime but a biological requirement. Treating it as something

to do only when convenient reduces its impact on memory and learning. Quality, consistent sleep is essential for anyone who needs strong focus and retention.

The Role of Naps in Learning

Naps are often underestimated. Short naps of 20–30 minutes can refresh the mind and improve alertness. Longer naps that include slow-wave and REM sleep can actually boost memory retention.

Studies show that people who nap after studying remember more than those who



stay awake. The brain uses the nap period to consolidate what was just learned, preventing it from slipping away. This is why napping after intense study sessions or work tasks can be highly effective.

Sleep Across Different Ages

Sleep needs change with age, and so does the way sleep affects memory.



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Sleep and Professional Learning

Sleep is not only important for students but also for working adults. Many jobs require ongoing training, problem-solving, and decision-making. Workers who sleep well are more productive, make fewer mistakes, and adapt faster to new challenges.

Even in high-pressure environments, prioritizing sleep is not wasted time but an investment in efficiency. A tired brain may work longer hours but produce fewer effective results.

The Connection Between Sleep, Health, and Memory

Sleep affects more than just the brain. It impacts the whole body. Poor sleep is linked to obesity, diabetes, and heart problems. These health issues also harm brain performance.

For example, poor oral health has been linked to poor sleep due to pain and discomfort. A dentist might point out that dental issues such as grinding teeth or jaw pain disturb sleep patterns.

When health problems disrupt sleep, memory and learning suffer as well.

Good sleep is not a luxury. It is a necessity for memory, learning, and overall health.

- **Children:** They need more sleep because their brains are still developing. Sleep strongly impacts learning language, math, and motor skills.
- **Teenagers:** They often experience delayed sleep patterns. Lack of proper rest can harm academic performance.
- **Adults:** Sleep supports memory for both work and personal life. Skipping sleep can reduce problem-solving skills and memory recall.
- **Older adults:** Sleep quality tends to decline with age, which can contribute to memory problems. Improving sleep hygiene is critical for maintaining mental sharpness.

The Science of Sleep and Brain Plasticity

Brain plasticity refers to the ability of the brain to adapt and change. Sleep plays a central role in this process.

During sleep, connections between neurons are adjusted—some are strengthened, while others are pruned away. This pruning makes the brain more efficient.

Without sleep, the pruning process is incomplete. This leads to cluttered connections and difficulty in learning new material. Sleep ensures that the brain keeps what is important and discards what is not.

Sleep and Academic Performance

For students, sleep is as important as study time. Many students sacrifice sleep for extra hours of revision. But studies show this approach backfires.

- Students who sleep well perform better in exams.
- Sleep improves focus in class, making it easier to learn.

- Good rest reduces test anxiety.

A student may think staying awake longer gives more time to study, but in reality, sleep is what cements the knowledge. Without it, much of the study effort is wasted.

Sleep Disorders and Their Effect on Memory

Several sleep disorders can harm memory and learning.

- 1. Insomnia:** Difficulty falling or staying asleep. Leads to poor memory formation.
- 2. Sleep apnoea:** Breathing stops and starts during sleep. Causes frequent wakeups and weakens focus.
- 3. Restless leg syndrome:** Uncontrollable urge to move legs. Disrupts sleep cycles and reduces memory performance.

Treating these conditions not only improves sleep but also enhances memory and learning. For some, addressing sleep problems is the first step in fixing attention and focus issues.

Lifestyle Choices That Affect Sleep and Learning

Sleep quality can be improved with small lifestyle changes.

- Keep a regular sleep schedule, even on weekends.
- Avoid heavy meals, caffeine, or alcohol before bed.
- Create a dark, quiet, and cool bedroom environment.
- Exercise during the day but not right before bedtime.

Simple changes can lead to better sleep and, as a result, stronger memory and improved learning ability.

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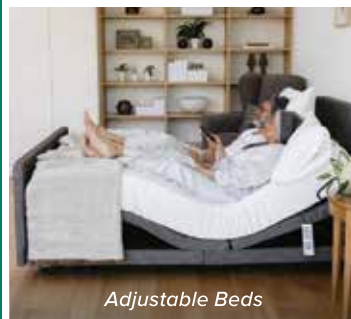
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Acupuncturists Wendy (left) and Jessica (centre) and Receptionist Katherine (right).

NECK PAIN

Neck pain and tight neck muscles are common and can significantly impact daily life. The discomfort may be localised to the neck or radiate to other areas such as the shoulders, upper back, head, or even the arms.

The most common causes of neck pain and tightness include poor posture, emotional stress, overuse, and injuries, such as whiplash.

Structural issues such as cervical spondylosis, herniated discs, and degeneration can also contribute to chronically tight muscles, as muscles often contract to guard and stabilise the affected area.

Muscles that are contracted for a prolonged period of time contribute to chronic pain.

The impact of tight neck muscles often goes beyond physical discomfort, affecting overall well-being.

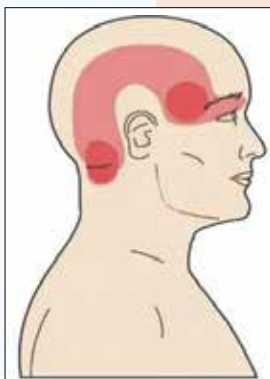
Persistent pain can contribute to stress, anxiety, and depression, and can interfere with daily activities, driving, and hobbies - leading to a decreased quality of life.

Neck pain can also disrupt sleep, either by causing discomfort while lying down or leading to headaches that prevent restful sleep. Poor sleep, in turn, can exacerbate muscle tension, creating a vicious cycle.

THE NECK & HEADACHES

Though headaches can stem from various causes, an often overlooked factor is tight neck muscles. The muscles in the neck play a crucial role in supporting the head and facilitating movement; when these muscles become tense or strained however, they can provoke or worsen headaches.

- Muscle tension and referred pain: when muscles become



tight, they can develop "trigger points", which are small knots in the muscle tissue.

These trigger points can refer pain to other areas, for example the temples, forehead, or around the eyes, leading to tension-type headaches or even mimicking migraine symptoms.

- Nerve irritation: the neck houses several nerves, including a nerve which runs from the upper cervical spine to the scalp.

Tight muscles in the neck can irritate or compress these nerves, leading to headaches that originate at the base of the skull and radiate to the forehead or behind the eyes.

THE NECK & TINGLING FINGERS

People are often surprised to learn that the root cause of tingling in their fingers sometimes may actually be found in the neck. Tight neck muscles can lead to tingling in the fingers through:

- Nerve compression: when neck muscles become tight, they can put pressure on the nerves that pass through or near them. This compression can disrupt the normal flow of nerve signals to the arms and hands, leading to tingling, numbness, or even pain in the fingers.
- Cervical radiculopathy: cervical radiculopathy occurs when a nerve root in the cervical spine becomes compressed or irritated, often due to a herniated disc, bone spur, or other degenerative changes in the spine.

Tight neck muscles can however exacerbate this condition by pulling on the vertebrae or creating additional pressure around the nerve roots. When the nerves that extend into the arms

and fingers are affected, it can result in tingling or a "pins and needles" sensation in the fingers.

- Reduced blood flow: tight muscles can also restrict blood flow to the nerves. Insufficient blood flow can deprive nerves of the oxygen and nutrients they need to function properly, resulting in tingling or numbness in the extremities, including the fingers.



HOW ACUPUNCTURE MAY HELP

Acupuncture can be particularly effective in relieving tight neck muscles, and therefore also relieve related symptoms, such as headaches and nerve compression by:

- Releasing muscle tension: acupuncture helps release muscle tension, improve blood circulation, and reduce inflammation, leading to relief of muscle tightness and pain.
- Promoting blood flow: improved blood circulation is one of the key benefits of acupuncture.

By increasing blood flow to the neck muscles, acupuncture helps to deliver more oxygen and nutrients to the affected tissues which aids in the healing process and reduces muscle stiffness.

- Reducing inflammation: acupuncture has been shown to have anti-inflammatory effects. By reducing inflammation, acupuncture helps to alleviate pain and promote faster recovery.
- Stimulating endorphin release: acupuncture stimulates the release of endorphins, which are natural pain-relieving chemicals produced by the body.

This can help reduce the sensation of pain and discomfort associated with tight neck muscles, providing both immediate and long-term relief.

The UK's National Institute for Health and Care Excellence (NICE), which provides evidence-based guidance and advice for health and care in England, in fact recognises acupuncture as a treatment option for chronic pain, including neck pain.

If you'd like to make a booking or if you'd like to discuss whether acupuncture and Chinese medicine is right for you, please contact us - Jessica, Wendy, and Katherine - via our website www.bribieacupuncture.com.au or call 0423 160 228.

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

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

UNDERSTANDING THE SUNFLOWER LANYARD:

A Symbol of Hidden Disabilities

Have you noticed people wearing sunflower lanyards? This seemingly simple accessory holds significant meaning; it represents individuals living with hidden disabilities. In addition to lanyards, the Hidden Disabilities Sunflower initiative also offers badges and wristbands designed to discreetly signal that the wearer may require extra assistance, understanding, or patience in various settings.

What Is a Hidden Disability?

Hidden disabilities are not immediately apparent to others. They encompass a wide range of conditions, including Neurological conditions, cognitive, Transverse Myelitis, polio, PTSD, anxiety, arthritis, endometriosis, chronic pain, chronic fatigue syndrome, diabetes, vision impairment and many more.

Why the Sunflower?

The sunflower was chosen as the symbol for this initiative due to its positive connotations. Sunflowers suggest happiness, positivity, strength, growth, and confidence—qualities that resonate universally and promote an inclusive atmosphere. The sunflower lanyard thus serves as a gentle reminder to others that the wearer may need a helping hand or a bit more time.



The Role of Businesses and Public Spaces:

Businesses and public spaces can show their support by displaying the Hidden Disabilities Sunflower sign, indicating that they recognise and are willing to accommodate the needs of people with hidden disabilities. This can significantly enhance the experience of individuals who may otherwise struggle in everyday situations.

Creating an Inclusive Community

Fostering an inclusive and welcoming environment is a shared responsibility. By recognising and supporting the Hidden Disabilities Sunflower initiative, we can contribute to a more understanding and accommodating society.


For more information and resources, visit the Hidden Disabilities website.

Working together, we can ensure that everyone, regardless of their hidden disabilities, feels valued and supported in our communities.

Tracey Blinco
Health coach
Law and Access consultant



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Finding Peace in a World That Moves Too Fast



Lately, I have noticed a recurring theme, not only in my own reflections but in the collective energy that surrounds us. Everywhere I turn, people are speaking about time. How quickly it passes. How full our days have become. How easily we slip into doing, rather than being. Life's pace seems to be accelerating, and many of us are longing to catch our breath.

It is in moments like these that we must remember something important: stillness and peace are not only found in the world around us, they live quietly within. We do not need to chase it; we simply need to remember how to return home to them.

As we move toward the end of the year and the festive season begins to call our attention in many directions, I invite you to pause. Take a slow, conscious breath, and gently come back to yourself. Begin your day in silence. Before reaching for your phone or your to-do list, place a hand on your heart, breathe deeply, and allow a sense of calm to fill your being.

Spend a few moments connecting with nature. Step outside, even briefly. Feel the earth beneath your feet and the soft wind against your skin. Nature is never in a hurry, yet everything unfolds perfectly in time.

Simplify your schedule and make space for what truly nourishes your

spirit. Busyness is not the same as purpose. Choose what brings you peace rather than what simply fills your day. Between your tasks, allow yourself to pause. Stretch, breathe, or enjoy a quiet cup of tea. These small moments of mindfulness help restore your inner rhythm. Breathe consciously throughout the day.

Deep, steady breaths can dissolve tension and bring you back to your centre. Create moments of disconnection from screens and noise, and instead, reconnect with your heart, your surroundings, and your own gentle presence. As the day draws to a close, reflect with gratitude. Notice what felt meaningful or kind. Gratitude softens the mind and opens the heart, inviting peace to stay a little longer. As the year comes to an end, may you remember that peace is not something to find, it is something to be.

If you feel called to reconnect with your stillness and cultivate more peace within, I would love to support you on that journey.

Let's have a chat, call me on **0405 361 882**

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Changing the Narrative:

International Day of People with Disability 2025

Every day, we see advertisements filled with images of families out having fun—laughing at the beach, celebrating milestones, exploring restaurants, enjoying life. But too often, one group is missing from these everyday moments on our screens: people with disabilities.

The reality is simple — **people with disabilities do all these things too.** They live, work, socialise, raise families, contribute to community life, and enjoy the same everyday experiences as anyone else. Yet the narrative we see in mainstream media does not reflect this truth.

As we approach the **International Day of People with Disability on 3 December**, it's time to change that narrative together.

It's 2025—Yet People with Disabilities Are Still Fighting for Basic Rights

For many, accessibility isn't a convenience—it's a necessity.

It might be a ramp to enter a venue, a wheelchair for daily mobility, clear signage, or simply the assurance that a place complies with Australian accessibility standards.

These are not luxuries. They are **basic human rights.**

Still, too many people with disabilities face an exhausting level of planning just to participate in everyday life. Something as simple as going to the shops, seeing a movie, or attending a friend's birthday dinner can become a stressful process:

- calling ahead
- checking Google Maps
- searching for photos
- asking strangers online
- hoping the information is accurate

Imagine having to do this every single time you left your home—just to confirm whether you can even enter a venue. This ongoing stress takes a toll on the nervous system and creates barriers that shouldn't exist in an inclusive community.

Everyone Has a Role in Changing the Story

This International Day of People with Disability, ask yourself:

What can I do to make inclusion real?

If you run a business or manage a venue, consider:

- Can a wheelchair safely access my premises?
- Do we comply with Australian Standards for accessibility?
- Is our information clear so people don't need to chase answers?
- Are we welcoming every member of our community?

If you're unsure, that's okay. There are many organisations, advocates, and accessibility specialists who can support you to understand what positive change looks like—and help you get there.

Let's Move Forward Together

Representation matters. Accessibility matters. Inclusion matters.

And changing the narrative begins with each of us recognising that people with disabilities deserve equal access, visibility, and respect—not only on 3 December, but every day of the year.

So, as we celebrate the International Day of People with Disability, take a moment to reflect:

What will you do on 3 December to help create a more accessible, welcoming world for all?

Yours in Health and Wellness,
Tracey Blinco

Volunteer:
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This year marks a proud milestone for Interlock Screen & Door Services as we celebrate a decade of serving our local community. From humble beginnings to becoming a trusted name in security screen installation, repairs, and maintenance, our journey has been shaped by the people who matter most — our customers.

For 10 years, we have built our reputation around one simple principle: Service First. As a local business, we understand the value of genuine customer care. Every home we visit and every screen we install is treated with the same respect and attention to detail we would give our own.

This commitment has allowed us to form lasting relationships across the community, many of which have grown into long-standing partnerships. Quality has always been at the heart of what we do.

