

The Community Leader

WE'RE ALL ABOUT GOOD NEWS

Redlands

ISSN 2981-8087

LOCAL EVENTS

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LOCAL PROPERTY

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LOCAL TRADES

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DELIVERED TO 25,000 HOMES



IT'S GAME ON FOR GOOD NEWS!

As our suburbs grow, it's important we continue to foster that great sense of community that's existed in the Redlands for over 100 years.

Much-loved landmarks from the '70s, '80s and '90s may be long gone – like Cleveland's Rollercoade (we miss you!) – but we've got new community hubs that have evolved so the next generation can make lifelong memories.

And while the speed of development may seem rapid, we've retained our sense of community. Our people's talents and achievements are diverse and deserve to be celebrated, and our events promoted.

From Redlands Sinfonia, which performs some of the best orchestral music in the state, to the RedCity Roar, producing exhilarating basketball, to the bay with its natural wonders, there's something in the Redlands for everyone to enjoy, young and old.

The Community Leader is here to make you feel great about your neighbourhood, bringing you good news stories powered by people who care about where they live.

We believe everyone's got a story to tell. What's yours? We hope you love your new local newsletter and encourage you to contact us with your good news!

Pictured: RedCity Roar's Cubs with coach Justize Valach.



Louise Denisenko

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THEATRE REDLANDS PRESENTS THE OTHER DIGGERS

Redland Museum's Queensland Day celebrations will be marked by Theatre Redlands' premiere presentation of *The Other Diggers*, a play based on the Australian Women's Land Army and the vital role it played in World War 2.

Written and directed by Theatre Redland's Jan Nary, the play was created to pay homage to the Land Army women and to afford their contribution more public recognition. The Redlands (known as the "Fruit Bowl") and its surrounding regions depended heavily on Land Army labour so the story, while its anecdotes and incidents are drawn from all around Australia, have a special resonance here.

"Like many of us I had only a basic understanding of the Land Army and what it achieved," says Jan. "A talk given by Cr. Paul Bishop about the Land Army's camp at Birkdale Community Arts Hall made me think – there's a play in that!"

And indeed there was. In 1942 Australia faced the double threat of invasion and, due to the number of able-bodied men who had enlisted, a critical rural labour shortage. The government formed the Australian Women's Land Army and called for women to take on the role of producing food and fibre for the domestic population, for our forces overseas and for USA troops stationed in Australia. Women answered the call, coming mostly from occupations in shops, factories, offices, homes and restaurants. With little or no previous experience they signed up for the back-breaking work of digging, planting, harvesting, milking, slaughtering, butchering, tractor driving, baling, shearing and crating – and they kept their country and its dependents fed, even managing to supplement the UK's rationing.

The women in the story are fictitious but their history and anecdotes are drawn from research that revealed a fascinating and admirable story that had almost faded from the pages of history. *The Other Diggers* hopes to help give the Land Army women the status that they deserve.

The Other Diggers, opens at the Redland Museum on June 2nd 2023. More information at <https://www.redlandmuseum.org.au/whats-on/events>

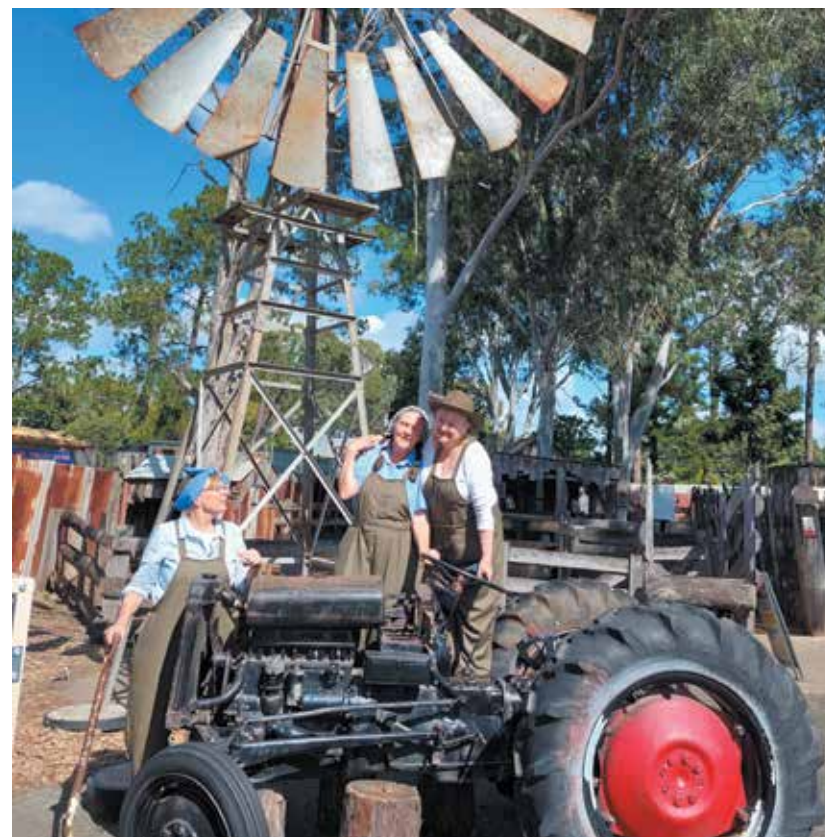


Photo courtesy of Paul Pope.

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SIT N CHAT VOLUNTEERS TACKLE LONELINESS, ONE CHAT AT A TIME

A non-professional, non-profit initiative is tackling loneliness, one chat at a time, encouraging positive human interactions.

Recently, you may have seen volunteers dressed in bright orange shirts and caps sitting in parks and waving from street corners. These volunteers are members of Sit N Chat, a movement that encourages human connection and positivity by reaching out to people and simply talking.

Sit N Chat is a network volunteer organisation that facilitates time for conversations and fosters connections in the community. Like its name, it's all about sitting, listening, and chatting.

Organiser Craig Moore says Sit N Chat is "not just a fake 'Hi how are you?'".

"We want communities to connect with each other," said Craig, adding that nine people die from suicide daily in Australia.

"Our goal is to have pop-up locations all over the country at parks and riverfronts, locations at schools for senior students to engage with one another, a mobile Sit N Chat where volunteers visit people's homes.

"Many of our volunteers can sit for hours with people. If volunteers are free, they wave at cars. It's all about giving time for people to vent and seeing them smile."

Sit N Chat is non-religious and non-political. If you'd like to volunteer your time or learn more about this initiative, search for Sit N Chat on Facebook.



Photo: Supplied.



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KIM RICHARDS MP STATE MEMBER FOR REDLANDS



COMMUNITY UPDATE

#LoveRedlands

REDLANDS NEW SATELLITE HOSPITAL

The Redlands Satellite Hospital set to open later this year will include a Minor Injury and Illness Clinic that will provide walk-in urgent care from 8:00am until late. The clinic will provide walk-in urgent care for common injuries and illnesses – like strains and sprains, broken bones, minor head injuries, infections and rashes, minor eye issues, minor cuts and burns, tooth ache and earache, and fever. It will also include renal dialysis chairs, chemotherapy chairs, neurology services, cardiology services, older persons care, appointments with mental health specialists, and medical imaging and diagnostic services.



NEW LEARNING SPACES FOR VPSHS

Its exciting times are Victoria Point State High School with the new \$11M STEM and Hospitality precinct nearing completion. This will provide students with a fantastic new learning space and provide skills in hospitality, catering, science, technology, engineering and mathematics. This project complements a number of projects that have been completed over the past two years including the hall expansion project, science classrooms refurbishment, new school security fencing and the library 'Moongalba' Refurbishment. I'm focussed on ensuring our students are getting the best possible education and environments to have a life long love of learning.



OUR NEW SOUTHERN REDLANDS SCHOOL

Our new school in Redland Bay down near Shoreline is coming out of the ground with ADCO Constructions setting a cracking pace. It is also very exciting to announce and welcome to our new Redland Bay South State School (yet to be named) Principal Mrs Hendriks. There is lots of community consultation to come on the new school's name, colours and more! It is set to open in Term 1, 2024. Check out the school's Facebook page. To find out more about the school and how to enrol please visit: qed.qld.gov.au.

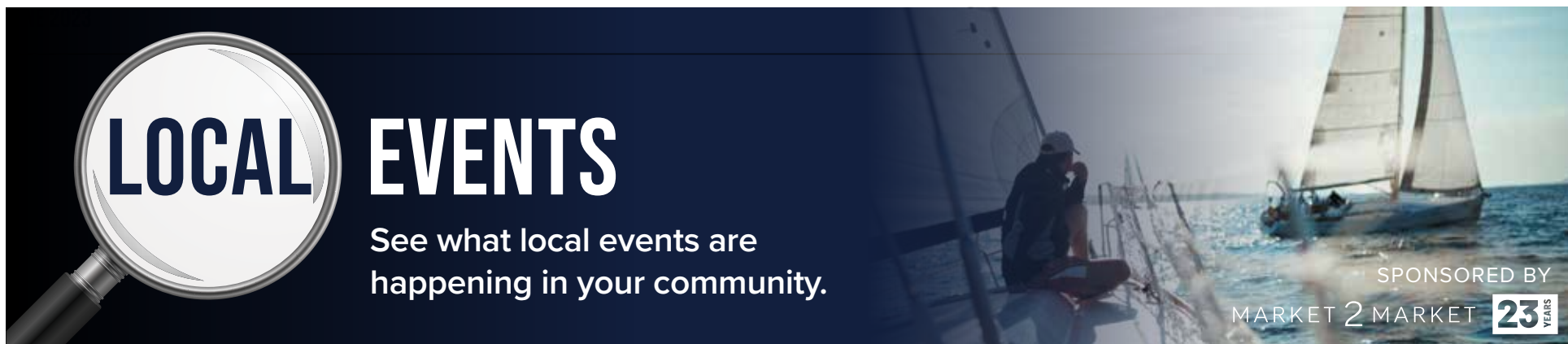


LEARNING TO DRIVE?

