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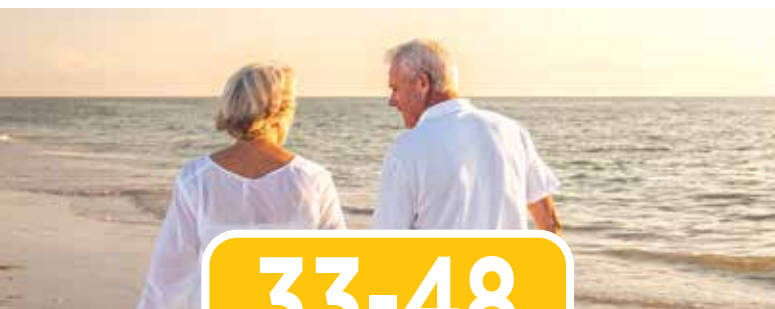
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274

OCTOBER 9, 2026



33-48

SENIORS FEATURE



20-21

WILD BRIBIE



63

MORE THAN A NURSERY



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

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Al Finegan	30-31
Bribie Health & Wellbeing	6-7
Beauty, Hair & Fashion	8-9
Crosswords	26
Dining Guide	24
Fishing Report & Tide Times	70-71
Games Nights & Market Times	27
Kids Page	29
Meet Your Local Tradie	54-61
Pet Pages	50-51
Professional Services	12-13
Sports Pages	52-53
Trades & Services	74-79
QMR	72-73

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Dear readers,

Welcome to Edition 274. There's plenty happening around Bribie this month, so let's get into it. First up, we're celebrating Seniors Month with a special pullout on services for local seniors. It covers care, health, social groups, help at home, and ways to stay active and meet people. If you or someone you know could use a bit of support,

keep this one handy. There's plenty of help available locally—the tricky part can be knowing where to start.

The Bribie Island Nature Festival is also back from 9–11 October, giving us another good reason to get out and enjoy the natural wonders of Yarun. There's a great mix of free and low-cost activities, with everything priced at \$20 or less. The kids are well looked after too. WILD Bribie is a new event at the festival, with the free Larrikin Puppet Show, the Water Mouse Mystery Maze, and heaps of displays to explore. It should be a great day out—and they might even learn something while they're at it.

Families can also join in Discovering Moreton Bay: A Family Adventure in Shells and Citizen Science. It's a chance to take a closer look at our own backyard, learn something new, and spend some time together.

As always, please get behind these local events if you can. Turn up, bring the family, and tell a mate. Our organisers, volunteers, and community groups put a lot into making things happen around Bribie, and a good local turnout really does mean a lot.

That's a wrap for Edition 274. Thanks for reading and supporting local—it really does make a difference around here. Get out and enjoy our little patch of paradise, and I'll catch you next edition.

Take care, Stay safe,

Cherrie

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World Polio Day

24 October Part One:

Rotary's Fight to Eradicate Polio

©Anne Matthews D9560 Passport Rotary Club

Each year, the 24th of October marks World Polio Day, a time to celebrate one of humanity's greatest public health achievements while recommitting ourselves to a task not yet complete: the global eradication of polio.

It is a day to recognise the extraordinary progress made through vaccination, surveillance, community action and international cooperation, but also to remember that progress can only be protected if the final chains of transmission are stopped.

For Rotary, World Polio Day is both a celebration and a call to action, reminding us that the promise of a polio-free world depends on continued commitment from clubs, communities, governments and partners everywhere.

Polio is no longer a disease most Australians expect to encounter. For many, it belongs to the history books: a frightening childhood illness that once filled hospital wards, left people with permanent paralysis and shaped public health policy for generations.

Yet polio has not disappeared from the world. It is still endemic in Pakistan and Afghanistan, and while that may seem geographically distant, it is not epidemiologically distant: in public health terms, distance is measured not only by kilometres, but by patterns of travel, population movement, vaccination coverage, sanitation and the ability of a virus to spread silently before it is detected.

In the interconnected world that we now live in, a virus anywhere can become a risk everywhere. That is why Rotary's long campaign to eradicate polio is still one of the most important humanitarian efforts of our time.

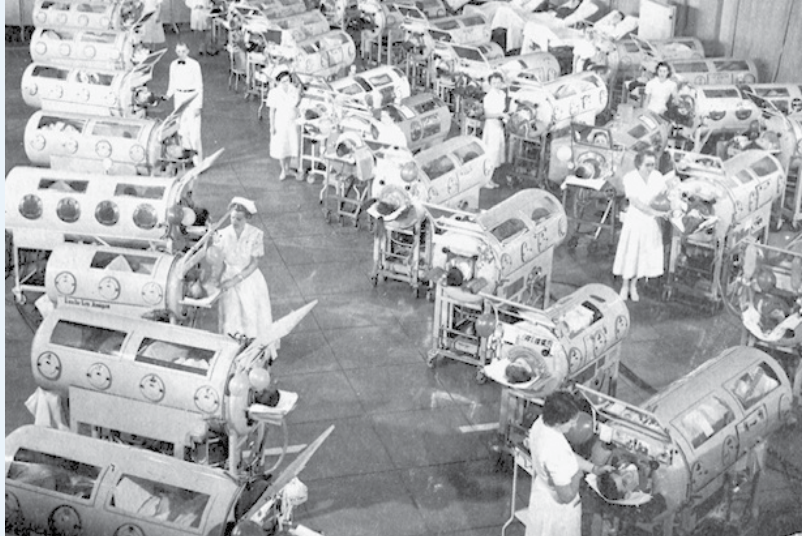
Rotary's involvement in polio eradication began before it became a global public health goal. In 1979, Rotary supported a landmark project to immunise children in the Philippines, an initiative shaped by the vision of Australian Rotary International President Sir Clem Renouf, a member of the Rotary Club of Nambour in Queensland. Inspired by the success of smallpox eradication, Sir Clem helped set Rotary on a path that would grow from practical service into a worldwide campaign.

That early commitment helped lead to the launch of PolioPlus in 1985 and to Rotary becoming a founding partner of the Global Polio Eradication Initiative in 1988.

From the beginning, Rotary contributed more than funding: it brought community networks, local credibility, volunteer energy and a determination to reach children who might otherwise be missed.

Global Progress

The results have been extraordinary. Since the launch of the global eradication effort, polio cases have fallen by more than 99 per cent. Rotary has contributed billions of dollars, supported vaccination campaigns across many



countries, advocated to governments and mobilised members on the ground.

Its "End Polio Now" campaign has become one of the most recognisable examples of sustained civic action in global health. Millions of Rotarians have helped raise awareness, funds and political commitment, while health workers and volunteers have delivered vaccines door to door, often in difficult and dangerous conditions.

The world is now in the final, and perhaps hardest, stage of eradication. Wild poliovirus type 1 remains endemic only in Pakistan and Afghanistan. Both countries have made immense progress, but conflict, population movement, misinformation, hard-to-reach communities and fragile health systems continue to give the virus opportunities to survive.

The border region between the two countries functions as a single epidemiological zone: people move, the virus moves, and vaccination efforts must be coordinated on both sides. Recent synchronised campaigns have reached tens of millions of children, but success depends on consistently reaching every child, every time.

As World Polio Day reminds us each year, the battle against polio demonstrates what can be achieved when communities, governments and volunteers work together.

Rotary has helped drive one of the greatest public health successes in history, but the final chapter has yet to be written. In Part Two, we turn from the global campaign to the Australian context, examining why polio still matters here and what it means for communities such as Bribie Island and surrounds.



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On a scorching summer day, sandals are one of the smartest choices we can make. They keep feet cool, slip on easily and suit Australia's warm climate, from a morning coffee run to an afternoon at the park. Sandals are relaxed, practical and comfortable. Good clothing should help us enjoy the day, and sandals do exactly that.

Their greatest strength is comfort. Open designs allow air to circulate, while sturdy soles protect against hot pavement, rough paths and dirt. Many modern sandals feature cushioned footbeds, arch support and adjustable straps for a secure fit. With the right pair, people can walk, shop or explore for hours while feeling light on their feet.

Sandals are also wonderfully versatile. Leather styles can look polished with summer dresses, linen trousers or smart-casual workwear, while sportier pairs suit sightseeing and weekend adventures.

With many colours, materials and designs available, one dependable pair can move easily from errands to lunch with friends and then to an evening barbecue.

Convenience is another major advantage. Sandals are quick to put on, easy to pack and useful in many settings. Travellers save suitcase space, while busy families can get out the door without fussing over laces. Many styles are also easy to clean after a dusty walk or a day near the water.

A quality pair can also offer excellent value. Strong soles, durable straps and timeless designs can last for several warm seasons. Choosing supportive, well-made sandals reduces the need for frequent replacements, supports careful craftsmanship and can be good for both the budget and the feet.

Sandals have earned their place in everyday life. They suit the climate, support active routines and combine comfort, convenience and style. Whether worn for a walk, a casual workplace, a holiday or a relaxed gathering, the right pair makes the day easier. On warm days, sandals are a practical celebration of movement and the pleasure of letting our feet breathe.







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Bribie Simply HEALTHY

By Heenam Kim

Incredible Health Benefits of Collagen; Supporting Healthy Aging, Skin, Joints, Bones & Digestion

Collagen Hydrolysate Powder has been popular from Bribie Simply Healthy and received good reports so I had further look into benefits of collagen.

The benefits of collagen powder are healing leaky gut, promoting skin health, improving digestion, and reducing joint pain as it supports cushioning the joints and reduce inflammation.

Our skin stays firm in youth and looses with age is because of this slowing down of collagen production. After the age of 25, the body's collagen production starts to slow down at a rate of 1.5% per year.

Having more collagen has been found to help reduce the pain associated with arthritis, osteoarthritis, and

rheumatoid arthritis. The amino acid glycine is found in gelatin and collagen it works as a powerful natural anti-inflammatory, glycine also helps to improve joint function, and has the added benefit of supporting healthy nervous system function, improving sleep quality, building collagen in our body, and strengthening the intestinal lining.

One of the most important nutrients for healthy, younger looking skin is collagen. Especially because collagen is a major structural protein in skin and connective tissue.

Collagen helps preserve skin elasticity to keep it smooth, supple and youthful. Therefore Collagen has taken the skincare industry by storm for these Potential



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benefits; whether collagen could be absorbed topically on our skin or not is debatable.

Protein collagen is a primary building block for healthy teeth, bones, hair and nails.

Glycine in collagen and gelatin has been shown to improve gut health by repairing the intestinal wall and sealing the gut lining, which is essential for healing leaky gut syndrome and the autoimmune conditions that stem from leaky gut, such as rheumatoid arthritis and allergies.

Collagen and gelatin may have a supportive role in maintaining healthy blood sugar levels. Some research suggests that gelatin may influence the body's glucose and insulin response.

Collagen help support bowel regularity and relieve occasional bloating and constipation. Gelatin has a gel-like texture that can absorb and retain water,



helping maintain moisture in the digestive tract, which may support healthy and regular bowel movements.

Gelatin has also been shown in some studies to influence gastric acid (stomach acid) production, which may support normal digestion and nutrient absorption.

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Marine Rescue Qld (previously VMR) Pauline our President and I as Secretary were invited to the commissioning and blessing of the new Bribie One vessel and the opening of the new updated radio room. It was a wonderful morning and we were so pleased to be involved. In the past we assisted and supported the VMR with fuel and other items for many years before they became part of Marine Rescue Queensland. They are a dedicated group of volunteers who keep our waters safe 24/7, please remember to advise them if

you are going boating by logging on and logging off their vessel monitoring website as your safety is their main priority. Thank you guys for such a lovely morning and once again Kelly and her lovely group of helpers made a delicious Brunch.

DONATIONS GIVEN

With the continued support of our donators and our many customers, we have been able to support the following Bribie Associations and groups last month. Once again this year the High School is running a 7-week transition program to assist some primary school children prepare for the big step to high school, this program has been so successful since it started when grade 7 was elevated to high school. We will be assisting in the transport from Banksia Beach primary school. BI Legacy Ladies will be assisted in getting together and sharing Christmas lunch at the Golf Club.

Dragons Abreast Pumicestone have asked for assistance in obtaining a boat, cover and trailer, and Pumicestone Indigenous Education and Employment Council Bribie Island received assistance with providing meals at the Bribie Big Arvo.

BI Country Music Club Inc. required a digital mixer and two foldbacks speakers to upgrade their equipment, this group meets on the fourth Sunday of the month except December at the Recreation Hall Bongaree if you are interested in a great concert or just want to get up and sing.

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We always ask associations to try to use our island businesses, if the items they are applying for can be sourced

on the island, as we are dedicated to supporting our wonderful island businesses whenever possible.

REQUEST FOR PRESENTATIONS AND DONATIONS

If you are a member of an island club or association and require assistance, please let us know. We try to assist all non-for-profit associations and sporting clubs, we also assist the Police, SES, VMR and the BI Hospice. Our President Pauline is quite happy to come along to your club and present our aims and goals and how your club can apply for assistance. Please call 3410 1920 or email busyfingers1@bigpond.com if you wish to have a presentation or if you wish to apply for a grant of assistance.

When applying for assistance please contact us for our 2026 Grant Guidelines Sheet on how to apply, include a contact name and phone number and also a current equipment quote (from an island business if possible), tell us a bit about your association/club and membership and why you need the equipment you are requesting, and email it to busyfingers1@bigpond.com. Please be aware we only support Bribie Island associations and groups, not individuals.

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Cherrie and staff
for their continuing
support. I hope to
see you in the shop
soon. Sandra***

TERMINATOR!!

At the Bribie Island Croquet Club

Kathy Vincent

What on earth could that possibly be?

Well, it isn't as dreadful as it sounds. Terminator is a make of mallet used to play croquet, and Terminator Mallets sponsored a championship competition.

This is a great competition, with players taking part from Eildon, Caloundra, Coolumb, Toombul and, of course, Bribie.

The competition was well fought, with some amazing shots: hoops made from long distances and jump shots whistling through hoops.

Eventually, there had to be a final. The results were very close, but Jill Cole and Robert Kidd from Eildon eventually reached the final against Lyn Bey and Dennis Green from Bribie to compete for the championship.

What a battle it was! It could have gone either way. The play was so close and the two teams were evenly matched, so it all rested on the final hoop.

Lyn's ball was ready to make the hoop on her next turn, but it was Rob's turn first. He was a long way away, so it looked as if Bribie had it in the bag. But, oh no! Rob sent his ball whistling along, and it shot through the hoop to win! It was a great game to watch.

You could join in the fun too. Just come down to the club and have a go, or ring Joan, the President, on **0429 165 643**.



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MODERN VETERANS' DAY 2026

On Sunday 20th September, the Bribie Island National Service Association Inc. held a commemorative service at Bluey & Jean Piva Park Woorim to acknowledge the contribution of current and ex-serving ADF personnel of the modern era.

