

The Community Leader

Redlands

WE'RE ALL ABOUT GOOD NEWS

ISSN 2981-8087

DELIVERED TO 25,000 HOMES



REDFEST STAGES FRESH HOMETGROWN TALENT

Hands up if the aroma of popcorn and dagwood dogs, the dings and whistles of sideshow alley, and the thrill of fireworks triggers fond childhood memories.

Carnivals can induce a heady nostalgia that can transport even the grumpiest adults back to their happy childhood selves. It's pure joy for the senses. RedFest brings all those memories back,

and more, fusing fun-fair magic with a sensational lineup of live entertainment.

Local band Radioceans, fast becoming a crowd favourite on the live music circuit, is a must-see on the RedFest program. Fronted by Hannah Johnstone and the Luxton brothers, these guys are inspired by legendary artists like Tom Petty, Fleetwood Mac and

Powderfinger, and they know how to rock the stage!

Re-live the nostalgia and create new memories at this year's RedFest – your homegrown celebration of food, entertainment and community. Check out pages 3 and 8 for RedFest details, and for more about Radioceans, go to radioceans.com.au.

Pictured: Mitch, Curtis, Hannah and Scott from Radioceans.



Would you like to receive an emailed report indicating the value of your home? Scan here.

Louise Denisenko

0423 110 555

louise@redlandscoastproperties.com



RETIRED LIBRARY BOOKS INSPIRE CREATIVITY

FROM THE ART MY WORD ORGANISERS

How about a creative challenge – are you up for it?

Art My Word is a fundraiser for the Macleay Island Community Library that has evolved into a celebration of art, storytelling and community.

The Art My Word Experience is now in its third year and hosts three creative components: Art My Word for visual artists, Art My Story for writers, and Art My Photo for photographers.

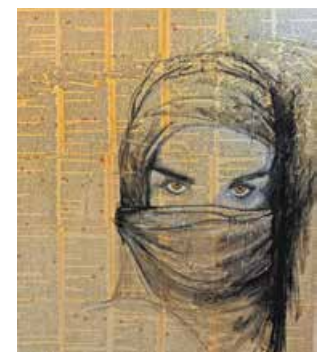
Art My Word for 2D and 3D artists is now open for visual artists to participate. Each registering artist will receive a 'lucky dip' book, no longer in circulation at the library. This book will serve as a source of inspiration. Participating artists interpret the book and choose the medium for their new creation.

Some artists read the book to find revelation and visual ideas for their art. Some open the book to a random page or pick a word as a base for their expression. Others use imagery for inspiration, while a few opt to transform the book into something new.

All art and writing will be presented from November 3 to 7 online and at the Progress Hall gallery on Macleay Island. The program includes a pre-launch cocktail evening exhibition opening, a community day with music and awards, and an Art My Story day with author talks and workshops.

Any artists interested in partaking can hop over to the Macleay Island Library (Russell Terrace) to register for the challenge and pick up their random book. Library opening hours are Monday, Tuesday and Thursday from 9:00 am to 4:00 pm and Fridays/Saturdays from 9:00 am to noon.

For any questions, please email artmyword@gmail.com



Previous years' entries inspired by books. Photos: Supplied.

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REDFEST: A CELEBRATION OF FOOD, FUN AND ENTERTAINMENT

CONTRIBUTED BY REDFEST

After a three-year hiatus, RedFest, Redland Coast's signature event and highly anticipated community festival, is making a triumphant comeback. Set to be bigger and better than ever, RedFest promises an unforgettable experience for all ages.



Saturday begins with an impressive lineup of headline acts, including the internationally acclaimed Sheppard and the legendary Russell Morris. Joining them are local bands, the Beddy Rays, Radioceans, Little Steely Brothers, Jake Murdoch, Aislin Sharp and other talented local acts.

Sunday, being Father's Day, will pay tribute to classic hits that dads know and love, featuring tribute bands covering AC/DC, ABBA, Kings of Country Rock, Killer Queen and more.

