

See if you can spot these beauties this year

Running Postman



Bridport Surf Life Saving Club Silver Salties 2025/26



Bridport Surf Life Saving Club (BSLSC) has a Silver Salties Group (season commencing in November) on Saturday mornings at 9.30 am at our BSLSC rooms at Gofton Beach.

Silver Salties is about encouraging inclusiveness, enjoyment, fitness and social interaction with like minded people! It’s incredibly rewarding to see someone who might be a little hesitant in the beginning, barely able to put their toe in the water, and within a few sessions, they are fearless, increasing their self confidence! Regardless of gender, age, weight, fitness or mobility everyone gets to have a go!

Membership of our Bridport Silver Salties Group provides opportunities to enjoy:

- Fun water activities with body boards, paddle boards, catching waves or simply enjoy a relaxing time frolicking in the water and developing water skills and confidence.
- An opportunity to increase your fitness and join in foreshore walks.
- Extend your network by talking to fellow members and joining them for coffee if you wish!
- Opportunities for you to assist with Nippers Program, BSLSC Canteen, provide additional support at Carnivals and with Club Maintenance.
- Complete First Aid Training through BSLSC.



Silver Salties is a participation program for older Australians at Surf Life Saving Clubs throughout Australia, promoting physical activity, social connections, and involvement in the surf lifesaving community. It’s programs include traditional surf lifesaving activities and popular active recreational pursuits delivered at the park, clubhouse, beach, pool, or surf.

Clubs have the flexibility to deliver Silver Salties programs to suit their context and capacity and may engage skilled and experienced club members, or an external provider, to deliver programs at different stages throughout the year.

More than 2,000 older Australians have benefitted from participating in Silver Salties highly satisfied that Silver Salties has helped them improve their fitness, connect with others socially, and feel part of their local community.

If you would like to find out more information, or join us at BSLSC Silver Salties for the coming season, please call Leonie Johnston - mobile 0438 281352 or email Leonie.bridport@gmail.com - a fun time guaranteed!!!

Thanks to everyone that purchased tickets in our major draw.

Here are the winners:

Major Draw Winners

1st - Justin & Tracey Brown

2nd - Jody Bailey ‘Beetle’

3rd - Basil Brition

4th - Alex Stevens

5th - Danny Lodge

6th - Steve McKillop

7th - Robert Gough

8th - John Smythe

9th - Matthew Taylor

10th - Danielle Walters

11th - Leonie Walsh

12th - Wayne Tuck

13th - Bob Harper

Save the Date

Sunday 4 January

SWIM THE PIER

TASMANIAN OCEAN SWIM SERIES

2025/26 RACE CALENDAR

SAT 22 NOV	CLEARWATER CLASSIC	CARLTON PARK SLSC	
SAT 27 DEC	7MB1200	CARLTON PARK SLSC	
SUN 4 JAN	SWIM THE PIER	BRIDPORT SLSC	
MON 26 JAN	KINGSTON BEACH SUMMER SWIM	KINGSTON BEACH SLSC	
SAT 7 FEB	PUB 2 CLUB	DEVONPORT SLSC	
SUN 8 FEB	PENGUIN ISLAND SWIM	PORT SORELL SLSC	
SAT 7 MAR	TEAM CHALLENGE	CARLTON PARK SLSC	
SUN 8 MAR	DEEP SOUTH CLIFF SWIM	CLIFTON BEACH SLSC	
SUN 12 APR	BEACH 2 BEACH	KINGSTON BEACH SLSC	

SUPPORTED BY

Tasmania

The Lions Club of Bridport Inc.

Bridport CWA and Lions Cuppa for Kindness

CWA Bridport and Bridport Lions Club held a "Cuppa for Kindness" morning tea on 8th October. The purpose of the event was to provide a get together and outing for many in our community who are mainly house bound. Plenty of delicious cakes and treats were prepared by the club members, sandwiches were donated by the Cottage Bakery and all were served with a cuppa by the lovely CWA ladies and Lions members. Entertainment on the day was provided by Bobby Young. Both clubs are hoping to make this an annual event.



Bridport Lions AFL Grand Final Day Sausage Sizzle

Some of our intrepid Lions braved the cold, wet and blustery weather conditions to cook a Sausage Sizzle outside the Bridport Bay Inn - who kindly marketed the event on their Face Book page. All funds raised will go towards the Bridport Primary School Playground Equipment upgrade. The Lions would like to thank all the lovely locals and visitors who also braved the awful conditions - some who don't even eat sausages made generous donations!



Bridport Show and Shine 2026

The annual Show & Shine will be held on the Bridport Village Green on Sunday 11 January 2026.