We have dedicated ourselves to supplying and installing high-quality, reliable products designed to protect, secure, and enhance local homes.

Our focus on craftsmanship and dependable materials has helped ensure that customers receive solutions they can trust for years to come.

As we reflect on the past decade, we want to extend our heartfelt thanks to the incredible customers who have supported us along the way.

Your loyalty, recommendations, and belief in our work have been the driving force behind our success. We're genuinely grateful for every opportunity you've given us to serve your homes and families.

Looking ahead, we are more committed than ever to strengthening the relationships that have brought us this far.

With continued focus on service, community, and quality products, we look forward to the next chapter — working alongside you, supporting local homeowners, and delivering the reliable service for which Interlock Screen & Door Services is known.

Thank you for an amazing 10 years. Here's to many more together.
Robbie & Yvette

CHECK OUT THE NEW LOCATION



Herborn's Floorworld has officially opened the doors to its brand-new showroom on Leda Boulevard in Morayfield, right beside the Morayfield Shopping Centre—bringing customers the same trusted family service in a bigger, more modern and accessible space. The local, family-run flooring business, led by founding member Shane Herborn, has served the Caboolture-Morayfield region for years. Now, the team has expanded into a contemporary new premises designed to showcase its wide range of flooring options, including carpet, vinyl, timber, hybrids and laminates.

Shane says the heart of the business remains unchanged. Herborn's continues to pride itself on hands-on customer service, competitive pricing, and personalised in-home consultations. Values that have built strong community trust over decades.



The upgraded showroom offers improved accessibility and more room for customers to browse products. At the same time, the experienced four-person team and contractors maintain their commitment to quality installations of all sizes. The business also remains a proud partner of the Pancare Foundation, continuing its support for one of Australia's leading cancer charities. Whether it's a full-home flooring transformation, a minor single-room update, or anything in between, Herborn's Floorworld says no job is too big or too small.



floorworld
MORE THAN JUST FLOORING

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You can now find them at their new location on 25 Leda Boulevard, Morayfield, next to Morayfield Shopping Centre.

HUZZAH!

A Gold win for the Abbey Medieval Festival at the QLD Tourism Awards

The Abbey Museum of Art and Archaeology is proud to announce that the Abbey Medieval Festival has been awarded Gold in the Festivals and Events category at the 2025 Queensland Tourism Industry Council (QTIC) Tourism Awards.

This incredible achievement recognises the dedication and passion of the Abbey team, volunteers, reenactment community, and sponsors who bring Australia's largest medieval living history event to life each year.

Since returning in 2022 after two consecutive years of COVID shutdowns, the Abbey Medieval Festival has gone from strength to strength, growing its audiences, expanding accessibility initiatives, and strengthening community engagement across the Moreton Bay Region.

The 2025 recognition marks a major milestone as the Festival looks ahead to celebrating its 35th year in 2026 and representing Moreton Bay at the Australian Tourism Awards in March.

Festival and Events Director, Joel Stephens, said the win is testament to the enduring commitment of the Museum and its supporters:

"This award reflects the collective effort of our small but dedicated team, our 300+ volunteers, more than 1,000 passionate reenactors, performers and speciality stallholders, and the 30,000 visitors who make the pilgrimage to Abbeystone every July.

It's an honour to share this recognition with all who make the Festival

such a cherished part of Queensland's cultural landscape."

The Abbey Medieval Festival also acknowledges its fellow finalists in the Festivals and Events category, recognising the creativity, commitment and contribution each event makes to Queensland's vibrant tourism landscape.

The Abbey Medieval Festival extends sincere thanks to its Major sponsors and supporters, including Tourism and Events Queensland, City of Moreton Bay, Tourism and Events Moreton Bay, North Harbour, and ERMS Group, as well as accessibility partner In Quiet Company, whose work strengthened this year's winning submission.

Images:
Courtesy of The Comms People, via Queensland Tourism Industry Council



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Dear Pumicestone...

As we step into the final month of 2025, it's heartening to witness the significant updates underway across Queensland. These updates are not just changes, but they are making a tangible difference for local families here in Pumicestone.

Community safety is something we all care about, and it's encouraging to see early positive signs in recent crime data, showing a reduction in victim numbers across the state. More officers are now supporting frontline policing, helping to keep our neighbourhoods safe and responsive.

I have also spoken to many of you about my campaign to protect our community from hoons. It's inspiring to see how residents in Pumicestone have taken the lead in this, telling me how ongoing hooning is putting lives at risk, disturbing the peace, and damaging our streets.

I am calling on all of us, residents, witnesses, and concerned community members, to join forces and help us gather information.

Together, we can work with authorities to put a stop to this reckless behaviour. If you have information and would like to join our community campaign, please contact my office or sign the petition on my website.

Access to healthcare is also improving, with elective surgery waitlists beginning to ease and ongoing work to reduce ambulance delays.

These improvements aim to ensure Queenslanders can get timely support when they need it most.

As more people choose to call our region home, increasing housing supply remains a priority. The ongoing housing development efforts, including new projects and land releases, are not just creating additional homes but also fostering long-term community growth, giving us all a reason to be optimistic about the future.

A reminder that applications have also now opened for \$5,000 Women's Career Grants to help reduce the cost of returning to work.

These grants can be used for workwear, childcare, training, recertification, relocation, tools, or technology, and practical support to help women re-enter the workforce and strengthen Queensland's economy. If you would like more information on this grant, including how to apply, please get in touch with my office.

I look forward to seeing many of you out and about in December. It truly is the most wonderful time of the year. Don't forget to keep an eye out in the mail for my Christmas card!

As always, I am here to help you. If there are any issues that I can assist with, please don't hesitate to contact me at pumicestone@parliament.qld.gov.au. Your concerns are my priority, and I am committed to supporting you in any way I can.

Ariana Doolan



Ariana
DOOLAN MP
MEMBER FOR **PUMICESTONE**

🏠 1/43 Benabrow Avenue, Bellara
☎️ (07) 3474 2100
📧 ArianaDoolanMP
🌐 arianadoolan.com.au
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About The Man Walk

WHERE THE JOURNEY STARTED

The Man Walk offers men a chance to come together regularly for walking, talking, and supporting one another in a healthy manner. It creates a positive, supportive, and inclusive environment where there are no pressures or barriers to entry.

It's simply an opportunity to walk, talk, and uplift each other. We aim to make it acceptable for men to have conversations and to seek help when they need it.

The Man Walk now takes place in over 80 locations across Australia every week, and collectively, participants have taken more than 2.25 billion steps! It's proudly represented in every state and territory and is continuing to expand internationally.

At its core, The Man Walk is a low-pressure weekly opportunity to meet with other men, appreciate the local community, and enjoy some dad jokes and coffee. It's also a space where men can ask for help if they need it and provide support to one another—walking a mile (or two) not just in your own shoes, but in someone else's as well.

Why Join the Man Walk?

CEO and Founder, Mark Burns, shares the impact:

"I'm passionate about people and the power of community. We all need opportunities to connect, to laugh, to share our stories, and to feel a sense of belonging.

The Man Walk has become a place where men can experience this, providing a lifeline in many locations across Australia and around the world.

Seeing the positive impact it has on others is incredibly moving and serves as a daily reminder of why we do what we do. It's more than just walking; it's a movement that connects men, strengthens communities, and combats social isolation and loneliness.

The Man Walk has made me a better man—for my family, my community, and myself. Every single person, organization, and supporter of The Man Walk contributes to that ripple effect.

Joining The Man Walk will not only change your life but also the lives of those around you."

JOIN *the* CREW

The Man Walk provides an opportunity for men to get together and walk and talk in a positive and inclusive environment.

There is no judgment, pressure or expectations. Just turn up when you feel like it, and walk with a group of blokes in a light hearted, safe and supportive environment.



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BRIBIE ISLAND

WHEN: Every Friday

TIME: 7:00am we walk

WE MEET: Bongaree Jetty

  /themanwalk

www.themanwalk.com.au

Beachside track renaming leaves proud legacy



The memory of a beloved Moreton Bay teen whose life was cut short in a tragic crash has been immortalised after the dedication of a beach track in his honour by City of Moreton Bay.

Harrison 'Harry' Payne was 18 when he lost his life in a 4WD crash on Woorim Beach in May 2021, leaving behind devastated friends and family.

Following a request from Pumicestone MP Ariana Doolan on behalf of the Payne family earlier this year, Council unanimously approved the renaming of Ocean Beach Access Track to Harrison Payne Track in September after public consultation.

The sign is inscribed with the words 'This track is dedicated to Harrison Payne, remembered for his passion for nature and the joy he brought to those around him' – and was celebrated by the Payne Family who held a special community day at Woorim Beach on November 16.

City of Moreton Bay Mayor Peter Flannery said Council was honoured to have supported the renaming of the track, which will now serve as a powerful reminder for drivers to take care on the beach.

"The story of Harry is a story of inspiration. His young life may have been cut short but through this tragedy, but we honour his legacy by reminding people to take care when driving on our beaches," he said.

"Any loss of life on our roads and beaches is unacceptable, and we as a community must do all we can to encourage safe and responsible driving. Today, we take another step towards doing that."

Mayor Flannery thanked Pumicestone MP Ariana Doolan and State Minister for Transport and Main Roads Brent Mickelberg for making the initial requests to Council on behalf of the Payne family for renaming the access track. Harry's mother Kylie described the sign as an "incredibly moving tribute".



"Having this track renamed in Harry's honour means his name will live on in a place that held so many special memories for him and for us as a family," Mrs Payne said.

"It's a symbol of remembrance, but also of purpose - a reminder that from deep loss can come meaningful change. Every person who travels this track will now carry a small part of Harry's story with them."

Following Harry's death, the Payne family created the Harrison Payne Initiative - a not-for-profit that aims to create change around beach safety, 4WD safety, and road safety while providing support for families who have experienced similar tragedies.

"We hope that by naming this track after Harry, it will spark curiosity — that people will pause, read Harry's story, and think about how their own choices can have lasting impacts," Harry's father Kent said.

"The Harrison Payne Initiative was created to share that message: that safety and awareness can save lives. If this dedication encourages even one person to slow down, take care, and make safer decisions, then it's a powerful legacy for Harry."

Underlying the charity is the theme of 'Strength to Change', which acknowledges that real courage often comes from vulnerability — from recognising when something needs to change and having the strength to act on it. Mrs Payne said her son would be thrilled to have a track named after him. "Harry loved the beach, the outdoors, his mates and the sense of freedom that came with it," she said.

"We think he'd be absolutely stoked and a little embarrassed with his rosy-red cheeks — and probably have a cheeky grin on his face — knowing there's a track carrying his name and his story forward."

Mr Payne said the support the Initiative had received since it first launched was "nothing short of extraordinary". "From local families to

schools, community groups, and council representatives — everyone has embraced Harry's story and the Initiative's message with open hearts," he said.

"It's shown us the incredible power of community: people coming together, not only to remember but to make a difference. That collective support has given us strength and has truly kept Harry's spirit alive."

Councillor Brooke Savage (Division 1) said the sign would encourage beachgoers to learn more about Harry's story and the powerful message it offered. "I know Harry would be incredibly proud of the amazing work being done by his parents Kent and Kylie through the Harrison Payne Initiative," she said.

"Dedicating this track in his name not only honours Harry's legacy, but it will save lives. Through the Initiative's message of Strength to Change, we keep the conversation going around the potential dangers of reckless driving on our beaches and encourage our loved ones to slow down and obey the rules. "Together, we can stop another needless tragedy from occurring."

Pumicestone MP Ariana Doolan said the sign would allow Harry's legacy to resonate with drivers for generations to come. "We cannot allow Harry's story to go unheeded. It serves as much as a warning as it does a reminder to our young people to find the strength to change driving behaviours and how we think about safety when it comes to driving on our beaches," she said. "The dedication of this track to Harry and the sign that bears his name continues to honour that message."

Mrs Payne encouraged drivers to take care when enjoying the beauty and freedom of the beach. "Always remember that the decisions you make behind the wheel don't just affect you; they affect everyone around you," she said. "Slow down, stay alert, and look out for others. Every journey should end safely, and every life is worth protecting and everyone having the knowledge that they will get to return home safe to their loved ones."

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

Local Dining Guide



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



WINELANDER

A bottle of wine contains more philosophy than all the books in the world. - Louis Pasteur

This is the season to be jolly and Christmas wouldn't be Christmas without some bubbles and here is a selection of Champagnes and Prosecco's to consider and because I have this thing about enjoying the real thing the Prosecco's are all Italian.

Champagne is a magical drink and has been around for over two hundred years, it can be enjoyed at any time of the day or for any type of celebration from births, wakes, marriages, winning at the gallops, it really is the drink for all occasions.

Champagne only comes from the Champagne region of France and only three grape varieties can be used in the making, Chardonnay, Pinot Noir and Pinot Meunier, these three grapes can be used together or just Chardonnay to produce a blanc de blanc style, with the addition of Pinot Noir both a white wine and pink (rose) style and finally a small amount of Pinot Meunier.

Most Champagnes are non-vintage meaning blending wines produced from different years which means the style is consistent even in poor harvests. When conditions are perfect Vintage Champagnes carry the year the grapes were picked and the wine made but usually sold at a higher cost, these wines also have a longer life span.

I have noticed that prices are very competitive this year despite our weak Australian dollar and the following wines are wines which we have enjoyed over the years.

Nicolas Feuillatte is a name that many wouldn't be a familiar name to many but has been around in Australia for just over twenty years. It is currently the largest selling Champagne in France, one of the top selling Champagnes in America and the world, it is a wine blended from several Champagne producers as a co-operative but still delivers on style and quality.

Old favourites include Pommery, Moet and Chandon, Mumm (a favourite of ours) Piper Heidsieck, Duperrey, Charles Orban (a Dan Murphy special), Heidsieck and Co Monopole (a recent favourite from a boat cruise with an attractive blue and yellow label) and strangely Penfold's who have entered the Champagne

market in recent years bolstering their prestige portfolio of worldwide wines. It would appear that Dan Murphy's have a good range at special prices this year but locally BWS and Liquorland also carry a reasonable range if distance is a problem.

From Italy a range of well-priced Prosecco's are available and the packaging is quite spectacular, From Dan Murphy's Porta Dante, Maschio, Belvino, Santa Margherita, Frexinet (this Spanish giant famous for Cava now produces Prosecco in Italy) Balliamo, Zonin and finally in Dan Murphy's Mionetto are selling 4 x 200ml bottles in an ice bucket for \$30.

Liquorland also have an outstanding range of Prosecco's again in great packaging which make them ideal as gifts. For around \$20 Brilla, Calnaggia, Revino, Siva, Cinta, Postcards from Italy and my favourite Sensi which I have given as presents on several occasions. Many of the wines carry the DOC or DOCG accreditation and are available in a rose style.