There will be lots of free entertainment and activities throughout the day. Roving entertainers, dancers and a fantastic fireworks show will add a touch of magic to the festivities. Families can enjoy the dedicated Kids Korner, featuring a range of free activities, including rock climbing and jumping castles to create a memorable experience for the little ones.

With over 150 vendors registered, there will be a vast selection of culinary delights and exclusive micro industries' products and services. Car enthusiasts can admire a stunning display of cars from modern day to yesteryear.



Where: Cleveland Showgrounds.

When: From 9:00 am on Saturday, September 2, with fireworks at 10:00 pm, and Sunday, September 3, from 9:00 am to 6:00 pm.

For more information and tickets, visit www.redfest.com.au.

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CHICKS IN THE STICKS: AN EVENT FOR ADVENTUROUS WOMEN OF ALL AGES

CONTRIBUTED BY RATS CYCLING CLUB

The most popular women's mountain biking event in Australia, Chicks in the Sticks, will return this year to Karingal Scout Camp at Mt Cotton on 20 August.

Women of all ages and mountain biking capabilities will hit up the specially-created trails at Karingal Scout Camp in a colourful and plucky celebration of adventure-loving women.

The racing chicks often get dressed up in crazy costumes to ride, chat, eat, drink and even camp overnight in beautiful surroundings and a supportive atmosphere.

Run by the local and largest mountain biking club in Australia, RATS, the event has drawn in hundreds of women each year since the event's inception in 2015. RATS also has the largest membership of women of any mountain biking club in Australia.

RATS President, Lonnie Toia, said that the event has been so successful because it allows a diverse group of adventurous and spirited women to 'spread their wings', even if they are 'coming out of their shells' for the first time.

"Some of the chicks who attend Chicks in the Sticks are racing more seriously, while others are having fun in teams or as individuals and are socialising and drinking coffee in between laps.

"There's no pressure to race hard; the aim of this fun event is to build confidence and have a lot of fun in the dirt whether you're new to the sport or an old hand," he said.

"And I think that's why it has been the biggest female mountain biking event in Australia for a long time. It's totally inclusive of women from all backgrounds and is also a great day out for the whole family."

The event has multiple race categories with different race lengths and difficulties, including:

- Chicken Run (A Grade/experienced individuals)
- Free Range (B Grade/confident riders individuals)
- Have a Crack (Newly-hatched MTB individual riders)
- Queens of the Coop (optional 50 and above individual riders)
- Battery Hens (individual E-bike riders)
- Clipped Wings (for brave, single-speed individuals)
- Hard-Boiled Double Yolkers (experienced teams of two, relay style)
- Soft-Boiled Double Yolkers (newly-hatched teams of two, relay style)
- Junior Double Yolkers (11-15 year of teams of two)
- Chicken Nuggets (5-10 years, 20-minute modified course)
- Chick-a-Dees (10-15 years, 30-minute enduro modified course)



Photos: Supplied.

Mr Toia said the race is even more remarkable because it is run by a group of volunteers who put in lots of time to make sure women are encouraged to participate in a lesser-known, but incredibly fun and rewarding sport.

"It's amazing how many women feedback about how this sport has helped change their lives, gave them confidence, helped them meet other great women and got them back into nature and a healthy lifestyle. We'd like more women to experience the benefits of mountain biking and this event is a great way to encourage that," he said.

For more information on racing or volunteering, go to www.ratscc.com.au/chicks-in-the-sticks/ or contact our Race Director at cits@ratscc.com.au.



Capalaba Central

SENIOR SPACE

EVERY TUESDAY 9AM - 12PM



CREATIVE WORKSHOPS

THURSDAY 21 SEPT 10AM - 12PM





A community space for the Redlands!

Visit us at www.CapalabaCentral.com or call 07 3245 8888 for more information.

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KIM RICHARDS MP STATE MEMBER FOR REDLANDS



#LoveRedlands

COMMUNITY UPDATE

ARE YOU ELIGIBLE FOR CONCESSIONS?

