

Ban the plastic bag



Did you know in Queensland over 900 million single-use plastic-shopping bags and 2.4 billion containers are used and that more are sent to landfill or littered than recycled? Effective from July 1, 2018, you will see a ban on single-use plastic bags and the introduction of a container refund scheme (CRS). To assist the Glass House electorate prepare for these opportunities, the Boomerang Alliance and Andrew Powell co-hosted an information night. Member for Glasshouse Andrew Powell was delighted with the level of participation. If you would like more information, email glass.house@parliament.qld.gov.au. PHOTO: CONTRIBUTED

Club supports charities at lunch

RIGHT: Country View Club had their last lunch meeting during Poverty Week with speaker iCarolyn Wilson from the Caloundra area 'Rosie's, a charity supporting the homeless and also doing a lot of work for the Schoolies. The next outing will be for The Melbourne Cup, phone 5484 7875.

PHOTO: CONTRIBUTED



Seniors learn skills to help water safety

THE wet weather didn't dampen the enthusiasm of more than 30 seniors who participated in the Grey Medallion Life Saving Course held at Grand Pacific BreakFree Resort over the weekend of October 21 and 22.

Thanks to funding from Accountants United and Council of the Ageing, and sponsorship from Grand Pacific BreakFree Resort, Ithaca Caloundra City Life Saving Club was able to hold a second Grey Medallion course, free, for all those who were unable to enrol in the first one, held in August.

Seniors are a demographic group at high risk in water situations and it was pleasing that many couples attended.

Participants learned about keeping safe in a wide variety of water environments, some first aid skills, emergency procedures, dry rescue skills, CPR and how to use a defibrillator over the two-day course.

"I feel now I could really make a difference especially in an emergency situation," a participant said.



WATER WISE: Participants in the Grey Medallion Life Saving Course.

PHOTO: CONTRIBUTED

The pool component undertaken with smaller groups, focussed on looking after children in the water, as many seniors are now often full-time or part-time carers for their grand-children.

"My many great grand-children need caring and saving, they are only small, but love the water,

and this is where I come in," said another participant who came to improve her life-saving skills.

"It is a special course designed for the over 50s and it has become so very popular among our locals," Patricia Barry, a facilitator from Ithaca Caloundra City Life Saving Club said.

"We hope that with

continued local support we will be able to offer the event again, in conjunction with Seniors Week, next year."

For information about the Grey Medallion or free CPR/defibrillation courses for not-for-profit community groups visit the club website at www.caloundracity.org.au or phone Patricia on 0402 454 644.

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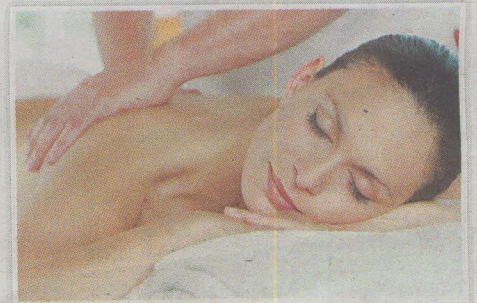


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COOROEY & YANDINA MARKETS - 18 NOV.

Cooroe's 1st opening. Many varied stalls. Yandina is one of the coast's most popular.

HIGH TEA @ SECRETS ON THE LAKE

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MAJESTIC THEATRE - POMONA

Classic silent movie @ this historic location. M/t @ scenic Lake McDonald & lunch @ Cooroe RSL. 30 Nov. \$75.

MYSTERY TOUR??? - 29 NOV.

Our final mystery trip for this year. New destination. (Ask if you wish). \$75 inc. special m/t, tour & lunch.

PRE-CHRISTMAS SHOPPING TRIPS

Chermside or DFO - 22 Nov. \$40.
North Lakes &/or Ikea - 23 Nov. \$35.
DFO or Brisbane City &/or anything else you wish to do, inc. Gladiators: Heroes of the Colosseum Exhibition @ the QLD Museum. 28 Nov. \$40. (trans. only).

ALADDIN THE MUSICAL - 28 FEB.

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BEAUTIFUL - THE CAROLE KING MUSICAL

After sell-out shows south, this is now coming to Brisbane in July 2018. Register your interest.

COALMINER'S DAUGHTER - 10 MARCH

Look-a-like songstress, Amber Joy Poulton, brings to life the hits & inspirational life story of superstar, Loretta Lynn.

MAMA MIA - 3 JAN. \$99

ROCKY HORROR SHOW - 20 JAN. \$135

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INSIDE

NEWS	5-8
LIFE	9-17
LOCAL LIFE FEATURE ...FROM	21
NOTICES	26
TV HIGHLIGHTS	29
SPORT	33
HOROSCOPES	46



PHOTO OF THE WEEK



ROLLING IN: Taken at North Shore beach by Ted Manning of Peregrin Springs. If you want to be part of our photo of the week email communities@scnews.com.au. PHOTO: CONTRIBUTED

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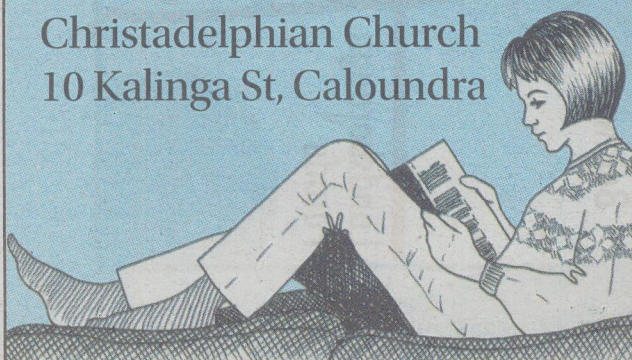
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TIDE TIMES

Thursday, November 9: Low
5.17am, 0.29m; High 12.07pm,
1.79m; Low 6.59pm, 0.44m.
Friday, November 10: High
12.33am, 1.15m; Low 6.24am,
0.41m; High 1.16pm, 1.70m; Low
8.15pm, 0.45m.
Saturday, November 11: High
2.04am, 1.14m; Low 7.44am,
0.49m; High 2.27pm, 1.64m;
Low 9.24pm, 0.43m.
Sunday, November 12: High
3.25am, 1.21m; Low 9.06am,
0.51m; High 3.33pm, 1.61m; Low

10.21pm, 0.37m.
Monday, November 13: High
4.30am, 1.33m; Low 10.16am,
0.49m; High 4.29pm, 1.59m;
Low 11.07pm, 0.31m.
Tuesday, November 14: High
5.21am, 1.45m; Low 11.15am,
0.46m; High 5.18pm, 1.57m;
Low 11.46pm, 0.26m.
Wednesday, November 15:
High 6.05am, 1.56m; Low
12.05pm, 0.42m; High 6.00pm,
1.55m.

The tide information has been sourced from the Bureau of Meteorology at
www.bom.gov.au. The Bureau of Meteorology gives no warranty of any kind whether
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