There is nothing more exciting for a young person that getting the Learner's Permit to get out on the road. The cost of a learning licence has been reduced by half to \$75 from the 1st March this year. Getting your Learner's Permit is an exciting first step in their driving journey for our young people and their families. To further assist we have free Learner Driver Info Packs available from our Redlands Electorate Office that contains useful information and two magnetic Learner Plates. If you would like a pack send us an email to: Redlands@parliament.qld.gov.au



Kim RICHARDS MP



If you're looking for something to do locally, check out The Community Leader's What's On page here and online.

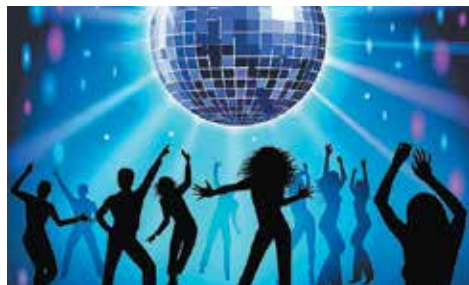
ONE PUNCH



Saturday 10 June, 10am to 11am
Cleveland Library

Former journalist Julie Fison will discuss her new thought provoking novel "One Punch" during this one-hour meet-the-author session. Inspired by real events, Julie explores the complexities of parenting, and the repercussions of being blind to the faults in those we love.

NO LIGHTS NO LYCRA REDLANDS COAST



Wednesday 7 June from 6pm to 7pm
Lions Community Hall, 122 Shore St North,
Cleveland

Come along and try this exercise class with a difference. For one hour you'll dance in the dark to a magic soundtrack that will make you feel good. Wear whatever you feel comfortable in, and get ready to dance like nobody's watching! The class, which runs on Wednesdays, costs \$10, payable at the door.

ECHOES OF PINK FLOYD



Saturday 24 June at 8pm
Redlands Performing Arts Centre, Middle St,
Cleveland

"Signs of Life" recreates the magic of Pink Floyd's iconic 1988 concert with this sensational live show, paying tribute to the hits that shaped a generation. Considered Australia's premier Pink Floyd tribute show, this is one not to be missed! Tickets: Adult \$79, senior/pensioner \$74, child under 17 \$49.

CAPALABA PARKRUN



Every Saturday at 7am
Capalaba Regional Park, 13 Pittwin Rd North,
Capalaba

Join this fun and friendly weekly 5km walk/run. Join the course, or volunteer, and start your weekend enjoying the great outdoors!

JOIN IN THE SONG WITH FOLK REDLANDS!

Music fashions come and go but folk music is always around. Its home on the coast is at Folk Redlands, formed in 2005 by a dedicated handful of folk musicians and supporters under the guidance of Colin Nightingale.

Colin's unmistakable accent marks him as a Yorkshireman but Australian folk music moves him as deeply as the songs from his old country. When Colin immigrated to Australia with his wife and two sons, he was immediately captivated by the special flavour of our folk and bush songs.

"Most of Australia's folk songs emigrated from the UK and Ireland but in their new home they took on a new identity and energy," he says. "They're an honest reflection of working class life, songs people sang – and continue to sing – about their lives and traditions."

Realising that the Redlands lacked a focus for folk music aficionados, Colin established a weekly folk music program, Acoustic Harvest, on the Redlands Coast community radio Bay fm. Acoustic Harvest, in its various incarnations, ran from 1993 to 2017 and was the original springboard for the creation of the

Folk Redlands club.

"There was no local centre for anything like folk music," he says, "an accessible, inclusive space for acoustic artists who like to listen, perform and mix with good, pleasant people. For some members, just belonging has helped them through some rough passages in life."

With a small team of dedicated folkies and drawing on the extensive network built up through Acoustic Harvest Colin was instrumental in creating Folk Redlands, which since 2005 has run a monthly folk event that presents a blackboard concert (put your name on the board if you want to perform!) and a featured artist. Its original home was at Indigiscapes but through the years of COVID turbulence it relocated to the Victoria Point Bowls and Recreation Club – and with a mailing list of 800 it's still going strong. Because folk music is always around.

For more information contact Colin on 0448 142 883/ folkredlands@yahoo.com or <https://folkredlands.org>.



Photos: Supplied.

MATES TO PERFORM LOCALLY-WRITTEN SHORT STORIES

FROM MATES THEATRE GENESIS

MATES Theatre Genesis is bringing local “Third Age” stories to the stage this year. MATES annual “Seniors Perform” production to be held during Queensland Seniors Month in October, will present short stories written by local seniors.

Submissions of short stories are invited from anyone aged 60 years or older. MATES is seeking stories about life in the “Third Age”, how the world changes when you hit 60 – retirement, family, relationships, health, becoming more dependent and being invisible in the community. Any topic is welcome, providing it relates to life in the “Third Age”.

Stories should be about 500 words in length and they will be reviewed by the MATES selection team. Chosen stories will be developed and adapted for performance on stage.

“Theatre is a wonderful medium for storytelling and we hope sharing stories from the local community will shine a light on the diverse experiences of seniors,” said MATES’ president Kath Kunde. “MATES is excited to collaborate with local writers, bringing real life stories to the stage.”

Submissions close on June 30 and writers can enter multiple stories. No payment will be made for use of these stories.

Performances will be held from October 19 to 29 at the Donald Simpson Community Centre, Cleveland.

For more information and to submit a story, visit MATES’ website www.matestg.org.au/auditions/.



Seniors perform in 2022. Photo courtesy of Images by Anderson.

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BEHIND THE LENS: REDLANDS CAMERA CLUB PHOTOGRAPHER PROFILE

BY BRIAN RUSSELL, EFIAP FAPS

A lifetime love of natural history led me to begin recording in the late '70s what I saw through the medium of photography.

During the last 20 years, I have developed a strong interest in pelagic (seabirds), not just those who frequent our shoreline, but those that spend almost their entire lives in the "Big Blue Paddock", only coming to land on some isolated island or remote shore to nest and continue the species.

The great Southern Ocean, that wild expanse of ocean between Australia and Antarctic continents, is home to an amazing array of seabirds – from the well-known Albatross species with wingspans of up to three metres, to the tiny Storm Petrel with wingspans measured in centimetres.

I had the privilege of traversing part of that Southern Ocean in 2018 and visited a number of islands situated therein. These islands are collectively known as the Subantarctic Islands of Australia and New Zealand.

But it wasn't just about birds. I also sought to understand the complex yet fragile ecology of this



Photos: Brian Russell.

special place in our world. While man has exploited and nearly destroyed some of these fragile ecosystems in the past, the work and commitment of the Australian and New Zealand governments



recently in restoring these remote sanctuaries by removing the introduced species, is commended.

This is a win for the unique species that rely on these islands to breed.

The home to the species that live there, some temporarily, is a dangerous and harsh environment, but at times can show a beauty not seen elsewhere on our planet.

LOCAL PERSONALITY PROFILE

Name: Albert Benfer.

Suburb: Mt Cotton.

What's your business? I am an uneducated chook farmer. My dad started the business 90 years ago and it has grown into a totally integrated poultry business, Golden Cockerel. We start with parent breeders which produce fertile eggs which we hatch into meat chicks and grow into mature poultry. Poultry husbandry has given me the opportunity visit countries doing advanced research into poultry health and nutrition.

Do you have any interesting stories about your job? The business began when there was no knowledge of treating diseases in intensive poultry farming. Dad experimented by mixing some bird droppings into their drinking water, thinking this would give them immunity. The chickens he treated all died.



What's your favourite local dine-in and take-away? My preference when dining is Asian food – Chinese, Thai, Indian and Vietnamese, in that order. Thai Siam is a favourite, and the Courthouse for great Aussie fare. I enjoy food, full stop!

Best local activity: I am involved with Rotary and I enjoy working with the various charities that supply educational and medical items to neighboring countries. I have been on team building visits to Timor and PNG, working on facilities for disabled people. My favorite local activity is boating and fishing in Moreton Bay.

The last book you read: I mostly read biographies of people like Mother Theresa, Nelson Mandela and people who have contributed to mankind. The latest book I read was the life of Dr. Catharine Hamblin who, with her husband, established a fistula hospital in Ethiopia.

The last tv show or movie you watched? I really am not a great movie go-er, it is difficult to find a movie based on real life. My favorite

TV shows are *Back Road*, *Places with Ernie Dingo*, *Letters and Numbers* and *Landline*.

Is there anything you'd like to see happen in the local area? I would like to see more of our natural bushland preserved. I live on acreage with mostly bush where I can feed the wallabies, bandicoots, the occasional koala, king parrots and lots of other birds.

Is there a local business/community group/club you'd like to give a shout-out to? I have been on the board of Horizon for many years and have a great affection for people with disability. I have a great feeling for Meals On Wheels and also love the activities provided by Donald Simpson Centre for elderly folk. There are so many great organisations in the community, too many to mention.

Community News



VICTORIA POINT

Bennett Family Real Estate has been serving the area for more than 18 years, and over that time we have got to know our lovely residents.

With this community paper, we would like to expand the value we bring to the lovely people of Victoria Point.



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Joke of the month

Did you hear the joke about the roof?
I doubt you'd get it – it's over your head.

RESIDENT OF THE MONTH ANN TAYLOR

Ann has been with Bennett Family Real Estate for the past nine years.

"Janet was the only one who was even remotely interested in giving me a job nine years ago when I was well enough to get back into the work industry after my accident," said Ann.

"No one else gave me the time of day as I was in a wheelchair. The first day I came into the office, Janet said, 'If you can fit behind the desk, then you can start tomorrow', and I've been with her ever since."

Ann keeps our database current, regularly calling our clients to say "hello," ensuring they are well, and will offer assistance. And whether it's about real estate or other matters, she is always willing to go the extra mile.