Australia and to that matter several other countries have jumped on the Prosecco band wagon as they did in the 1970's and 1980's when Champagne was on the label of nearly every sparkling wine made by an Australian winery. Now Prosecco is being prostituted, why can't the producers come up with an Australian alternative, the Italians like the French mainly use a traditional grape variety in Prosecco production, the Glera grape which has to represent 85% of the wines content, the original grape variety was called Prosecco but was changed to try to avoid the problem which is occurring today, the question is will the European Commission eventually step in and ban other countries from using the Prosecco name on their sparkling wines, time will tell.

Now let's get down to the nitty gritty what to serve with the Christmas meal whether lunch or dinner, here are a few suggestions.

Oysters and prawns, we can lump these together, natural with a squeeze of lemon. The perfect choice here and one which will certainly get the day going in the right direction is a zingy New Zealand Sauvignon Blanc from Marlborough or a delicate Australian Riesling



from The Clare Valley or Great Southern region of Western Australia. From Marlborough Mud House, Oyster Bay and The Ned would be great, I think it's about time you tried an Australian Riesling, anything with Jim Barry on the label, Annie's Lane, Pewsey Vale (an old Fave) Winton Road and I notice Claymore are now ranged in Liquorland which was one of my portfolio in Perth, this is one to try.

Turkey or Chicken or Ham

Chardonnay, Riesling, Viognier, Pinot Gris/Grigio or a French Rose from Provence fit the bill here and with cranberry sauce try an Australian Sparkling Shiraz for a surprise and Seppelts is the best.

Beef

A Coonawarra or Margaret River Cabernet Sauvignon, a McLaren Vale Shiraz or old vines Grenache, a Barossa Shiraz would be outstanding and make this course stand out.

Dessert

A sparkling Moscato

Cheese

With cheddar a chardonnay, with blue cheese any botrytis wine is a stunner. A lot of consumers are buying goat's cheese now and a crisp Sauvignon Blanc will round off a great meal.

Finally don't forget the fortified wine and any Australian Tawny will do the job, Club Old Tawny, Penfold's 10 y.o. Father, Grant Burge aged tawny are just a couple.

Merry Christmas for 2025 and a happy new year in 2026.

Cheers
Philip Arlidge

We are all mortal until the first kiss and the second glass of wine - Eduardo Galeano

U3A SUNDOWN SINGERS TO SHINE IN FREE CONCERT!!!



There is no doubt that we are fortunate indeed to have a very successful and thriving U3A right here on Bribie Island.... University of the Third Age!

With a vast range of courses to suit just about anybody who wishes to have fun in the company of like-minded folk, expand their minds with learning, keep fit with dance and exercise, learn how to get the best from their computer, speak a foreign language, play guitar, ukulele or keyboard, play cards, Mah Jong, Chess, create your own work of art, scrap booking, quilting, table tennis, knitting, crochet, boules, croquet....the list is almost endless and very comprehensive for the size of our population.

All this is made possible by the amazing volunteers who hold the organisation together - tutors who give generously of their time and the admin staff who run the U3A very efficiently, always with a smile on their faces. In fact, one wonders if some of them might live there, with a fold-up bed hidden away somewhere. All that said, we certainly appreciate everyone involved and are fortunate to have such an asset on our doorstep. Recreation Hall, First Ave, Bongaree.

One such fairly new class in the last few years is the aptly named

“SUNDOWN SINGERS” ---a mixed voice choir under the leadership and baton of Trevor Vincent. Each term, a new selection of bright and breezy songs is proposed by the MD, Trevor. Always the generous diplomat, he even provides a suggestion box for members to propose a favourite song.

This group of choristers meets in the Recreation Hall every Wednesday during term from 3:30 pm to 5:00 pm. Numbers since the chorale's formation have almost doubled, so popular is this class.

The end of every term is a free concert showcasing the choir's vocal achievements for that particular term. The next concert is open to all family, friends, members of the public, and anyone interested in joining this fun group.

**THE FREE CONCERT WILL BE ON
WEDNESDAY, 3RD DECEMBER FROM 4pm
IN THE RECREATION HALL, FIRST AVE,
BONGAREE.**

New members welcomed, see U3A to enrol. Discover more on this website.... www.u3abribie.org.au

With Christmas fast approaching its time to plan your festive feast. Our Family-owned business "Southern Fish Wild Caught" from Tasmania will be completely stocked for Christmas! Our delicious Southern Rock Lobsters & Premium Tasmanian Pacific Oysters are sure to be a family favourite this year.

FRESH OYSTERS

Shucked - \$22 per dozen
Un Shucked - \$19 per dozen



ORDERING INFORMATION

Orders close Thursday 18th Dec at 5pm
Pickups on Tues 23rd or Wed 24th Dec 8am-5pm

LIVE ORDERS please have an esky ready!
Cash or Card on the day.

If you haven't placed an order please
email: sales@southernfish.com.au or text 0418 685 492
with Full Name, PH Number, Order Quantity, Live/Cooked,
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700g-1kg:
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All oysters and lobsters
are kept live in our
custom live holding tank!

**Free delivery for Bribie
Island & Surrounds on
Wed 24th December**

All other areas \$5 delivery fee
on Tues 23rd Dec from
Brisbane to Noosa.
PLEASE NOTE any orders
in the local area we highly
recommend you pick up to
avoid delay in deliveries due to
sheer volumes.

**GET
SHUCKED
THIS
CHRISTMAS**



Sandstone Point Carols on the Oval returns in 2025 **Bigger & Better** than ever!



Mark your calendar for Saturday 13 December, join the crowd at Sandstone Point Oval Bestmann Road East, and 'have yourselves a very merry Christmas time'.



Carols on the Oval is an alcohol-free, family-friendly, FREE Christmas Carols sing-a-long and concert. BYO chairs, rugs, candles and torch. Bring your own picnic food or purchase snacks and drinks from the local Sandstone Point Shopping Centre. While the main program starts at 6.30pm, come early for pre-Carols entertainment by Good Company singers from 6.00pm, while you enjoy your BYO family picnic.

A band of volunteer musicians will lead our sing-a-long of Christmas Carol favourites.

Dan Warlow, an Australian Kids' Music artist and entertainer returns this year to once again delight your kids (and adults) with dancing, singing and having a fun time.

We welcome back amazing singer songwriter Tammy Mathieson, who has enchanted our Carols on the Oval audiences since she first sang for us as a teenager in 2008. Local Dance Studio, Island Dance, will showcase their brilliance with their energetic and fun dances. If we're lucky, their dads will show off their 'moves' on stage too!

To top off the night's entertainment, at 8.00pm we're in for a treat from Light 'Em Up Fireworks.

This special event for our local community is proudly supported by the City of Moreton Bay and generous sponsorship by The Bribie Islander Magazine; IGA Sandstone Point; Sandstone Point Community Association; Bribie Island Community Plant Nursery; Sandstone Point Lions; Ariana Doolan, State MP; Terry Young, Federal MP; Victory Press Printing; Bribie District Little Athletics; HealthSAVE Pebble Beach Pharmacy; Nathan's Sound and Lighting and Hans Electrical, who will be onsite most of the day setting up and ensuring electrical safety.

All of this support for the Carols community event is greatly appreciated. Carols on the Oval is hosted by the Sandstone Community Church (SCC) which meets each Sunday at 3pm in the Ningi Community Hall on Bribie Island Road. SCC supports the local community in many ways including: Craft Group on Monday mornings in the Sandstone Point Hall (SP Hall); Average Joe's men's group on Tuesday evenings; mainly music for pre-schoolers and their carers on Thursday mornings (SP Hall).

Some comments from 2024's Carols event: "It was fantastic!"; "my family and I had lots of laughs and it was fantastic to sing along to Christmas songs we knew"; "we were most impressed by the performance by everyone involved"; "a wonderful way to celebrate Christmas with community!"; and "a fantastic night



celebrating the Christmas spirit with carols."



So, mark your calendar now for Saturday 13 December. Come and join in a special community and family evening as we celebrate Christmas together at Carols on the Oval.



For further information:
<https://sandstone.org.au/carols-on-the-oval/carols-2025>

Pastor John Gollan Ph 0414979664

Sandstone Community Church Free Community Event Carols on the Oval

6:30 pm—8:15 pm
Saturday 13th December
Sandstone Point Oval



Kids entertainer Dan Warlow
Vocalist Tammy Mathieson
Island Dance Performance
Christmas Carols
IGA Fireworks



Enjoy a BYO family picnic from 6pm with entertainment by Good Company Singers

BYO food/drinks/chairs/rugs
This is an alcohol-free family event

More info: John 0414 979 664 Sandstone Community Church

THANK YOU TO OUR MAJOR SPONSORS














Get Your Boat In

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

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

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

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

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

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

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

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

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

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

Entry is completely free and super easy.

Take your pick:

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

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

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



FOLLOW ON FACEBOOK

Bribie Island Christmas Lights Boat Parade Saturday 13th December 2025

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

MARINE RESCUE
SOUTHERN FISH MARINE
BRIBIE REALTY
COASTAL PEST CONTROL
BACE
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SATURDAY

6 DEC

4 - 7 pm

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CITY OF MORETON BAY

an affiliate of **BANG** Beachmere Area Network Group Inc
www.bang.org.au

WHAT AN AMAZING DAY

AT THE CROQUET CLUB

By Kathy Vincent

What a day of fun and laughter, and all in the name of fundraising for **CADA Centre Against Domestic Violence**.

There were fun games, hitting balls through hoops, trying to stop your ball on the \$10 note, hitting the balloon through the hoop and other 'come & try' croquet events.

You didn't have to try any of the games; you could just enjoy a morning Devonshire tea or coffee and the most delicious cupcakes. If you were still hungry, there was the sausage sizzle.

Alternatively, you could browse the book, DVD and CD stall. Or the plant stall, or the homemade gifts, or the yummy pickles and cookies, but that was not all. Oh no, the main event was the **COMMUNITY CHALLENGE EVENT!**

Teams from different clubs on the island come together to try to win the competition and have their names on the winning mallet. There were 20 local teams, too many to mention.

The Pink Dragon Ladies had won twice before and hoped to make it a third time, Pumicestone Passage Probus had also won twice before and hoped to make it third time lucky.

There were teams from the tennis & pickleball clubs, the VMR, and CADA, teamed up with Bribie Rotary to join in the event. Some clubs were in fancy dress, and some people had never held a mallet before.

So, would the storms hold off long enough for the competition?

YES

There was a lot of cheering and shouting, but the eventual winners were **THE MAHALO MISFITS** from the outrigger paddlers club.



Altogether, over \$3,000 was raised for the Centre Against Domestic Violence.

CADA and Bribie Croquet would like to thank the 35+ Island Businesses, Community Organisations, Clubs and individuals who contributed to making this fundraiser a community success.



To our 60+ entrants in the Challenge, we are pleased that you enjoyed the event & we hope to see you again in 2026.



Well done, Bribie Croquet Club!

Bribie Island Unites for B.I.K.E.S. Fundraiser



Attendees were also entertained by guest speakers, including Julie Elliot and Ken Piva, Chairman of BIKES.

The afternoon was a great success – full of fun, community spirit and generosity. Together, we raised over \$8500 for the BIKES Charity.

If you would like to support this fantastic local charity through sponsorship or donations, please contact Kerriane on **0417 784 778**.



The Bribie Island local community came together on Sunday, 26th October, at the Bribie RSL for a fun afternoon to raise much-needed funds for **B.I.K.E.S.** (Bribie Island Kids Educational Support)

BIKES is a local, community-funded charity with the objective of ensuring that no child's education is disadvantaged through adverse financial circumstances.

100% of the funds raised are used to assist local families in obtaining the textbooks, uniforms, and essential supplies needed for their children's education.

This support can also extend beyond the classroom to the sporting field, swimming lessons, school camps, and excursions. The highlight of the afternoon was the Great Duck Race, where over 300 plastic ducks were placed in a pool and lucky numbers were pulled out to win great prizes.



Bribie Arts Centre

Hot & Cold BICAS MEMBERS EXHIBITION December 2 - 11, 2025

As our membership of the **Bribie Island Community Arts Society** grows, so too does the variety and extent of the creativity it attracts and shows across all mediums.

Each year, the BICAS Members exhibition serves to show the amazing range of talent and ideas forthcoming from local and nearby artists.

This year, “**Hot & Cold**” promises to stay on theme; a study of the “full steam ahead” style of art, with ideas boiling over, mixed with chill-out versions of life and ways of seeing & being.

There are so many ways of interpreting this brief; come see the imaginative minds of our clever members at work.

And meanwhile on the Artist of the Month wall, three young celebrated entrants in 2025 Next Generation Art Prize are on show under the title “**Hell Yeah**”.

Joseph Bullock, 17, who won the Next Gen mentorship prize, Savanah Ashcroft, 16, and Kara Bradley, 16, feature here from December 1 until January 31.

Arts Centre opens Tuesday to Saturday 9am to 4pm; Sundays 9am to 1pm.

Cafe 191, serving delicious treats and refreshments every day; 9 - 2 Tuesday to Saturday, 9-1 Sundays.



Some of the BICAS creatives featuring in Hot & Cold exhibition...





The Thursday Murder Club (Tudum, Netflix 2025) <https://www.netflix.com/tudum/articles/thursday-murder-club-cast-release-date-plot>



Elizabeth (Helen Mirren) and Ron (Pierce Brosnan) – pondering concerning events, or perhaps their decision to sign on to this film. Photo by Giles Keyte (Tudum, Netflix 2025) <https://www.netflix.com/tudum/articles/thursday-murder-club-cast-release-date-plot>



The Thursday Murder Club:

Cinematic equivalent to a lamington without jam – all promise, but dry and a bit of a choking hazard

For anyone hoping for a Red akin, 'pensioners kicking ass'-type film prepare to be disappointed. For anyone looking for an entertaining murder mystery, a classic 'whodunit?', prepare to be bored. But for anyone looking for a film to listen to as they nod off after Sunday lunch I have just the ticket.

Based on the novel of the same name by Richard Osman, *The Thursday Murder Club* follows a group of amateur sleuths, Elizabeth (Helen Mirren), Ron (Pierce Brosnan) and Ibrahim (Ben Kingsley), who form the Thursday Murder Club (TMC) from their retirement home, Coopers Chase.

A new member, Joyce (Celia Imrie), is scouted out by Elizabeth for her medical expertise to help solve the cold case currently being examined by the group. After one of the owners of Coopers Chase is murdered, the TMC find themselves immersed in a new investigation with multiple suspects, clues and bodies.

Murder is written in the title, but this film isn't a thriller that has you gripping the edge of your seat or turning away from the telly – hands blocking the screen. No, this is a light-hearted, cozy murder mystery. But the film fails to deliver on laughs, suspense and intriguing deaths. And the climax is disappointing; it's just a scene where the audience is given enough detail to trigger an ending. It's not all bad of course.

The incorporation of retiree-aged characters who are wise, crafty and independent is nice to see, and the film does touch on a lot of important themes that affect the older community.