Members invited guests and the community gathered to honour Australian veterans who served in the Gulf War 1990-91, the Iraq War 2003-13, the War in Afghanistan 2001-21, and global peacekeeping operations since 1990; men and women who carried our nation's values into complex and demanding theatres of war.

The Pipes and Drums National Servicemen's Band performed several poignant musical numbers for the assembled audience.

The service was the first of its kind in Queensland to honour those veterans who:

- lost their lives during battle
- returned home wounded, ill or injured
- lost their lives in the years since they returned
- still carry the physical and emotional scars of their service

We recognise their courage, their service, and the ongoing

impact of their sacrifice, and we reflect on the impact of service on veterans' families.

Australia participated in the First Gulf War as part of a coalition authorised by the United Nations to respond to Iraq's invasion of Kuwait.

Members from all 3 services were deployed to the Gulf War. They faced real and potential threats, particularly as Iraq continued to threaten that it would use biological and chemical weapons if necessary. Fortunately, this did not occur.

A small number of other Australians deployed to support ADF members, including Salvation Army Red Shield Defence Services and Red Cross representatives. These personnel performed with the professionalism and dedication expected of them during a challenging operation in a threat environment.

Since 1990, Australia has been involved in a series of high-profile peacekeeping operations, deploying significantly large units of combat troops in support of various missions.

These operations have included significant contributions in Cambodia, Rwanda, Somalia, and East Timor.

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The nature of peacekeeping has evolved over the years, becoming more complex and multi-layered, encompassing roles such as protecting communities afflicted by conflict, delivering humanitarian aid, providing medical care, and rebuilding infrastructure. 11 Australians have died during these operations.

Twenty-six years ago, Australians were deployed to Timor-Leste, then known as East Timor, to lead a multinational peacekeeping force in response to a humanitarian and security crisis.

Over 18,000 Australians served in East Timor, including members of the Australian Defence Force, Australian Federal Police personnel, as well as civilians. Their contribution came at a cost, with six Australians paying the ultimate sacrifice.

The Iraq War had its origins in the First Gulf War of 1990 and 1991. During that conflict, Iraqi forces invaded Kuwait and were driven out by an international coalition that included Australia.

The coalition's operation ended at Kuwait's border with Iraq, and Hussein remained in power in Iraq. Ten years later, after the 2001 terrorist attacks in the US, senior politicians and military leaders seized the opportunity to intervene in Iraq.

On 20 March 2003, Australia joined the US-led 'coalition of the willing' to locate and destroy suspected weapons of mass destruction (WMDs), sever Iraq's ties with terrorists and try to remove Saddam Hussein from power.

Personnel from all 3 branches of the Australian Defence Force (ADF) served in the war. Tragically, 5 Australians lost their lives due to their service in the Iraq War. The Australian contribution to the war in Afghanistan was known as Operation Slipper (2001-2014) and Operation Highroad (2015-2021).

Over 35,000 ADF members were deployed to Afghanistan and the Middle East over 20 years, from 2001 to 2021. ADF personnel served alongside Australians from government and non-government organisations, Coalition forces and Afghan nationals.

Operation Slipper is notable for the first Australian combat deaths since the Vietnam War. 41 Australian soldiers were killed in Afghanistan and 261 wounded, the majority after October 2007. Another Australian was killed while

serving with the British Army. This year we mark the 25th anniversary of Operation Slipper, the first of several ADF operations to support Afghanistan.

We remember all who lost their lives during, or as a result of, their service and acknowledge the physical and mental impacts that service has on many veterans and their families.

Vanessa Cotter, Secretary of the Association, delivered a solemn and moving Word to Australia's Modern Veterans. Vanessa thanked the Association's Chaplain, Ken Schmidt, for his commitment to the association and his guidance in preparing the message to veterans.

Major Robert Mills of the Red Shield Defence Service Enoggera delivered the commemorative address. Major Mills shared the history of the Red Shield Defence Service and their ongoing commitment to ADF personnel despite the Albanese government's decision to end funding for the Salvation Army's 125-year-old "Sallyman" program which sparked widespread disappointment across Australia's veteran and Defence Force community.

The Sallyman program offers Defence personnel vital frontline emotional and spiritual support, but recent funding cuts have threatened this century-old program's ability to sustain ADF morale and wellbeing.

The Australian War Memorial will host a national commemorative service on 11th October to honour the service and sacrifice of those who served in Afghanistan from 2001 to 2021. 25th anniversary of Australian service in Afghanistan 2001-2021 | Department of Veterans' Affairs

The Bribie Island National Service Association Inc. honours the contribution of all ADF members, and their families. The organisation offers support and well-being assistance to all current and ex-serving ADF members in our community.

The Association wishes to acknowledge the generous support of Terry Young MP, Arian Doolan MP, Councillor Brooke Savage, Busy Fingers Fundraisers, City of Moreton Bay, The Surf Club Bribie Island, Victory Press, Mike Watts and the Celtic Minstrels, Bribie Signs, The Bribie Islander magazine and Morayfield Lodge.

For more information about the association or how you can assist the Sallyman to continue to provide services, please contact veteransbribie@gmail.com.

BRIBIE ISLAND NATIONAL SERVICE ASSOCIATION INC

UPCOMING EVENTS & ACTIVITIES

Thursday 22 Oct 2026

Sunshine Coast Veterans' Day @ Australia Zoo

Tuesday 3 Nov 2026

Melbourne Cup Day @ Coungeau House

Wednesday 11 Nov 2026

REMEMBRANCE DAY SERVICE

Bluey and Jean Piva Park, Woorim
commencing at 10.30am

EVERYONE WELCOME

**Our activities are kindly supported by
Busy Fingers Fundraisers**

Contact

Email: veteransbribie@gmail.com for further information.



Discovering Moreton Bay:

A Family Adventure in Shells and Citizen Science

The Great Southern Bioblitz 2026 kicks off from 27–30 November 2026, offering families across Moreton Bay and beyond the perfect excuse to step outdoors and discover the remarkable diversity of life on their doorstep.

For families exploring the region's beaches, waterways and bushland, there is an extraordinary world of fauna and flora waiting to be discovered. Sometimes, you don't have to look very far.

Take the humble seashell.

A walk along the beach can become a fascinating introduction to what lies beneath the water. Shells come in an amazing variety of shapes, colours and sizes, and each one tells a story about the creature that once lived inside it. A magnifying glass can transform a simple beachcombing expedition into an investigation worthy of a young marine biologist. Look closely at the patterns, ridges, openings and textures, and suddenly the beach becomes a natural laboratory.

Scan the QR code to explore SEQ Shells, where you can discover more about Gastropods, Bivalves, Cephalopods, Microshells and many other fascinating molluscs found throughout South East Queensland.



A Shell Guide — and a Sandcastle Challenge

The next QR code opens *A Brief Guide to Molluscs of Moreton Bay* by **Dr John Healy**, a useful reference for curious young explorers and their families.

Why not take the guide to the beach and see how many different shells you can identify?

And once the scientific investigation is complete, there is always time for some creative construction. Shells can provide inspiration for decorating a sandcastle — perhaps the first signs of a future interior designer. Don't forget the moat!

A carefully designed moat introduces another fascinating concept: **hydrology**. How does water flow? Where does it collect? What happens when the tide comes in? Perhaps today's sandcastle architect will become tomorrow's civil engineer.



The beach is, after all, a classroom without walls.

Meet Fellow Shell Enthusiasts

The adventure doesn't have to end when you leave the beach. There is an opportunity to meet like-minded people at the next meeting of the **Brisbane Shell Club in Banyo**, where you can take a deeper look at the world of molluscs, learn from experienced enthusiasts and perhaps

sharpen your shell photography skills along the way. For anyone wanting to look beyond simply collecting or identifying shells, local shell clubs provide a wonderful way to connect with people who share a fascination for the natural world.

Become a Citizen Scientist

To kick-start your bioblitz experience, download the **iNaturalist app** onto your smartphone and start recording your observations.

That shell, bird, insect, plant or other creature you encounter on your walk could become part of a much larger picture of biodiversity across the region. Citizen science turns an ordinary family outing into something meaningful: your observations can help build knowledge about the species living around us and contribute to a growing record of local biodiversity.

Look — But Leave the Shells Where They Are

Shell counting and beach surveys are popular activities around the world. In the Netherlands, for example, organised shell-counting projects provide an insight into how communities elsewhere are getting involved in understanding their coastal environments.

Here in Moreton Bay, however, there is an important message to remember:

Look at the shells, photograph them, identify them — but wherever possible, leave them on the beach.

An empty shell is not necessarily an abandoned object. It can provide a home or hiding place for small beach creatures and other marine life, particularly around the waterline. So perhaps the best souvenir from your beach adventure isn't a pocket full of shells.

It is a photograph, a new species identification, a contribution to citizen science — and a little more knowledge about the remarkable natural world on your doorstep.

The President of Rotary Redcliffe Sunrise - Colin Scobie said this November, is a great time to introduce kids to beach nature and join the Great Southern Bioblitz 2026 and discover what you can find. A budding citizen scientist in the making.



Discover Nature for \$20 or Less at the Bribie Island Nature Festival

Get ready to immerse yourself in the natural wonders of Yarun as the Bribie Island Nature Festival returns with an inspiring program of free and budget-friendly activities — all priced at \$20 or less.

Whether you're a wildlife enthusiast, outdoor adventurer or art lover, this year's festival makes exploring our pristine island home accessible to everyone.

Marine and wildlife lovers can dive into coastal conservation without spending a cent. Hear directly from turtle conservation volunteers at The Turtle Custodians or discover the fascinating aquaculture science happening locally during CSIRO Currents, presented by the CSIRO team.

Head to Kakadu Beach for Wings Over the World and marvel at migratory shorebirds or join fellow citizen scientists for the Big Bribie Bird Count & Bribie Bioblitz

HEALTH, WEALTH & COMMUNITY

to document local species. Explore how the community can help tackle invasive species at the Guardians of the Sanctuary talk or reflect on stories carried by the sea at the Our Landlord: The Ocean art exhibition.

If you love getting active outdoors, stretch your legs on the guided Buckley's Hole Community Restoration Walk, or take to the water with Pumicestone Paddle: Discover Outrigger Canoeing.

Looking for a creative, hands-on experience? Learn the gentle art of bringing broken objects back to life at the communal Repair Ritual or enjoy the community art installation Weaving Water: Looming.

From interactive workshops and guided bushwalks to marine science and hands-on art, there's something for every age to enjoy — without breaking the bank.

Spaces for these free and under-\$20 events are limited, and bookings are essential for most sessions.



Visit the official festival website to secure your spot and celebrate the best of Bribie Island's unique environment: www.bribieislandnaturefestival.com.au



BRIBIE ISLAND NATURE FESTIVAL

OCTOBER
9|10|11



Yarunyung: The Next Wave

Bold Fashion Live Music Immersive Visuals

Experience a groundbreaking runway event combining young creativity, fashion, live performance and stunning video imagery of Bribie Island.

Don't miss this vibrant celebration of fashion, music and digital storytelling.



WILD BRIBIE

**THIS SUNDAY
11TH OCTOBER
10AM TO 1 PM**



A FREE FAMILY EVENT

FREE CHILDREN'S ACTIVITIES

Colour your own Shorebird, or echidna, or blue tongue lizard.

Make a possum drey, or a pool ramp—all to take home with you!!

WATER MOUSE MAZE

have fun and learn about this little local along the way!



LARRIKIN PUPPET SHOW

Meet and learn about her sea adventures

11.00am Puppet show

11.45am Book launch and meet the artists



PROJECT DISPLAYS

See the range of projects where **BIEPA** is making a difference for our local environment! Flora, turtle education, Marine & coastal cleanups, Managing invasive species, Dugong Diaries & many more.

WHERE? APEX PARK, BONGAREE
BEHIND THE SEASIDE MUSEUM SEE YOU THERE!!

www.biepa.online

Supporting the www.bribieislandnaturefestival.com.au/wild-bribie

20

www.thebribieislander.com.au The Bribie Islander



biepa

Bribie Island Environmental
Protection Association Inc.

WILD BRIBIE is the inaugural event being put on as part of the Bribie Island Nature Festival (9-11 October).

When: Sunday 11th October 10am – 1pm

Where: Apex Park, Bongaree (behind the Seaside Museum)

Cost: FREE

WHAT WILL BE THERE? WILDLIFE!!

Firstly, expect to get up close and personal to some real native wildlife that you would find on Bribie Island. These include lizards, snakes, possums, gliders, a range of birds and the wonderful echidna. Expect also to meet a koala!!

Although no longer on Bribie Island, these iconic marsupials are known to reside in Sandstone Point, Ningi and up towards Toorbul.

THINGS TO MAKE & DO:

There will be hands on activities for kids/families to do together including colouring your own native animal (echidna, bat, lizard, shorebird etc.) which you can take home with you, but there will be items for you to make to take home for your home to be more wildlife-friendly – like a pool-ramp or a possum drey.



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LARRIKIN PUPPET SHOW (FREE):

11am will see these entertaining puppet characters tell the story of 'Marina's Marine Adventure' set right here on Bribie Island – a new book being launched at this event!! Great for Kids and Adults to enjoy but learn as well!

WATER MOUSE MYSTERY MAZE:

Explore this maze, brought to you by Nature Nose and learn about the mysterious Water Mouse that has called Bribie Island home – how it lives, what it eats and plans for its future.

DISPLAYS:

There will be a range of displays for everyone to wander through and check out including education regarding Turtles, Biodiversity, Shorebirds, Flora on Bribie, Marine and Coastal Debris Cleanups and Invasive Species. This event is being put on by BIEPA (Bribie Island Environmental Protection Assoc Inc) which has been operating on Bribie since 1978. The organization oversees a range of hands-on active projects that are making a significant difference to helping Bribie's natural flora and fauna survive on the island and its surrounds. The various projects have their own teams who drive their desired outcomes and create camaraderie and education with the overall goal being to help all life flourish on our Island Sanctuary.

So, come along, learn about nature here on Bribie Island, share some fun with the kids, take home some fun items that can help your home be more wildlife-friendly, or just come for a wander, see some wildlife up-close while you enjoy Bribie's wonderful natural character.

SEE YOU THERE!!

**BRIBIE ISLAND
COMMUNITY KINDY
Market Day
FUNDRAISER EVENT**

**7 - 11 AM
SAT 24TH OCT**

SAUSAGE SIZZLE, FAMILY BAKED TREATS, BRIC-A-BRAC, LIVE MUSIC, KID-RUN LEMONADE STAND, FACE PAINTING, FRESH COFFEE, FOSSICKING & MORE

COTTERILL AVENUE, BONGAREE
(Next to Busy Fingers)

COLOUR FORM & REFLECTION

OCTOBER 13 - 25

Bribie Island Community Arts Centre

This exhibition, featuring a collaboration of Jewellers, Potters and Watercolourists, is a blend of pigments, metals and clay.