Around 2,889 eligible Redlanders are yet to claim the increased concession energy rebate of \$1,072. Have you checked with your energy supplier? At the heart of this year's budget is providing national cost of living pressures relief that is impacting Queensland families. Queenslanders will pay less for electricity in 2023–24, with households now receiving on their bills one of the following: a \$550 Cost of Living Rebate on electricity bills for all other Queensland households OR a \$700 Cost of Living Rebate on electricity bills for vulnerable households, plus a further \$372 under the Queensland Electricity Rebate Scheme, bringing total rebates to \$1,072. To find out about the full range of savings on the table for Queenslanders visit: www.queenslandsavers.qld.gov.au



COMMUNITY OPEN DAY

Join us on Saturday 19 August at 10am to 1pm for the new Redlands Satellite Hospital Community Open Day. Tour the new facility and learn about our new \$43.8 million Redlands Satellite Hospital, with the opportunity to meet and greet staff. The Redlands Satellite Hospital, at Meissner Street, Redland Bay, will include a Minor Injury and Illness Clinic which will be open to patients seven days a week from 8am until 10pm. Appointments with Queensland Health clinicians will be available in consult and treatment rooms for services including neurology, cardiology, older persons care, wound care, musculoskeletal, allied health, and mental health services. The Redlands Satellite Hospital will provide a range of convenient specialist services including chemotherapy and kidney dialysis treatment.



HAVE YOU VISITED OUR ISLANDS?

Our Southern Moreton Bay Islands are gems that fringe our Redlands Coast and we have an amazing creative community across them. Our Macleay Island Arts Complex is one of the fantastic organisations that is about to undergo a huge transformation with a \$2M refurbishment of their facility. It was lovely to share in the celebrations of works commencing with so many fabulous artists at their recent demolition auction party. Translink operate regular ferries to all four Southern Moreton Bay Islands and there are wonderful new ferry terminals on each island that are nearing completion with community pontoons to fish from or tie up your boat to.

COMMUNITY GRANTS

It was fantastic to host our recent Community Grants Writing Workshop with a fantastic turnout from a range of community organisations in attendance. Round 118 of the Gambling Community Benefit Fund is now open for community groups to apply for up to \$35,000 to fund their next project. Across the Redlands from our sporting clubs to our P&C's a range of projects have been funded. From ride on mowers for the sports field through to kilns for our arts groups, there is opportunity for local groups to fund equipment and infrastructure, just like our successful Isle of Coochie Golf Club and their new shade structure. To find out more visit: <https://www.justice.qld.gov.au/initiatives/community-grants>



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.

ADD ALTER ATTACH ART EXHIBITION



Thursday August 3 to Sunday August 27
9:30 pm to 4:30 pm
Old School House Gallery, 124 Shore St Nth, Cleveland

Gallery members Hilary Wakeling and Kate Bray will feature in August with an exhibition titled 'Add Alter Attach'. The exhibition explores aspects of assemblage art, a work of art made by grouping together found or unrelated objects, gathering and/or fitting things together.

GREAZEFEST 2023



August 4 to 6
Redland Showgrounds, Long Street, Cleveland

GreazeFest unites thousands of rockabilly and hot rod fans for a massive three-day event with food trucks and a licensed bar. All ages are welcome. Tickets start at \$15 and are available online. www.greazefest.com.au

CAR BOOT MARKET & GARAGE SALE



Saturday August 12 from 10:00 am to 2:00 pm
Redlands Uniting Church, 32 Ney Road, Capalaba

Browse the boots to score a bargain! Come along and enjoy a Devonshire morning tea or indulge in a great Aussie sausage sizzle. Site bookings welcome, contact RUC Capalaba at 3390 2557 or email capalabaunitingchurch@gmail.com.

WYNNUM MANLY SEAGULLS VS SOUTHS LOGAN MAGPIES



Sunday August 13 from 11:00 am to 5:00 pm
Ron Stalk Oval, Dunwich, North Stradbroke Island

BMD Wynnum Manly Seagulls will face the Souths Logan Magpies for an Indigenous recognition match, held in partnership with Deadly Choices and Redland City Council.