L-R: Joyce (Celia Imrie), Ibrahim (Ben Kingsley),

But still, it is the cast that holds this film up, and unfortunately the only mystery here is why such talented actors were attracted to the script in the first place. Mirren, Brosnan, Kingsley, Imrie. Hollywood heavy hitters. Legends in their craft. Actors whose presence makes us feel safe, which is why the disappointment hits harder; it feels personal. Imrie, for example, only begins to lift her character from the pages of the script once she yells in the police station and drops an F-bomb on the bus, which was one of the very few comedic moments in this film.

With the exception of Mirren and Jonathan Pryce (Pryce plays Stephen, Elizabeth's husband) who genuinely connect on-screen, the acting in this film is mostly static and uninspired. There is minimal bona fide reacting, just over rehearsed line delivery that ignores situational context. And there is so much dialogue; 2 hours of it. Rather than being showed the plot of the film through the brilliance of modern cinematography, the audience is subjected to a never-ending commentary that over-explains every detail to the point of confusion.

For example, in a scene where Detective Chief Inspector Chris Hudson and PC Donna de Freitas visit the TMC, there is a shot showing the thermostat being turned up. This action and its relevance are pointed out with dialogue, only for the characters to then respond physically and respond verbally to the rise in temperature. This film is categorised as a comedy as well as a murder mystery, but here the audience is once again let down. Ron is the comedic relief of the film, yet he makes very few jokes. By and large, the audience is starved of laughter.

The only members of the audience still paying attention are the older folks who can relate to the struggles of getting older and being cast aside by society even though they have so much to offer. It's actually comforting to see a minority group that's usually ignored in pop culture highlighted in a such an uplifting way. Yet this band of amateur sleuths aren't that relatable.

Their retirement home, Coopers Chase, is an estate with a castle and matching grounds (it looks like it was borrowed from the set of *Downton Abbey*). This is next level, over the top living that only the wealthiest in society

could possibly afford. It's a lovely fairytale, but completely unrealistic.

Coopers Chase aka the totally unrealistic retirement home (Tudum, Netflix 2025) <https://www.netflix.com/tudum/articles/thursday-murder-club-ending-explained>

There was potential for this film to mean something to a wider audience. There are several themes at play in this story: murder, crime, assisted dying – which isn't a subject easily addressed and is handled here with dignity and grace. However, stereotyped gendered roles and sexism in the workplace are issues that are introduced into the film but never explored. PC Donna de Freitas, played by Naomi Ackie, is the sole young, black female in an all-male, middle-aged, white police officer lineup (and while we're on the subject, the only actor of colour to nab a main role).

Her character is treated as a rookie and is given menial tasks like serving tea to 'the boys'. This theme is briefly touched on again towards the end of the film with Penny, Elizabeth's friend and former TMC member. Yet no more is said; no comparisons are made between de Freitas and Penny. It makes no sense to include such issues and take them nowhere.

PC Donna de Freitas (Naomi Ackie) and the incompetent Detective Chief Inspector Chris Hudson (Daniel Mays) (Tudum, Netflix 2025) <https://www.netflix.com/tudum/articles/thursday-murder-club-cast-release-date-plot>

While a cast of much beloved actors may draw viewers in, most will find themselves snoring in their favourite chair, lulled by light-hearted, fun musical scores (Harry Potter carried more suspenseful notes), waking only as the credits roll through. Or they will have a movie friend to sit beside the half-watched, never to be played again *Glitter*. Look, it was an ok film, I've certainly watched worse, but I think it could have been so much more.

The books themselves were well received, so perhaps this is one of those scenarios where it was too hard to fit the entirety of a novel into the shorter running time of a film. If there is a sequel, and there might be, but Netflix has yet to confirm or deny, I hope the director manages to lubricate the plot with a smothering of jam and drop of tea because I would watch another, if only to see Helen Mirren rally race a sports car again. The badass!

Saving the Caboolture Warplane Museum: A Call to Action

The Caboolture Warplane Museum, Queensland's only operational warplane museum, is facing a critical time and needs community support to ensure its survival and continued celebration of Australian aviation history.

Located at Hangar 101/157 McNaught Rd, Caboolture, the Caboolture Warplane Museum stands as a proud guardian of Australia's military and civil aviation heritage.

Since its inception in 1995, the museum has provided visitors with an immersive experience, such as sitting in the pilot's seat of a Huey helicopter, viewing the DC-47 Dakota that once served dignitaries, and exploring artefacts from WWI, WWII, and the Vietnam era.

Home to iconic warplanes like the North American T-6 Texan and Gipsy Moth, with adventure flights available in some aircraft, the museum is more than static displays; it is a living tribute to Australia's aviation pioneers and the spirit of ANZAC. Thousands have learned about legendary figures, including Queensland's first Aboriginal fighter pilot, Leonard Waters, and enjoyed restoration projects like the Gipsy Moth, lovingly returned to its original condition after years in storage.

The museum relies heavily on admission fees, donations, and grants, all of which are fuelled by the voluntary labour of dedicated members. As a non-government institution, every dollar earned goes directly back

into preserving these flying icons and educational programs for future generations.

Yet the Caboolture Warplane Museum now faces an unprecedented challenge that threatens its future.

The loss of this museum would mean losing vital stories, educational experiences, and the opportunity for Australians, young and old, to connect with their proud aviation past. The Caboolture Aero Club currently manages the land and has been doing a fantastic job; however, the privately owned lease has now come to an end, forcing the museum to either relocate, extend a short-term lease or move to another facility.

How Can You Help?

Terry Young, Federal Member for Longman, is passionate about preserving a piece of our local history and is asking the public to sign a petition to Save the Warplane Museum, available at the link provided.

<https://www.terryyoung.com.au/saving-the-caboolture-warplane-museum/>

Let's ensure this historic treasure continues to soar, honouring the sacrifices and ingenuity of Australian aviators for generations to come.

Caboolture's local flight experiences
Flights from \$600/20min

WARPLANES
RESTORATION & EXPERIENCE

- Adventure Flights
- Air Displays
- Ceremonial Flypasts
- Photo Display Events

Scan to book your Adventure Flight today!

Call: 0401493999
warplanes.com.au

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

NORFOLK ISLAND

A STORY OF ISOLATION, STRUGGLE, AND SURVIVAL

BY AL FINEGAN



Located in the South Pacific Ocean about 1,670 km northeast of Sydney, Norfolk Island is a rugged volcanic island fringed with cliffs, its shores battered by waves that often make landing by boat treacherous.

Though small, just 35 square km, it has borne witness to an outsized history. Its story intertwines with Polynesian voyagers, European explorers, brutal convict settlements, resilient Pitcairn Islanders, and modern struggles for identity. To understand Norfolk Island is to see how isolation can shape destiny, how an island can embody both paradise and prison.



Long before the arrival of Europeans, Norfolk Island was known to Polynesians. Archaeological evidence reveals that seafaring peoples, likely from New Zealand or other parts of Polynesia, reached the island around the

13th or 14th century. They left behind stone tools, banana cultivation sites, and remains of Polynesian-style huts. Yet by the time of European discovery, the island had been long uninhabited. Why they left remains uncertain - perhaps dwindling resources, conflict, or the challenges of maintaining connection with other islands.

Whatever the cause, Norfolk stood empty for centuries, silent save for seabirds and the rustling sound of the wind fluttering the branches of the iconic Norfolk Island pines that tower across its ridges. In 1774, Captain James Cook sighted the island during his second voyage into the Pacific, finding it uninhabited. Struck by the towering pine trees and flax plants that grew along the cliffs, Cook speculated that they could provide valuable ship masts and sails for the Royal Navy.

His report caught the attention of the British Admiralty, and Norfolk Island entered imperial calculations. Its remoteness was both a challenge and a promise - a far-flung outpost that could serve Britain's maritime ambitions in the Pacific. Norfolk Island's colonial chapter began almost simultaneously with the settlement of Sydney. In March

1788, just weeks after the First Fleet arrived at Port Jackson, Governor Arthur Phillip dispatched Lieutenant Philip Gidley King with 23 convicts and soldiers to establish a colony on Norfolk. On landing there in 1788 they were

surprised to find bananas growing. To further their surprise, they spotted dogs, rats and plants not indigenous to the island.

On finding ancient human remains, it was obvious that they were not the first humans to occupy the island. But who were they? They quickly dismissed the enigma, with their primary task being to harvest flax for canvas and pines for masts. Their early optimism of a promising successful settlement soon deteriorated into a struggle for survival, while the Admiralty's hopes for flax and poles faded.

The pines splintered when felled, and convicts lacked the skills to process flax. The steep cliffs made landing supplies dangerous. The soil was fertile, but farming was hampered by inexperience and the island's isolation. Crops sometimes thrived, sometimes failed disastrously. Nevertheless, after a year of barely surviving, Norfolk Island's gardens were successfully producing items like bananas, oranges, rice, wheat, barley, potatoes, and other vegetables, all crucial for the survival of the early mainland colony.

Life on Norfolk was harsh for the convicts. Punishments were severe, and due to the island's distance from anywhere, there was no chance for escape. Those who fled into the island's bush soon realised the futility and eventually suffered a ruthless retribution. Yet the island grew. By 1792, over 1,000 people occupied Norfolk, making it a key outpost of Britain's new empire in the Pacific. By 1814,

with Sydney more secure and Norfolk proving costly, the decision was made to abandon the settlement. Houses were dismantled, crops destroyed, and livestock slaughtered or removed to prevent the island becoming a haven for whalers or escaped convicts. Norfolk once again fell silent.

The silence did not last. By the 1820s, the NSW Governor, Sir Thomas Brisbane, faced a new problem. What was he to do with repeat offenders? Transportation and punishment in NSW had lost much of its terror. The colony had developed into a thriving society. Authorities sought a place of secondary punishment, where hardened convicts could be sent to endure the harshest conditions. Norfolk Island, remote and abandoned, seemed ideal.

In 1825, the second penal settlement was established. The name for the settlement was initially called Sydney Bay but was changed to Kings Town around 1835, after Philip Gidley King, the founder of the first settlement. The name evolved to Kingston.

This second settlement was not meant to be self-sustaining or hopeful. It was intended as a place of fear. Commandants like Captain James Morisset and Major Joseph Childs ruled with iron fists. Convicts endured floggings with the cat-o'-nine-tails, solitary confinement, and backbreaking labour. Food was meagre, conditions brutal. Norfolk Island earned a reputation across the empire as a hellish place, a prison within a prison. Yet even in this darkness, human resilience surfaced. Some convicts cultivated small gardens, others learned trades, and many clung to scraps of dignity. Chaplains attempted reform, though their influence varied with the temperament of commandants.

By the 1840s, the Moreton Bay convict settlement was rapidly expanding as a secondary site for difficult convicts. At the same time, reformers in Britain grew uneasy with the savagery being reported from Norfolk Island. Humanitarian movements condemned the system, and by 1855 the penal settlement was finally closed. The remaining prisoners were removed, and Norfolk's second era of desolation began. Just as Norfolk seemed destined to remain empty, another remarkable chapter began. On the tiny island of Pitcairn, in the eastern Pacific, descendants of the HMS Bounty mutineers and their Tahitian companions were struggling.

By the 1850s, their population of nearly 200 had outgrown the island's resources. The British government proposed relocating them to Norfolk, with its fertile lands and abandoned buildings. In June 1856, 194 Pitcairners landed on Norfolk. They brought with them their Polynesian heritage, their unique English-Tahitian dialect, and their communal way of life. Norfolk's old penal buildings were repurposed into homes, fields were cultivated, and a new society emerged. For the Pitcairners, Norfolk offered both opportunity and challenge. The land was richer than Pitcairn's, but the scale of the island and its climate required adjustment. Over time, families spread out across the island, blending Polynesian traditions with British colonial

frameworks. The Kingston buildings, relics of suffering, became part of a living village. Although the Pitcairners thought of Norfolk as their own, the island remained under British and later, colonial Australian administration. For much of the late 19th century, its governance was loose, with local families managing their own affairs. The island's remoteness meant outside interference was limited, though visits from ships brought news and occasional tension.

In 1914 as World War broke out, to ensure its sovereignty, Norfolk was formally placed under the authority of the Commonwealth of Australia, administered through the Department of External Territories. For many Norfolk Islanders, this was a distant arrangement that rarely touched their daily lives. They farmed, fished, and maintained their culture, including their distinctive Norfolk language, a blend of 18th century English and Tahitian.

Then in 1941, World War again impacted Norfolk's quiet existence. Its location in the Pacific gave it strategic importance. In 1942, an airfield was built, and Norfolk became part of the Allied supply chain, with aircraft flying between Australia, New Zealand, and New Caledonia. Soldiers and equipment flooded into the island, creating infrastructure that would shape its future.

After the war, Norfolk became more open to the world. Tourism emerged as a new lifeline, with visitors drawn by the island's subtropical climate, history, and scenery. The ruins of the Kingston and Arthur's Vale Historic Area became both a reminder of suffering and a draw for curious travellers. Through the 20th century, Norfolk Islanders often asserted their distinct identity, rooted in the Pitcairn settlement. In 1979, the Australian government granted limited self-government, allowing Norfolk to manage many of its own affairs through a Legislative Assembly. Islanders prided themselves on their independence, balancing tradition with modernity.

Yet financial challenges mounted. Running services for a small, isolated population was costly. Debates over taxation, healthcare, and governance grew intense. By the early 21st century, the Australian government argued that self-rule was unsustainable. In 2015, Canberra abolished the Norfolk Island Legislative Assembly, bringing the island under direct Australian governance through NSW law. This decision sparked deep resentment among many locals, who saw it as a betrayal of their heritage. Protests, petitions, and appeals to the United Nations followed. For some, the issue was practical - how to sustain hospitals, schools, and roads. For others, it was existential - the erosion of Norfolk's unique identity.

Today, Norfolk Island has a culture that is a blend of Polynesian and European traditions, shaped by isolation. Norfolk, though endangered, is taught in schools and spoken in homes. Annual events like Bounty Day, commemorating the arrival of the Pitcairners in 1856, celebrate the island's heritage with re-enactments, feasts, and communal pride. In 1995, pieces of the historical jigsaw were found when a team of archaeologists began

excavating in sand dunes at Emily Bay. They found the evidence of pre 1788 structure. It turned out to be a Polynesian house and prayer site. They also found stone tools, including razor sharp basalt adzes and knives as functional as they were perhaps 1000 years before when they had first been chipped from volcanic rock.

Islanders had also been finding these chopping and cutting influence for years, but it was not until more excavators arrived in 2022 that the pre-colonial presence of an unknown early people could be confirmed. Evidence of another Polynesian occupation was also found in the Kingston and Arthurs Vale Historic Area.

Tourism remains the backbone of the economy, with visitors drawn by the island's natural beauty - its forests of pines, rugged coastlines, and coral reefs, as well as its layered history. The UNESCO-listed Kingston and Arthur's Vale Historic Area stands as one of the best-preserved convict sites in the world, a stark reminder of cruelty and endurance.