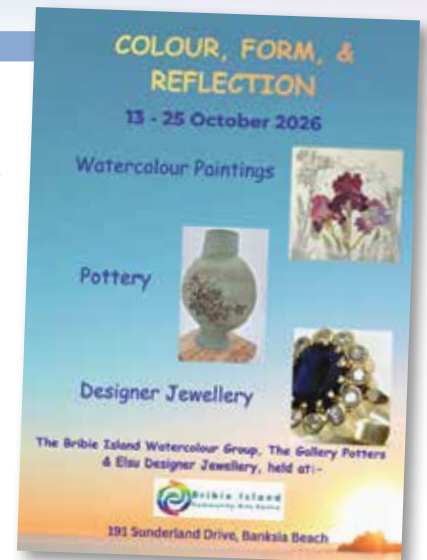
The BICAS Water Colour Group who meet every Monday morning at the Bribie Arts Centre, has about 15 members. They're exhibiting paintings using traditional colour techniques, a variety of styles and subjects, from sweeping landscapes to abstract and organics.

The Jewellery is by Elsu Designs, made by Elmar and Susan Rothbrust, Goldsmiths' Silversmiths and Jewellery Designers. It features a varied of contemporary and traditional designs in pure & precious metals, gold, platinum and silver and gemstones. Elmar and Susan are highly skilled jewellers, having worked in this field since 1972.

The Gallery Potters is a group of experienced potters operating from Bribie Arts Centre, who have made an exciting variety of works in clay and ceramic. Their exhibition pieces are a mix of functional pottery and works of art.

The three groups have had fun pulling together this exhibition, which is sure to delight and tempt visitors to the Gallery.

Come see it soon and be sure you have a relaxing cuppa in Cafe 191 on site with a taste of one of the new cakes, the flavours of which have both colour and form, too.



Smooth Spring Jazz Concert Sunday October 18

The Gallery Singers invite you to a delightful afternoon of music, laughter and springtime sparkle in the namesake venue at Bribie Community Arts Centre. After tuning up once again, the Gallery Singers are ready to enchant with a selection of beguiling, soft, romantic jazz favourites.

Enjoy beautiful harmonies and timeless melodies from Duke Ellington, Irving Berlin, Antônio Carlos Jobim, George Harrison and more — brought to life with the warm sounds of piano and clarinet.

2pm Sunday October 18, Matthew Flinders Gallery at Bribie Island Community Arts Centre. And because a musical afternoon deserves a little sparkle..., you'll be welcomed at the door with a glass of bubbly. and enjoy a delicious afternoon tea during the interval.

Let the Gallery Singers serenade you into spring.

Good music, good company, bubbly and cake. What could be better?



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

Bribie Arts Centre

Next Generation Art Prize 2026

And the Winners are...

The Next Generation Art Prize 2026 Awards Presentation Night on August 29 at Bribie Arts Centre was a sold-out event with 300+ attendees. It was a beautiful evening, with talent and pride in equal measure everywhere. Age Group Judges Dr. Tracey Benson and Erwin Cruz had their work cut out, but made insightful comments on all winning artworks. Special guests Ariana Doolan and Brooke Savige, and major sponsors Bribie Island Bowls Club, Who's On First, Pacific Harbour Golf & Country Club, LJ Hooker and Cynthia Nolan presented prizes and praised our next generation of artists. Bribie Island Environmental Protection Association were impressed by the many artworks vying for their Recycled Materials Award.

The perfect musical backdrop was provided by Leanne and Maya, two local youth musicians mentored by Imagine Music.

Fiona Boxall, Next Gen 2026 Event Coordinator, said the Next Gen organising committee is proud to give young people of any arts discipline an opportunity to share and be recognised for their talents. Tylenea Matthews, talented local singer/songwriter/acoustic guitarist and emerging pianist, Bowie Ellis, performed wonderful sets in Cafe 191 Courtyard and in the Gallery, on Sunday 6 September.

Team Next Gen thank all 2026 sponsors. And the Winners are...

7-8 Age Group

Winner 2D - Aurora Daykin - "Whale Shark of the Ocean"
 Winner 3D - Ezekiel Yeoman-Meadows - "World Getting Destroyed with Rubbish"
 Highly Commended - Gemma Lobbegeiger - "Doggo Days"

9-11 Age Group

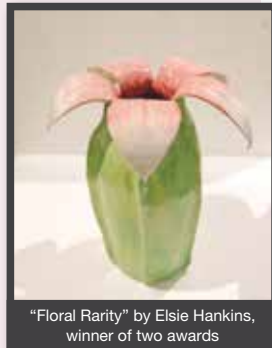
Winner 2D - Olivia Hoskins - "Six Strings, Infinite Stories"
 Winner 3D - Brooke Doman - "Bruce The Emu"
 Highly Commended - Georgie Kerr - "Reef Collection"

12 - 13 Age Group

Winner 2D - Arabella Taylor - "Silent Track"
 Winner 3D - Eve Marsman - "Under the Sea"
 Highly Commended - Alana Black - "Red Beach"

14-15 Age Group

Winner 2D - Mikayla Gaffney - "Music"
 Winner 3D - Elsie Hankins - "Floral Rarity"
 Highly Commended - Mayla Ward - "Mootastic"



16-18 Age Group

Winner 2D - Tylenea Matthews - "Dead Sun Territory"
 Winner 3D - Charlotte Turton - "Lepidoptera"
 Highly Commended - Grace Clarke - "Self Portrait"

BICAS Mentorship Award

Grace Clarke, 17, "Grey Heron" & "Self Portrait"
 Ruby Richards, 15, "Still Life with Flowers"

BIEPA Recycled Materials Award

Ella Sheather, 17, "Eat, Drink, Be Merry...For Tomorrow... Microplastics"

State Parliamentarian's Award

Joy Phillips, 9, "A Place Between"

Pacific Harbour Golf & Country Club Awards

Junior winner: Eloise Keep, 11, "Serenity"
 Intermediate winner: Marlie Lawson, 12, "Unlikely Friends"
 Senior winner: Charlotte Turton, 18, "My Lady"

Mavis Foster Pottery Prize

Elsie Hankins, 14, "Floral Rarity"

Flair Jewellery Design Award

Georgia Laye, "Tangled Love"

People's Choice Award

Lavender Trabelsi, 17, "Resting Kookaburra"



BICAS Mentorship Award winner Ruby Richards for "Still Life with Flowers"



Lavender Trabelsi winner of the People's Choice Prize for "Resting Kookaburra" with Leigh Dennis, Marketing Manager



Winner 2D 14-15 years category Mikayla Gaffney for "Music"



State Parliamentarian's Award winner Joy Phillips for "A Place Between"

Local Dining Guide

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



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DINNER Tue to Sun 4:30 - 8:30



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

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Bribie Island Bowls Club
 11-23 Welsby Parade, Bongaree 4507



THE GALLERY SINGERS PRESENT SMOOTH SPRING JAZZ

*A delightful afternoon of music, laughter and
springtime sparkle!*

With their voices tuned and ready, the Gallery Singers invite you to enjoy a gorgeous selection of smooth, romantic jazz favourites. Sit back and savour beautiful harmonies and timeless melodies by Duke Ellington, Irving Berlin, Antônio Carlos Jobim, George Harrison and more, brought to life by the warm sounds of piano and clarinet.

Concert Details

Sunday, 18 October at 2.00 pm
Bribie Island Community Arts Centre
191 Sunderland Drive, Banksia Beach

Because every lovely afternoon deserves a little sparkle, you will be welcomed at the door with a refreshing glass of bubbly. During the interval, enjoy a delicious afternoon tea with coffee and cake.

So, sit back, relax and let the Gallery Singers serenade you into spring.

*Good music. Good company. A little bubbly.
And cake. What could possibly be better?*

FOOD, WINE & ISLAND TIMES

Book Your Tickets

Tickets are **\$20** and are always popular, so book early. Book online at <https://www.trybooking.com/DQAPY> or visit the Bribie Island Community Art Society front desk. Phone **3408 9288**.

*Smooth Spring Jazz — a little taste of spring,
wrapped in harmony.*

About the Gallery Singers

The Gallery Singers are a vibrant women's choir that has shared the warmth and joy of three-part harmony with audiences for more than 20 years. Under the direction of Musical Director June Willoughby, the choir performs a delightful blend of lively favourites, heartfelt ballads and timeless classics. More than a choir, the Gallery Singers are a welcoming community brought together by friendship, laughter and a shared love of singing.

Love to Sing?

If you enjoy singing and harmonising, we would love to welcome you. Come along, make new friends, and discover the joy and warmth of singing together.

Rehearsals

Bribie Island RSL Club — ANZAC Room

Toorbul Street, Bongaree

Thursdays, 1.30 pm–3.30 pm

Questions? Call Beverley Biram on **0409 970 398**.

BRISBANE CRUISES

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Price Includes BBQ lunch and cruise
Prices: Adults \$90, Children \$60 (4 - 14yrs).

2026 DATES:

Oct 17 Sat - Nov 16 Mon

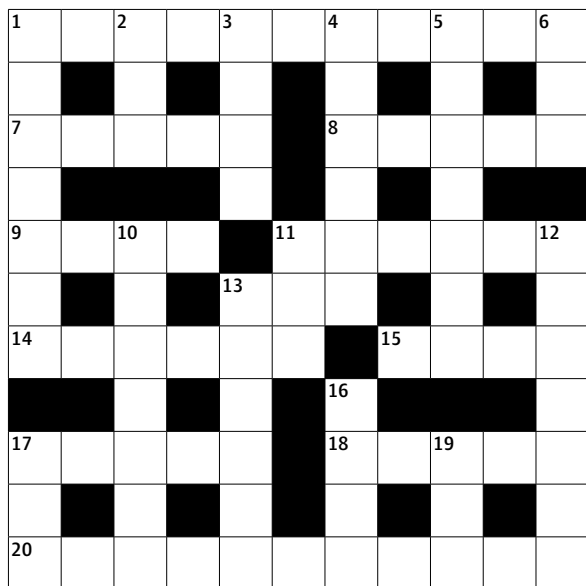
Departs Bongaree Jetty, Bribie Island
12.15pm Returns 2.15pm (approx)

07 3630 2666

E: info@brisbanecruises.com.au W: www.brisbanecruises.com.au



CROSSWORDS – QUICK & CRYPTIC

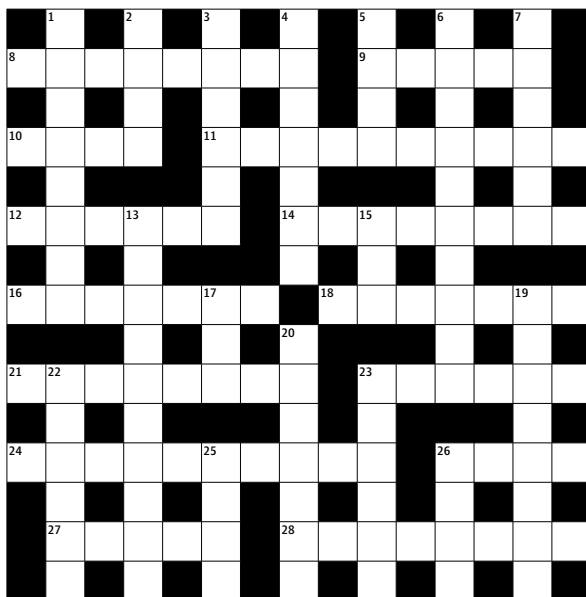
**Across**

- 1 Spy moving centre stage (6,5)
 7 Drive off composer (5)
 8 He drinks and is a bit blotto, perhaps (5)
 9 Space around heath (4)
 11 Advanced, specialist component of White Christmas (2-4)
 13 Backing graduates, an Uncle from USA (3)
 14 Lives with duke by cathedral (6)
 15 Lives – again – on river (4)
 17 Attack's concerning where filming takes place (5)
 18 Composition taken from Penelope Radcliffe (5)
 20 Battle spear damaged piece of armour (11)

Down

- 1 Deserve, injured and cut (7)
 2 Some discarded vehicle (3)
 3 The hour is up – give out (4)
 4 Martin out in NI county (6)
 5 Train former journalists (7)
 6 One of the high points in history (3)
 10 Supervise, when finished with bishop's office (7)
 11 Possesses some purchases (3)
 12 One's been taken to house with platform (7)
 13 Flapping tassel on tiles (6)
 16 Croquet arch Piglet's friend flipped over (4)
 17 Part of the regalia small brother overturned (3)
 19 Greek letter and a note turned up (3)

CRYPTIC

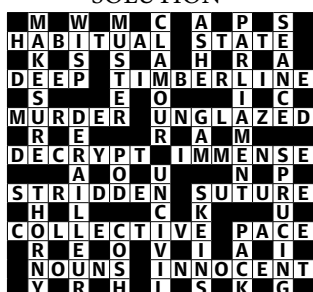
**Across**

- 8 It's normal for holiday at Legoland at the outset to involve a little something for everyone (8)
 9 See 10
 10/9 Spooner's expensive rendezvous with The Blob? (4,5)
 11 I tremble in feverish place where the fuel runs out? (10)
 12 Relish killing (6)
 14 Open to the elements, caps missing, air processor burned (8)
 16 Unravel slam point (7)
 18 Mammoth setter's crew stripped user (7)
 21 Walked free in road house (8)
 23 Sew up ruptured uterus (6)
 24/27 Ten solutions may provide tonic with novel clues (10,5)
 26 Begging your permission, tread carefully (4)
 27 See 24
 28 Local, having no cash, in the Clear (8)

Down

- 1 Brand accepts plan backing guarantee (4,4)
 2 Start to watch broadband supplier's strand (4)
 3 Subsection of secret summons turned around rally (6)
 4 One who keeps quiet before the Guardian's outcry (7)
 5 A female or male tennis icon? (4)
 6 Chamber's diet for those chosen (10)
 7 Late meeting of party in bishop's office (6)
 13 Thwart fickle rule in gear shift? (10)
 15 Sport cut short leg (3)
 17 Hope to God every third letter appears in books made to order (3)
 19 Smartening up University College in April and May (8)
 20 Offensive in the armed forces? (7)
 22 Some leaderless after god proving hard to please (6)
 23 Ask Einstein to include networks (6)
 25 Whack the top guy and staymum (4)
 26 Wild Bunch get ready to hit the road (4)

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SOLUTION

GAME NIGHTS!

ON BRIBIE

MONDAY TRIVA

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

TUESDAY

BINGO

Bribie Island R.S.L 10.00am

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 12.45pm-3.45pm.
\$5 which includes raffle prize.
Please arrive 10mins before play starts at 12.45pm
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

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

LET'S GO TRAVEL

We actually had a fantastic turnout at our last meetup on 13 September, with 14-16 attendees and people who are interested in travel and happy to talk to others who may have already been where they would like to go.