Ann has a beautiful assistance dog, Ruby, a chocolate Labrador, who is also very well known by the community. Ruby came to the office daily until her health declined, and she sustained a nasty ligament injury. She will still pop in occasionally and greet as many people as possible.

When Ann's not at work, she's at the dog park with Ruby and all their friends. When Ruby doesn't have enough energy to walk to the park, Ann will pull Ruby along in a cart attached to the wheelchair. Give them a wave, or say "hi" if you see them.



WHAT'S ON IN June

Gym Stars – gymnastics for children with disabilities

11:30am to 12:00pm every Saturday at YMCA, Victoria Point.

Gym Stars is a great way for children to keep fit while having fun.

The gym teachers are great with the kids and they all really enjoy getting involved in obstacle courses and games, and usually love to finish off with a game of hide-and-seek.

Redland City Council's Environment and Community Fair – June 4

This free family and community event will be held from 9am to 2pm at the Redlands IndigiScapes Centre at 17 Runnymede Rd, Capalaba.

There will be loads of activities including face painting, storytelling, stalls, fresh produce and lots more.

Kids' and family fishing lessons – June 11

Here's an awesome class for kids and families to learn how to fish. Fish off the shore at Victoria Point, where you'll be taught how to read the beach, catch bait with yabby pumps and a bait net, tie a fishing knot, cast a rod, and hopefully catch a fish.

All bait and fishing equipment is provided. All staff have blue cards for working with children.

Bookings are essential, ticket prices vary. Scan the QR code for more information.



BUILDING FRIENDSHIPS AND COMBATting LONELINESS IN AGED CARE

CONTRIBUTED BY CIRCLE OF MEN

In recent years, and especially in the post-COVID environment we live in today, loneliness and increasing isolation have become all-too-common problems faced by elderly men in aged care facilities around Australia, many of whom have fewer options for social interactions as time passes.

Circle of Men is a not-for-profit charity where dedicated male volunteers support elderly men living in selected aged care facilities throughout Brisbane south and the Redlands area. Their purpose is to reduce social isolation and loneliness via a weekly companionship and support program.

Each session is led by an experienced volunteer facilitator and consists of a "How are you going?" check-in, typically dealing with depression, grief, anger, loss, boredom, or fear, before having a great time cracking jokes, reminiscing, and often singing familiar songs.

Many men enter an aged care facility as a last resort, after they've lost their health, mobility, and final network of support. For 90 minutes each week, Circle of Men volunteers provide friendship, build trusting relationships, and break through that wall of isolation.

Circle of Men has no religious or political affiliations and welcomes new volunteers. For more information, contact secretary Kevin James at 0490 105 715 or email info@circleofmenqld.com.



Photo: Supplied.



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ALL ABOUT OSTEOPENIA AND OSTEOPOROSIS

BY GRACE COOPER (BPHTY), BODYSMART HEALTH+

Here I will be breaking down bone density myths and discussing advances in Osteoporosis management. Osteoporosis has been titled “the most common metabolic bone disease in the world”. So how much do you know about it?



SO, WHAT IS OSTEOPOROSIS?

Osteoporosis is a condition in which the body’s natural process of bone remodelling is disturbed and bone reabsorption occurs more rapidly than bone formation, resulting in low bone mineral density. Low bone mineral density can often go unnoticed until an individual has a fall or in serious cases, coughs and fractures a bone.

WHO IS AT RISK OF DEVELOPING OSTEOPOROSIS?

Women over the age of 50 are four times more likely to develop Osteoporosis in comparison to men (Alswat, 2017). Oestrogen deficiency in postmenopausal women increases the body’s sensitivity to bone reabsorption signals released by the parathyroid hormone, subsequently resulting in significant reductions to bone mineral density (Keen, 2022). While women are predisposed to greater risk, recent studies have shown men have increased associated complications related to their disease (Alswat, 2017).

Other modifiable risk factors include smoking, excessive alcohol intake, poor diet and living a sedentary lifestyle (Osteoporosis Int., 2022). While we have only highlighted a few of the many risk factors for Osteoporosis, we hope you understand the importance for everyone to seek early treatment from a trained health professional.

CAN I PREVENT OSTEOPOROSIS?

Yes. If caught early enough, bone mineral density can be maintained to prevent the progression from Osteopenia to Osteoporosis.

HOW CAN I MANAGE MY CURRENT DIAGNOSIS?

Management for Osteoporosis often consists of modifications to many lifestyle factors including physical activity, diet and medication prescription where deemed suitable by your general practitioner.

Physical activity is universally recognised as the gold standard treatment due to the multi-factorial approach of improving bone mineral density and reducing falls risk via mechanical loading, hormonal regulation and proprioceptive training (Osteoporosis Int., 2022). In conjunction with activity modification, it is important that an individual’s diet meets their nutritional needs to promote bone mineral density across the lifespan.

A dietician can review your daily dietary intake to determine if any essential nutrients which support bone remodelling are deficient. Here you will be provided with a personalised diet plan and education on how to incorporate these changes into your daily life.

Finally, to manage fatigue, an occupational therapist is best suited to implement energy conservation strategies as well as offer home visits to assess your home environment to modify high risk areas with appropriate equipment prescription.

If this sounds like something you could benefit from, please contact us at BodySmart Health+ and we will be happy to book you in for an appropriate initial consultation.



Photo: Supplied.

ABOUT THE AUTHOR

Grace is a qualified physiotherapist, working at Body Smart Health+ in Cleveland. Grace is experienced with working with clients across the lifespan and has a special interest in complex rehabilitation, paediatrics and supporting clients through injuries and setbacks.



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Name: Hi, I'm Teddy (Bear).
Suburb: Cleveland.
How long have you lived there? All my life! I am only 12 weeks old!
What's your favourite local walk? Anywhere with sand, I love pouncing around in the sand!
Your most treasured toy? A stuffed toy that looks exactly like me but when no one is looking I love stealing everyone's socks!
What's your favourite food? The bits of food my big brothers drop from their table at dinner time!

Your worst habit? Stealing socks – I can't help myself!
Your favourite local hangout? I am still exploring new places – I'm only 12 weeks old!
Who's your best doggo friend? I have only met a few dogs – Uki, the kelpie from Lota is my best bud.
Any funny or embarrassing stories you'd like to share? I may or may not be the culprit of hiding shoes in weird places that Mum and Dad can't find!
What do people love most about you? How energetic and tiny I am. I am very cute and can pounce very high!

Name: My name is Willow.
Suburb: I'm from Thornlands.
How long have you lived there? Almost four years.
What's your favourite local walk? Around my local streets. Lots of people stop and talk to me and pat me – winning!
What's your most treasured toy? I have about 20 toys, but Doug the dinosaur is my fave.
Your favourite food? Chicken, cheese and celery with a sneaky bit of peanut butter!
What's your worst habit? Stealing the hoomans' socks and leaving them in the back yard.

Your favourite local hangout? Ranc Doggy Daycare – especially the doggy pool.
Who's your best doggo friend? I don't have just one friend, I have lots of friends at Ranc, at home and around the streets!
Any funny or embarrassing stories you'd like to share? When I was a pup, my male hooman left his iPad and prescription glasses on the side of the couch. When he wasn't looking, I took them out to the backyard and made sure I chewed them up well and good. All the hoomans were not very happy with me.
What do people love most about you? I'm a happy-go-lucky girl. I love everyone – two-leggeds and four-leggeds. Life is pretty cruisy at home. The hoomans tell me I'm very spoilt.



Help Wanted

Would you like to earn some extra money, get fit and help connect the local community?

We're looking for locals to distribute The Community Leader and Real Estate News & Views in the bayside. If you'd like to work flexible hours with a good hourly rate, contact Locals R Us on 0403 189 625 or hello@localsrus.com.au.

REDLAND museum
 since 1972 on Redlands Coast

WOMEN'S LAND ARMY

2023 QUEENSLAND DAY PLAY THE OTHER DIGGERS
 Written and Directed by Jan Nary

DINNER & THEATRE

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WHAT IS CANINE PARVOVIRUS?

BY DR NICKY THOMAS, WYNNUM MANLY VETERINARY HOSPITAL

We have recently seen some cases of parvovirus in the local area. It is critically important that dogs be kept up to date with vaccinations to prevent infection with this deadly disease.

WHAT IS PARVOVIRUS?

Parvovirus is a highly contagious gastrointestinal virus that can affect dogs of all ages. Unvaccinated dogs and puppies under four months of age are most at risk. Parvovirus spreads by direct contact between dogs and contact with contaminated faeces. The virus can live on kennel surfaces, food and water bowls, collars and leashes and the clothing of people in contact with infected dogs. It can survive in the environment for long periods and can be spread on the fur and feet of dogs and contaminated shoes, cages and other objects to infect other locations.

SIGNS OF PARVOVIRUS

Parvovirus causes signs including lethargy, loss of appetite, high fevers, vomiting and severe bloody diarrhoea. There is no specific treatment for the virus – dogs need to be hospitalised for supportive therapy consisting of intravenous fluids to combat electrolyte, fluid and protein loss, medications to control vomiting and antibiotics to prevent secondary infection. Parvovirus can acutely affect animals, and dogs

may die despite intensive treatment.

PREVENTION

Puppies are born with some immunity from their mother's milk but need vaccinations to ensure they develop their own immune response as the protective antibodies from the milk wear off. We recommend a course of three vaccinations given at 6 – 8 weeks, 10 – 12 weeks and 14 – 16 weeks of age. Puppies should be kept away from other dogs of unknown vaccination status and areas where lots of dogs congregate due to the risk of environmental contamination with the virus.

Adult dogs should be vaccinated a year after their final puppy vaccination. Following this first adult vaccination, dogs generally develop good immunity to the disease. Further vaccinations may be recommended yearly to three yearly, depending on the vaccine used – have a chat with your vet to decide the best course of vaccination for your dog.