Yet Norfolk continues to wrestle with questions of governance, identity, and sustainability. Some residents embrace closer ties with Australia, while others push for greater autonomy, or even recognition as a distinct people. The debate echoes the island's entire history, caught between isolation and outside control, between paradise and prison.

The population of Norfolk Island was 2,188 in the 2021 census, which had declined from a high of 2,601 in 2001. Residents were 78% of the census count, with the remaining 22% being visitors. Many people aged 20 to 34 had moved away from the island. Most islanders are of European-only, or combined European-Tahitian ancestry, being descendants of the Bounty mutineers as well as more recent arrivals from Australia and New Zealand. About half of the islanders can trace their roots back to Pitcairn Island.

This common heritage has led to a limited number of surnames among the islanders - a limit constraining enough that the island's telephone directory also includes nicknames for many subscribers, such as Carrots, Dar Bizziebee, Diddles, Geek, Lettuce Leaf, Possum, Pumpkin, Smudgie, Truck and Wiggy.

Norfolk Island's story is not one of simplicity. It is a story of cycles - of settlement and abandonment, punishment and renewal, silence and survival. From the forgotten Polynesians to Cook's discovery, from the convicts' suffering to the Pitcairners' resilience, the island has been both a stage for imperial ambitions and a home for people seeking a sense of belonging.

Today, as Norfolk Islanders walk the green hills, tend their gardens, and speak their lilted tongue, they carry forward a legacy that is utterly unique. Norfolk is no longer the deserted place Cook described, nor the hellish prison of the 19th century. It is instead a living community, proud of its past, uncertain of its future, yet always defined by its enduring spirit.

SPORTS PAGES



BRIBIE ISLAND BOWLS CLUB

Self select pairs results Friday 31 October 2025

Winners: J Falvey, G Jackson
Runners up: G Skoien, A Sturm
Lucky draw: M James, J Gray
Lucky draw: T O'Loughlin, P Nelson
Encouragement: J Brown, W Hoelscher

Self select pairs night results Friday 31 October 2025

Winners: C Barclay, N Bolton
Runners up: W Broad, C Hayles
Lucky draw: T Dean, P Tonkies
Lucky draw: G Kirby, A Feichter
Lucky draw: T Smith, M Retchford
Encouragement: P Gray, D Ackroyd

Self select random fours results Saturday 1 November 2025

Highest margin: L Williams, S Brown, R Cross
Lowest margin: D Draper, I Smith, A Russell
O of H Winner: B Castle, R Follett, A Wells
O of H Winner: W Langford, K Langford, C Cross

Scroungers results Wednesday 5 November 2025

1st: W Wiegand
2nd: C Davis
3rd: E Thean

Self select open pairs results Wednesday 5 November 2025

Winners: J Lonsdale, M James
Runners up: B Snare, M Howe
Lucky draw: E Stacey, I McLaren
Encouragement: S Cornish, S Cornish

Self select open pairs night results Wednesday 5 November 2025

Winners: S Cook, B Hosie
Runners up: F Grimsey, G Jackson
Lucky draw: J Oliver, P Gray
Lucky draw: M Bonollo, T Nash
Lucky draw: M Garfield, E Bateman
Encouragement: G Duran, T Whalley

Random triples results Thursday 6 November 2025

Winners: G Riley, L Hackwood, M Young
Runners up: C Brayley, T Phillips, P Maloney
O of H winner: M Gaggiano, K Muller, M Brown
O of H winner: P Gee, L Kurtz, C Draper

Self select pairs AM results Friday 7 November 2025

Winners: T Ridley, D Merrett
Runners up: M Brenner, L Tait
Winning draw: A Sturm, G Skoien
Winning draw: J Hosie, S Cook
Encouragement: BJ Adams, J Wallis

Self select pairs PM results Friday 7 November 2025

Winners: C Smith, G Pitts
Runners up: K Thornton, B Ferguson
Lucky draw: C Wilkie, T Pakuza
Lucky draw: C Barklay, N Bolton
Lucky draw: D Ackroyd, P Gray
Encouragement: J Oliver, Chopper

Self select random fours results Saturday 8 November 2025

Winners: D Neumann, S Brown, R Warwick
Runners up: L Stone, T Phillips, R Cross

Lucky draw: S Lonsdale, A Russell, P Neumann, A Wells
Lucky draw: W Mason, M Hudson, E Polloni

Self select triples results Tuesday 11 November 2025

Winning score: M Cherry, E Bateman, L Williams
Runners up: H Taylor, T Pakuza, B Stuart
Lucky draw: W Baker, J Warrick, J Bell
Lucky draw: B Skerten, C Smith, R Black
Lucky draw: C Wilkie, C Brayley, T Phillips
Encouragement: L De Roule, M Thompson, B Castle

Scroungers results Wednesday 12 November 2025

1st: C Stroud
2nd: G Coleman
3rd: R Eaton
4th: J Muller

Self select open AM pairs results Wednesday 12 November 2025

Winners: Marg, Jo
Runners up: BJ Adams, P Adams
Lucky draw: S Priest, P Tonkies

Self select open PM pairs results Wednesday 12 November 2025

Winners: C Perkins, K Perkins
Runners up: P Gray, J Oliver
Lucky draw: C Kelly, L Mather
Lucky draw: A Sturm, J Mercer
Lucky draw: G Riley, F Crockett
Lucky draw: L Williams, E Bateman

Self select Random Triples results Thursday 13 November 2025

Winners: G Riley, G Hutchison, M Brown
Runners up: D Cherry, T Phillips, M Cole
Lucky draw: B Duje, K Brown, L Stanford
Encouragement: M Gaggiano, D James, Y Charter

SOLANDER LAKE BOWLS RESULTS

W/E 11/11/25

Tuesday Club Select Triples

Winners: John Harris, Paddy McMullen, Allan Matheson
2nd: Betty Rudd, Brad Storey, Cheryl Crawford, Graham Hubbard
3rd: Jenny Cummins, Rosa McLeod, Beryl Cowperthwaite, Manny Regan

Wednesday Random Club Select Triples

Winners: Paul Coxhead, Peter Neilson, Glen McCarthy
2nd: John Gairns, Chris Jenkins, Eric Holliday
Thursday Self Select Fours
Winners: Chris Cummins, Jenny Cummins, Andy Wilkie, Ian Boast

2nd: Steve Jameson, Jenny Jameson, Keith Riethmuller, Andy Ives
3rd: Jeff Booth, Kevin Moore, Steve Todd, Geoff Sorrensen

Friday Random Club Random Select Triples

Winners: Rob Henshaw, Declan Dawson, Ian James
2nd: Neil Lethlean, Alex Kinnear, Eric Holliday
3rd: Peter Nixon, Wayne Mitchell, Peter Hodgson

Saturday Club Select Triples

Cancelled due to rain
W/E 23/11/25

Tuesday Club Select Fours

Winners: Paul Boldero, Bill Taylor, Beryl Moore, Manny Regan

Wednesday Random Club Select Triples

Winners: Mark Wendt, Rob Stumbles, Barry Curtis
2nd: Ian Jackson, Vicki Mitchell, Wayne Mitchell

Thursday Self Select Fours

Winners: Sue Lupi, Leonie Schmidt, Raie Stuart, Janelle Day
2nd: Ann Larsen, Barry King, Judy Pursehouse, Bruce Pursehouse

3rd: Jef Farmer, Brian Cayley, Ian Jackson, Ray Griffith

Friday Random Club Select Triples

Winners: Tony Ollier, Richard Wales, Steve Ross
2nd: Jean Tennent, Brad Lawler, Mick Tull
3rd: Peter McIntyre, Rob Henshaw, Declan Dawson, Ian James

Saturday Club Select Triples

Winners: Billy Moor, Trish Kling, Leonie Schmidt
2nd: Dudley McKenzie, Ross McLeod, Ted Parker

BONGAREE BOWLS RESULTS

Bongaree Bowls club results 7/11 to 20/11/2025

Results of Friday 2-4-2 7/11/2025
Winners: Brenda Hutchinson, Sandra Scott
R/Up: Col and Sandi Hodges

Results of Saturday Scroungers 8/11/2025

1st: Glyn Hughes, 2nd: Noni Jordin 3rd: Glen Colledge

Results of Tuesday Paddle Pop Draw (Triples) 11/11/2025

Winners: Col Hodges, Dee Morrison
R/Up: Sue Francis, John O'Donohue, Kim Hagan

Results of Wednesday Fours 12/11/2025

Winners: Merna Hogg, Sue Alexander, Bev Montgomery, Marilyn Weston
R/Up: Sharen Peacock, Darryl Birt, Bev Birt, Joanna Horsley

Results of Saturday Scroungers 15/11/2025

1st: Chris McMillan. 2nd: Ellen Corrick. 3rd: Dee Morrison

Results of Tuesday Paddle Pop Draw 18/11/2025

Winners: Sue Francis, Frank Denman, Bob Vonarx
R/Up: Ron Corrick, Laine Paterson, John Morrison
Bonus Draw: Rosie Smith/John English, Ellen Corrick, Peter Blake

Results of Wednesday Fours 19/11/2025

Winners: Pat Warwick, Peter Szepes, Diana Drew
R/Up: Merna Hogg, Sue Alexander, Bev Montgomery, Marilyn Weston



**BRIBIE ISLAND
WOMEN'S GOLF
RESULTS****11/11/25 SINGLE****STABLEFORD DIV 1 WINNER**

Abby Driver 42. 2nd Robyn Hamilton (Caboolture GC) 38 c/b. 3rd Di Binghamy 38 c/b
 DIV 2 WINNER Myra Dickson 41. 2nd Judy Umlauf 40. 3rd Robyn Harper 39
 DIV 3 WINNER Jody Bedson 41. 2nd Louise Keleher 40. 3rd Nadia Aylott 38.
 NTP. Hole 4 (Div 2) Lyn Cockerell. Hole 7 (Open) Sue Navie. Hole 14 (Div 3) Jody Bedson. Hole 16 (Div 1) Ros Gardiner.

**INTERCLUB CHALLENGE
2025**

1st Bribie Blitzes. 2nd Bribie Birdies. 3rd Caloundra 2.

13/11/25 SINGLE STROKE

WINNER Gaby Bennett 68 c/b. 2nd Judy Graham 68 c/b. 3rd Jennifer Warburton 68. NTP. Hole 4 Gill Lee. Hole 7 Gwen Clutterbuck. Hole 14 Jenny Williams. Hole 16 2nd shot Judy Graham. Hole 4 (Div 3 2nd shot) Jan Jennings

MEDAL OF MEDALS 2025

DIV 1 Di Binghamy 74
 DIV 2 Charmaine Price 65
 DIV 3 Susan Brown 68

18/11/25 SINGLE**STABLEFORD**

DIV 1 WINNER Abby Driver 43. 2nd Julie Bell 42. 3rd Desley Neilson 39
 DIV 2 WINNER Sue Navie 42. 2nd Suzanne Fowler 41 c/b. 3rd Sue Graham 41 c/b
 DIV 3 WINNER Kerryn Keys 43. 2nd Angela Roberts 41. 3rd Jan Jennings 40 c/b.
 NTP. Hole 4 Maureen Bailey. Hole 7 Julie Bell. Hole 14 Vicki Jones. Hole 16 2nd shot Abby Driver. Hole 4 (Div 3 2nd shot) Stina Barnulf

20/11/25 SPLIT 6's WINNERS

Nadia Aylott & Vicki Cronan 73. 2nd Rae Clarke & Fitzie

Jackson 71. 3rd Paula McKenzie & Lesley Heap 70 NTP. Hole 4 Sue Navie. Hole 7 Vicki Cronan. Hole 14 Maureen Bailey. Hole 16 2nd shot Rosanne Sullivan. Hole 4 (Div 3 2nd shot) Nadia Aylott



13Nov M.o.M. Div 1 Di Binghamy



13 Nov M.o.M. Div 2 Charmaine Price



13Nov M.o.M. Div 3 Susan Brown

**MORETON BRIBIE
BRIDGE CLUB****MORETON BRIBIE BRIDGE**

CLUB: Sat 8 Nov N/S 1 R Sutton & J Kennedy 2 D Quinan & D Brady 3 L Carr & J Wright E/W 1 L Gadsby & J Fitzgerald 2 J Medhurst & P Breene 3 D Scown & J Borowski

Wed 12 Nov N/S 1 M Bailey & R Sutton 2 J Kinross & R Floquet 3 H Tyler & J Medhurst E/W 1 J Hays & C Frederiksen 2 R Medhurst & P Breene 3 L Heap & B Connell

Sat 15 Nov N/S 1 R Sutton & J Kennedy 2 L Carr & J Wright 3 J Reiter & B Connell E/W 1 L Gadsby & J Fitzgerald 2 R Medhurst & M O'Reilly 3 C & R Perrott

Wed 19 Nov N/S 1 L Carr & J Wright 2 H Standfast & J Budgeon 3 M & L Dawson E/W 1 G & S Barnulf 2 B Connell & J Hays 3 M O'Reilly & T Avenia

BICBC: Mon 10 Nov N/S 1 M Peterson & D Quinan 2 C Page & J Kennedy 3 H Browne & U Maffey E/W 1 G Lock & N Denvir 2 S Smith & M O'Reilly 3 J Day & S McCulloch

Mon 17 Nov N/S 1 A Fielding & J Easey 2 M Arthur & L Groves 3 P Edis & C McAlister E/W 1 S Smith & M O'Reilly 2 P Lynch & K Strickland 3 B Moxham & I Best