We will be having the People's Choice competition with great prizes and trophies – kindly donated by F C Management Pty Ltd as follows:

- 1st Prize - \$500.00
- 2nd Prize - \$250.00
- 3rd Prize - \$150.00

The Bridport Lions Club will be selling hamburgers, sausages, and soft drinks and the Bridport Café will have their Coffee van on the Village Green for quick access to coffee and sweet treats.

We look forward to seeing a great number of locals and visitors alike attend this fun family friendly event.

It is a great opportunity to visit our beautiful Seaside Village and enjoy our local businesses, eateries, food park, beaches, half-court Basketball Court, Skate Park or Lions Adventure Playground.

**PROUDLY SPONSORED BY FC MANAGEMENT P/L
& SHANNONS INSURANCE P/L**



BRIDPORT SHOW AND SHINE

SUNDAY JANUARY 11TH 10AM TIL 2PM

PEOPLES CHOICE AWARDS
BEST CAR - \$500
BEST BIKE - \$500

ALL WELCOME - \$5.00 ENTRY FEE
DRIVERS AND UNDER 16 FREE




For further details contact Leonie Johnston on 0438 281 352

Big Bird by Lou Brooker



I can see them cavorting in the paddock across the road. Big, heavy birds copycatting each other: one flies off a few meters, the other follows. This is repeated time and again. It seems like a mating ritual.

The Cape Barren Goose is quite distinctive; it's a little smaller than the black swan, granite grey, with attractive dark spots on its wings, a small head and stocky legs. It is seen throughout the northeast in paddocks on farms. I'm surprised to see it along the shoreline of the Trent Water too, where it forages on the native tussock grass, spear grass and native herbs and succulents. Turns out, it prefers to forage here in the winter and moves to improved pastures during the summer months.

It's a bird with a fair bit of history in the North East with numbers see-sawing. Populating the offshore islands of the Furneaux Group, they were hunted almost to extinction until various initiatives were taken in the 1950's to increase the goose population. In more recent times, with the introduction of center-pivot irrigation and the attraction of lush pastures, numbers reached pest level and this was not liked by farmers. For not only did they eat pasture grasses, but they fouled up dams and waterholes. They have the unusual ability to drink salty and brackish water though they are not built for swimming.

Nowadays, if farmers can prove that the viability of their farming operation is at threat from grazing geese and black swan, they can apply for a Property Protection Permit to cull them. Numbers are carefully controlled in this way by NRE and from what I can find out, about 2,500 geese are shot annually under this scheme.



Household Hazardous Waste Collection Spring 2025



18 October
8 November



Collection dates

Longford Waste Transfer Station

Sat 18 October 2025 9:00am - 11:30am

St Helens Waste Transfer Station

Sat 18 October 2025 1:30pm - 4:00pm

Exeter Waste Transfer Station

Sat 25 October 2025 10:00am - 1:00pm

Deloraine Waste Transfer Station

Sat 25 October 2025 2:00pm - 5:00pm

Scottsdale Waste Transfer Station

Sat 1 November 2025 9:00am - 12:00pm

George Town Waste Transfer Station

Sat 1 November 2025 1:30pm - 4:00pm

Launceston Waste Transfer Station

Sat 8 November 2025 9:00am - 4:00pm

What's disposable?

- Solvents and household cleaners
- Floor care products
- Ammonia-based cleaners
- Pesticides and herbicides
- Vapes
- Poisons
- Pool chemicals
- Hobby chemicals
- Acids and alkalis



U3A Bridport Seniors Social Group

All seniors welcome
Wednesday 10 am to 3 pm
Bridport Hall



November Program

Nov 5	10 am	Meet for coffee	Nov 12	10 am	Meet for coffee
	10.30	Chair exercises with Dee		10.30	Chair exercises with Dee
	11.00	Bingo		11.00	Guest speaker Peter Duckworth
	12.30 pm	Lunch at The Bridge, followed by cards		12.30 pm	Lunch followed by cards etc.
Nov 19	10 am	Meet for coffee	Nov 26	10 am	Meet for coffee
	10.30	Chair exercises with Dee		10.30	Chair exercises with Dee
	11.00	What vegetable is that?		11.00	Trivia
	12.30 pm	Lunch followed by cards etc.		12.30 pm	Lunch followed by cards etc.

Getting Speared by Mike Douglas

We tend to overlook our native grasses. Many have a reduced range due to habitat taken over by grasses from other continents.

This is noticeable along our local coast where marram is the dominant grass on the fringes of our beaches.