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||| HEARING HEALTH WITH PENELOPE WOODS |||

Are you eligible for the hearing services program?

BY PENELOPE WOODS, BMUS, MAUDST, MAUDA (CCP)

As a Masters Qualified Audiologist and passionate hearing health advocate, I've made it my mission to provide patient-centred care, clinical integrity, and expertise with empathy. Today, I want to share some important information about how eligible pensioners can access free hearing aids and I'll explain some of the benefits of taking advantage of Australia's world-class system.

First, let me explain how hearing care funding works in Australia. Instead of going through Medicare, it is delivered via a dedicated Australian Government program called the Hearing Services Program (HSP). Eligible pensioners and Department of Veterans' Affairs cardholders can access a range of hearing care services and hearing devices through this program, simply by registering.

Certain hearing clinics, including my own, are contracted to deliver these services on behalf of the Commonwealth. Once you're registered as a client of the HSP, you're issued with a virtual voucher, which your hearing care provider can use to claim the cost of services provided to you.

To be eligible for the HSP, you need to be an Australian citizen or permanent resident aged 21 years or older and fit into one of several categories such as being

a Pensioner Concession Card holder, Department of Veterans' Affairs Gold or White Card holder, or a dependent of a person in one of these categories.

The Hearing Services Program offers a comprehensive range of services, including a full hearing assessment every five years, a subsidy towards high-quality hearing aids (at a range of price points), support and advice on getting the most out of your hearing devices, and annual check-up appointments. There is also an optional yearly maintenance plan for a small fee, which covers the cost of repairs and consumables.

Please note that the program does have some limitations. For example, it doesn't provide unlimited hearing checks and some services are not included (such as ear wax removal). However, it remains an excellent resource for those who qualify.

For your ongoing hearing and cognitive health, early intervention is best so I encourage you to check your eligibility and take advantage of the Hearing Services Program if you're able.

Penelope is a passionate hearing health advocate and the founder of A Better Ear in Cleveland. Send your hearing health care questions to hello@abetterear.com.au.

See a specialist, not a salesperson.



Penelope Woods
MAudSt, MAudA (CCP), BMus
Founder/Audiologist



Ph: (07) 3821 3744
9/21 Waterloo Street, Cleveland
www.abetterear.com.au

REDLANDS HOCKEY SEASON UPDATE

CONTRIBUTED BY REDLANDS HOCKEY

What a weekend of hockey for the Redlands Hockey Association's "old boys". Redlands had three teams competing at the Queensland Men's Masters Hockey State Championships at Chermiside during the May Day long weekend, with one team in the 45-54 age division and two in the Over 55 division.

The Over 45 Redlands team was placed fourth in Pool D, the Over 55 Redlands 1 came second in Pool CC and the Over 55 Redlands 2 was third in Pool CC.

How did we have two Redlands teams in the O55s? The second team consisted of orphans without a home as this age group is difficult to field a full complement of players from the association. Redlands showed its true heart in allowing the team of players from Tweed, Gold Coast, Fraser Coast, Maryborough, Bundaberg, Northern Rivers and Armidale to play under its association banner and challenge for state representation.

From that team there were five or six players chosen to represent Queensland at the coming National Championships in Perth and without Redlands' support, they could not have had that opportunity.

When the teams were announced on the Sunday, these players were all very appreciative of the role Redlands had played in helping them gain selections. All expressed their keenness to play with Redlands in any future events.

We wish to thank the Redlands Hockey Association board for its assistance in allowing two teams to play in this year's championships. The team may have lost all its games, but it was the on-field time in front of selectors that was more important.



Photo: Supplied.

PEOPLE BEFORE PLANES

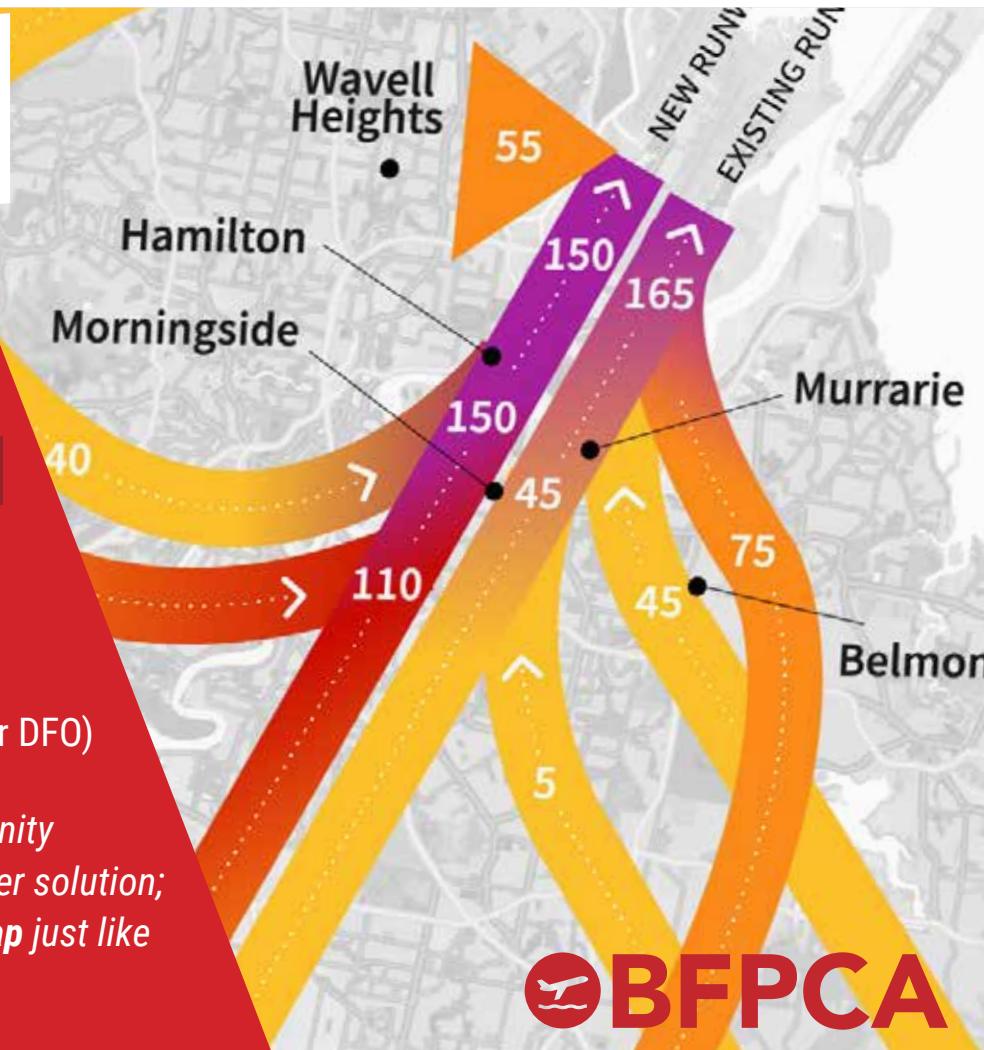
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A BRIEF HISTORY OF THE PLACE WE CALL COOCHIE

BY JILL GREENHILL, WYNNUM MANLY HISTORICAL SOCIETY

Board the ferry at Victoria Point for a seven-minute ride to the island of Coochiemudlo. Here is a minute island, only five square kilometres in size.

Evidence of at least 25,000 years of Aboriginal occupation is acknowledged by the presence of traces of shell middens and stone mortars.

The spiritual significance of the iron-rich red ochre cliffs, on island's south western flank, visible from the mainland, gave the name Goochi-mudlo (red earth/stone) in the Jandai language of the Quandamooka people.

The first European to step onto the island on 19 July 1799 was Lieutenant Matthew Flinders, during his voyage of exploration in the "Norfolk", to find navigable rivers north of Sydney.

Flinders had sailed into Moreton Bay but did not discover the Brisbane River. He referred to Coochie as the Sixth Island. A re-enactment of his landing is celebrated annually on the Sunday nearest to 19 July, at Norfolk Beach, on the east side of the island. This beach was named in 1977 and gazetted in 1982. A stone monument to record Flinders' landing can be found there.

Government Surveyor, Robert Dixon, named the island "Innis Island" in 1840, in honour of Lieutenant Innis, who had recently explored southern Moreton Bay. This name stayed in place until the 1880s. The island's name then reverted to the original Aboriginal name, but was anglicized as Coochiemudlo.

The island was granted to the Queensland Acclimatization Society in 1868. The society's task was to import plants that could have commercial potential, and to conduct experiments to determine if they could be adapted to Queensland's tropical and subtropical climate. The grant was declined.

In the 1880s bullock teams were swum over from the mainland to drag the felled trees down to the sea for use in the construction of wharves in Brisbane. The Moreton Bay Oyster Company took oysters from beds surrounding the island.

Interest was aroused again 1887 in developing the potential of the island. The western side of the island was subdivided into one-acre lots for the future growth of bananas, passionfruit, grapes, paw paws, pineapples, tomatoes, vegetables and custard apples.

The first auction of this crown land was on 24 January 1888. Ninety allotments were advertised but no one showed any interest in settling on the island.

In 1896 Henry Wright and his son Norman set up camp. They left "this god forsaken place" in about 1900. The sandflies and mosquitoes were intolerable. Norman Wright went on to build Norman Wright and Sons, a nationally respected boat building firm.

The land, though subdivided, was unoccupied and was exploited for timber and for grazing of cattle, swum across from the Victoria Point farms. Prior to WW1, Mr Morcom cleared the southwest corner and built the first farmhouse. But the project was not viable. Phillip Forrest purchased this farmhouse in 1919 and offered Doug Morton and Eric Gardon, both ex WW1 survivors, the opportunity to share-farm the property.