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

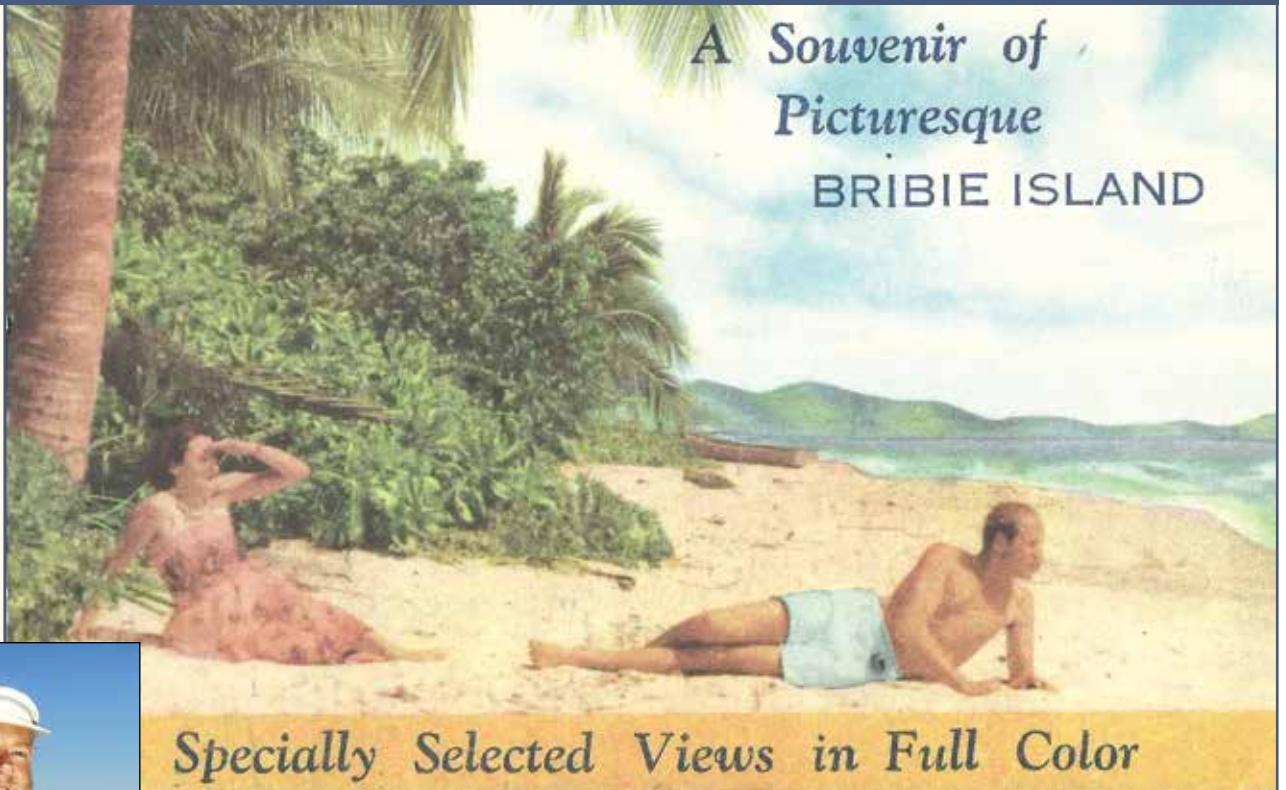
Lessons and refresher classes available, phone **Helen 0427 567 670**

**Proud Sponsors of Bribie Island Sports****Bribie Island Bowls Club**

11-23 Welsby Parade, Bongaree.

www.bribiebowls.comPhone **3408 1018**

THE FUTURE FOR BRIBIE



Barry Clark - Bribie Island Historical Society

Future VISION is different for different people

I get positive feedback from readers of these History articles that I have been writing for many years. The Title picture for this article is an early 1950's Post card.

Do you remember when everyone sent post cards to friends at home when they went on holiday.

This picture is a romantic classic seaside holiday scene, probably used as a post card many places, but in this case for Bribie Island .

If you are reading this, you have come to Bribie because it is different and not like other Bay or seaside suburbs as it has always been special and unique in many ways.

People have been coming here for 120 years to enjoy its unique character, strong community spirit, leisurely lifestyle and very rich history.

It has changed in stages over the years, being impacted by different stages which involved Steamship excursions, Recession, World War 2, Company town, Pine Forests, Motor Cars, the Bribie Bridge and commercial development.

Progress and lifestyle cause things to change, but the reason you came here, like tens of thousands before you, could be in danger of being lost.

The defined geography of an island makes Bribie different from other suburbs, and the special location has resulted in having more interesting HISTORY here than any other place in Queensland.

This article reflects on the past and raises question about what the future might be like and what must be preserved and protected. There is no agreed or documented "Vision" for the future of Bribie, to ensure it remains a special place in 100 years' time.

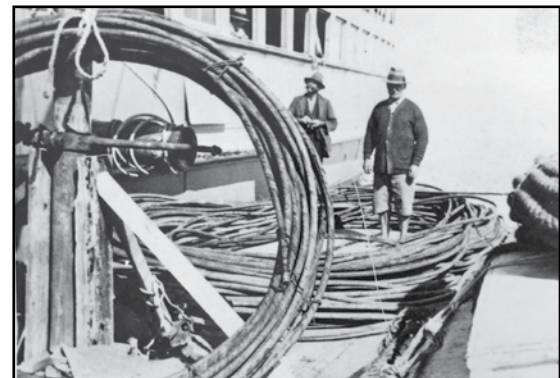
If you do not know where you are going any road takes you there.

Matthew Flinders and Bongaree first came in 1799, 20 years before finding the Brisbane River and creating the Moreton Bay Penal Colony.

Over the next 100 years a few explorers, runaway convicts, fishermen, oyster farmers and stockmen came to Bribie, but permanent residents did not come until the Jetty was built at Bongaree in 1912.

It was then a Company Town created by regular Steamships excursions bringing thousand here from Brisbane..

A telephone cable was laid as early as



1922 (see photo) providing essential basic communication. The 1930's Recession had a big impact when a return trip from Bribie to Caboolture by boat and train via Brisbane took two days.

During World War 2 Steamships stopped coming, the island was evacuated and occupied by the military, who built fortifications and training camps.

After the War steamship resumed briefly, but by then the motor car had become popular and people braved the rough military road from Caboolture to Sandstone Point and came by car ferry to Bribie.

For 10 years that's how people came to Bribie,



but it was still a boom time for cheap and basic holidays, with buses to the Ocean beach (see photo) and thrived on its unspoiled isolation and unique character.

After years of promises the Bribie Bridge was built in 1963 (see photo) with an unexpected Toll equivalent to \$25 today, when the resident population was just 700 people, but the Bridge Toll ended after 12 years in 1975 when the Bridge was paid for.

Over the next 25 years the residential and commercial suburbs of Bongaree, Bellara and Woorim were further developed, and by the 1980's Banksia Beach and Pacific Harbour had

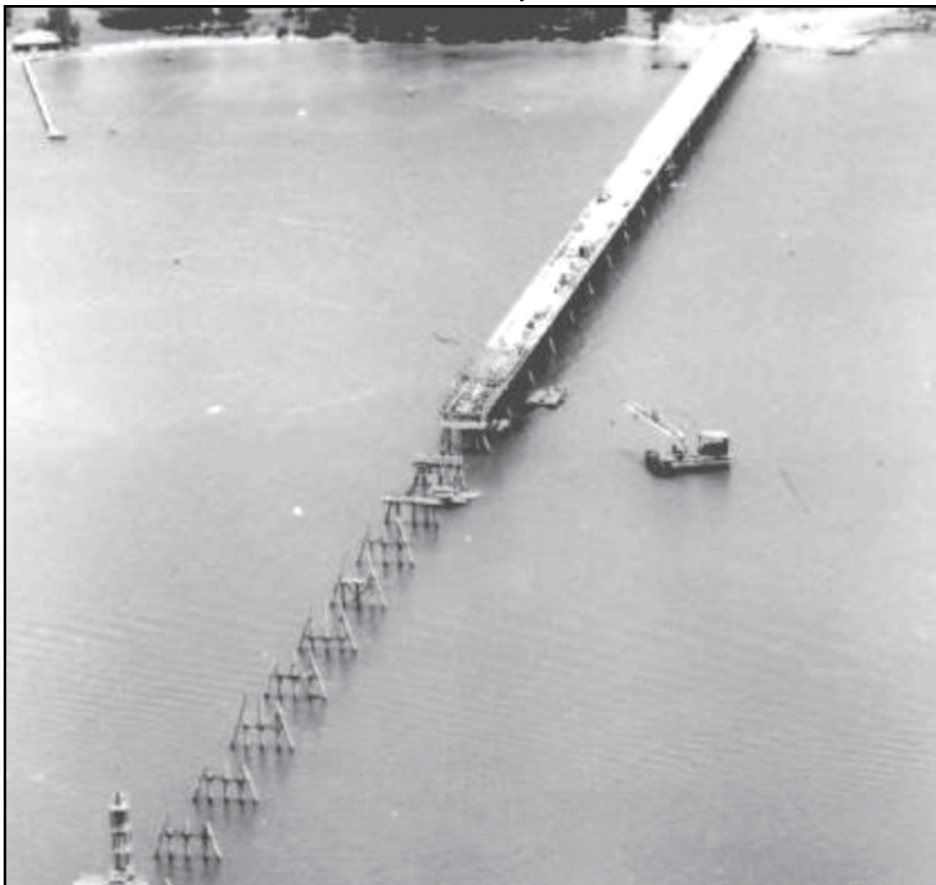
started and continues to this day.

We now have population of about 23,000 and the Bribie postcode 4507 has 46% of people over 65 years of age, the second highest in Australia.

FUTURE ESTIMATES

Any future "Vision" involves Community Services, Employment, Recreation, Transport, Environment, Heritage and of course Lifestyle.

Without an agreed strategic plan things could just drift along, largely driven by developers, until Bribie becomes just like any other Moreton Bay suburb.



A look at comparative estimates over the next 25 years from 2025 to 2050 indicates..

2025 Population 23,000, Cars over bridge 27,000 per day, 800,000 visitors per year.

2050 Population 37,000, Cars over bridge 35,000 per day, 1,500,000 visitors per year.

Eighty percent of Visitors are day trippers, and a major concern is the 85,000 visitors who come just to drive their vehicles on our ocean beach and contribute little to the economy.

The average age of future residents will probably be higher, with less children, more multi storey units. The current public bus service around the island is used by very few people because it does not recognise community needs and have a growing problem of Parking at shopping centres and visitor destinations.

Widening of Bribie Island Road is happening progressively, and a second Bribie Bridge will be built at some future stage, but we don't when or if there might be a Toll.

Further major residential developments on the nearby mainland will make the Bruce Highway even more challenging as populations grow, and more people come to Bribie.

Can existing business survive, and would rezoning enable Bribie to attract different enterprises and offer work opportunities for both young and old?

Sandstone Point Hotel has big development plans, as does Spinnaker Marina, Bribie Island Hotel and other sites at Bellara and Woorim.

VISION FOR THE FUTURE

We all have a different view about the future for Bribie, but without an agreed Future Plan, against which Government, Council and Business propositions and approvals can be made, it is likely that the unique characteristic that make Bribie such a great place to live, may be lost.

Commercial imperatives will progressively destroy those things that have made Bribie so attractive and successful for such a long time.

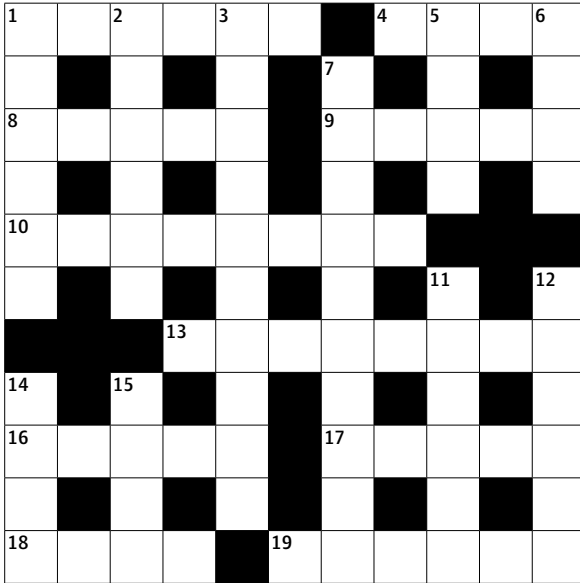
I think that would be a pityhow about you?

MORE BRIBIE HISTORY

Bribie Historical Society meets on second Wednesday of each month at 6:30pm at RSL Club We have great guest speakers and visitors are always welcome. Come and see what we do.

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

Crosswords - QUICK & CRYPTIC



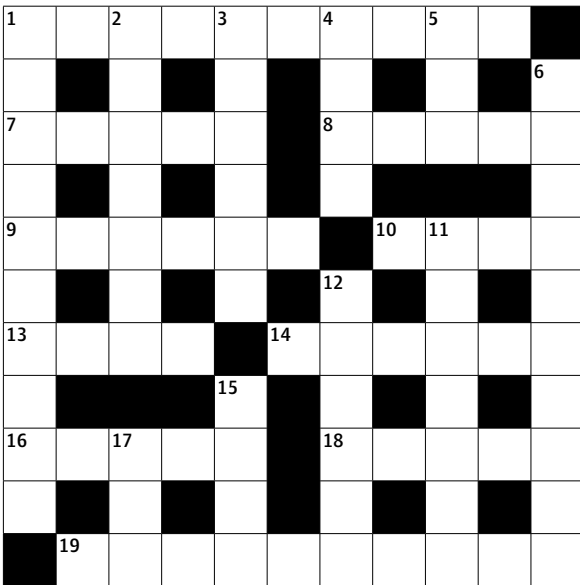
Across

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

Down

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

CRYPTIC



Across

- 1 What makes up a significant proportion of the universe is distressing subject (4,6)
- 7 Surprisingly, Keir's one who might go downhill quickly (5)
- 8 Scoundrel in patterned shoes rejecting outsiders (5)
- 9 Get the better of Oxford University idiot (6)
- 10 Edit unusual weight-loss regime (4)
- 13 Frightened to take clothes off in custody (4)
- 14 Petty argument in lunch in India (6)
- 16 More mature Druid poetry regularly ignored (5)
- 18 Diver confused Italian composer (5)
- 19 Proposes crap new implement for measuring food (10)

Down

- 1 Detective Inspector's performance resulted in upset (10)
- 2 Drunk rioters revel noisily (7)
- 3 Spoil drink flavoured with juniper berries that's on the edge (6)
- 4 Viscous liquid, with time, becomes pungent (4)
- 5 From time to time, engage in part of cooked breakfast? (3)
- 6 Struggling? Wait - send in Brian Lara, perhaps (4,6)
- 11 Deduce number in Hell (7)
- 12 Periodically seize TV sets and filters (6)
- 15 Examination of unlimited esprit de corps (4)
- 17 Pierce shelled vegetable (3)

SOLUTIONS

CRYPTIC SOLUTION



QUICK SOLUTION



KIDS'

SPOT THE 10 DIFFERENCES



FIND A WORD

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

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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- CHEETAH
- CROCODILE
- ELEPHANT
- FOX
- GIRAFFE
- GORILLA
- GRIZZLY BEAR
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- LEMUR
- LION
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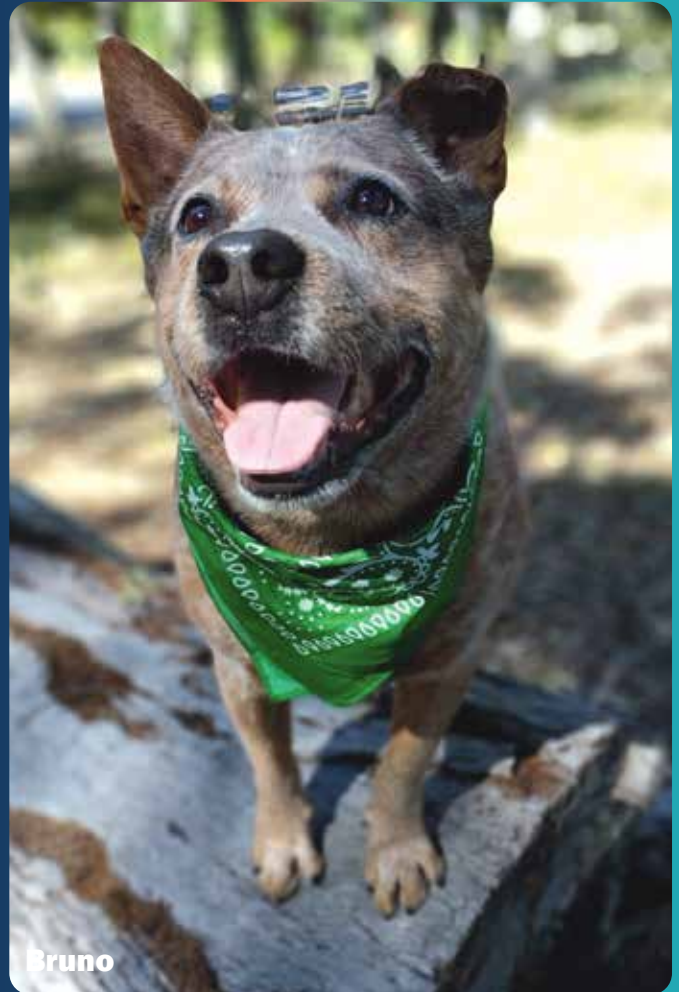
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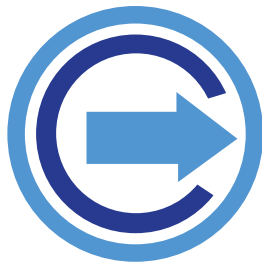
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Balancing recreation and conservation at Beachmere foreshore

- Updated Dog Off-Leash Areas (DOLAs) and recreation zones to take effect from 1 December 2025
- New seasonal DOLA and environmental protections for migratory shorebirds
- Signage installation now underway

City of Moreton Bay is striking a balance between protecting precious shorebird habitats and maintaining valuable recreation areas for residents, with updated Dog Off-Leash Areas (DOLAs) and foreshore recreation zones to take effect from 1 December 2025.