Five of us from our England, Ireland and Scotland 2027 group had a little catch-up so that we could get to know each other a bit better before we fly to London in August 2027.

We will all catch up on the 28th at the RSL with our travel agent, Jo Meredith, to go over everything and make sure we're all on the same page.

I always have a list titled "Who Wants to Go Where?" Just in case you want to travel to a specific area, there might be someone on that list who is also keen to go there.

Simply add your name, where you would like to go and your mobile number so that interested people can call you.

Because I also host a monthly meeting at North Lakes, there is a North Lakes list as well, and there might be someone on it whom you could catch up with too.

Earlier this year, one of our ladies from Bribie travelled to Japan with a lady from the North Lakes group.

Our next Bribie meeting will be on 11 October at 3 pm at the RSL.

Just ask at the Social Café where the LET'S GO TRAVEL GROUP is meeting, and they will direct you to our table—hopefully in the auditorium, when available.



Reminder:

I am not a travel agent or consultant, so I cannot arrange anything for you. I also cannot organise travel insurance for your trip.

However, we can discuss anything, and I will always do my best to find an answer for you.

I look forward to seeing everyone next month.

Cheers

Roslyn Sanderson
0401 078 187




Please Welcome

OUR NEW CLUB TENNIS COACH



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

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

Part 1 - The Explorer



by Al Finegan

John Oxley
1784 - 1828

Of all the famous explorers of Australia's colonial era, one of the most celebrated must surely be John Oxley. He is hard to ignore. His name is everywhere, and the list seems endless. To mention just a few, his name appears on electoral districts, a major highway, an island, schools, a college, a creek, a national park, numerous streets and, previously, a hospital and two different submarines. The State Library of Queensland even houses its great collection of Queensland history in the John Oxley Library.

There were, however, two very different sides to John Oxley - the public explorer and the considerably more complicated private man. I therefore present John Oxley in two parts: The Explorer and The Man.

This is the story of John Oxley, the explorer.

John Joseph William Molesworth Oxley was born near Kirkham Abbey in Yorkshire, England, in 1784 and joined the Royal Navy as a young man, beginning the career that would eventually take him repeatedly to New South Wales.

He first arrived in Sydney in October 1802 aboard HMS Buffalo, a 12-gun naval storeship, serving as master's mate. He soon became involved in coastal surveying, including an

expedition to Western Port, Victoria in 1804–05. In 1806, Oxley took command of the colonial vessel Eramina on a voyage to Van Diemen's Land.

He returned to England in 1807 and was formally commissioned as a lieutenant in the Royal Navy. On 26 January 1808, while Oxley was still in England, Major George Johnston and officers of the NSW Corps arrested Governor William Bligh in the event generally known as The Rum Rebellion.

In November 1808, Oxley returned to Sydney as first lieutenant of HMS Porpoise. Several months later, in March 1809, Porpoise carried the deposed Governor Bligh to Van Diemen's Land, where Oxley was also involved in reporting on the emerging settlements.

Lachlan Macquarie arrived in Sydney at the end of 1809 and on 1 January 1810, he assumed the office of Governor. By then the colony's surveying administration was in an unsettled state. Surveyor-General Charles Grimes had left NSW in 1808 following the political turmoil surrounding Bligh's overthrow, while James Meehan who had arrived as a convict, was carrying out much of the surveying work in his absence.

In May 1810, Oxley sailed once again for England aboard Porpoise. There he turned his attention towards securing the position of Surveyor-General of NSW. He retired from the Royal Navy in 1811 and, after pursuing the appointment in London, succeeded in obtaining the position.

Oxley returned to Sydney in 1812 as Surveyor-General of NSW. He was now about twenty-eight years old, and the naval officer and coastal surveyor was about to enter the period of his life that would make the name John Oxley famous throughout Australia.

Over the next few years Governor Macquarie settled in and straightened out the somewhat disorganised and divided colony. He then turned his attention to finding out more about the extensive land to the West of the Great Dividing Range. In 1813, Blaxland, Lawson and Wentworth found a way over the Great Dividing Range. Macquarie immediately wanted to know what the country was like on the other side of this great range. His purpose was straightforward, he wanted to know where the Westward flowing rivers emptied. The first on his list was the Lachlan River. Macquarie

decided that John Oxley, as Surveyor-General, should be sent to determine its ultimate course. George Evans, an experienced surveyor and explorer was appointed as his second-in-command. Evans had already explored much of the country west of the Blue Mountains and discovered the Lachlan River. Botanist Allan Cunningham was also included in the 14-man expedition. They departed on 6 April 1817.

This was no comfortable surveying excursion. They were trying to take horses, equipment and provisions through country for which they had virtually no reliable map. Following the Lachlan westward, Oxley eventually encountered increasingly flat, waterlogged country. Near what is now the Booligal district, the river effectively disappeared into extensive marshes.

This meant that Oxley did fail in his primary objective. He did not discover where the Lachlan ultimately terminated. More importantly, he drew a sweeping conclusion from what he had seen - that much of the western interior was swampy and effectively useless. We now know that conclusion was wrong. But given what was physically in front of him - flooded plains and apparently disappearing rivers, it was not an absurd conclusion for a man to make, exploring the country for the first time.

To Oxley's credit, he persisted. When the river route defeated him, he did not simply turn around and make straight for home. The expedition explored extensively on its return, adding considerably to European geographical knowledge of inland NSW. Oxley could be wrong without being cowardly or incompetent. After five months absence he arrived back in Sydney.

While Macquarie congratulated Oxley on his findings and maps, he was still desperate to know the answer to the real question - into what, or where, do the rivers actually terminate? In May 1818, Macquarie sent him back. After the hardships and disappointment of 1817, Oxley could hardly have relished being told, effectively, "Righto Johny, try again, only this time follow the Macquarie."

Evans was again appointed as his 2IC. Oxley's principal task was to determine the fate of the Macquarie River. Oxley followed the westward-flowing river, and once again encountered immense marshes and reed beds into which the water seemed to disappear.

At this point his belief in a vast marshy interior was reinforced. Historically, that became one of Oxley's great mistakes. He interpreted the landscape through the limited evidence available to him and developed an erroneous picture of Australia's interior drainage. He wrote in his journal, "But if an opinion may be permitted to be hazarded from actual appearances, mine is decidedly in favour of our being in the immediate vicinity of an inland sea, or lake, most probably a shoal one, and gradually filling up by numerous depositions from the high lands, left by waters which flow into it."

Instead of merely admitting defeat and returning to Bathurst, Oxley changed direction. The expedition turned eastward through country previously unknown to Europeans, crossed the newly encountered Castlereagh River, which Oxley named, traversed extraordinarily productive country around the Liverpool Plains, encountered the Peel River, crossed the southern New England region, reached the Hastings River, and eventually followed it to the coast, where Oxley named Port Macquarie. From there the exhausted party worked its way down the coast, finally reaching Newcastle in November 1818 after an absence of six months.

That was an extraordinary achievement.

The 1818 expedition presents a paradox. Oxley failed in the task he had actually been sent to accomplish yet produced discoveries arguably more important than the original objective.

There is no question that these expeditions involved sustained physical hardship - months in the saddle, inadequate food, flooded country, difficult river crossings, extremes of weather, exhausting marches and continual uncertainty. It was a huge strain on his physical condition. Yet despite Oxley failing in his primary objective, Macquarie praised Oxley's "zealous, indefatigable and intelligent exertions."

In 1819, Oxley and Assistant Surveyor-General James Meehan led two separate but concurrent expeditions. Oxley proceeded down the coast by sea to the Shoalhaven Heads, south of Wollongong. Meehan went overland, starting from the Minnamurra River and meeting Oxley at the Shoalhaven. Oxley's report of good soils in the area increased interest in agricultural settlement around Gerringong and the Shoalhaven. Oxley's report of the

western shore of Jervis Bay, was far less favourable. He stated, "We saw no place on which even a Cabbage might be planted with a prospect of success" and that, "perhaps a more miserable sterile Country was never traversed by man".

On 1 December 1821, Sir Thomas Brisbane replaced Governor Macquarie. At the same time, British officials considered Sydney no longer to be a severe enough place for repeat offenders. They wanted a new, stricter colony where recidivists could be sent away, remote from Sydney.

In October 1823, Oxley was sent north aboard the government vessel *Mermaid* to examine possible locations for another penal settlement. He was instructed to consider Port Bowen (a small bay just north of Rockhampton, not the Bowen we know today), Port Curtis (Gladstone), and Moreton Bay.

Oxley examined Port Curtis but decided it was unsuitable, particularly due to the lack of fresh water and the threat of immediate conflict with the large number of hostile Aborigines. He did not proceed to examine Port Bowen, turning south instead for Moreton Bay.

On 29 November 1823, *Mermaid* entered Moreton Bay and anchored near the southern end of the Pumicestone Passage. And there occurred one of those extraordinary coincidences upon which history sometimes turns. Oxley found two Europeans living among the Aboriginal people. They were Thomas Pamphlett and John Finnegan.

Pamphlett and Finnegan were two of the survivors of one of Australia's great castaway stories. Months earlier, the castaways had left Sydney in an open boat on what was intended to be a relatively short voyage. An east coast low drove them far out to sea. After more than three weeks, the castaways decided to crash ashore, hundreds of kilometres north of Sydney, believing for some time that they had somehow been driven south towards Tasmania.

They had actually reached Moreton Bay. For survival, they depended heavily upon the Aboriginal people who fed and sheltered them. The castaways had previously crossed a large river entering the southern part of Moreton Bay. Oxley suspected such a river might exist. Pamphlett confirmed it. On 1 December Oxley set off in a whaleboat with Finnegan

acting as guide. On 2 December under Finnegan's direction, Oxley's boat entered the great river. The party travelled far upstream, surveying, taking soundings and examining the country. Oxley was tremendously impressed and named it the Brisbane River after his governor.

Immediately on arrival at Sydney, Oxley called the guard and reported John Finnegan as an absconder to be arrested. Oxley then went to the press before he reported to the Governor, claiming that he had discovered the Brisbane River. Brisbane berated Oxley for grandstanding, demanding his report on Moreton Bay and the river. Oxley's report made no mention of Pamphlett or Finnegan.

In 1882, William Coote wrote in his book, "History of the Colony of Queensland", that Oxley displayed, "... a good deal of disingenuousness, and almost dishonesty for failing to acknowledge adequately the value of the information he received from the castaways."

In September 1824, Oxley returned. It was not simply to explore, but to drop off Lieutenant Henry Miller who, along with soldiers, officials, their families and convicts, established the Moreton Bay penal settlement at Redcliffe.

In late 1824, Oxley transported Governor Brisbane to Moreton Bay to inspect the new colony and to make a short trip up the Brisbane River. Oxley and Brisbane recognised the river's potential for European settlement and considered possible sites. But when the struggling Redcliffe settlement was transferred to the Brisbane River in 1825, it was Miller who selected the site near today's city centre from which Brisbane would ultimately grow. The Moreton Bay explorations were the last of John Oxley's expeditions. His body had suffered greatly during the previous 12 years and he quietly moved to his estate at Kirkham near Camden. He kept up his Surveyor-General duties despite his health continuing to decline. He passed away in 1828.

Oxley was Undoubtedly a courageous and capable explorer, sometimes wrong, occasionally spectacularly wrong, but he never gave in to the circumstances, regardless of their severity.

John Oxley was a complex man. In the next Issue of the *Bribie Islander* I will tell you the details of his private life - John Oxley The Man.

SENIORS FEATURE



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Seniors Week celebrates our community and offers a timely reminder to review the arrangements that protect our wishes and loved ones.

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Retirement, When Every Day Feels Like Sunday

You finally have all the time in the world—then realise you have no idea what day it is.

Retirement is usually sold as one long holiday: cruises, gardening and happy couples riding bikes without a sore knee between them. It sounds wonderful. What nobody mentions is that you may still wake at 6.15 every morning, ready for a job you no longer have. For a while, the alarm clock becomes less of a useful device and more of an old enemy you keep around as a trophy.

For years, work tells us what to do: set the alarm, remember the password, sit through meetings and answer emails that begin with “Just checking in”. Then retirement arrives. You get a card, a cake and the cheerful order to “enjoy yourself”.

By Monday, you are sorting the spice rack because apparently paprika has been in the wrong place since 1998. It takes time to learn that an empty diary is not a problem waiting to be fixed. The first surprise is how much time

there is. At work, you could lose an afternoon to paperwork. In retirement, you waste twenty minutes and wonder if you should learn Italian. Weekends stop feeling special, and public holidays are just days when the shops shut early. Yet this is also the great gift of retirement: your time finally belongs to you. You can shop when the supermarket is quiet, book appointments outside the rush and have lunch without eating it over a keyboard.

Then everyone asks about your new hobby. A retiree is expected to take up gardening, golf, woodwork or something involving a shed full of tools. Before long, relaxing becomes another job.

The lawn must look perfect, the golf score must improve and the homemade bread must be good enough to post online. But hobbies do not have to produce trophies.

Retirement gives you permission to be a beginner again—to paint a wonky landscape, join a choir, learn a few guitar chords or make a birdhouse that only an unusually trusting bird would enter.

Families quickly notice that you are “free”. Suddenly you are the driver, babysitter, spare-key holder and person who knows whether that strange car noise is serious. A lifetime of experience is reduced to one question: “Since you’re not busy, could you pop over?” Still, there is a good side. Retirement can mean more time with grandchildren, old friends and the people who were squeezed between work and chores for years. You can stay for another cup of tea instead of checking the clock. Retirement deserves a better reputation. It is not a never-ending holiday, and it does not mean you are no longer useful. It means you finally get to choose what is worth your

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time—and what was only a meeting that could have been an email. You can volunteer, help a neighbour, pass on practical skills or simply become the reliable friend who actually answers the phone. None of this comes with a performance review, which is surely one of civilisation's finest achievements.

There is also more room to look after yourself. A walk no longer has to fit between dinner and darkness. You can swim, stretch, cook a

proper meal or attend a medical appointment without asking anyone's permission. Better still, you can rest when you are tired instead of pretending that a strong coffee has repaired everything. Retirement will not make anyone twenty-five again, but it can make looking after the age you are much easier.

It can also open doors that working life kept firmly shut. There are community classes, book clubs, local groups and volunteer roles where nobody cares about your old job title. You can learn family history, try photography, help at a community garden or finally understand what all the buttons on the phone do. Curiosity does not retire, and neither does the pleasure of meeting people who know nothing about your former office dramas.

Travel becomes different too. It does not have to mean a world cruise or matching luggage. It might be a midweek drive, a visit to family, a cheap off-season holiday or a picnic somewhere you used to pass on the way to work. Retirees have discovered one of life's great secrets: popular places are far more enjoyable on a Tuesday morning, when everyone else

is in a meeting discussing why the meeting started late.