Doug Morton stayed there for 40 years and made a success of the venture. He married Mary Colburn in 1921 and Mary was the only female on the island for the next 12 years. Doug was the initiator of the tourist industry in the 1930s. He built several jetties and the golf course in the southwest corner of the island. The Mortons left the island in 1966 when they felt the place was too crowded.



The red cliffs of Coochie. Photo: Supplied.

During WWII the island was home to the 42 and 43 Landing Craft Companies who trained there, then served with distinction in New Guinea and Bougainvillea in 1945. Trainees included Sir Frank Packer, Sir Ninian Stephen and Sir Nigel Bowen.

The farming era was over by the late 1950s when many of the leases were bought and subdivided by two real estate agents. Alfred Grant bought land to the east and Richard Marsh to the north and west. But the subdivisions were small, only suitable for holiday cottages. So, in the 1960s, sales were few with only 20 people living on the island by 1970.

Infrastructure development increased rapidly in the 1970s. A new concrete jetty was built in 1971. The island was connected to the town water supply. A community hall was built in 1973. Electricity was connected in 1978. There was a regular ferry service. The vehicular barge came in 1987. Unfortunately, connection to underground sewage was not available until 2006. But the level of permanent residency rose.

A land management plan was drawn up to preserve the foreshore and prevent the building of waterfront houses. This "Emerald Fringe" gives the island an air of mystery. The society of the island is now diverse, ranging from permanent and temporary residents, retirees, professionals, artists, writers and trades people. Community groups include a progress association, an art group and life saving volunteers. Sporting facilities exist for golf, tennis, croquet and bowls.

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ORMISTON COLLEGE STUDENTS DAZZLE IN DISNEY FAVOURITE

FROM ORMISTON COLLEGE



Photos: Supplied.

The Lingo Lin Performing Arts Theatre at Ormiston College was transformed into a magical underwater world as students took to the stage to present *Disney's The Little Mermaid*.

An enchanting tale, *Disney's The Little Mermaid* is a story about following your heart and that is exactly what was seen from the courageous and talented cast of 75 students from Year 7 to Year 12.

From auditions to learning complex vocal parts, creating unique characterisation and mastering intricate choreography, the students displayed great commitment, resilience, and persistence to achieve wonderful performances.



Olivia Ralph, Year 12, and Ava Ryan, Year 10, were dual cast in the principal lead role, the beautiful mermaid Ariel. Living in an enchanted under-sea world, her father the King (Krish Vihol, Year 12), Ariel, a passionate teenager wants what she cannot have – to live on land. When she falls in love with the handsome Prince Eric (Remy Hare, Year 11), Ariel must bargain with Ursula the Sea Witch (dual cast, Rebekah Lynch, Year 12 and Chloe Richter, Year 12). With her voice surrendered and her soul in jeopardy Ariel is helped by enchanting sea creatures in her quest to gain the affections of the prince.

The magical score was brought to life superbly by a 14-piece orchestra. A dedicated team of staff, designers, students, parents and alumni expertly crafted the dazzling costumes and stunning sets to create a spectacular show.

COMMUNITY PROFILE: REDLAND COAST ART SOCIETY

A group of bayside locals passionate about art have pooled their talents to create a new artist group based in Cleveland. Redland Coast Art Society is a newly-formed non-profit organisation offering tutored workshops and a creative home for artists – beginners or advanced – to develop their skills.

"We can provide tutorials and workshops in all media," explained the society's secretary, Paul.

"Our tutors are qualified, experienced individuals who would happily discuss your needs with you."

The society welcomes artists of all abilities and runs regular events that allow participants to explore their creativity.

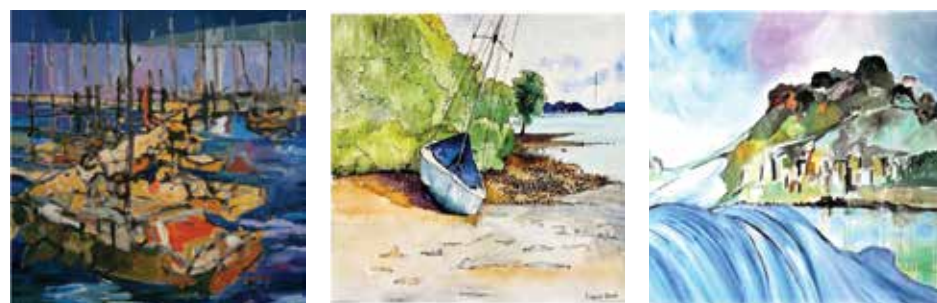
REDLAND COAST ART SOCIETY ACTIVITIES

Plein Air These sessions take place outdoors every Sunday at 9am. Artists draw and paint at various locations in the Redlands. Plein Air is run by Angela Bruce. For more information call 0408 150 930.

Art Jam is at St. Paul's church on a Sunday afternoon from 1pm to 4pm.

Workshops and classes are held by arrangement with the individual tutors. A minimum class size of five persons is required.

Exhibitions will be arranged at various times during the calendar year, where artists can show their artwork to the public. Fees may apply.



Photos: Supplied.

Redland Coast Art Society is at St. Paul's Anglican Church, 4 Cross Street, Cleveland. Facilities include indoor and covered outdoor areas for artists to paint, a kitchen and toilets. Ample parking is available on Cross Street. For more information, contact Gloria Dietz-Keibron at 0427 244 438, Kat Christensen at 0412 638 768 or Angela Bruce at 0408 150 930.

MY LOCAL MEMORIES: FROM SLATES TO SMOKY HOLES

BY ROSS FARLEY, BAYSIDE RESIDENT

We didn't write on paper when I started school in the 1950s: we wrote on slates with slate pencils made of a softer form of slate. Work was erased using sponges. Slate was considered easier for beginners than pen and messy ink. Ballpoint pens existed, but I can't remember when we started using them in school. I remember using pen and ink and often 'blotted my copybook'. Each desk had a hole for an inkwell located where two could share. Ink and kids are not a good mix, resulting in inky handprints, spills, and blots on books and clothes.



Eventually, we transitioned to pencils and ballpoint pens, but the holes in desks remained.

The desks also had a shelf where students could store books. Smoking was still a common practice. Some teachers smoked, but students would get into big trouble (e.g., the cane) if caught smoking. (Actually, people don't smoke. The cigarettes smoke – the people are just the suckers.) One day some boys in the back row showed off by smoking in class. They took puffs when the teacher was not looking, then held the cigarettes below the desk, out of sight. The smoke rose; the teacher got suspicious and moved closer. To avoid detection, the smokers threw their cigarettes into the shelf under their desks. Unfortunately, their books, papers and other flammable objects on the shelf caught fire, and smoke chimneyed out of the hole in the top of the desk. The more those boys tried to cover up their antics, the more they were exposed. 'Where there is smoke, there is fire' – or at least naughty boys.

REDLANDS UNITED RED DEVILS' SEASON UPDATE

CONTRIBUTED BY REDLANDS UNITED

Redlands United's Red Devils have had a busy few months. Playing in Queensland's National Premier League men's competition (NPL Men's), the Red Devils played six games during the five weeks of April, which included both Easter and Anzac Day.



Redlands' Guil Santana on the ball for the Red Devils. Photo: Ray Gardner.

They played two games in the Kappa Pro-Series competition for a win and a draw (one home and one away), one mid-week away game in the Australia Cup for a win, and three NPL men's fixtures (one home and two away). This included a washed out away game on the Sunshine Coast, which was replayed on the following Tuesday evening, for a win and the Devils completed the month with two narrow losses to the competition leaders.

Goals were spread throughout the squad with strikers Guil Santana (4), Dylan Tate (2) and Peter Klaassen (1), midfielders Ryo Emoto (1), Deane Alterio (1) and defenders Max Ellenger (3), Dylan Brent (1) and Dylan Leggett (1) all getting on the scoresheet.

The beginning of May saw the Red Devils away from home again, this time at Newmarket against Brisbane City. A 4-1 away win over City gained another valuable three points for the Red Devils, moving them into the top six on the NPL men's competition ladder.

"We have a squad of 23 players who push each other at training. They work for one another and care so much for our common cause," says Redlands United head coach Daniel Varma. "We all know our capabilities, our potential and our standard and it's fantastic to see we are beginning to achieve it. Your head coach is proud of you gents. Our football. Our way."



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REAL ESTATE ADVERTISING COSTS: THE AGENTS' HIDDEN AGENDA!

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To ensure you're getting the most amount of money for your home without spending thousands on unnecessary advertising, it's important for you to understand that most agents use your advertising money to promote themselves.

Agents Use Your Money to Promote Themselves!

Most people don't realise a lot of advertising actually benefits the agent by promoting and profiling themselves. Open homes, auctions and seller paid advertising, are of great benefit to real estate agents, but of very little benefit to home sellers and buyers.

Many agents require the seller to invest a considerable amount of money into advertising their properties, as well as receiving a full commission at the completion of the sale. Often these advertisements seem to be as much about promoting the brand of the agency and the salesperson involved, as it is about trying to sell the property. These advertising costs are payable whether or not the property sells.

Basically, this is simply a way of shifting the financial risk from the agent to the seller.

When agents are selling in a particular suburb, they are asking sellers to pay substantial advertising fees to find buyers,

and they will repeat this exercise on a house in the same street, the next street and around the corner.

The question you must ask is, why do I have to keep paying all this money when you are a real estate office? Don't you keep a record of all those buyers you have previously advertised to? Where are they?

What is the Alternative?

There are some great agents around that do not believe seller paid advertising is in a seller's best interests. They believe the agents should take the risk, that if an agent is going to ask to sell your home or you are going to give them that privilege, then they should run the risk, they should deliver the service before you pay them anything, including their fees.

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Queensland is still worlds away from a healthy rental market

FROM THE REAL ESTATE INSTITUTE OF QLD

Obscenely tight rental conditions continue in Queensland according to the latest Residential Vacancy Rate Report released by the Real Estate Institute of Queensland (REIQ).