SWITCH ON TO SCIENCE 2023



Monday August 14 from 10:00 am to 2:00 pm
Redland Museum, 60 Smith Street, Cleveland

See a variety of vintage working equipment in action, and learn about how technology has evolved at this interactive annual event. Bookings are essential via Redlands Museum; call 3286 3484. Entry: Adults \$12.00, Children \$7.00, Concession \$8.00, Family \$30.00.

THE JOURNEY – THE DSC PERFORMANCE



August 19 & 20 from 2:00 pm
Donald Simpson Community Centre, 44 Smith Street, Cleveland

It's time again for The Donald Simpson Centre's annual music, song and dance spectacular. Janette Sheehan produces the show and directs a cast of more than 30 performers. Tickets \$25; call 3821 1089 to book.

REDLANDS MODEL RAILWAY SHOW



Saturday August 26 & Sunday August 27 from 10:00 am to 4:00 pm
Redland Assembly Hall, 44 Smith Street, Cleveland

Train enthusiasts, mark your calendars for a weekend of model railway fun. Tickets: Adult \$10, Concession \$5, Family \$20. Museum entry is free by showing your pre-paid Redlands Model Railway Show ticket.

THE CIRCLE



Every Tuesday from 9:00 am to 12:00 pm
Capalaba Central Shopping Centre

Seniors are invited to play, relax, unwind and socialise in The Circle's Senior Space every Tuesday. Challenge fellow gamers to a match of chess, rummicub, Scrabble, cards and more! Participation is free for all shoppers; find The Circle near Woolworths!

FOR MORE GREAT EVENTS IN THE COMMUNITY, VISIT THECOMMUNITYLEADER.COM.AU



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!



Are you looking for reliable trades people?

Contact us for electrical, plumbing, roofers, cabinet makers, painters, plasterers, gardeners, pools, maintenance, and removalists.

Call us on 3820 7922 or email info@bennettfamily.com.au



Joke of the month

What do you call a parade of rabbits hopping backwards?
A receding hare-line.

RESIDENT OF THE MONTH Aimee` Dougan

Aimee` has lived in Victoria Point and the Redlands for over 20 years and loves the casual lifestyle and the friendliness of people here. "One of my favourite things is waking every morning and walking my dog by the beach," says Aimee`.

"I love looking beyond our beaches and boats moored in calm, still waters and out to the beautiful bay islands.

"I feel so grateful to live in such a sharing and giving place. Being here has meant that my daughters have had a healthy, safe place to grow up with the best of educational and social facilities."

Aimee` is very connected to the community and has worked as a nurse with Blue Care for over eight years.

"I found my calling working as a community nurse. I value that I can support people to stay in their own homes for as long as possible. This improves their quality of life and makes me really happy. It has been so heart-warming to see how families step up and work together to support their loved ones who are going through difficult times."

When she is not working, Aimee provides a home for chickens, bees, and a multitude of fruit trees. She gets to share her honey, eggs and famous passionfruit with neighbours and friends.

"Janet Bennett has been there, right from the beginning of my life in the Redlands. She started as a real estate agent for us and has become a friend. Janet cares about the community and she cares about people. She takes the time to reach out to offer friendship and support."



WHAT'S ON IN August

Greaze Fest

Friday 4th August, 7:00 pm – 12:00 am

Saturday 5th August, 10:00 am – 10:00 pm

Sunday 6th August, 9:00 am – 6:00 pm

Redlands showgrounds, Long Street Cleveland

Tickets start at \$15.

GreazeFest is the top-notch nostalgia event in the Southern Hemisphere, where thousands of rockabilies and hot rod fans roll up for an action-packed weekend in the Redlands. Attendees can participate in a range of activities including exploring the hot rod shows and bicycle displays, listening and dancing to rockabilly bands and DJs, appreciating kustom art shows and competitions, observing pinstripers and local artists, shopping amongst the unique markets and more. The three-day event features food trucks and a licensed bar and all ages are welcome.