The best part may be the small freedoms. Take a walk without counting the steps. Read the paper just because you want to. Sit in the sun, listen to music or spend half an hour talking to someone at the letterbox. Join a club only if the tea is good. Grow tomatoes that cost twice as much as the ones at the supermarket but taste of victory. Wear comfortable shoes to lunch. And when someone asks what you are doing today, enjoy saying, "I haven't decided."

Of course, retirement is not perfect. Money still needs managing, knees still complain and families may continue to believe "retired" means "available with a trailer". But the positives are real: more choice, deeper relationships, fresh interests, better rest and the chance to notice ordinary life while it is happening. Retirement is not the end of being useful. It is the end of having to prove that every hour was productive. At last, a nap can be part of the plan, morning tea can count as an appointment and Tuesday can wait until Wednesday.

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Who Gets Mum's Teapot?

When inheritance becomes much more than money

If you watched *Dynasty* back in the 1980s, you might remember the extraordinary family feuds involving money, power, betrayal and the question of who was entitled to what. It made wonderfully over-the-top television, helped by the fact that everyone seemed to live in a mansion and there were millions of dollars at stake.

You would hardly expect the same drama to erupt over Mum's china cabinet, Dad's tools, a piece of jewellery or an estate which, once everything is settled, might not amount to very much at all. Yet it happens in perfectly ordinary families, and sometimes the ferocity of the battle seems completely out of proportion to the value of what everyone is fighting over.

Perhaps that is because the fight isn't really about the money. Sometimes what looked like family harmony was actually a carefully maintained

truce, kept for Mum and Dad's sake. Christmas can give us a glimpse of this. There is enormous pressure for families to gather and be happy, so people who might happily avoid one another for the other 364 days of the year find themselves around the same table because it's Christmas. Everyone puts on the Christmas smile and tries not to mention last year's argument, the sibling nobody trusts or the disagreement everyone knows about, but nobody discusses.

Sometimes Christmas dinner erupts spectacularly. More often, everyone simply gets through it.

A death brings families together in a strangely similar way. Nobody expects shiny, happy people, but there is still an expectation of family love and unity. We gather, organise the funeral, comfort one another and say goodbye. Then something changes. The person who may have been holding that fragile peace together is no longer there.

Mum isn't there to say, "Please don't start." Dad isn't there reminding everyone that family is family. There is no longer the same reason to tolerate the sibling you never particularly liked or maintain the appearance that

everything between you is fine. The mask of peace comes off, and sometimes an astonishing amount of dirty laundry comes tumbling out with it.

Then the Will becomes involved. Somebody remembers Mum promising them the ring, while somebody else remembers the conversation differently. One sibling believes they did far more for Dad during his final years; another insists nobody ever asked them to help.

Before long, an argument apparently about furniture, jewellery or a few thousand dollars becomes tangled up with decades of family history. Families have long memories. Although we grow up, leave home and become sensible adults, childhood experiences don't simply disappear. The sixty-year-old arguing with her sister may

still remember being the child who thought Mum preferred her. The brother insisting that something isn't fair may still remember believing his sibling got away with everything. Adult life adds another layer. One sibling may have provided years of care while another lived interstate.

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Perhaps one child received financial help decades earlier. There may be years of sacrifice, resentment, guilt and misunderstanding sitting quietly beneath the surface. Then someone dies and one particularly powerful word appears: fair.

But what is fair? Equal shares? More for the person who provided the care? Should previous financial help count? What about something Dad promised years ago but never put in writing? An inheritance can end up carrying emotional weight it was never designed to carry. The watch isn't simply a watch anymore, and the china cabinet isn't just furniture. Even a small difference in money can feel like a final statement about who mattered most.

None of this excuses deception, manipulation, backstabbing or cruelty. Grief may explain heightened emotions, but it doesn't give us permission to behave badly. Perhaps, though, the dispute isn't really about what happened after Mum died. Her death may simply have removed the final reason everyone had for pretending the dispute wasn't already there. There is sadness in that, but perhaps

also some honesty. Sharing parents and DNA doesn't automatically mean people will like one another. A funeral and the settling of an estate may be among the last occasions some families are forced into the same room. Once everything is finished, there may be no more compulsory Christmas lunches, no more pretending for Mum's sake and no parent desperately trying to keep everyone connected.

For some families, that will be a terrible loss. For others, if we are truthful, it may come as a relief.

Perhaps before fighting over Mum's teapot, we should ask ourselves whether we are dealing with today's disagreement or finally trying to settle an account that began decades ago. Eventually the estate will be distributed, the money spent and Mum's teapot will end up in somebody's cupboard. Whether everyone ever wants to sit around the same table again is another matter entirely.

And sometimes, perhaps, that's okay too.

Grace and peace,
Cyn

Cynthia (Cyn) Nolan draws on extensive experience across counselling, trauma, education, wellbeing and community work, and is currently the Ministry Agent at Bribie Island Uniting Church.

She is also working to plant a new faith community focused on taking faith back to basics — creating a place to belong, explore and ask honest questions.

Disclaimer

The views expressed in this column are the personal views of the author and do not necessarily represent the views of the publisher, the Uniting Church, or any other organisation. This column is intended for general interest, reflection, and community discussion only and is not a substitute for professional medical, psychological, legal, or other professional advice. Readers should seek appropriate professional support for their individual circumstances. The author and publisher accept no liability for actions taken based on the content of this column. If you are experiencing emotional distress, thoughts of self-harm, or believe life is not worth living, contact your GP, call 000 in an emergency, or contact a crisis support service such as Lifeline Australia on 13 11 14.


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MOVE BETTER - LIVE BETTER: A NEW APPROACH TO REHABILITATION

Rehabilitation often begins when pain, injury, surgery, a neurological condition or declining strength limits daily life. At Bribie Island Physiotherapy and Lifestyle Gym, we offer something more connected: a place where people feel supported and comfortable returning.

People may arrive for physiotherapy, exercise rehabilitation or help with a specific condition, but many find a wider community.

They ask how surgery went and celebrate progress—from walking further to returning to golf or achieving something long out of reach. Alongside exercise, there is conversation and laughter. Both matter.

REHABILITATION IS ABOUT MORE THAN FIXING AN INJURY

Healthy ageing is about maintaining strength, balance, mobility and confidence so people can stay independent and keep gardening, walking, playing sport, travelling or caring for grandchildren. Sometimes the most important rehabilitation goal is not a test result—it is getting someone's life back.

Our physiotherapists and exercise physiologists combine clinical care with strength, balance and mobility programs. Rehabilitation may be short-term after injury or surgery, or part of everyday life for those managing long-term conditions.

BETTER MEASUREMENT, MEANINGFUL TRAINING

Our VALD technology—including ForceDecks, ForceFrame and DynaMo—objectively measures strength, balance and physical performance.

It helps clinicians identify weakness and side-to-side differences, establish a starting point and track progress, particularly when lower-limb strength or asymmetry affects mobility and independence.

Technology supports rather than replaces clinical judgement. In our gym, measurements guide practical training for people rebuilding after hospitalisation or joint replacement, managing a neurological or long-term condition, or wanting to stay strong and independent. Our goal is not to create athletes.

It is to help people keep doing what matters to them. In the shared gym, people encourage one another, notice progress and often form friendships. Technology makes rehabilitation more precise; community makes it more enjoyable.

LOOKING BEYOND MUSCLES AND JOINTS

Healthy ageing can also involve concerns people may find difficult to discuss. Bladder leakage and reduced pelvic-floor function can affect confidence, exercise and social participation for women and men.

Our **EMSELLA** chair uses non-invasive electromagnetic stimulation to activate pelvic-floor muscles while the person remains fully clothed. For suitable clients, following assessment, it may form part of a broader approach to pelvic health and bladder-control concerns.

We want Bribie residents to have access to high-quality care, modern assessment and appropriate rehabilitation technology closer to home.

Technology should support people

Equipment can measure balance or strength, but people still need someone to understand what matters to them.

The goal might be walking independently after surgery, returning to bowls or feeling confident enough to leave the house. The best rehabilitation combines modern technology with human connection.

HEALTHY AGEING CAN BE SOCIAL

People are more likely to keep moving when exercise becomes part of life rather than another appointment.



They may enjoy the activity, value their clinician's support or look forward to seeing friends. When someone arrives feeling nervous and, months later, greets half the room before starting, that is progress too.

We are building a place where expertise, evidence, technology and exercise sit alongside something equally important: people helping people. Rehabilitation should help people move better and live better.

Curious about our rehabilitation gym?

Come in and have a look. You do not need to be an athlete, already fit or waiting for something to go wrong.

The best time to build strength, balance and mobility may be while you still have plenty of them. The goal is not simply to add years to life, but to do more with the years you have.



Restart a Heart Day 16th October:

A few minutes of CPR could save a life

When someone suffers a cardiac arrest, every second counts. Knowing how to perform cardiopulmonary resuscitation (CPR) and use an automated external defibrillator (AED) can make a life-saving difference while waiting for an ambulance to arrive.

International Restart a Heart Day, observed on 16th October, is an opportunity to raise awareness of cardiac arrest and encourage people to learn the simple skills that could help save a life.

A cardiac arrest occurs when the heart suddenly stops pumping blood effectively around the body. The person becomes unresponsive and stops breathing normally. Without immediate assistance, the brain and other vital organs are rapidly deprived of oxygen.

Bystander CPR and early defibrillation can help improve a person's chances of survival. Yet many people hesitate to act because they are worried about doing something wrong or are unfamiliar with the equipment. The message of Restart a Heart Day is simple: you do not need to be a medical professional to make a difference. Taking action, calling for help and following the instructions of the ambulance call taker can be crucial.

Members of the Bribie Island / Ningi Local Ambulance Committee (LAC) will be conducting CPR information sessions and demonstrations on Friday 16 October, providing community members with an opportunity to learn about CPR and the use of an AED. The sessions will demonstrate the basic steps involved in responding to a suspected cardiac arrest and help people become more familiar with the equipment used in an emergency.

Community members are invited to attend either of the following locations between 09.00-1pm on Friday 16th October:

- **Bribie Island Shopping Centre (near Woolworths)**
- **Caboolture Public Hospital (Hospital Foyer)**

What should you do if someone collapses?

If you find someone who has suddenly collapsed and may be experiencing a cardiac arrest, remember these basic steps:

- 1. Check for danger.** Make sure the area is safe for you, bystanders and the person.

- 2. Check for a response.** Speak loudly to the person to see if they respond.

- 3. Call Triple Zero (000).** If the person is unresponsive and not breathing normally, call 000 immediately. Put your phone on speaker and follow the call-taker's instructions. Ask someone nearby to bring an AED if one is available.

- 4. Start CPR.** Place the heel of one hand in the centre of the person's chest, put your other hand on top and push hard and fast. Aim for 100 - 120 compressions per minute, allowing the chest to return to its normal position between compressions. Give two rescue breaths after every 30 compressions. If you cannot provide rescue breaths, continue chest compressions.

- 5. Use an AED as soon as possible.** Turn the AED on and follow its spoken instructions. Attach the pads to the person's bare chest as shown on the diagrams. Make sure nobody touches the person while the AED analyses the heart rhythm or delivers a shock. Resume CPR immediately when instructed.

Continue until the person shows signs of life and is breathing normally, emergency personnel take over, or you are physically unable to continue.

Building a community of lifesavers

Learning CPR and AED use is not just about acquiring a skill. It is about having the confidence to help a family member, friend, neighbour or stranger when they need it most. An AED is designed to guide users through the process with spoken instructions, making it possible for members of the public to use the device even if they have never operated one before.

Restart a Heart Day is a timely reminder that communities become safer when more people are prepared to respond in an emergency. The Bribie Island / Ningi LAC encourages residents to take advantage of the information and demonstrations being offered and to share what they learn with family and friends.

You never know when someone around you might need your help. A few minutes spent learning CPR and AED skills could one day make all the difference.

For further information or CPR sessions happening in your community email **bribie.ningi.lac@hotmail.com**

Ready for Fun, Friendship and New Adventures? Try Probus Bribie Island

Semi-retired or retired and looking for more laughter, learning and good company, Probus Bribie Island is a great place to begin. Celebrating 41 years on our beautiful island, our club is part of Probus' 50 year tradition of enriching the lives of Australian seniors.

After meeting so many enthusiastic locals at the recent Terry Young Seniors Expo, we are excited to welcome newcomers to our monthly gatherings at the Bribie Island RSL.

Each meeting features guest speakers, entertainers, morning tea and raffles, plus a full calendar of day trips, tours, lunches and BBQs that make it easy to connect and enjoy life.

If you're ready for fresh experiences and new friendships, simply google Probus Bribie or contact **Gabrielle on 0407 341 074 or Don on 0455 968 388.**



Learn Life-Saving Skills in Your Community

The Bribie-Ningi Local Ambulance Committee supports the **Queensland Ambulance Service** by delivering community first aid and awareness programs.

- Volunteer run sessions
- Gold coin donation
- No qualification required

Our programs include:

- CPR Awareness
- First Aid Awareness
- Infant and Child First Aid
- RESQ R000's (Prep-Year 6)
- Snake Bite Awareness (Snakes Alive)
- Stop the Bleed



Learn how to respond in an emergency before an ambulance arrives—because every second counts.

Book or enquire: bribie.ningi.lac@hotmail.com

Interested in giving back?



Visit your local Ambulance stand on 16 October 2026 between 9-1pm at Bribie Central or Caboolture Hospital. International Restart a Heart Day.

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Need Help Finding Dementia-Related Social Groups, Services, and Supports?

The Bribie Island Dementia-Friendly Community is here for you! Join our monthly dementia chit chats for a relaxed, safe environment to connect with others who have lived experience.

Discover social groups, services, supports, and aged care providers tailored for dementia care.

Our mission is to connect, support, educate, and advocate for individuals impacted by dementia on Bribie Island and surrounds. By the community, for the community.



**For more information contact: bribiedfc@gmail.com
Elissa - Bribie Island Neighbourhood Centre
Ph: (07) 3408 8440**



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17 th December 2026	10.30am - 12pm
28 th January 2027	10.30am - 12pm
25 th February 2027	10.30am - 12pm
22 nd April 2027	10.30am - 12pm
27 th May 2027	10.30am - 12pm
24 th June 2027	10.30am - 12pm
22 nd July 2027	10.30am - 12pm
26 th August 2027	10.30am - 12pm
16 th September 2027	10.30am - 12pm



People living with dementia



Carers and loved ones



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AT BRIE ISLAND NEIGHBOURHOOD CENTRE

Have you heard about us?

Our focus is supporting our senior community to remain connected, informed and of course, having fun with new and old friends.

Some of the things you might find us regularly doing are Chair Dance, Weekly Walk & Talk @ Sylvan Esplanade and outings to the Cinema or various fun craft activities.

Often the activities are more about the get together and chat than the craft or walk, but it's always a good time!