The REIQ report covers more than a decade of quarterly vacancy rates for 50 local government areas (LGAs) and sub regions in Queensland, with the March 2023 quarter showing sustained historically tight rental conditions and mostly minor fluctuations from the previous quarter.

Of the 50 regions, 11 remained at the same rate, 13 grew slightly tighter, while the majority of 26 relaxed slightly, indicating improved but still limited rental options.

This saw the state-wide vacancy rate rise marginally from 0.8 per cent in the December 2022 quarter, to 0.9 per cent in the March 2023 quarter, still well short of the ideal 2.6 – 3.5% healthy rate.

Interestingly, the vacancy rate climbed

slightly in most of Queensland's tourism centres and coastal regions. A standout was Noosa which shot up substantially from 1.2 per cent to 2.3 per cent, just shy of the healthy rate, while neighbouring Gympie region also rose from 0.7 per cent to 1.1 per cent.

Mount Isa tipped into a healthy 2.6 per cent rate for the first time since the onset of the pandemic, while Gladstone held the highest rate of the regional centres at 1.8 per cent.

REIQ CEO Antonia Mercorella said while the March quarter results offered some rental market relief, most of the state was a long way off from being out of the woods.

"Queensland is still worlds away from a healthy rental market and a grossly insufficient level of housing supply is squarely to blame," Ms Mercorella said.

"When we're witnessing these very tight vacancy rates persisting right across the

state, it's highlighting the importance of ensuring that we keep levels of property investment up so that we can maintain rooves over the heads of our growing population.

"We desperately need more rental properties but investors are not being encouraged to put their savings into property – on the contrary, often they're being deterred and punished."

Ms Mercorella said that despite the heavy reliance on private investors in the rental space, dangerous behaviour towards investors was continuing.

"Alarming, talk of rent control and imposing greater restrictions on the owners of rental properties is being touted as the solution to the rental crisis," she said.

"Making investment less appealing and demonising investors is not the right solution. We should be focussed on the underlying cause of the rental crisis and

increasing housing supply, including social housing.

"Queensland spends the least per capita on social housing and even with the Housing Investment Fund it will only rise to second last. This under investment reached its nadir from 2015 onwards and has had a direct correlation with the crisis today.

"We're about to embark on the phase two rental reforms, and just as in phase one, the REIQ will be advocating strongly for fair and balanced residential tenancies legislation in Queensland that support all stakeholders involved in rental relationships," she said.

"It's a delicate balancing act making sure that the laws provide adequate protections for tenants and also that they allow a certain amount of flexibility and freedom to property owners to ensure that they are prepared to keep providing their property as a private rental."

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Exciting news! We helped 8 new buyers find their dream homes and 8 sellers move onto their next chapter in life, achieving phenomenal results. It's all about creating positive outcomes for our community, and we're grateful to be a part of these life-changing moments.



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The vibrant community of Shoreline is set to feature around 3000 residential lots and become home for approximately 10,000 people. Nestled between bush and the bay, Shoreline offers a tranquil escape from the hustle and bustle of the city. With walking tracks and cycleways connecting the bush to the bay, as well as new parks, cafes, restaurants and the foreshore to explore, this is a chance to reconnect with what's important most in life. Family, friendships and nature.

Call 1800 889 984 or visit shorelineredlands.com.au

Visit the Sales & Information Centre and Display Village on Jingeri Street, Redland Bay



Shoreline

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Winter is coming...are you prepared for the chill?

CONTRIBUTED BY FALLON SOLUTIONS

Get your house ready for winter by following these practical tips to stay warm, safe, and comfortable all season long. Winter weather can cause damage and increase heating bills, so it's important to prepare your home for the colder months ahead. Whether you're a new homeowner or a seasoned pro, these tips will help you winter-proof your home.

Ensure your hot water system is winter-ready

Keep your hot water system running smoothly and efficiently all winter long by having it serviced before the cold weather sets in. A professional plumber can check for leaks, replace worn out parts, and flush out sediment, ensuring that your system is in top working condition. Additionally, proper insulation can help prevent heat loss and reduce energy costs.

Say goodbye to a freezing bathroom in the morning

Heat lamps are an amazing bathroom feature that can instantly brighten up the space and spread warmth with just the flick of a switch.

Clean and inspect your gutters

It's crucial to clean and inspect your gutters before winter to prevent costly repairs and extensive water damage caused by blockages from leaves and debris.

Prepare your air conditioner for winter heating

To prepare your reverse cycle air conditioner for winter, switch it to heating mode, clean the system, and have it professionally serviced for peak efficiency. This ensures your home is kept warm, reduces energy costs, and prevents the circulation of allergens.

Test your smoke alarms

Make sure your smoke and carbon monoxide detectors are working properly during winter when using heaters. Test them regularly, replace batteries, and install photoelectric, hardwired alarms to ensure safety for the long term.

Clean refrigerator and freezer drip pans, and vacuum the coils

To help your fridge and freezer run more efficiently and



extend their lifespan, clean the drip pans and vacuum the coils to remove accumulated dust and dirt. Also, inspect the door seals for any signs of wear or damage, which can cause cold air to escape and increase energy consumption.

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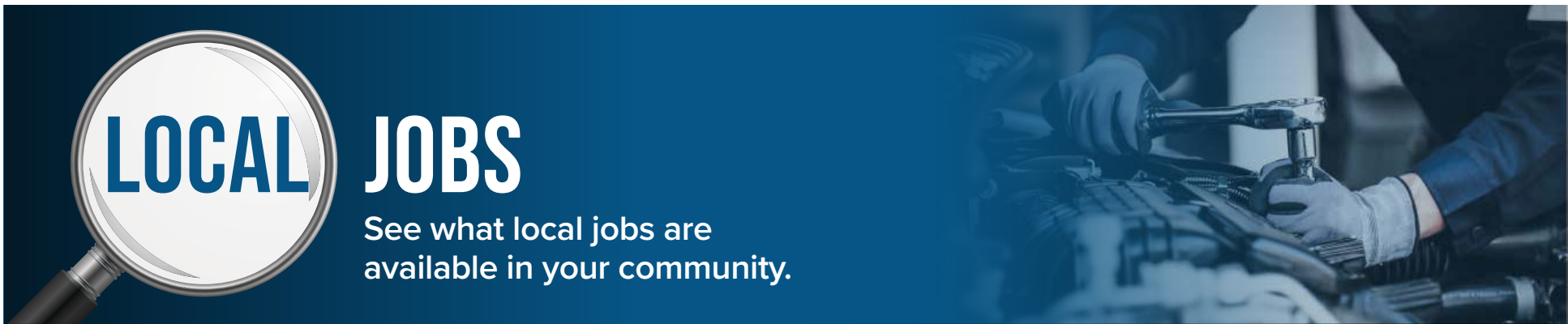


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We know many businesses are looking for staff, which is why we've added a Local Jobs platform to The Community Leader's website.

Contact us today to find out about our print, digital and social media options available to help you find local staff.

Ironing Service Provider



We're recruiting ironing people who would like to iron in their own homes for four to six hours per day, from Monday to Thursday. A rack, coat-hangers and starch are provided.

Ironers need to have an excellent ability to produce quality work, and follow instructions supplied in the Ironing Manual.

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Speedy Ironing has been in business for 30 years and is well known in the local area. We still service many of our original customers and are now ironing for their children. Please send applications to Marita at maritarose1@hotmail.com or phone 3207 7799 for more information.

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Our crews start early to try and beat the heat, especially as we are coming into a hot summer. It is not a difficult job, we offer training, but it is a physically demanding job, with our crews travelling up to 25 kilometres a day. Our crews get fit and most of them lose weight. Genuine enquiries only please.

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SHINING A LIGHT ON LEARNING – IT’S NEVER TOO LATE!

This year the University of the Third Age (U3A) Redlands District celebrates 25 years of *Shining a Light on Learning*. Celebrations will include an exhibition and presentations at the Redlands Museum.

Liz Sanderson, publicity officer for U3A Redlands, says that the Redlands Museum event will be a mix of static displays and live presentations.

“There will be displays of photos, significant documents and samples of some of the ninety-odd courses that U3A offers,” she says. “As well, on selected days there will be live – and sometimes lively! – demonstrations of various courses.

The live presentations will include a taste of theatre; an introduction to drawing and watercolour and jewellery making; jazz, tap and Scottish country dancing, ukuleles and singing in the Museum’s atmospheric chapel.

U3A grew from the belief that learning is an ongoing process and there is no cut-off date for expanding one’s knowledge.

“U3A Redlands has seventy volunteer tutors with individual expertise and experience in an amazing range of subjects so there’s something for everyone who wants to keep learning, even when they’re past the age of gaining education for income,” Liz says.

“We have more than two thousand students – one of the largest U3A memberships in Queensland – who range in age from fifty-five to ninety-plus,” says Liz. “The benefits are manifold; there’s the joy of being



Photo: Supplied.

connected to the community, the joy of learning something new and meeting someone new and the delight of unlocking a hidden talent. That’s certainly worth a celebration!”

Shining a Light on Learning will run at the Redlands Museum, Smith St., Cleveland from 7 June until 31 July 2023. More information at www.redlandmuseum.org.au.

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CLUB PROFILE: REDCITY ROAR BUILDS ON SUCCESS

A new basketball entity was created towards the end of 2019 by a handful of people from the basketball community based at Redlands PCYC. The RedCity Roar Basketball Association Inc – a not-for-profit incorporated association – began its mission to “grow the game in Redland City and build a pathway from beginners to semi-professionals”.

A handover of basketball activities from the Redlands PCYC saw RedCity Roar become active on September 23, 2019. The club inherited about 400 members in both junior and senior competitions. Included were junior and senior representative programs and a great introductory program called CUBs for four to seven-year-olds, formerly known as Biddyball.