All Classic Cars & Coffee

12th August, 9:00 pm – 12:00 am

7/27 Bunker Road, Victoria Point

An invitation to all lovers and owners of classic cars to mingle and chat over a great coffee.

Tuesday bingo nights

Victoria Point Sharks sporting club

1st, 8th, 15th, 22nd and 29th August, 7:00 pm - 9:30 pm

Tea and coffee supplied.

Courtesy bus pick up available – book your seat by calling 3207 7865 (conditions apply).

REDFEST

REDLANDS COAST FESTIVAL



SEPTEMBER GATES OPEN

2-3

9am

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Spring is coming AT LAKESIDE!

August 2023

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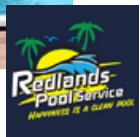
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Victoria Point Mowers
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Redlands Pool Service
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Events AT LAKESIDE!

Thank you to the Redlands and surrounding community for joining us for a fantastic evening at Winter Wonderland! Follow us on socials to stay up to date with upcoming Centre news including our bi-annual events.



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Victoria Point Lakeside offers a unique lakeside setting, where you can dine at the vast choice of restaurants or be entertained at the state-of-the-art 9-screen Cineplex cinema complex.

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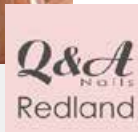
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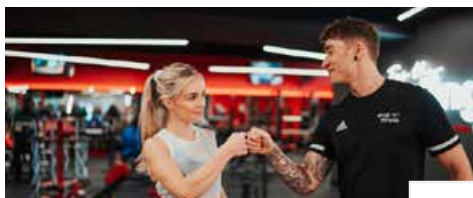
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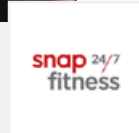
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Leasing at Redland Bay Village

Redland Bay Village hosts 60+ retailers. It is home to a variety of professional services, eateries, health & medical services and unique stores. If you are interested in joining the Redland Bay Village Community, leasing enquiries should be made to Bronwyn Seeto, All Commercial Properties QLD at 07 3207 8211 or bronwyn@allcommercialpq.com.au.

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LOCAL PERSONALITY PROFILE

Name: Cheryl Christie.

Where do you live? Wellington Point.

What's your job? Performing and creative arts; music and choir director.

Do you have any fun/interesting stories about your job? I remember one time when Vintage Voice singers were singing at a Redlands aged care home and the song was *Somewhere Over the Rainbow*, which the singers started in fine voice. Unfortunately, I started playing *We're Off to See the Wizard*, which is at a considerably faster tempo. The audience thought it was hilarious with some of them singing with the singers and some singing with me!

What's your favourite local dine-in and take-away? The food and ambience at Tanja's at Wellington Point are excellent, and Tanja's has been a favourite of the locals for many years.

The best local activity? Meeting friends, old and new and sharing my skills as a music director at various community organisations that include singing and theatrical groups, retirement villages and homes for the aged.

What was the last book you read? *I, Alex Cross* by James Patterson. Highly recommended, a really good crime thriller.


The last TV show or movie you watched? *The Defendants*, an excellent serialised drama about the use and misuse of power at the highest level in different countries.

Is there anything you'd like to see happen in the local area? Visitor tours led by knowledgeable locals – "citizen historians" – sharing our fascinating local history. Tours could include places and buildings of interest and historical significance right across the Redlands and out to the islands. The Redlands has an old, old history.

Is there a local business/community group/club you'd like to give a shout-out to? U3A, the University of the 3rd Age, is an active community organisation that provides classes with qualified and knowledgeable tutors in over 70 disciplines, ranging from learning new languages to bike riding. U3A is a highly valued resource for many 'Redlanders'.



Photo: Supplied.



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MAGGIE'S MATES

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Name: Hi, I'm Maggie.

Where do you live? I'm from Capalaba.

How long have you lived there? Three years, or since I was adopted at 18 months of age from my breeder in Charleville.