So, if you know someone who would like to make new friends, share a laugh and enjoy more connection in the week please reach out.



What you'll enjoy

- Meet welcoming people from the local community
- Enjoy relaxed conversation, laughter and social activities
- Build friendships and a stronger sense of belonging
- Support your wellbeing in a safe, inclusive setting

Come along and see what we're all about—new members are always welcome!

When: Tuesdays Wednesdays and Thursday

Where: Brie Neighbourhood Centre,
9 Verdoni St, Bellara

Interested? Michelle Seniors worker on **07 3408 8440**



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How Smart Home Changes Help Older Australians Stay Independent and Safe

For older Australians who want to stay in the home they know—and for the families helping them plan ahead—the house itself can gradually become a barrier to independent living.

Stairs that once felt routine, narrow doorways, slippery floors and poorly lit hallways can make everyday tasks harder as mobility changes.

These barriers do more than raise the risk of a fall. The Australian Institute of Health and Welfare reports that falls are the leading cause of hospitalised injury and injury death among Australians aged 65 and over, with more than half of hospitalised fall injuries in this age group occurring at home.

Sensible accessibility changes and carefully chosen smart-home technology can reduce hazards and make daily life easier, but technology should support—not replace—a personalised health and safety assessment.

At a Glance: Smart Upgrades for a Safer Home

- Begin with a home assessment to identify risks and set priorities.
- Focus first on high-risk areas, especially bathrooms, stairs and entrances.
- Improve kitchen access with reachable storage, better lighting and easy-to-use fixtures.
- Reduce fall hazards by securing flooring, clearing pathways and improving access through doorways.
- Add smart features such as voice controls, automated lighting, alerts and carefully configured monitoring.

Understanding Ageing at Home and Upgrade Costs

Ageing at home means practical changes that help an older person live safely and independently for longer. The priority is usually higher-risk areas such as bathrooms, kitchens, stairs and entrances, with the work matched to the person's needs and budget.

Home modifications can reduce environmental hazards and may lower fall risk, although balance, eyesight, medicines and health conditions can also contribute. Wet floors, poor lighting and uneven levels are sensible places to start.

Grab rails, lever handles, brighter task lighting and slip-resistant surfaces can make a real difference without a major renovation.

Contact My Aged Care or speak with a GP or occupational therapist about an assessment.

Depending on need and eligibility, assistive technology, minor adjustments and some modifications may be available through Support at Home or the Commonwealth Home Support Programme. Funding limits, participant contributions and approved-item rules apply.

Build an Ageing-at-Home Plan That Fits the Budget

A clear plan turns a long wish list into a manageable project—and helps keep spending focused on the changes that matter most.

Step 1: Assess needs room by room

Begin with entrances, bathrooms, kitchens and stairs.

Note anything that makes movement awkward or unsafe, including thresholds, poor lighting or balance difficulties. The resident's routines, preferences and abilities should guide each decision.

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Our team is here to guide you through the process and answer any questions. For a friendly, confidential discussion contact **Brett Lucas, Mater Foundation's Gift in Will Supporter Liaison** on: **Phone** 07 3163 5666 **Email** giw@mater.org.au



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learn more.

Step 2: Prioritise by safety and frequency

Address immediate safety concerns and frequent tasks first; leave cosmetic additions until later. If mobility equipment may be used, ask an occupational therapist or another qualified professional to check clearances, turning space and access. Doorway and ramp dimensions depend on the resident, the dwelling and local rules.

Step 3: Get realistic, itemised estimates

Prepare a clear scope covering materials, labour and any electrical or plumbing work. Ask contractors to separate essential items from optional extras so quotes are easier to compare and the project can be scaled without sacrificing safety.

Step 4: Compare funding and finance options

Before borrowing, check whether government aged-care support is available. A My Aged Care assessment may provide access to approved technology and modifications through Support at Home or, for lower-level needs, the Commonwealth Home Support Programme. If self-funding, compare savings, loans and home

equity release products carefully. ASIC's Moneysmart warns that equity release can affect future expenses, aged-care affordability, government benefits and the equity left in the home. Seek independent financial and legal advice.

Step 5: Hire qualified contractors

Seek two or three written quotes based on the same scope, materials, timeframe and payment schedule. Check required licences, insurance and written warranties, and confirm who will obtain council or building-certifier approvals. National Construction Code provisions, exemptions and requirements vary between jurisdictions, and alterations to existing homes may be treated differently.

A Practical Checklist for Safer Ageing at Home

- Document room-by-room risks and the daily activities they affect.
- Match each smart device to a clear purpose, trigger and notification rule.
- Confirm clearances, reach ranges and threshold heights.
- Check with the local council or a building certifier whether structural, electrical or plumbing work requires approval.
- Compare written quotes using the

same scope, materials, timeframe and payment milestones.

- Confirm that builders and trades are appropriately licensed and insured in your state or territory.
- Record installation dates, test results, warranties and handover training.
- Review consent, privacy, data-sharing and emergency-contact settings with the resident; change default passwords and keep device software up to date.

Keeping these details together makes the project easier to manage and each upgrade easier to test.

Start With One High-Impact Change

Staying at home can bring genuine concerns about falls, daily tasks and cost. Plan early, address the biggest risks first and choose changes that suit life now. A My Aged Care assessment, GP or occupational therapist can help identify where to begin. A safer home is not about giving up independence but making it easier to maintain. Start with one change that offers a clear benefit: get advice, compare costs and test the result. One well-chosen improvement can build momentum towards lasting comfort, confidence and independence.

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Speech Pathology: Supporting Communication, Voice and Swallowing Difficulties

Communication is woven into everyday life. It allows us to connect with family and friends, share stories, make choices, participate in our community and express what matters to us.

When communication or swallowing begins to change, it can affect much more than speech. It can influence confidence, independence, relationships and everyday life.

People might notice that their voice has become softer, words are harder to find, conversations take more effort, changes in memory or thinking are affecting communication, or eating and drinking has become more difficult.

These changes can happen with ageing or alongside conditions such as Parkinson's disease, stroke, brain

injury, dementia, motor neurone disease, multiple sclerosis and other neurological or health conditions.

At **Sound Abilities Speech Pathology**, we work with people experiencing a wide range of communication, voice and swallowing difficulties.

Our therapy is based on current research and clinical evidence, while also recognising that every person has different priorities, preferences and ideas about what is important in their life.

For one person, a meaningful goal might be speaking loudly enough to join conversations with family. For someone else, it may be ordering their own coffee, participating in community group or continuing to enjoy favourite foods and drinks as safely as possible.

In addition to supporting the person directly, speech pathology may involve working with family members and carers on communication strategies, making changes to the environment, introducing communication technology, or finding different ways for someone to express themselves.

A person's right to communicate, make choices and be involved in decisions about their own care is an important part of this process.

Therapy should support independence, participation and meaningful involvement in everyday life. For people living with progressive conditions, communication and swallowing needs may change over time.

Strategies, technology and therapy can change with them, with the aim of maintaining communication access, participation, connection and quality of life for as long as possible.

If you or someone you care about has noticed changes in speech, communication, voice, memory, thinking or swallowing, reach out to the team at **Sound Abilities Speech Pathology** to see how we can help.



SOUND ABILITIES SPEECH PATHOLOGY

Our team lives and works on Bribie Island, supporting locals with communication and swallowing difficulties.



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Call to book or ask if speech pathology is right for you!



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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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The 2026 IBCPC Participatory Dragon Boat Festival took place on the stunning glacial waters of Lake Bourget in Aix les Bains, in southeastern France in the department of Savoie (Savoy) and within the Auvergne-Rhône-Alpes region.

This extraordinary event with 4500 global participants from within 135 Breast Cancer Survivor teams united for a week, (24 Aug-30 Aug).

Not only for high spirited paddling competition but for vibrant boat and on land parades, inclusive celebration with live music, conviviality within cultural exchanges and the final closing Ceremony of "Flowers on the Water"; a testament "to those who are no longer near".

It embodied a pause to reflect, honour our passion, our enduring spirit of hope, togetherness and our commitment to the sport and to each other. It endorsed our physicality, collective strength and our shared triumph in sending a powerful message that in life after cancer, we can recover, reevaluate, renew, and reset.

Every stroke of our paddles is not about individual performance; but rather a reminder that together we are stronger, powered by our unity to move through the waves as one.

These "waves created on the water" can "echo the waves of change we could inspire, worldwide".

Six members, from Bribie Pink Dragons, joined Sunshine Coast Dragons Abreast under the collective umbrella of Coastal Breast Friends. Our visually stunning pink galahs on our shirts provoked a lot of conversation. Teams identified us well within the myriads of coloured shirts; and as we moved around the venue, we were greeted to the tune of "Aussie Aussies oy oy"!



Weather was beautiful, but unseemingly hot for the Europeans. It may have only been 31 degrees with 90 percent humidity; but we felt we were in searing 40-degree heat and dehydrating by the second! The town of Aix les Bains embraced us. Obviously, some teams had to be accommodated and bussed in from other towns because of the sheer volume. As long as we all wore our ID tags, we had free buses all around the district. One of the elevated roundabouts had a

huge dragon boat constructed to welcome us and the local people engaged, cheered and laughed with us.

We had emotional connections with old paddling friends in strengthening ties from other regattas.

Made inspiring new ones, swapped lapel pins and shirts and continued with joy and energy to up our hydration, barrack for our own and any teams on the water, and bask in the unbreakable bond of sisterhood!

There was such a kaleidoscope of colour, hectic activity and opportunity to extend pathways within other countries in conversation and laughter.

Whilst we did make good heat paddling times; it was more about the participation and connection, in what was truly exceptional.

You can be part of this uplifting experience and enjoy the challenge of dragon boating on the path to fitness with increased well-being whilst making new friends, having loads of fun and supporting our ethos. All are welcomed, both Supporters and Survivors.

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BRIEBIE ISLAND BOWLS CLUB

Self-Select Pairs Results Friday PM 18 September

Winners: R Simpson, M O'Neill
Runners up: G Kirby, C Wilkie
Winning draw: G Olsen, W Kelly
Winning draw: G Lucas, W Mason
Winning draw: N Kirchheiner, M Walter
Encouragement: E Holliday, D Whitehall

Random Fours Results Saturday 19 September

Winners: W Manson, K Norton, M Ball, J Dunn
Runners up: B Castle, J Brown, A Wells
Lucky draw: C Stroud, D Davis, R Featherstone, L McNamara

Scrounger Results Monday 21 September

1st: W Manson
2nd: M Falvey
3rd: L Stanford
4th: D Gilbert

Self-Select Triples Results Tuesday 22 September

Winners: M Durham, I Smith, K Smith
Runners up: K Ayres, G Riley, G McEniery
Winning draw: D Davis, F Grimsey, G Olsen
Winning draw: B Lingley, C Dean, T Dean
Winning draw: F Crockett, BJ Adams, R Eaton
Encouragement: B Thirwell, P McQueen, G Hemphill

Self-Select Pairs Results Wednesday AM 23 September

Winners: C Dean, T Dean
Runners up: BJ Adams, R Eaton
Winning draw: K Muller, J Muller
Encouragement: S Lupi, R McLean

Self-Select Pairs Results Wednesday PM 23 September

Winners: W Gilbert, M Cullinan
Runners up: K Thornton, C Thornton
Winning draw: G Skoien, C Brayley
Winning draw: M Cherry, L Williams
Winning draw: T Whalley, A Buckmaster
Winning draw: C Dann, J Dann
Encouragement: R Ferguson, J Ferguson

Random Triples Results Thursday 24 September 2026

Winners: M Todd, T Phillips, B Keleher
Runners up: G Hutchison, K Brown, D Clarke
Winning draw: B Kelly, L Hackwood, R Cross
Winning draw: K Mulpeter, Y McDonald, J Stevens
Encouragement: J Hannan, M Adams, M Cole, B Matthews

Self-Select Pairs Results Friday AM 25 September

Winners: M Lowe, J Coleman
Runners up: M James, N Gray
Winning draw: S Cook, J Hosie
Winning draw: G Jackson, J Falvey
Encouragement: C Dann, A Coe

Self-Select Pairs Results Friday PM 25 September

Winners: A Feichter, B Hosie
Runners up: B Meek, M Prewett
Winning draw: G Teakel, E James
Winning draw: B Sellers, G Merrin
Winning draw: T Whalley, G Pitts, A Buckmaster
Encouragement: A Wells, P Maloney

Random Fours Results Saturday 26 September

Winners: R Follett, J Brown, J Dunn
Runners up: L Savige, G Hutchison, D Gilbert, T Binns
Lucky draw: D Draper, K Norton, T Hudson, E Polloni

Scrounger Results Monday 28 September 2026

1st: M Todd
2nd: M Walker
3rd: M Cole

Self-Select Triples Results Tuesday 29 September

Winners: T Erfurth, L Beaven, D Bishop
Runners up: G Olsen, F Grimsey, D Davis
Winning draw: B Kinnear, L Godfrey, L Gilmour
Winning draw: C Cross, R Cross, A Russell
Winning draw: K Smith, I Smith, M Durham
Encouragement: P Conn, G Hutchison, J Dunn

Self-Select Pairs Results Wednesday AM 30 September

Winners: B Snare, M Lowe
Runners up: K Muller, J Muller
Winning draw: S Lupie, R McLean

Self-Select Pairs Results Wednesday PM 30 September

Winners: M McIntyre, E Stacey
Runners up: T Whalley, A Buckmaster
Winning draw: C Brayley, E Bateman
Winning draw: G Teakel, T Erfurth
Winning draw: J Hattie, R Avern
Encouragement: M Durham, M Prewett

Random Triples Results Thursday 1 October

Winners: C Christiansen, C Hamilton, J Wallis, S Dempsey
Runners up: A Russell, K Norton, W Follett
Winning draw: C Stroud, M Brown, C Cross
Winning draw: R Follett, T Charlwood, G Gawron
Encouragement: M Todd, D Dodd, N Hicks

BONGAREE BOWLS RESULTS

Bongaree Bowls Club Results 12/9 - 24/9

Results of Friday 2-4-2 11/9

Winners: Adrian Taylor, Noela Gray
R/up: Darryl and Bev Birt

Results of Saturday Scroungers 12/9

1st: Sheena Bath, 2nd: Alan Simonic, 3rd: Christine Nathan

Results of Tuesday Paddle Pop Draw Triples 15/9

Winners: Christine Nathan, Bev Montgomery, Arne Jensen
R/up: Narelle Pender, Ron Wilson, Maureen Ferguson, Richie Ferguson
Bonus Draw: Jackpot next week \$120.00.

Results of Wednesday 4's 16/9

Winners: Tim Carlton, Darryl Rowlingson, Yuki King, Jaarpung Blundell
R/up: Rosie Smith, Leoni Timmerman, Prue Grounds, Peter Caruso

Thank you to ADGlaze who were the sponsors for the day. We truly appreciate the support of our sponsors.