A structure was implemented which resulted in four foundation clubs in Bayside Basketball (Cleveland DSHS, Bayview SS), Capalaba Wildcats (Redlands PCYC), Wellington Point Kings (Redlands College) and Alex Hills Raiders (Alexandra Hills SHS).

The impact of the clubs was immediate, with memberships surging in the first season of 2020, and despite the Covid break, another three clubs soon formed – Hornets, Crusaders and Faith, each servicing new locations. They bolstered membership after the lockdown.

At the same time, COVID-19 unexpectedly created an opportunity for RedCity Roar to compete in QSL, the only senior representative competition in Australia at that time. This brought the highest level of basketball to the Redlands Coast and is arguably the best venue in the state at the Cleveland DSHS’s Paul Bancroft Centre.

After a successful 2020 season, the association was offered an



opportunity by Basketball Queensland to join the highest level available, the NBL1 North conference of a national competition.

Within 12 months, RedCity Roar membership exploded, and a pathway was in place for all participants of the game to excel.

For all the success, however, there have been major challenges. Access to facilities to accommodate its now eight clubs and 1800 members has become an ongoing problem. Building the financial resources to service the needs of members has current human resources stretched to the limit. The growth has fuelled a voracious demand for more coaches, referees and facilities.

Volunteers in the clubs and within the association have created a great community story and set the scene for the association’s next mission: “To find a home for our growing family and develop processes and resources to better service the basketball community of Redlands.”



Photos courtesy of B.Rad Sports Photography.

CAN YOU SPARE THE TIME TO VOLUNTEER TO MAKE A DIFFERENCE?

CONTRIBUTED BY REDLANDS VOLUNTEER BRANCH, CANCER COUNCIL QLD

Redlands Volunteer Branch of Cancer Council Qld consists of more than 60 dedicated members who are passionate about raising funds for a cancer free future. Each year they raise more than \$100,000 that contributes to vital cancer research, support services for patients and their families, and prevention and early detection campaigns.

Cancer never rests, so neither do we!

What we do

The Redlands Volunteer Branch meets each month at Cleveland to plan future events, evaluate past events and record finances. Branch members stay up-to-date with fundraising, food handling, health legislation, regulations and support our volunteer base.

All funds raised are deposited directly to head office (CCQ) each month.

The branch hosts craft and plant stalls at markets, shopping centres and local events such as car shows, fetes and open days.

Members join in morning teas, lunches, garage sales and cent auctions as well as producing jams, spreads, cakes and crafts for sale. The branch runs raffles and seeks the assistance of local businesses for donations and prizes. Volunteers also provide labour for barbecues and community events.

Help is always needed at our morning teas with setting up and serving food and selling raffle tickets.

You can join a sub-committee to plan coming events, work behind the scenes with marketing, sourcing and operations and, of course, help at our annual Daffodil Day.

By attending our monthly meeting you can help plan future events, evaluate past events, record finances, stay up to date with fundraising, food handling, health legislations, regulations and support our volunteer base.

You can help a little, or a lot, depending on your availability.



Photos: Supplied.

Points of contacts are Tish Henderson (president) at 0407 587 096, or email tishhenderson@bigpond.com, or Pam Tranter (vice president) at 0408 550 435 or email pamtranter46@outlook.com.

WORRIED ABOUT YOUR SMILE? WE CAN HELP

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Advancements in dentistry mean that there are multiple options available to restore a natural, functional, and aesthetic dentition. There are many different reasons why patients may be suitable for a partial or full mouth rehabilitation, such as excessively worn-down or weakened teeth, loose or uncomfortable dentures, or inadequate remaining teeth causing chewing difficulty. If this sounds like your situation and you have been struggling with damaged or missing teeth or aren't happy with your current teeth or dentures, then you may want to consider some comprehensive long-lasting treatment options.

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Being unhappy or uncomfortable with your current smile can impact more than just being able to eat and chew effectively; it can impact your sense of self, confidence, and overall happiness. The benefits of smiling have been extensively researched and include being more approachable, releasing good hormones such as dopamine, endorphins, and serotonin, you're more productive, it helps relieve stress, and you may even live longer! If you're not smiling as much as you'd like, consider a confidential discussion with our team to discuss your options to rejuvenate your smile.

One of our practice philosophies is to ensure that patients are fully informed about their dental treatment prior to commencing; our team will take the time to discuss all aspects of your care with you. Dr Alex



Ritchie and the team at Dental on Cambridge are highly trained in cosmetic and implant dentistry and can perform an array of procedures to support you on your quest to find your smile and confidence again.

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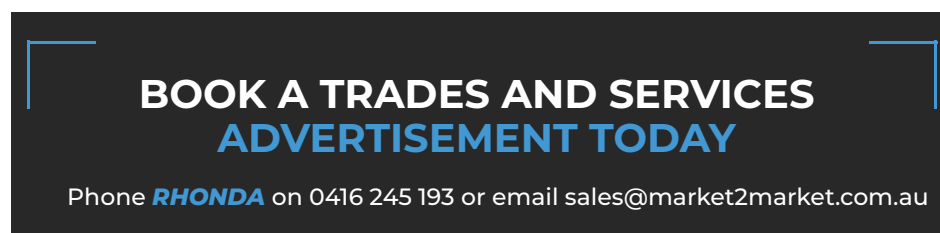
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The Community Leader is a monthly publication, home delivered to parts of Alexandra Hills, Birkdale, Capalaba, Cleveland, Ormiston, Redland Bay, Thornlands, Thorneside, Victoria Point and Wellington Point. Please note that if your home has a 'no junk mail' or 'Australia Post Only' label, then we are unable to deliver the newsletter to you. However, copies will be available around the local area for you to read. If your home does not get a copy, you can collect one from a local pick up point.

Any submissions can be emailed to **sales@market2market.com.au** for consideration.

LOCAL PICK UP POINTS

Various shopping centres, cafes, clubs and local businesses.



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JULY BOOKINGS

- Community editorial 16th of June
- Advertising cut off 18th of June
- Distribution 4th of July to 11th of July
- Bookings are for a minimum of 3 months and space is limited
- Market to Market Communications reserves the right to refuse any advertising
- Advertising contact **0421 786 302 or 0416 245 193 sales@market2market.com.au**

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COULD YOUR SMALL BUSINESS USE A CASH INJECTION?

FROM PETER HOULISTON-HOOLY, FREEDOM PROPERTY

Are you a start-up business, small or family business in Redlands Coast? Could you benefit from a cash boost to assist with new equipment, web development or marketing?

Freedom Property's recent Community Support campaign is offering the opportunity for small businesses in the Redlands to apply for one of five \$1000 cash boost incentives.

As a team, our community-minded agents have committed to donating five percent of their earnings up to \$6000 per annum each to community support campaigns.

The latest campaign is aimed at Redlands' small businesses. "Small business and start-up business can be tough, especially in the first three years," says Peter Houlston-Hooly, principal of Freedom Property on the Bay.

"Being self-employed my working life, I appreciate the trials and tribulations of small business. There's plenty reward, of course, but the journey can be fraught with many hurdles. We are hoping that this latest campaign can make a positive difference to our local businesses."

You can register at <https://www.freedomproperty.com.au/Community> or contact Peter Houlston-Hooly on 0424 125 773.



LOCAL POETRY FULL CIRCLE

BY GEOFF SMILEY

Mother's Day has just passed. Here is my experience with a loving mother figure in my life.

It is her birthday.
The old lady
from my past.
Now in high care,
entering the lost land
of unawareness.
With me nurturing
our long relationship,
hoping she is listening.

"I don't want to live here."
Time slowed.
I felt responsible.
I remembered the time
when she was protector
in lonely childhood.
I remember
our past,
her care.

Perhaps, she too
felt powerless,
when parents failed.
Now,
like all children,
I yearn to answer
the history of
our long love.

© Geoff Smiley

Then with clarity
she stopped me
with words and tears,

How can I change
the course of her
now lonely end?

REDLANDS DARTS PLAYERS TARGET NATIONALS

CONTRIBUTED BY REDLANDS DARTS

The Labour Day weekend saw the best players from 10 zones from all over Queensland come together to compete at the Redlands Multi Sports Club at Birkdale. Their mission was to battle it out over three days to find the top eight men and women for the Queensland team to compete at the Australian Titles later this year.

Redlands Darts (Zone 2) was undefeated, taking out the ladies' team championship. Combined with the men's team, the club is the overall team champions for 2023. Four players from Redlands made the state team: Amanda Loch, Melina Van Den Kieboom, Rob Modra and Laurie Loch. We wish them all the best in their quest to become an Australian representative at the national championships in August.



Photo: Supplied.

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MORETON BAY IS SWIMMING WITH CUTTLEFISH THIS MONTH!

BY SPERO KARTANOS

The cold has arrived, and so have the cuttlefish in big numbers! They are always so much fun to catch close to home.

This month, find the cuttlefish around the eastern side of Wellington Point and King and Green Islands. All you need is a whiting rod, a couple of squid jigs with some orange in the body, a ball sinker above, and a drift in the 20 to 28-ft mark. Drop the jig to the bottom, lift it about a foot off the bottom, and wait for the tug. But be aware you will miss lots of cuttlefish as they tend to take the jigs around the middle rather than from the back where the prongs are. It's still fun, anyway. You can try the razorback squid jigs with prongs on their backs, but I tend to use my all-time favourites like the Daiwa nude in the prawn pattern in red and orange and the Yamashita pilchard colours (the macula red works as well).

If you don't like Indian ink on your boat, 'cuttlefishing' is not for you! Their ink is ten times thicker than squid ink, and they hold water in to be able to squirt much longer than squid, so be prepared. A long net helps rather than a short one near the boat, and the best tip I can give you is the 30-second mould

cleaner from Bunnings. It gets the ink off in seconds and is the best thing I discovered many years ago.