What's your favourite local walk? I love walks through the bush near my house. There are heaps of good smells and sometimes we see wallabies!

Your most treasured toy? My black Kong bone, unless I bury it, then anything else I can chew on.

Your favourite food? Anything, but I like lunch with Dad and sharing his sandwich.

What's your worst habit? Stealing Mum's things and burying them in the garden.

What's your favourite local hangout? At my friend's house. We play and swim and eat and play some more. I come home very tired.

Your best doggo friend? Jakey. We are best friends.

Do you have any funny or embarrassing stories? Lots! I did go missing for a few hours when Dad was looking after me and Mum was away for work. He was very worried and had everyone out looking for me. I snuck home late that night. Boy I was hungry!

What do people love most about you? My funny expressions. I can be very expressive and I make people laugh. I have an underbite so my bottom teeth stick out sometimes.



Name: Hi my name is Daryl and I'm six years old, and my brother Reggie is five.

Suburb: We are from Cleveland.

How long have you lived there? For about two years now.

What's your favourite local walk? We both love a good walk along the bushland tracks near our place. We often meet some other doggo mates along the way, which is great fun. We also reckon these walks are necessary to keep our two-legged people fit – it's a great responsibility!

Your most treasured toy? We are pretty simple when it comes to toys and we enjoy the classics, so it has to be a good old ball!

What's your favourite food? Brisket bones of course.

Your worst habit? One of us may bark too loud, too often.

Who's your best doggo friend? Apart from each other, Massie is our bestie.

Do you have any funny or embarrassing stories you'd like to share? We think it's no problem, but Dad thinks it's disgraceful that we sleep while the footy is on!

What do people like most about you? Our charm.



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Takeaway menu - Lunch and Dinner

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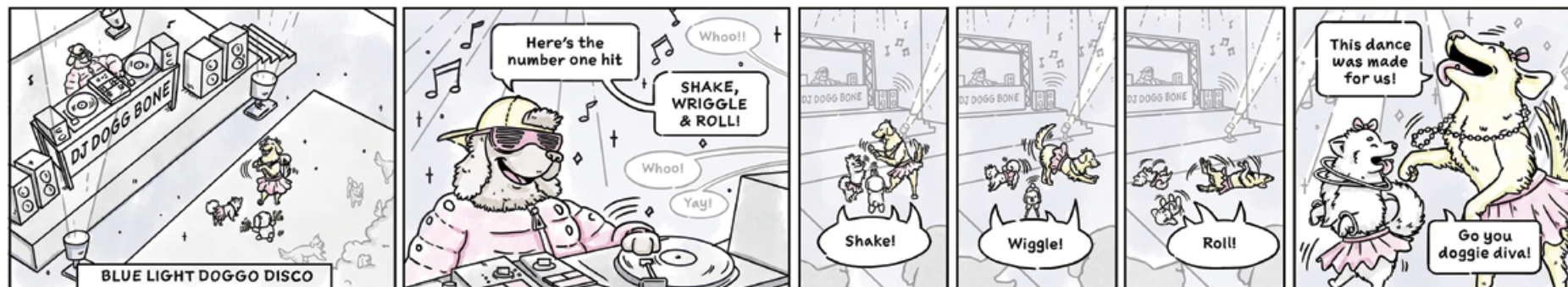
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MISS MAGGIE OF MANLY



ALL ABOUT EAR INFECTIONS IN DOGS

BY DR NICKY THOMAS, WYNNUM MANLY VETERINARY HOSPITAL

Ear infections are extremely common in dogs. The most common signs of an ear infection are head shaking, ear scratching, odour and discharge from the ear canals and red, inflamed skin in the ear canal.