Walking northwards along Goftons Beach, marram grass is seen until the rocky border, with Eastmans Beach is reached where it is replaced by tussocks of an Australian grass, the coast speargrass, botanical name *Austrostipa stipoides*.

Marram grass spreads via underground stems (rhizomes) and cannot cope with the skeletal soils on rocky outcrops.

Coast speargrass has sharper leaf tips than marram grass, hurting the hand when touched. When in flower, the pannicles (flower heads) have a frizzy appearance due to a long awn or bristle attached to each of the single-seeded fruits. The awns are kinked and when wet cause the sharply pointed seed unit to drill into the soil.

Theses seed units readily work themselves into socks and even skin—hence the name speargrass.

The coast speargrass is common on the rocky parts of the foreshore and at Granite Point. There is also a big patch on wet sands alongside the channel, apparently an adverse substrate for marram grass.

This patch is the outer zone of a valued saltmarsh wetland.



What's **not** disposable?

- Motor oil
- Asbestos
- Pharmaceuticals
- Farm vet chemicals
- Fire extinguishers
- Ammunition and explosives
- Bulk agriculture products
- Chemicals from commercial business

**Frock Up or Frock off
Pink Ribbon High Tea**

Supporting breast cancer research to save lives

**Saturday 15 November
1-3pm, CWA Hall, 4 Main St, Bridport**

- Ticket includes
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 - Sweet and savoury treats
 - Bottomless tea
 - Entertainment
 - Door prize
 - Best dressed prize

\$35 per person
or
4 tickets for \$125

The Lions Club of Bridport Inc.

Recycle your Glasses

Do you have old glasses lying around? Don't toss them!

Instead, donate them to Lions Club of Bridport. Your pre-loved specs will be recycled and passed on to people in need, giving the gift of better vision around the world.

Recycled glasses can be dropped into Boris and his team at Bridport Pharmacy.

Why Recycle Glasses?

An estimated 120 million people are visually impaired because of uncorrected refractive errors (far and near sightedness). Almost all cases can be corrected, and normal vision can be restored with eyeglasses, contact lenses or refractive surgery.

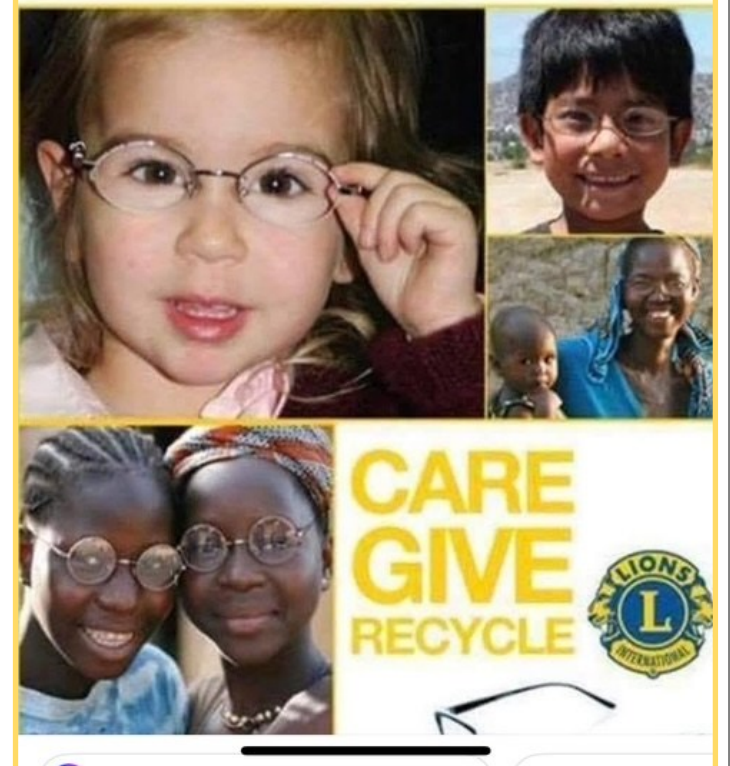
The lack of eyeglasses denies children and adults opportunities for education, employment and a better quality of life.

The Journey of Recycled Glasses:

- Lions and Leos collect used eyeglasses at various community locations.
- The glasses are shipped to the nearest Lions Eyeglass Recycling Centre where trained volunteers sort, clean and determine the prescription strengths of the glasses.
- Volunteers at the recycling centre carefully package the prepared glasses and store them until they are required for eyeglass dispensing missions. Glasses that are not suitable for reuse are recycled for scrap, with the earnings benefitting local Lions and Leos projects.
- At the mission site, eye care professionals and trained Lion and Leo volunteers perform vision screenings and dispense the appropriate recycled glasses, free of charge, to children and adults in need Small action, big impact!