Results of Thursday Jackpot Pairs 17/9

Winners: Ian Jackson, Debbie Jackson, Noela Gray
R/up: Elna Jensen, Arne Jensen.

Results of Saturday Scroungers 19/9

1st: Peter Blake, 2nd: Jan Dixon, 3rd: Greg Pogson, 4th: Lee Burroughs

Results of Tuesday Paddle Pop Draw Triples 22/9

Winners: Ann Clarke, Pip Hamersley, Ian Paterson
R/up: Leonie Timmerman, Ron Wilson, Arne Jensen
Bonus Draw: Jackpot - next week \$150.00

Results of Wednesday 4's 23/9

Winners: Tracey Pugliano, Doreen O'Halloran, Wayne Farley, Peter Furlong
R/up: Ann Clarke, Darryl Birt, Bev Birt, Joanna Horsley

Today was sponsored by the clubs Secretary Marilyn Weston in memory of her late husband and the club's great friend and past member Leigh Weston, on his birthday. Thank you, Marilyn.

Results of Thursday Jackpot Pairs 24/9

Winners: Ken Kajewski, Dave Hutchinson
R/up: Ian and Debbie Jackson (Visitors)

SOLANDER LAKE BOWLS RESULTS

Tuesday 15 September - Club Select Triples/Fours:

Winners: Jenny Jones, Rosa McLeod, Berry Moor, Paul Boldero
2nd: Ron Boddenberg, Cheryl Crawford, Des Stewart
3rd: Judy Pursehouse, Michael Whiteside, Margaret Matheson

Wednesday 16 September - Self Select Pairs:

Winners: Maurie Bonollo and Peter Nixon
2nd: Manny Regenfild and Terry Nash
3rd: Brad Jackson and Ian James

Thursday 17 September - Self Select Triples:

Winners: Raie Stuart, Janelle Day, Ricci Harris
2nd: Shaun Dempsey, Bill Taylor, Neville Graham
3rd: Jan Oakley, Brad Storey, Ted Parker

Friday 18 September - Self Select Pairs:

Winners: Terry Nash and Maurie Bonollo
2nd: Peter Neilsen and Peter Nixon
3rd: Graham Hubbard and Manny Regenfild

Saturday 19 September - Beef & Beer Day:

Winners: Brett Pritchard, Scott Adams, Wally Simmonds (Bribie Island)
2nd: Dave Katz, Chris Perkins, Kerry Taylor (Bribie Island)
3rd: Pete Hodgson, Ian James, Alan Thorp (Solander Lake)

Tuesday 22 September - Club Select Triples/Fours:

Winners: Gaenor Mallet, Ann Larsen, Deb Jackson, Leonie Schmidt
2nd: Adrian Anderson, Gavin Dunlop, Gary Podosky
3rd: John Harris, Val Paul, Graham Hubbard

Wednesday 23 September - Self Select Pairs:

Winners: John Thiele and Ian Boast
2nd: Rob Horsfall and Alan Thorp
3rd: Rob Henshaw and Declan Dawson
Jackpot: \$132 - Winners Rob Horsfall and Alan Thorp

Thursday 24 September - Self Select Triples:

Winners: Robert James, Bruce Crawford, Cheryl Crawford
2nd: Bruce Pursehouse, Judy Pursehouse, Ann Larsen
3rd: Anthony McGregor, Ian Carr, Doug Brown

Friday 25 September - Self Select Pairs:

Winners: Maurie Bonollo and Paul Coxhead
2nd: John Sly and Gavin Dunlop
3rd: Marieke Moore and Neil Feazey

Saturday 26 September - Club Select Triples:

Winners: Sheila Jeffrey, Lane Neilson, Bruce Pursehouse
2nd: Mitch Magnussen, Beryl Moor, Ann Mehmet

BRIBIE ISLAND WOMEN'S GOLF RESULTS

22 Sep to 1 Oct 2026

22/09/26 Single Stableford

WINNER Pauline Grooby 40. 2nd Louise Keleher 39. 3rd Helena Winterflood 38 c/b. NTP. Hole 4 Lorna Burns. Hole 7 Val Phinn. Hole 7 (Div 3 2nd shot) Louise Keleher ITH. Hole 14 Abby Driver. Hole 16 2nd shot Barb Newcomb.

24/09/26 Single Stableford

DIV 1 WINNER Ros Gardiner 39. 2nd Val Phinn 38. 3rd Gill Lee 36. DIV 2 WINNER Sue Graham 38 c/b. 2nd Maree Bailey 38. 3rd Paula McKenzie 37 c/b. DIV 3 WINNER Jody Bedson 44. 2nd Maureen Driscoll 38. 3rd Angela Jordan 36 c/b. NTP. Hole 4 Lorna Burns. Hole 7 Kate Wilson. Hole 7 (Div 3 2nd shot) Suzanne Peet. Hole 14 Paula McKenzie. Hole 16 2nd shot Paula McKenzie.

29/09/26 3 Ball Team Aggregate Stableford

WINNERS Angela Roberts, Gay Burnham and Jan Jennings 113 2nd Vivi Lloyd, Helena Winterflood and Sandy Smith 108

NTP. Hole 4 Abby Driver. Hole 14 Gwen Clutterbuck

01/10/26 Single Stroke - MONTHLY MEDAL - Sponsored by Churches of Christ

DIV 1 WINNER Val Phinn 74. 2nd Sandy Smith 75 c/b. 3rd Marg Bailey 75 c/b. NTP Hole 4 Di Binghamy. Hole 7 Lorna Burns. Hole 16 2nd shot Vicki Cronan. GROSS WINNER Di Binghamy 83. DIV 1 RUNNER UPS Sandy Smith and Marg Bailey with Annie from Churches of Christ

DIV 2 WINNER Sandra Power 72. 2nd Maureen Bailey 73 c/b. 3rd Robyn Colbran 73. NTP Hole 4 Charmaine Price. Hole 7 Gabby Bennett. Hole 14 Maureen Bailey. Hole 16 2nd shot Di Barker. GROSS WINNER Sandra Power 96.

DIV 2 WINNER Sandra Power with Annie from Churches of Christ

DIV 3 WINNER Cathy Cooke 69. 2nd Mary Carruthers 71. 3rd Jude Dorhauer 73. NTP. Hole 4 Leonie Buxton. Hole 14 Carol Lobegeiger. Hole 16 2nd shot Susan Brown. GROSS WINNER Leonie Buxton 100. DIV 3 RUNNER UPS Jude Dorhauer and Mary Carruthers with Annie from Churches of Christ



01 Oct MM DIV 1 Runner ups Sandy Smith Marg Bailey with Annie



01 Oct MM DIV 2 Winner Sandra Power with Annie



01 Oct MM DIV 3 Runner ups Mary Carruthers Jude Dorhauer with Annie

MORETON BRIBIE BRIDGE CLUB

Sat 12 Sep N/S 1. L Carr & J Wright 2 H Standfast & J Budgeon 3 R King & L Groves E/W 1 J Jones & J Hays 2 J Reiter & B Connell 3 S Huntington-Wynne & K Cohen

Wed 16 Sep N/S 1 L Groves & A Fielding 2 R Sutton & L McLaren 3 L Carr & J Wright E/W 1 R Medhurst & P Breene 2 S Harrison & J Greet 3 P Morton & M O'Reilly

Friday 18 Sep 1. N Denvir & A Fielding 2 C & R Perrott 3 E Viney & L Pellow
Sat 19 Sep Championship Teams round 1. 1 Scown team 2 Kinross team 3 Watson team

Wed 23 Sep N/S 1 B Connell & J Wright 2 R Sutton & L McLaren 3 H Standfast & J Budgeon E/W 1 E Viney & L Pellow 2 C & R Perrott 3 R Webb & L Manson

BICBC: Mon 14 Sep. N/S 1 C Page & J Kennedy 2 P Edis & L Groves 3 L Wilson & J Brazier E/W 1 A Fielding & N Denvir =2 C & R Perrott =2 S Smith & M O'Reilly

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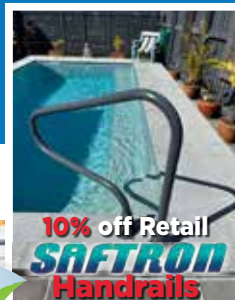
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55 SES volunteers join Moreton Bay ranks ahead of wild weather



- **Severe weather season is approaching, with residents across the City of Moreton Bay urged to prepare their homes and families now.**
- **Moreton Bay SES received 1,356 calls for help last severe weather season.**
- **Sign up for MoretonAlert to receive free SMS and email updates to stay up to date on weather warnings.**

Fifty-five new Moreton Bay SES volunteers are getting rescue ready to help during this year's severe weather season. As the season approaches, the new recruits will go through an accelerated program to ensure they are ready to respond and help residents of City of Moreton Bay.

Their training will help strengthen the City's emergency response capability, ensuring more volunteers are ready to assist communities when severe weather strikes.

The Bureau of Meteorology is forecasting hotter-than-average temperatures, with warmer and drier conditions increasing the risk of bushfires. Later in the season and into 2027, there is a greater chance of rainfall and thunderstorms as more moisture becomes available.

City of Moreton Bay Mayor Peter Flannery said preparation was key to making sure residents stay safe.

"Preparing before severe weather season strikes is essential, and now is the perfect time to get ready," he said.

"There are three easy steps residents can take to prepare for severe weather: check your property's flood and fire risk, make an emergency household plan, and pack a kit with enough food, water, medications and essentials for at least three days.

"I also encourage residents to sign up for MoretonAlert for local notifications and keep up to date with the latest weather warnings from the Bureau of Meteorology."

SES volunteers responded to 1,356 callouts across City of Moreton Bay during last season, including 864 damaged roofs, 431 fallen trees and 61 flood related incidents, totalling nearly 5,500 volunteer operational hours.

Over 1,000 of these callouts were related to a destructive hailstorm from 24 November 2025. The 2026/2027 severe weather season also marks 50 years of SES service in the City of Moreton Bay, highlighting five decades of

volunteers helping communities prepare and respond to emergencies. Local SES volunteers have been a part of numerous cyclone efforts in 2026, including Cyclone Narelle in Western Australia earlier this year.

Tips to start preparing your home and family for severe weather include:

- **Make sure your pet is microchipped and registered with up-to-date contact information.**
- **Clean out gutters so water drains away quickly.**
- **Trim any overhanging branches.**
- **Check your postcode to find out severe weather risks and how to make a plan.**
- **Park vehicles under cover and away from trees, powerlines and waterways.**
- **Secure loose items outside that could cause damage if blown around in strong winds, such as outdoor furniture or kid's toys.**
- **Pack an emergency supplies kit and ensure it is nearby.**
- **Keep up with Get Ready Queensland.**

Residents can stay up to date on severe weather warnings by signing up to MoretonAlert for SMS and email updates.

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

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

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

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MORE THAN A NURSERY: WHY BRIBIE GARDEN CENTRE MATTERS

There is something special about walking into a local business and being welcomed like a neighbour. At Bribie Garden Centre, that warmth begins with Peter, Simon and their team. They greet visitors to their beautiful Bellara nursery with friendly service, genuine enthusiasm and, most importantly, time to listen.

Among the plants, pots, soils, mulches and garden treasures, people are never treated as just another sale. They arrive with hopes for their gardens, questions to ask and ideas to share—and they leave feeling that someone truly cared.

Gardening on a coastal island can bring its share of challenges. Salt-laden air, sandy soils, heat and wind can test even the keenest gardener. This is where Peter and Simon make such a heartfelt difference. Gardening is not simply their work; it is their passion, and they are generous in sharing what they know. Whether someone is choosing a hardy native, adding colour to a sunny corner or searching for the right soil improver, Peter and Simon take the time to offer thoughtful, practical advice. They want every customer to go home feeling confident, excited and ready to help their garden thrive.

A visit to Bribie Garden Centre is also a pleasure in itself. Beyond the wide range of plants and garden supplies, there are beautiful homewares, thoughtful gifts and creations by local artists waiting to be discovered. For anyone who loves giftware that is unusual—or simply different—it is the kind of place where browsing feels joyful and every corner holds a little surprise. Choosing something special here also means supporting the talented people who create within the local community. Whether visitors are experienced gardeners, curious beginners or families enjoying a wander, there is always inspiration to take home.

At the heart of it all is a genuine love for Bribie and its people. Peter and Simon understand that a local business is about more than opening the doors each morning; it is about being part of the life of the community. Their nursery is a welcoming place where conversations are easy, questions are encouraged and ideas are shared freely. By celebrating local artists and helping residents bring more life and beauty to their homes, the centre's care reaches well beyond its gates. Every thriving plant, flourishing herb bed and colourful garden adds something to Bribie—and Peter, Simon and the team are proud to have played a small part in it.

That care naturally extends to Bribie Island's precious environment. Good gardening should work in harmony with the place we call home, and trusted local advice can make that feel achievable. By encouraging water-

conscious planting, suitable species, healthy soils and gardens that welcome birds and pollinators, the nursery helps customers make choices they can feel good about. Clear guidance, healthy plants and honest conversations about what will flourish where are all part of the service. In this way, buying locally becomes an act of care—for a garden, for the island and for the community.

The true value of Bribie Garden Centre cannot be measured only at the checkout. It is found in a warm welcome, patient advice, a customer's renewed confidence and the quiet joy of watching a garden flourish. Peter and Simon have built something deeply personal around their love of plants and their care for people.

Supporting them means supporting local creativity, trusted knowledge and a business with real heart. A visit is more than a shopping trip—it is a chance to share their passion, feel part of the community and help Bribie grow a little more beautifully.

**Bribie Garden Centre**
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Pete and Simon welcome locals and visitors alike to enjoy their beautiful garden spaces.





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FUNDING OPTIONS AVAILABLE

Eligible lawn maintenance services may be claimable through:



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NDIS**



DVA

We can provide invoices for eligible plan managed NDIS participants, Home Care Packages and DVA clients where lawn care is covered under your funding.

HERE'S WHAT THE CUSTOMERS HAVE TO SAY:



David R

Jack has been instrumental in keeping our lawn bindi & weed-free all year round. We are constantly receiving compliments from visitors & even a few drivers by have stopped and complimented. We love being outdoors and this is the first house we've lived in where we can be barefoot all year round. We HIGHLY recommend Jack for your lawn care!



Sharon B

Jack provides excellent lawn services, friendly communication with an email following each visit containing details of every treatment and suggestions on what you need to do to keep your lawn in the best condition (best watering times for the season, dethatching etc) We would recommend this company unreservedly.



Elaine G

Jack has been treating and taking care of my lawn for the last 18 months/2 years and the lawn always looks fantastic. The treatment he uses and the advice he gives to keep the lawn looking top notch through all the seasons works perfectly. I highly recommend this service to keep your lawn looking spot on.