CAUSES OF EAR INFECTION

There are a number of causes of ear infections. These include:

- The shape of the ear and ear canal – dogs with lots of fur in their ear canals (e.g. Poodles and Poodle crosses, Schnauzers), dogs with heavy, long ears (e.g. Cocker Spaniels, Cavalier King Charles Spaniels) or very narrow ear canals (e.g. Shar Peis, French bulldogs, Pugs) predispose dogs to infection.
- Allergies are a very common cause of ear infections – inflamed, itchy skin lining the ear canal is more readily infected with secondary bacteria or yeasts. Allergies may be environmental (such as pollens, moulds, grass) or food related.
- Environmental conditions can predispose to infections – hot, humid weather provides a perfect environment for ear infections.

TREATMENT

Treatment of ear infections includes addressing both the initiating cause and resolving secondary infections.

- If your dog has furry ears it may be useful to pluck the fur from the canals.
- Your vet may suggest cleaning your dog's ears under sedation or anaesthetic to remove discharge. This also allows a more thorough examination of the ear canal and assessment of the health of the ear drum.
- Medication may be dispensed based on the infectious organisms (yeast and bacteria most commonly) present. Your vet can take a sample from your dog's ear and examine the material under a microscope.
- Controlling itch and inflammation is important to prevent further irritation and self-trauma.



PREVENTION

- Regular ear flushing with an appropriate product can reduce discharge and decrease the risk of secondary infection.
- Controlling allergies can be useful in reducing the frequency of ear infections. There are good options in both tablet and injectable form for ongoing allergy relief – have a chat with your vet to decide the best plan for your dog.

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THE SOUND OF WAVES BY THE BAYSIDE

BY JAN NARY

My understanding of sound transmission pretty well stops at two jam tins on a tightly-stretched length of string, so having a conversation with someone whose passion is communicating through invisible airwaves was bound to be educational.

Ralf Finke is the President of the Bayside District Amateur Radio Society Inc. (BDARS), a Redland-based organisation that boasts a membership of about 80, regular coffee and club meetings, radio connection competitions and training to certification level for the interested but – like me – uninformed.

Ralf says that while amateur radio seems to be mainly a mature male-oriented interest the society welcomes women members, as well as young folk.

“Our club runs on-air meetings (Jamborees of the Air) with Scouts and Girl Guide groups from our area, so they can communicate with other groups around the world – and the response is always really enthusiastic,” Ralf says. This special event will again take place in October.

“When we’re broadcasting from a public place such as a park or open public area, we are often approached by people who express surprise that amateur broadcasting is still a really popular hobby. It has a lot of things to recommend it; it’s not gender or age specific, it’s portable and

it’s very economical – you can pay up to five thousand dollars for a top of the range radio or do what I did initially – pick up a second-hand twenty-dollar handset. You can opt for a short wave mantle set to just listen in, or you can join the conversation with a pocket-sized two-way radio – a “walkie-talkie” once you have obtained your license.

Ralf says that to accommodate members’ lifestyles, meetings are staggered throughout the month, held on week days and evenings and also on Saturday afternoons.

For members who like a bit of an edge to their broadcasting there are frequent contests, arranged by world-wide groups such as the Wireless Institute of Australia (WIA) and run by the individual clubs. The contests can be local, Australia-wide or global and the winner is the Operator or Club who generally reaches the greatest distance and makes the most contacts with other competitors in a set time.

“Contestants can be out in the field, at their clubhouse or at their homes,” Ralf says. “On one particular contest held each year, the rules specify that the contesting Club, needs to operate within a certain distance of a registered lighthouse or a lightship.”

An interesting fact; broadcasting over or near salt water intensifies the radio’s broadcast range and allows the signal to travel further. Another interesting fact for the non-cognoscenti is that globally-accessible HF



Photo: Supplied.

(high frequency), on which most competitions are run, can be split into different modes; AM (amplitude modulation) and SSB (Single Side Band) for voice, as well as Digital and CW (carrier wave) for transmitting in Morse Code. Ralf says that CW is still a very popular pastime; the group has six members proficient in Morse Code.

The BDARS group meets at the Redland Museum in Smith St. Cleveland and as Ralf says: “To join, you don’t need any prior knowledge, training or equipment – you just have to be interested in giving it a try!” Sounds good to me.