The arrow squid should also turn up in the same area but in the shallows. The tiger squid is in good numbers since the water was cleaned up last month; they are fun to catch, as you can see them coming to get the jig.

So put on a shirt you don't mind getting inked, have a bottle of 30-second cleaner handy, and get out there and get a few cephalopods. They're one of the tastiest treats from the sea, and they are right at our doorstep.

In a scoop net, I picked up a fully formed cuttlefish smaller than a five-cent piece. It was fully formed with all the patterns, and I found it fascinating.

Till next month, good fishing, and be careful with westerly winds. For weekly updates on what's in the bay and where check out fishingmonthly.com.au for Moreton Bay reports.



Photos: Spero Kartanos.



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Sudoku

Fill in the blank cells using numbers from 1 to 9. Each number can only appear once in each row, column and 3x3 block.

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

Quick Workout

Fit the numbers 1, 2, 3, 4, 5 and 6 into the hexagons so that where the hexagons touch, the numbers will be the same. No number is repeated in any hexagon.

Crossword

Focus An All Australian Word Game

- * Each word must contain the centre 'Focus' letter and each letter may be used only once
- * Each word must be four letters or more
- * Find at least one nine letter word
- * No swear words
- * No verb forms or plurals ending in 's'
- * No proper nouns and no hyphenated words

Reference: Macquarie Concise Dictionary Focus No. 3870

TODAY'S FOCUS Good: 14 words
Very good: 22 words
Excellent: 32 words

- | | | |
|--------------------------------------|---------------------------------|--------------------------------|
| ACROSS | 40 Level | 17 Incentive |
| 3 Very small particle | 43 Workshop machines | 18 Fault |
| 9 Of the eye | 46 Inherent tendency | 23 Rind |
| 10 Building cover | 48 Inner | 24 Endures |
| 11 Risking money | 49 Performs | 25 Ordered sequence |
| 13 Resting | 50 Place of worship | 26 Painter |
| 16 Appeared indistinctly | 51 Saves from loss | 28 Niggardly |
| 19 Story | | 30 Support for a column |
| 20 Concealed | DOWN | 33 Dexterous |
| 21 United | 1 Proceed without effort | 34 Fruit |
| 22 Hex | 2 Bucolic | 36 Elaborately adorned |
| 25 Condition | 3 Biblical wise men | 38 Food dressing |
| 27 Widespread dominion | 4 Wise utterance | 39 Marsh |
| 29 Serial part | 5 Flows back | 41 Protuberances |
| 31 Disconcert | 6 Put to use | 42 Dogma |
| 32 Proficient | 7 Therefore | 44 Sibilant sound |
| 35 Glistened | 8 Gathering of witches | 45 Operatic air |
| 37 Donkey | 12 Indicate assent | 47 Drinks |
| 39 Felt cap with black tassel | 14 Diplomacy | |
| | 15 Examine | |

Word Find

T	N	S	G	E	B
I	A	W	R	C	I
F	M	E	A	A	T
T	E	A	B	L	E
U	O	R	G	I	R
O	P	E	N	E	M

Find the following words in the grid. They may read in any direction, even diagonally. Some letters are used more than once.

- | | | | |
|------|-------|--------|-------|
| Able | Fern | Men | Rig |
| Beat | Grab | Name | Swear |
| Begs | Image | Open | Term |
| Bite | Lace | Outfit | |
| Ears | Lawn | Poem | |

Join the Dots

What creature is this? Find out by joining the dots.

Solutions

Puzzles and pagination supplied by Auspac Media

AN INVITATION TO COMMUNITY GROUPS

As The Community Leader evolves, we'd love to include your local story. We openly encourage community groups, sporting clubs, and charities to contact us with their stories and photos. The newsletter's objective is to promote activities and events in the community, while encouraging the support of local businesses. Thank you to the community leaders who have enthusiastically supported the idea of developing a friendly local newsletter. Please support them, and engage with them as best you can. Any submissions can be emailed to sales@market2market.com.au for consideration.



SLOW COOKED OCTOPUS IN TOMATO SAUCE PASTA RECIPE

FROM SPERO KARTANOS

Check out this deliciously simple recipe from local fisherman Spero Kartanos, who knows his seafood! It's a dish that highlights the fresh octopus, with a focus on flavour and minimal ingredients, cooked low and slow.

INGREDIENTS

- 1/2 cup of olive oil
- 1 small onion, brown or white, chopped
- 6 garlic cloves, crushed
- 1kg of small, cleaned octopus (or squid)
- 400g tomato pulp/tinned tomatoes
- 300ml red wine
- 2 tbsp tomato paste
- 4 bay leaves – fresh or dried
- A handful of freshly chopped parsley
- 1 tsp chilli flakes (optional)
- Salt and pepper to season
- Additional chopped parsley to garnish
- Cooked pasta (you choose the type) to serve

METHOD

1. Heat the olive oil in a large heavy-based pot, like a Dutch oven or a heavy casserole dish.
2. Add the garlic and onion and stir gently over a medium heat for a few minutes, then add the octopus to the pot, along with the tomatoes, red wine, parsley, tomato paste, bay leaves and chilli (if using).
3. Cook on a very low heat, covered, for 1.5 to 2 hours, stirring occasionally, until the octopus/squid is tender. Smaller squid will take less time to cook.
4. Once the octopus is tender, season with salt and pepper, then serve over pasta and garnish with chopped parsley.



SAILORS CAME FROM NORTH AND SOUTH FOR THE PEEL ISLAND MARATHON

FROM CLEVELAND YACHT CLUB

The Cleveland Yacht Club has a strong history and a bright future. Established in 1904, the club has enjoyed regular Sunday sailing for members and guests and recently hosted the annual Peel Island Marathon sailing race for the 52nd time. This event, held on Sunday, 7 May, attracted participants from Hervey Bay to Tweed Heads.

Around 150 people fed, rigged, launched, sailed, looked after, and cheered on 42 sailboats (74 competitors) across 10 classes, from large yachts, dinghies and catamarans, to windsurfers.

The racers launched from the club's ramp at Cleveland Point and circumnavigated Teerk Roo Ra (Peel Island or "the place of many shells"), with the first boat home in around two hours. At stake was a bounty of nearly \$6,000 of prizes generously donated by local sponsors and supporters, including Boating & RV, Redland City Marina, Sunstate Watersports, The Lighthouse Restaurant, Manders Sails and many others. The event also rounded out the QLD NACRA Traveller Series of racing for high-performance catamarans. It was gazetted as a major sailing event for the QLD Formula 18 Association and SEQ Hobie sailing.

Light wind conditions on the day saw the 'marathon' course shortened to allow all competitors to return safely to shore. A huge team of volunteers supported the event, with eight safety boats on the water.

The use of yardstick handicapping allows the results of different types of boats to be levelled, making sailing an enjoyable and highly accessible sport for all ages and crew combinations. Out on the bay for the 52nd Boating and RV Peel Island Marathon were competitors in their 70s and children as young as 12, with some sailors using the event as a warm-up before heading off overseas to represent Australia, while one pair of ladies blasted out both the miles and the music as they enjoyed perfect conditions.

Cleveland Yacht Club is a not-for-profit club with a welcoming, family-friendly vibe. The team is enjoying a short break before the winter sailing series starts on 4 June. Members will celebrate their recently completed 2022-23 sailing series at their presentation night on Saturday, 10 June.

Racing usually takes place each Sunday during the summer season (September to April) and every second Sunday during winter. A



Photo: Supplied.

learn-to-sail program is offered during the warmer months, with suitable dinghies/catamarans available for hire for anyone interested in discovering the sport without the up-front costs of purchasing a boat. There are also plenty of volunteering opportunities. Visitors and spectators are also welcome. It's a great way to experience the beautiful Moreton Bay.

Visit the club's website for more information: www.cyc.asn.au.

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Time to start planning for the end

CONTRIBUTED BY UEM GROUP

With the end of the financial year fast approaching, there's not much time left to think about how to get the most benefit out of your finances. While personal finance covers so many more areas than just superannuation, it's a significant subject that should be reviewed regularly. After all, this is likely to be the prime source of your retirement funding.

Superannuation is a big one. Most restrictions and obligations relating to super reset on 1 July each year, so it's useful to think about how much you've contributed in the current year and whether it's worthwhile to top up those contributions. Being able to carry forward unused concessional contribution caps from past years makes this area a slightly more complicated one than it used to be, because unused caps are discarded after 5 years. Other areas to consider are personal contributions, and whether you would benefit from spouse contributions or the government co-contribution also.

As one final point on contribution strategies, the superannuation guarantee rate is due to increase from 10.5% to 11% from 1 July 2023, so it makes sense to review your contribution rates to check whether you will exceed next year's contribution cap (currently expected to remain at \$27,500).

Superannuation income streams have been subject to reduced minimum repayment amounts since 2019, however the minimums are due to return to their normal levels from 1 July 2023 (unless the Federal Government decides to extend them again). The impact is that some retirees could be forced to take a greater amount of money from their super funds next year, which may be more than is needed. With more income on the way, it might be worthwhile to start thinking about other ways to save and invest it.

Everyone's individual circumstances will be different, and the rules that apply to superannuation can get complex. The best way to be sure that your arrangements are suitable to what you are trying to achieve is to talk with a financial planner about it.

General Advice Warning - this is untailored, general advice. It does not take into account your personal circumstances. You need to decide whether it meets your needs. UEM Wealth and Laurence Smith are both Authorised Representatives of Crown Wealth Group Pty Ltd (ABN 22 603 037 510 / AFSL #494274). Laurence Smith may offer services through UEM Wealth and UEM Group. Accounting services are provided by UEM Group. Financial services (financial product advice and dealing) are provided by UEM Wealth. To the extent permitted by law, although the same adviser may offer you services under the above businesses, each business is solely and separately responsible for the advice they each provide.



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