Let's make a difference together!!!

Your used glasses can make a difference!



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Bridport Pharmacy

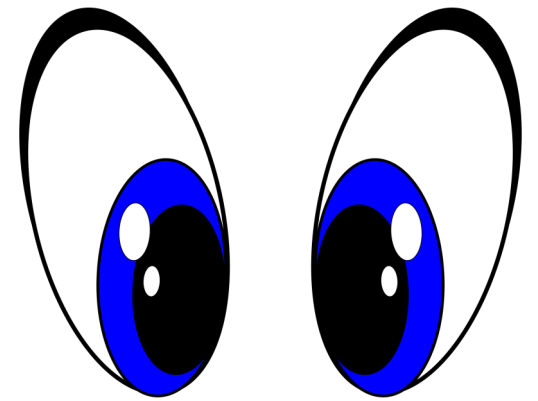
How to Use Eye Drops

No matter your reason for using eye drops, it's important to do so correctly. Proper technique helps the medication absorb into your eye so the drug can do its work.

Here are step-by-step instructions on how to use eye drops properly and easily.

Before you use eye drops, wash your hands with soap and warm water. Dry them with a clean towel.

1. To put them in your own eyes, lie down or use a mirror. It may help to ask someone to check that the drops get in your eye.
2. Look up to the ceiling with both eyes.
3. Tilt your head back and pull your lower lid down with one hand. Hold the bottle or tube in your other hand. If you need to, rest part of your hand on your forehead to keep it steady.
4. Place one drop or a little ointment inside your lower lid. Don't let the tip of the bottle or tube touch your eye.
5. Blink and dab away any extra fluid with a tissue.
6. If you have both drops and ointment, use the drops first. If you don't, the ointment may keep the eye drops from being absorbed.
7. If you have more than one type of drop, wait about 5 minutes after the first medicine before you use the second.
8. Keep your eyes closed for a few minutes. That lets the medicine get inside your eye. You can also try gently placing your index finger in the corner of your eye by your nose, which will help the drops not drain away as quickly and stay on your eye longer.



Wash your hands as soon as you're done to remove any medication still there.

If you have any questions, talk to your friendly staff at Bridport Pharmacy or speak to your doctor.

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Bridport Surf Life Saving Club



Bridport Athletes Triumph at Coolangatta Gold 2025

Over the weekend of October 18–19, six outstanding young athletes from Bridport Surf Life Saving Club took on the legendary Coolangatta Gold, one of the most demanding endurance events in surf sports. Held on the Gold Coast, the event is renowned for testing the limits of physical and mental strength—and this year, our Bridport competitors rose to the challenge with courage and determination.

The 2025 edition saw a revamped race format, with the iconic long course now rebranded as the Coolangatta 26.5km, making the event more accessible while retaining its prestige. In the elite male division, surf legend Ali Day claimed his 11th title, edging out former Tasmanian Matt Bevelacqua, while Electra Outram powered through the board leg to secure her first-ever win in the female category.

Representing Bridport with pride, Annie Howard competed in the Under 17 division on Saturday, tackling a tough 12.5km course that included a 7km ski paddle, 1km swim, 2km board paddle, and a 2.5km run. Despite the challenging conditions, Annie showed incredible resilience and finished a commendable 21st in her age group.

On Sunday, the spotlight turned to our rising stars in the Youth Challenge. Tim Innes (U15), Stuart Innes (U14), Olivia Howard (U13), and Maggie Innes (U11) each took on the 1.8km course, which featured a mix of running, swimming, and board paddling. Every athlete gave their all, delivering competitive performances and showcasing the strength of Bridport’s youth development.

What makes these achievements truly exceptional is the environment in which these athletes train. Battling the cold waters, strong winds, and rugged coastline of Tasmania, they’ve developed a level of toughness and adaptability that sets them apart. Their success on the Gold Coast is a testament to their grit, dedication, and the supportive community behind them.

Bridport Surf Life Saving Club couldn’t be prouder of these young champions. Their efforts at Coolangatta Gold 2025 are a shining example of Tasmanian spirit and surf lifesaving excellence.



The publishers acknowledge the Traditional Custodians of Bridport and North-East Tasmania, the leenererrerter clan of the Coastal Plains Nation, with respect for Elders past and present.

Brought to you by

If you have an up coming event or something you would like to share please contact Alison for more information:
bridreport@gmail.com

A BIG thank you to the individuals, clubs and organisations and businesses who contributed to this month’s issue of the Bridreport