Jenny H

Jack has been servicing our lawn for about 2 years now and has done a fantastic job! Removed weeds with his magic spray and allows the good grass to prosper. Reliable, good value, knowledgeable, helpful and keeps the grass greener.

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



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Deb B

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



Liana L

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



Irene M

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



Kevin R

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

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Air conditioning can also help control moisture. Too much humidity can leave rooms feeling damp and encourage mould and mildew, particularly in bathrooms, bedrooms and other spaces with limited airflow. Over time, damp conditions may create musty smells and affect walls, curtains, carpets and furniture. By removing some moisture from the air, a well-maintained system can help the home feel fresher and protect its surfaces and belongings.

Cleaner indoor air is another advantage. A clean filter can catch some dust and small particles before they continue circulating through the house. That means less dust settling around rooms and a more comfortable environment for people with allergies or breathing problems. Cooling also makes bedrooms easier to sleep in and gives the household a safe, comfortable place to gather during a heatwave.

Of course, the system needs to suit the home. A unit that is too small may run constantly without cooling every room, while one that is too large can waste energy. Good insulation closed doors and windows, shade and sensible temperature settings all help it work efficiently. Filters should be cleaned or replaced, and the unit should be serviced regularly. When it is chosen carefully and looked after, an air conditioner can reduce dampness, protect household finishes, improve sleeping spaces and make the entire home more usable. It is not simply an appliance for hot days; it is part of creating a healthier, more comfortable place to live.

Simple Ways to Protect Your Home

- Clean or replace filters regularly so the system traps dust and runs efficiently.
- Keep doors and windows closed while cooling, and seal gaps that let hot, damp air inside.
- Use curtains, blinds or outdoor shade to reduce heat from direct sunlight.
- Check walls, ceilings and window frames for condensation, musty smells or early signs of mould.
- Keep vents clear of furniture and curtains so cool air can move freely through the room.
- Arrange regular servicing and clear leaves or debris from the outdoor unit.

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Feather vs Polyfill: Finding the Perfect Cushion Comfort

There is something wonderfully inviting about a sofa or armchair dressed with beautifully plump cushions. Whether you love a relaxed coastal look, a more traditional and elegant style, or something contemporary and refined, cushions bring softness, colour and personality into a space. In my experience, though, what is inside a cushion can be just as important as the fabric covering it.

One of the questions I'm asked is whether feather or polyfill is the better choice. The truth is, there is no single right answer. Both fillings have their own advantages, and the best option depends on how the cushion will be used and what level of comfort, support and maintenance suits your lifestyle.

Feather Cushions

Feather-filled cushions have a timeless appeal that is difficult to replicate. They offer a wonderfully soft and luxurious feel, along with that relaxed, lived-in look often seen in beautifully styled interiors.

What I love about feather cushions is how they mould to your body. Whether you're using them as scatter cushions on a sofa or for occasional seating, they provide a level of comfort that many people immediately notice and appreciate.

Another advantage is their versatility. Feather cushions can be plumped, reshaped and adjusted to create exactly the look and feel you want. Over time, they develop a relaxed character that many people find incredibly appealing. Of course, feather does require a little extra care. Regular plumping and turning help maintain their fullness, and occasionally a feather may work its way through the fabric. For many people, however, the comfort and natural feel are well worth the extra attention.

Polyfill Cushions

If you are looking for a practical, easy-care option, I often recommend polyfill. Made from polyester fibres, polyfill generally holds its shape well, requires less maintenance and provides a more consistent appearance. In busy family homes, this can be a real advantage. If cushions



are used daily, moved around frequently or need to maintain a neat and structured look, quality polyfill can be an excellent solution.

The main difference I find is in the feel. Polyfill doesn't usually provide the same soft, sink-

in comfort that feather offers. Depending on the quality, some synthetic fillings can also flatten over time and may eventually need replacing.

Choosing the Right Filling for the Job

When selecting the right cushion filling, consider how the cushion will be used. For scatter cushions, feather will offer softness and flexibility, creating that welcoming, relaxed look that makes a sofa feel truly inviting.

For seating cushions, support becomes much more important. A cushion used for extended periods each day needs to maintain its shape while still providing comfort. In these situations, polyfill can be a practical choice, while a high-quality feather filling or a combination filling can deliver a softer, more luxurious result.

Sometimes the Best Choice Is Both

Over the years, I've found that the perfect solution is often a combination of fillings rather than choosing one over the other. A supportive inner core paired with a softer outer layer can provide excellent structure while still achieving that comfortable, inviting feel.

Ultimately, the right cushion filling comes down to how you live and how you use your furniture. Feather offers softness, luxury and character, while polyfill provides practicality, consistency and lower maintenance.

They can be tailored not only to suit your furniture and interior style, but also to fit the way you actually live. Because beautiful cushions should do more than simply look inviting. They should make you want to sit down, relax and stay a while.

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FISHING REPORT

OCTOBER



What a difference a couple of weeks makes! Just a while ago, a mate pulled up at my place to say, "You only need two words for your next fishing report -NO FISH!" I'd heard a few other remarks about fishing out in Moreton Bay and up the Passage – it'd gone really quiet and a lot of people were motoring around on the water, trying to find the "spot", finding plenty of weed but no keeper fish.

Richard and Ron pulled up the next day, to say that finally, after three weeks of nothing at Kakadu Beach, they caught one 34cm bream and a 36cm snapper. That same day, Bob and Paul fished the ripples off Kakadu Beach, catching 18 snapper – all undersized.

Wally had been trying the Wild Banks, where there good-sized trevally, but the sharks were even bigger and one customer lost four nice trevally to them!

Stephen had just packed up ready to go home after a long, fruitless session at Turner's Camp, when his last line took off. He eventually reeled in a huge snapper, and thinking his luck had turned, he unpacked everything and sat it out for another hour – for nothing!

Fortunately, things have picked up, but a lot of fishing seems to be "right place, right time". One group recently were getting nothing on the south side of the bridge, then the tide turned and they moved north of the bridge – then as Conrad said – "it was game on", with grassy sweetlip, venus tuskfish, snapper and tailor all jumping onto their hooks. Later that day, Rick did a night-fish five pylons from the mainland on the north side of the bridge, using mullet for bait, scoring snapper, bream and moses perch.

You usually have to put in a bit of work to get a feed – or you can be just lucky and land a surprise catch. Reuben and his dad would happily call themselves novices, but they caught a big flathead at the Avon wreck, and an even bigger toadie, at 70cm! There's been a never-ending supply of nuisance fish - toadfish and grinders especially. Also shovel-nose and stingrays, which I keep telling people you can eat, but nobody wants to.



There are plenty of bream about the Passage, and good sizes too. The Bribie Lock, the bridge, the ripples and Toorbul have been the best places that I've heard about lately. Lee and Jayden landed about 10 bream at the bridge, using Lee's standby- Sandgate beach worms. Tae Hwan, Kevin and Marcos fished at the third green marker into Ningi, bringing in some good bream, the best was 35cm, and also a 40cm tarwhine, using squid for bait.

Tailor have been hanging around Red Beach and Woody Bay for the past couple of weeks. Carol said she watched the dolphins having a great time chasing them. Toby and Henry were chasing them too, at the south entrance to the Passage, along with another half-dozen boats. Every time they caught up with the birds sweeping around above the school of tailor, and anchor the boat to cast out, the birds would move somewhere else – and take the tailor with them.

Flathead are your best bet for a feed right now. The usual haunts apply, including Turner's Camp, Ningi Creek and Elimbah Creek, but Carol got hers on the drift between the jetty and the bridge, Jensen's was just north of the bridge, Isabel's was just south of Pacific Harbour, Mila's was at the red marker near Pacific Harbour, and Jade's best catches were "on the right-hand side of the boat!"



TIDE TIMES

**Bribie Island
AND
Moreton Bay**

Fri 9 Oct 2:47 am 0.24m 9:00 am 1.75m 2:56 pm 0.23m 9:12 pm 1.83m	Sat 10 Oct 3:24 am 0.2m 9:43 am 1.84m 3:42 pm 0.24m 9:51 pm 1.76m	Sun 11 Oct 3:57 am 0.2m 10:22 am 1.89m 4:24 pm 0.28m 10:27 pm 1.66m	Mon 12 Oct 4:27 am 0.22m 11:00 am 1.89m 5:05 pm 0.34m 11:00 pm 1.55m	Tue 13 Oct 4:55 am 0.26m 11:35 am 1.87m 5:46 pm 0.41m 11:32 pm 1.44m	Wed 14 Oct 5:25 am 0.32m 12:10 pm 1.83m 6:30 pm 0.48m	Thu 15 Oct 12:08 am 1.34m 5:59 am 0.39m 12:47 pm 1.77m 7:18 pm 0.54m
Fri 16 Oct 12:48 am 1.24m 6:37 am 0.48m 1:30 pm 1.7m 8:15 pm 0.6m	Sat 17 Oct 1:38 am 1.16m 7:25 am 0.57m 2:20 pm 1.61m 9:23 pm 0.65m	Sun 18 Oct 2:40 am 1.1m 8:24 am 0.65m 3:24 pm 1.54m 10:34 pm 0.65m	Mon 19 Oct 4:05 am 1.09m 9:37 am 0.7m 4:37 pm 1.52m 11:38 pm 0.62m	Tue 20 Oct 5:30 am 1.14m 10:50 am 0.69m 5:43 pm 1.54m	Wed 21 Oct 12:28 am 0.55m 6:28 am 1.25m 11:53 am 0.62m 6:32 pm 1.61m	Thu 22 Oct 1:06 am 0.46m 7:12 am 1.39m 12:46 pm 0.53m 7:15 pm 1.68m



SSSS TRAINING

Saturday 19th September 2026 - 4 MRQ Bribie Island Trainee Crew undertook Shipboard Safety Skill Set (SSSS) Training held at Marine Rescue Bribie Island. This training involves applying basic survival skills in the event of vessel abandonment, use of the different types of marine flares, procedures to minimise and fight fires, and survival at sea using survival craft (life raft).



John O'Hagan practices tossing the life buoy.



With Senior Coxswain Ian Grimes at the helm of Bribie 1, Phil Helgesen uses the boat hook to retrieve "Sally".



Mike Truskett takes to the water watched by Denis Eames and Trainer Senior Coxswain Liz Radajewski.



The Trainees have to right the overturned life raft.



One by one the Trainees climb aboard the life raft.



Trainees huddle together to tread water.



Denis Eames manoeuvres the life raft.



John Wroblewski and John O'Hagan staying afloat!



Phil Helgesen enters the water with an inflatable life jacket, the type typical on our rescue vessels which self-inflate on entering the water.



The orange smoke marine flare.



The night illumination flare.

COMMISSIONING & BLESSING OF BRIBIE 1 & OPENING OF THE NEW RADIO OPERATIONS CENTRE

MRQ Bribie Island marked an important milestone on Friday with the commissioning and blessing of its new rescue vessel, Bribie One.

The occasion was also an opportunity to recognise the efforts of the unit's volunteers, whose fundraising — together with the generosity of the local community — helped make the new vessel a reality.

During the blessing, Chaplain Matt Govan reflected on the role Bribie One will play as a "beacon of hope" for those who may one day need its assistance on the water.

And, in keeping with tradition, Coxswains Ces Luscombe and Liz Radajewski officially christened Bribie One with a splash of bubbly.

This event was also the official opening of the Radio Operations Centre, which has one of the best views going around!



Chief Officer Tony Wulff presents Unit Commander Gary Voss with the Commissioning Paddle for Bribie 1.



QPS Chaplain Matt Govan performs the official Blessing of Bribie 1.



Radio Operators Peter Bell, Ian MacDonald, and Andrew Wilmot.



Busy Fingers Secretary Sandra & President Pauline flanked by Ariana Doolan MP and Graham Gibb.



Unit Commander Gary Voss, Chief Officer Tony Wulff, Chaplain Matt Govan, and Senior Coxswain Liz Radajewski watch as Senior Coxswain Ces Luscombe performs the ritual blessing with champagne.



The assembled gathering.



UNIT COMMANDER GARY'S MESSAGE: Let's Talk About Jet Skis!

You may have noticed that there are a lot of jet skis around Bribie Island these days. They are fast, manoeuvrable, and

(sometimes) can get into places that a boat can't. While they are lots of fun, it is important to ride responsibly and safely.

We know jet skis are fast — but there are limits! In Pumicestone Passage the speed limit is 40 knots, but this doesn't mean that 40 knots is a safe speed. You must slow down to 6 knots or less within 60 metres of the shore, or a person in the water or an anchored vessel. You also can't exceed 10 knots if you are within 30 metres of a moving vessel.

Remember that for almost the whole southern passage (wherever there are houses within 100m of the shoreline) you have to be at least 200m off the shore to 'freestyle'. Freestyling around the Bellara boat ramp is not cool.

Jetskis are very manoeuvrable, but that means you have to keep an extra sharp lookout to avoid collisions when you are near other boats, or when you are near navigation marks and structures. There have been accidents in the passage from jet skis hitting immovable objects like the bridge or navigation markers.

As for going places boats can't go — this can be a blessing and a curse. Contrary to the general perception, jets skis need a bit of water to run in. Too shallow and the engine

can suck up mud or weed. Major manufacturers recommend 60-90cm of water to run the ski.

Also, while a ski draws very little water on the plane, they draw a lot more when stopped. So that shallow bank you are skimming over is OK at speed, but if you stop you may never start again. We see this a lot.

In the passage the shallow banks can be very difficult to see, particularly if the water is cloudy and when there isn't much wave action. That is why it is important to have navigation equipment on your ski. A phone in a waterproof case running a navigation app is a pretty simple way of staying safe.

And be prepared for emergencies. Ideally, your ski should have a tow tap fitted. When the ski is being towed, the tap prevents water being forced back through the cooling system and potentially damaging the engine.

Also, have a long lightweight tow line on board so that a friendly passing boat can help pull you off quickly (before the tide goes out). Take emergency water and food on your trip, along with a torch and mozzie repellent. Sometimes even Marine Rescue can't pull you off if you are far up on a mud bank, and you will need to wait for the tide to turn.

Jet skis are fantastic machines, but it is important that you observe the rules, know the water, keep a good lookout and be prepared for emergencies.

Stay safe on the water.

OPERATIONAL STATISTICS 2026

CATEGORY	JUL	AUG
Medical	3	2
Training/Patrol	6	3
Vessel Breakdown	19	10
Community / Events	6	2
Vessels Aground	2	2
Sinking Vessel	5	3
SAR Police Tasking	5	3
Total Activations	46	25
People Assisted	54	30
YTD People Assisted	314	344

"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!**"

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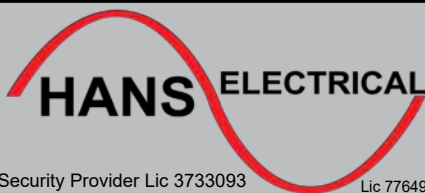
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