Following extensive community feedback, environmental assessments, and consultation with the Kabi Kabi People's Aboriginal Corporation, Council has endorsed revised recreation areas along the Beachmere foreshore that reflect both environmental values and community needs.

The updates will help safeguard important shorebird roosting and foraging sites while preserving access for dog owners and horse riders.

Updated signage identifying the new recreation area boundaries is currently being installed, ahead of community education activities to help residents understand the changes.

The updated recreation areas include:

A 13-hectare Dog Off-Leash Area (DOLA) at the southern end of Biggs Avenue

A seasonal DOLA at Bayside Drive, where dogs are allowed off-leash from 1 May to 31 July, and on-leash from 1 August to 30 April
Dedicated horse exercise areas between Beachmere Conservation Park and Louise Drive

On-leash dog recreation areas between Biggs Avenue and Prince Street
City of Moreton Bay Mayor Peter Flannery said Moreton Bay's coastline was one of our most loved assets, and these changes ensure it can be enjoyed responsibly by people.

"Council has listened to the community and worked with Traditional Custodians and environmental experts to find the right balance for Beachmere's foreshore."

"We're protecting endangered migratory shorebirds while maintaining generous off-leash and on-leash areas for local pet owners."

Councillor Brooke Savage (Division 1) thanked the community for their feedback and encouraged everyone to familiarise themselves with the changes coming into effect.

"There'll be new signs going up at the beach access points and our website has all the information in one place, so I encourage beachgoers to familiarise themselves with the updated areas before they take effect from 1 December."

Councillor Booth (Division 2) said the revised areas were the result of careful planning and collaboration.

"These changes reflect strong local input and a shared desire to protect Beachmere's unique natural environment while supporting the recreation our community loves."





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WHY SEVERE WATER DAMAGE MUST BE QUICKLY REPAIRED

Severe water damage can wreak havoc on properties, leading to structural deterioration, health hazards, and financial burdens. Addressing water damage promptly is crucial to mitigate its adverse effects and restore the affected area to its pre-damaged condition. This article explores five compelling reasons why severe water damage must be quickly repaired to minimise the extent of the damage and ensure a swift recovery process.

Prevent Structural Damage

As a result of water infiltration, the structural integrity of buildings may be compromised, which can result in the warping, rotting, and degradation of various building components, including wood, drywall, and insulation. When support beams, floors, and walls are exposed to moisture for an extended period, they may weaken, which can threaten safety and possibly lead to collapse or structural failure. Property owners can avoid future structural degradation and protect the building's stability and safety by swiftly addressing any water damage that has occurred. Intervention promptly is necessary to treat water infiltration at its source and to avoid expensive repairs or rebuilding in the future.

Mitigate Mold Growth

The rapid spread of mould and mildew, thriving in damp and humid environments, is a grave concern associated with water damage. Mould and mildew can infest wet areas. In just twenty-four to forty-eight hours after water exposure, mould can grow, rapidly spreading throughout the building and posing significant health risks to the occupants. Mold spores can trigger respiratory issues, allergies, and other health problems, particularly in those with weakened immune systems. Swift repair of water damage and thorough drying of affected areas can prevent mould growth, safeguarding residents' health and

preserving indoor air quality.

Prevent Electrical Hazards


Water infiltration into electrical systems or appliances can create electrical hazards, increasing the risk of fires, shocks, and electrocution. Moisture can corrode wiring, disrupt electrical connections, and short-circuit electrical components, leading to malfunctions and potentially catastrophic consequences. Promptly repairing water damage and ensuring that electrical systems are thoroughly inspected and dried by qualified professionals can mitigate the risk of electrical hazards. Taking swift action to address water-related electrical issues is essential to prevent property damage, injury, and loss of life.

Minimise Financial Costs

Delaying repairs for severe water damage can escalate the financial costs associated with restoration, as the damage worsens over time and necessitates more extensive repairs or replacements. By addressing water damage promptly and comprehensively, property owners can minimise financial losses, expedite the restoration process, and mitigate potential legal liabilities, ultimately saving time, money, and resources. Property owners can avoid future structural degradation and protect the building's stability and safety by swiftly addressing any water damage that has occurred. Intervention promptly is necessary to treat water infiltration at its source and to avoid expensive repairs or rebuilding in the future.

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Are retro kitchens making a comeback?

Fashion can be fickle but also cyclical. Home design, in particular, is a challenging task -- we aim to choose a fashionable style this year that won't be at risk of looking dated next year. One way to navigate this challenge is to find a design that's already 'dated' yet endures the test of time. Kitchen designs from the mid-20th century (the 1940s-1960s) are making a strong comeback, particularly because of the feelings they evoke. Fond memories of parents and grandparents cooking and cleaning in a kitchen adorned in cheerful colours, steel cabinets and sleek metal appliances are common mental images of the ideal kitchen.

The generation that designed mid-century kitchens emerged from a tumultuous time following the Great Depression in the 1930s and the rationing of World War II. Finally, after the war, people had jobs and—thanks to a boom of post-wartime production—products to buy. People were ready to invest, but smart consumers with fresh memories of the Depression knew the value of a dollar and, therefore, sought quality products. This practicality and durability are key features of mid-century designs that are making a comeback today.

Today, thanks to an increased interest in cooking and eating healthy instead of prepared and processed foods, the kitchen itself is regaining the spotlight as the most important room in the house. Just as our grandmothers made everything from scratch from fresh, local ingredients, we're rediscovering the value of those methods. Likewise, we want the style of our kitchen to reflect that pastime and those old-fashioned values.

And then there are those of us who adore the mid-century cool, sleek style, which is making a comeback largely thanks to hit TV dramas like "Mad Men." But whatever the reason, it's clear that retro kitchens are back in style.





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Despite their quicker timelines, modular homes don't compromise on quality either. They're built using the same materials and techniques as standard houses, and every module undergoes strict inspections before leaving the depot.

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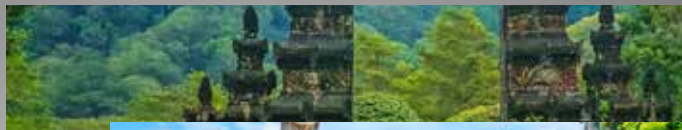
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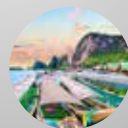


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Tiny Homes vs Caravans vs Modular Homes

Tiny houses are often confused with caravans or modular homes, but they can be very different:

Tiny homes: “Moveable dwellings that are suitable for residential use” as outlined by the Australian Tiny House Association.

In practice, Australian tiny homes typically range from 15 to 55 square meters, while traditional houses usually exceed 200 square meters. Many tiny homes are built on wheels, giving owners the flexibility to move them. However, Australian road regulations set strict limits that should be considered: tiny houses cannot exceed 4.3 meters in height, 2.5 meters in width, and usually 9 meters in length. These rules ensure your home can travel safely on public roads without special permits.

Modular homes: Built in sections (or “modules”) that are then transported and assembled on-site.

They are permanent dwellings that require council approval and are not designed to be moved once installed. Modular homes can be considered tiny homes if they fall within the “tiny home” size range, but modular homes can range from small to full-sized family homes.

At **Wright Choice** homes we offer modular home designs that range from 50m² to 200+m²!

Caravans: Designed primarily for travel and short-term accommodation, caravans are built to be lightweight and road-friendly rather than permanent homes. They usually offer compact kitchens, bathrooms, and sleeping areas but lack the insulation, sturdiness, and space of a permanent home.

Unlike tiny or modular homes, which are built to residential standards,

caravans focus more on portability and cost-effective holiday use, often feeling more like “camping” than a permanent dwelling.

Versatile Uses of Modular Homes

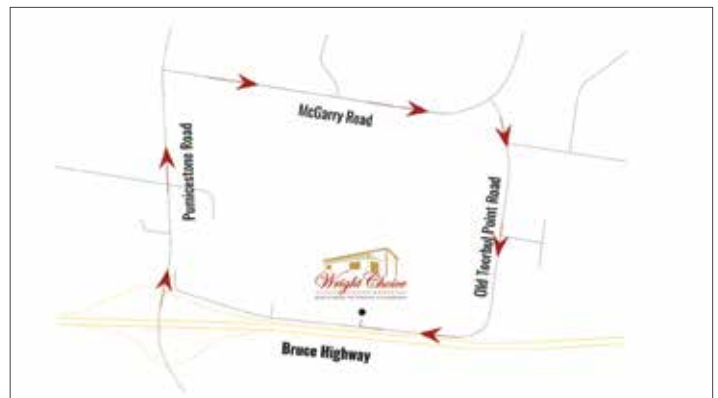
Beyond living, modular homes offer a variety of different applications too, including:

- Granny flats or secondary dwellings: Most councils limit these to 60m².
- Home offices or artist studios
- Short-term accommodation, such as Airbnb
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Christmas Colour and Decoration Ideas for 2025

Christmas is upon us all, and if you haven't already set up your tree and decorated your home, here are some Christmas 2025 decorating ideas just for you.

Design trends for 2025 span minimalist and understated styles to bold maximalism, as well as glamorous and natural looks. To embrace these trends, consider what works best for your home and personal taste. This approach helps to create an inviting atmosphere for family and guests.

Colours To Consider

The classic red and green remain popular and timeless. However, people are mixing it up with an olive or sage green and burgundy or wine to change the look. These colours will still create a classic look.

Warm Neutrals and Earthy Tones, such as Pantone's 2025 Colour "Mocha Mousse" (warm brown), will create an elegant and cozy feel. As well as colours like caramel, beige, cream and soft greys. To achieve a dramatic effect, consider incorporating darker, richer colours such as Sapphire Blue, Emerald Green, and Ruby Red. It is advisable to pair these hues with neutral tones to create a sophisticated and luxurious aesthetic.

Using Pastels is fun and fresh. Mint Green, Pale Blue or Plush Pink, when combined with silver or white, will give you a whimsical take on a traditional décor.

Matte and brushed metallics, such as copper, soft gold, and burnished brass, are the recommended choices for metallic accents. It's best to avoid bright, shiny finishes. These softer metallics bring depth and an elegant sparkle to your space.

Decoration Ideas

Enhance your décor by layering various elements. For instance, when decorating a garland, start with larger Christmas bauble balls, place smaller ones on top, and finish by overlaying twinkle lights.

Garlands are an excellent way to complement your Christmas décor, whether through colour or decorative elements. For a natural appearance, incorporate materials such as wood, pinecones, and burlap, which add texture. If you prefer a classic holiday feel, decorate with velvet bows, berries, and green and red baubles.

Suspending light branches from the ceiling, adorned with fairy lights and greenery, creates an elegant, whimsical look. To enhance this effect, consider incorporating ribbons and ornaments for a more elaborate presentation. Alternatively, maintaining a minimalist approach will preserve a natural appearance.

You can showcase festive colours with cushions for your sofa or guest room. Plaid patterns and bold block colours can brighten up any neutral

Mirrors can enhance the look of your space by doubling the impact of your decorations and lighting, creating an even cheerier, more festive atmosphere.

It is important to consider outdoor spaces when planning your Christmas holiday décor. As summer approaches, gatherings will naturally extend to patios or decks for Christmas celebrations.

Therefore, ensure the outdoors are appropriately decorated. The outdoors offers a more open space for larger items such as oversized wreaths, baubles, garlands, and LED decorations, which can be utilised effectively.

Placing LED lanterns and twinkle lights around the table will create an inviting, gentle ambience in the evening.

Lastly, don't forget your life's moments and bring them into your decorating. For me, it's my son's kindergarten Christmas decorations. They make an appearance every year. You may have some handcrafted or heirloom pieces you bring out to remember loved ones or moments.

Nostalgia does not go out of fashion.

Images from Architectural Digest and Better Homes and Gardens
Ivory T - fabric & wallpaper 0422599084

TOP 10

HEALTH BENEFITS OF EATING FISH



If health is a priority for you, especially as we enter the colder winter months, seafood should be a staple in your diet. Whether it be to top up on much-needed vitamins, prevent illness, or manage your weight, here are ten solid reasons why seafood should be your star protein this summer!

1. Vitamin D

Winter inevitably means being out in the sunshine much less, which means that you may end up deficient in one of the most important vitamins – D!

The good news is that many seafood species are chock-full of vitamin D. Some of the best species to eat more of in winter to top yourself up are Salmon, Mackerel, Tuna, and Sardines. This is because they're fattier species, and vitamin D is fat-soluble! The more you know.

2. Heart Health

Fish is considered one of the best foods to eat to improve your heart health; many studies show that people who eat fish regularly have a lower risk of strokes, heart disease, and heart attacks.

This is due to seafood's high omega-3 fatty acid content.

3. Omega-3

Speaking of omega-3... Omega-3 fatty acids are especially important for health, as they are essential fats, but they cannot be produced by the body, so they must be derived from the foods we eat.

The Heart Foundation recommends that all Australians include 2–3 serves of fish (including oily fish) per week as part of a healthy diet. This provides around 250–500 milligrams (mg) of marine-sourced omega-3s daily.

Some of the Australian species that are highest in omega-3 are Sardines, Blue Mackerel, Sea Mullet, Longnose Trevally, and Barcoo Grunter.

4. Iron

Many of us need an iron boost, especially women, who are more likely to be iron deficient. Interestingly, the iron found

in shellfish (like oysters and clams) is heme iron, which the human body absorbs more easily than plants.

5. Low Fat Content

Seafood is particularly low in saturated fat – which we all know we should avoid – but high in healthy polyunsaturated fat (like omega-3 fatty acids). As we've already mentioned, these fats are great for preventing heart problems; they also reduce triglyceride levels and slow the growth rate of atherosclerotic plaque (both of which thicken artery walls).

6. High Protein

Fish and shellfish are particularly high in protein, which is useful in weight loss, critical in maintaining healthy muscles, organs and blood vessels, and helps to support cell division, hair growth, and even hormone signalling!

Basically, protein is important to the functioning of every system in the body, so you must keep your intake up.

7. Iodine

Seafood (especially oysters) is also rich in iodine, another vital mineral that can only be derived from our food. Iodine is particularly important to your thyroid function, which controls things like your appetite and your immune system – therefore, getting enough of it is key for weight loss!

8. Brain Health

We're back to those winning fatty acids again! Approximately 20% of the brain's weight is made up of polyunsaturated fatty acids (like omega 3), meaning that seafood is a super effective way to keep your brain sharp.

Many studies have found promising links between seafood consumption and mental health, and overall brain function.

9. Vision

It's strongly suggested that eating a good amount of seafood can decrease age-related macular degeneration, which is the highest cause of vision impairment and blindness in older adults.

So, forget the carrots and pick up a fish fillet if you want to see better for longer!

10. Improved Immune System

Aside from vitamin D, seafood is high in many other vitamins and minerals that are key in fighting off winter colds.

Shellfish such as clams and oysters are a particularly good source of iron, zinc, magnesium, copper, and other trace minerals that help boost overall health and immunity.



TIDE TIMES								
Bribie Island AND Moreton Bay								
Fri 28 Nov	Sat 29 Nov	Sun 30 Nov	Mon 1 Dec	Tue 2 Dec	Wed 3 Dec	Thu 4 Dec		
2:57 am	4:07 am	5:19 am	6:24 am	12:42 am	1:29 am	2:15 am		
1.3m	1.38m	1.51m	1.69m	0.21m	0.15m	0.12m		
8:32 am	9:47 am	11:05 am	12:17 pm	7:21 am	8:14 am	9:04 am		
0.57m	0.59m	0.57m	0.52m	1.88m	2.05m	2.18m		
3:12 pm	4:14 pm	5:18 pm	6:22 pm	1:26 pm	2:29 pm	3:28 pm		
1.75m	1.72m	1.69m	1.66m	0.45m	0.38m	0.34m		
10:09 pm	11:01 pm	11:53 pm		7:21 pm	8:17 pm	9:11 pm		
0.45m	0.38m	0.29m		1.62m	1.57m	1.5m		
Fri 5 Dec	Sat 6 Dec	Sun 7 Dec	Mon 8 Dec	Tue 9 Dec	Wed 10 Dec	Thu 11 Dec		
3:00 am	3:45 am	4:31 am	5:19 am	12:36 am	1:31 am	2:32 am		
0.12m	0.15m	0.2m	0.27m	1.32m	1.32m	1.35m		
9:53 am	10:42 am	11:29 am	12:16 pm	6:10 am	7:03 am	8:02 am		
2.25m	2.26m	2.21m	2.13m	0.35m	0.45m	0.55m		
4:22 pm	5:15 pm	6:08 pm	6:59 pm	1:03 pm	1:51 pm	2:39 pm		
0.34m	0.36m	0.39m	0.43m	2.02m	1.89m	1.76m		
10:02 pm	10:53 pm	11:45 pm		7:49 pm	8:37 pm	9:25 pm		
1.43m	1.37m	1.33m		0.45m	0.47m	0.47m		



SUNSET DRINKS - Friday 31st October 55 Active members and partners attended the "Halloween Themed" Sunset Drinks put on by VMR Bribie Island for Active members and members of MRQ Bribie Island. A meal of smashed potatoes with toppings including: - diced seasoned chicken, beef bolognaise sauce, cheese, pineapple, bacon pieces, onions, mushrooms, shallots, coleslaw, corn, chilli, sour cream, and guacamole. Followed up with ice-cream in waffle cones or tub and your choice of topping.

MRQ Unit Commander and VMR Bribie Island Commodore Ces Luscombe welcomed all, thanked Kelly Langworthy and her committee for putting on the amazing spread, Karen Llewellyn and Peter Morton for manning the bar. Ces also mentioned that whilst the extensions to the building and installation of the lift are complete, the paperwork still needs to be finalized before we have access.

MRQ Deputy Unit Commander and VMR Bribie Island Vice Commodore Allan Tranter paid tribute to Ces as he steps down from both organisations after some 3 years as Commodore and 4 years as Vice Commodore, in probably the most difficult time in our VMR history, heading the transition to MRQ. After a 3-month break Ces will continue with MRQ Bribie Island as a Senior Coxswain. Thank you Ces for your amazing contribution.

The new members attending were introduced followed by our usual raffles.



VMR Bribie Island Commodore Ces Luscombe welcomes all.



Ross and Leanne Perry introduce themselves to the gathering, Ross has joined as trainee Crew.



Andrew and Rhonda Chessum, Andrew has recently qualified as a Radio Operator.



Ian MacDonald has recently qualified as a Radio Operator.

MEDICAL EMERGENCY - WHITE PATCH

Monday 2nd November 2025 around 12:29 pm Senior Radio Operator Peter Morton received a call from QAS that a boatie at White Patch had chest pain. With a very basic description of the vessel (30-foot dark blue with a white tender) near wooden staircase at White Patch, the Callout Crew was contacted, and Ambulance Officers were on the way. Senior Coxswain Ian Grimes, with crew - Coxswain Doug Lythgo, and Crew Garry

Comerford headed out in Bribie 1, wasting no time getting there (around 30knots) and just as quick on the return trip. So, if you see our rescue vessels travelling quickly with lights flashing you will know it is an emergency! The patient did require medical help to stabilise him before transport to hospital.

This emphasises the need to let your loved ones and a rescue service know of your trip plans so that we can find you without delay when urgently required! Remember to LOG-ON it is a free service, it may just save your life too!

We wish the patient well and hopefully he makes a full recovery.



QAS Paramedic works to stabilise patient aboard Bribie 1 just off White Patch, Bribie Island.

ASSIST FROM CALOUNDRA WIDE



Doug Lythgo and Ces Luscombe at the helm.

11:02 AM Wednesday morning Radio Operator Mark Horsburgh received a call from a 7m Centre Console member of VMR Bribie Island with 2 people on board with engine issues at Caloundra Wide. Mark

called in the Callout Crew of Senior Coxswain Ces Luscombe, Crew Day Coxswain Doug Lythgo, and Senior Crew Mark Young who left in Bribie 1, returning the tow back to Spinnaker Sound Marina at 14:41 PM.



Bribie 1 with the 7m Centre Console vessel in tow.

JOHN BURDINAT RETIRES



Today, Wednesday 12th November 2025, Gary Voss and Allan Tranter from MRQ Bribie Island leadership team presented John Burdinat with a signed certificate by Scott Burger our SEQ Regional Coordinator on his retirement as an Active Crew member for Marine Rescue Queensland. Thanking him and recognising his 27 years he has dedicated and given his time, skills, knowledge, and compassion to assisting those in need and keeping people safe on our waterways.



Gary Voss and Allan Tranter present John Burdinat with his Certificate of Appreciation.

John's contribution has played a vital role in saving lives and educating the community which will leave a lasting legacy. The countless hours devoted to his service is inspiring and we are immensely thankful for all he has done over these years. John was instrumental in organising the radio tower years ago for the base. John was awarded a 25year clasp to his National Medal.

John has always been there to help out no matter what the event, fundraiser or member event. He and wife Linda are at almost every social event including State of Origin (even though they support the Blues!).

We wish John all the very best for his retirement. John as a life member, will

remain an Active Member of the Supporter's Association.

VALE NOEL JUSTO



Sadly, Noel Justo passed away peacefully on Saturday 11th October 2025 aged 93. Noel was a long time Radio Operator at VMR Bribie and worked up to his 90th birthday before relocating to

Sinnamon Park to be nearer his family.

A private service was held.

Noel, a retired School Principal joined VMR Bribie Island 19th December 2007, became a Radio Operator on 27th June 2008, he was a Callout Radio Operator until 12th October 2015, and was a Duty Officer between 17th February 2014 and 12th October 2015. Noel continued as a Radio Operator up until his 90th Birthday 3rd January 2022.

Thank you for your service!

Rest in Peace Noel John Justo.

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 06/11 0551AM - Tasked by QAS to transport 2 Ambulance Officers to Tangalooma and medevac a patient to their waiting ambulance at MRQ Bribie.

FRI 07/11 0610AM – 4.9m Runabout 1POB member with motor issues at Shallow Tempest required tow to Bellara boat ramp.

FRI 07/11 1204PM – MOP reported a turtle caught in rope in Ningi Creek – investigated.

FRI 07/11 1328PM - Tasked by QAS to transport 2 Ambulance Officers to

Tangalooma and medevac a patient to their waiting ambulance at MRQ Bribie.

SAT 08/11 1519PM – 6m Bowrider 2POB non-member broken down on beach at Bongaree required a tow to Spinnaker Sound Marina.

SAT 08/11 1558PM – 8.5m Cruiser 4POB Non-member taking on water at Skirmish Point, required a tow to Spinnaker Sound Marina.

SAT 08/11 1740PM – 8.5m Cruiser a 2nd rescue vessel required to assist.

SUN 09/11 1142PM - Tasked by QAS to transport 2 Ambulance Officers to Tangalooma and medevac a patient to their waiting ambulance at MRQ Bribie.

WED 12/11 0718AM – 9m Outrigger Canoe 6POB stranded and near Pacific Harbour. Retrieved paddlers by vehicle and arranged for canoe later.

FRI 14/11 1156AM – MOP reported a Tinny adrift opposite the Pirate Park 50m offshore. Investigated, could not locate.

SAT 15/11 1628PM – 3.5m Jet Ski 2POB Non-member stuck on sand bank West of water tower Bongaree, required a tow to Bongaree boat ramp.

MON 17/11 0718AM – 13m Cruiser 1POB member with engine failure at Pacific Harbour required tow to Spinnaker Marina.

TUE 18/11 1319PM - Tasked by QAS to transport 2 Ambulance Officers to Tangalooma and medevac a patient to their waiting ambulance at MRQ Bribie.

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	495
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,
As our Minister for Energy, Mr Chris Bowen, takes us further down the road to that idyllic state of 100% renewables, it appears to me that there are at least three major issues that need to be addressed. I will state each with respect to the Eraring Coal Fired Power Station which was due to be closed down this year but will now be closed in 2027, or maybe later. Eraring, produces 2.8GW on a 24/7 basis, which is 25% of the power required by the whole of NSW.

1) Power generated by renewables.
Solar panels only generate power when the sun is shining, which at best is 8 hours a day. A sufficient number of panels need to be installed to generate 3 times 2.8GW, ie 8.4GW, so that surplus energy can be generated during the day and stored to provide power overnight. A solar farm needed to produce 8.4GW would require an approximate area of 15 by 15 km or 22,000 hectares of land and would cost \$8 to \$10 billion dollars.

2) Battery Storage for 45GWh (2.8GW times 16hours)
The 'Giant Waratah Super Battery' has just been commissioned on the site of the former Munmorah coal power station near Budgewoi just 25 km South of Eraring. It is rated at 0.85GW output power with an energy capacity of 1.68GWh. It is currently the world's most powerful battery and it costs \$1billion. To power the renewable replacement for Eraring would take 27 Waratah batteries at a cost of \$27billion. Mr Bowen, "You can't be serious!"
The above total of \$35billion is way more than what the UAE paid the Korean company Kepco for their four nuclear reactors which together produce 5.6GW and are good for at least 80 years. With our 100% renewals solution both the batteries and solar panels will need to be replaced after 15 years. Why are we contemplating this? It's sheer madness.

3) In the above sections I have generously assumed that the sun shines uninterrupted for 8 hours a day, 365 days each year. We all know that there will be many days where that assumption is invalid and there will be occasions when the sun doesn't shine for maybe 7 days at a time. What happens to our supply of power then? Output from solar panels is nil and our super batteries are all flat. I would appreciate it if some proponent of 100% renewables would check my calculations, answer the problem outlined in section 3 and convince me that this is the way to go.

Michael Cavenor

Dear Editor,

National Park issue

It seems there is a lady on a bicycle taking basketfuls of native flora from around some of our housing estates on a very regular basis – up to three times a week, around daybreak, for over at least a year now. I can only assume this is for a local business given the quantities she is reaping, and that this woman has no respect for the laws in place that protect the national parks and its fauna/birdlife.

I understand that a local gentleman did have the nous to watch and then approach her to inform her of her violation and was met with foul language, threats and verbal abuse. This didn't stop her returning a few days later to continue her foraging, but she apparently did run when she saw him again.

I urge everyone to stand up to such ignorance – whether it's foraging, littering, hooning or other unlawful actions. These people are generally cowards, and must not realise yet that one day, when they have stopped this kind of behaviour, they will pay for it in rises in taxes, rates, higher fines and further restrictions to parks. Things they are not yet factoring in to their thinking.

To say nothing of the damage it may be doing to local wildlife and its symbiotic flow on effects. With so much stupidity and shortsightedness enacted on a global scale, not just local, it will take the meek to rise up out of their fear and complacency to at least TRY to make the world better than it is, as this gentleman did.

This woman's behaviour has been reported to local authorities and our state member for action. Here's hoping they will take it.

Concerned Resident

Dear Editor,

Respect the planning scheme and our community
With respect to the two 11-storey accommodation towers planned for the Sandstone Point Hotel, our community has every right to expect that the local planning scheme will be applied as intended. It exists to guide development in a fair and consistent way.

Departures from that framework should only occur when there is a clear public benefit - not simply because a developer can profit from pushing the limits. This proposal appears to prioritise commercial gain rather than any genuine need within our

community and financial return is not a legitimate planning ground.

Approving such a dramatic height increase on the basis of an asserted need for more visitor accommodation sets a worrying precedent. Once one exception is made, what stops even greater departures in the future? The far more responsible approach would be for the developer to work within the established height limits that were put in place to protect the character and scale of this area.

Unfortunately, we are again seeing a proposal that overlooks the qualities locals cherish. Towers of this scale would fundamentally change the look and feel of our foreshore. Rapid, oversized developments are beginning to erode the lifestyle that draws people here.

Council is urged to continue prioritising the planning scheme and the long-term interests of the community over developments that are out of scale with their surroundings.

Development should serve the community, not override it.

Lyn Rushby

letters to the editor



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