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TRIUMPHAL ENTRY OF THE STRAWBERRY QUEENS!



Hard on the heels of the coronation the Redlands Coast is seeking retired queens; several, in fact.

Redland Museum is hoping to contact as many former Strawberry Queens as possible for a celebratory high tea – *Strawberry Festival, Queens and Dreams* – to be held on August 20. The high tea precedes the RedFest Redlands Coast Festival, in its triumphal return after three years of COVID lockdown.

The first Strawberry Festival was held in 1953, a one-off event to raise money for the Capalaba School of Arts Hall. A regional glut of strawberries saw the Festival revived in 1958 and 1959.

A move to the Redland Show Grounds in 1965 allowed the Festival to expand into a major event, now known as RedFest Redlands Coast Festival, a celebration of music, food and culture which draws in crowds from all over south-east Queensland. Its value as a fundraiser was remembered and in the days before the government took on financial responsibility for the ambulance service the Strawberry Queen Quest and the chocolate wheel raised money for the Queensland Ambulance Transport Brigade (now the Queensland Ambulance Service). Local women were encouraged to compete for the adjudicated title of Strawberry Queen. Strawberries, of course, take centre stage; this is the place to assuage any lingering yearnings for Ekka-style cream-topped strawberry ice creams.

Jan Banks and her late husband Ian were there at the beginning. Ian was on the QATB benefit committee for 18 years working for the Festival and Quest; when he took on the huge task of running the Queen Quest for five years Jan was his willing assistant. Jan remembers it as a very busy but fulfilling time.

“The Strawberry Queen Quest supported a really worthy cause. It was wonderful for the Redlands, as all these different clubs and organisations who had sponsored a talented entrant worked hard holding many fundraising functions – street stalls, dances, car rallies, barbecues, car washes and chocolate wheels,” she says.

“Then there would be the Strawberry Ball to prepare for, the hall to decorate, the float to build and decorate, the fun of the procession and the judging and the Strawberry Festival itself. They were very happy days and it really brought the community together.”

The last Strawberry Queen was crowned in 2000 and this year, to honour the contribution to the community by the Queens and their supporters, Redland Museum’s exhibition space will house displays of Strawberry Queen gowns, memorabilia, videos and photographs. The highlight of the celebration is a regal high tea, where guests can share memories and conversations with as many Strawberry Queens as can be mustered. Jan Banks will be an organiser and treasured guest.

If you’re a former Strawberry Queen Redland Museum wants to hear from you; please contact Tara Young on 3286 3494 for more information about a red-carpet welcome.

For those who’d like to join the royal court for high tea bookings are essential; please call Redland Museum on 3286 3494.



Photos: Supplied.



CALLING ALL STRAWBERRY QUEENS FOR A ROYAL HIGH TEA!

To celebrate the 2023 Redfest, which began life as the Strawberry Festival, Redland Museum is holding a **Strawberry Festival Queens and Dreams high tea** on Sunday August 20, 2023.

The annual Strawberry Queens, drawn from the ranks of dedicated charity fundraisers, reigned in the years from 1958 to 2000. The museum hopes to have as many Strawberry Queens as possible at the function, as special guests of honour – so if you were a Strawberry Queen or know someone who was, please contact Redland Museum on 3286 3494.



Strawberry Queen Christine Hogan, 1984



Strawberry Queen Alison Keith, 2000



Strawberry Queen Nicole Small, 1993



Strawberry Queen Kerry Thomson, 1995

PIPPY FISH CAFÉ: SERVING THE COMMUNITY

From Thursday to Sunday, Pippy Fish Café is a Thorneside restaurant serving enticing seafood dishes and tasty takeaways.

But early in the week, it's a welcoming community hub, where young adults with disabilities can learn and practice their cooking skills in a commercial kitchen.

Through its links to bayside disability service provider, Blue Tongue Adventure, Pippy supports participants by offering the use of its kitchen and dining space for their cooking workshops. The "Blue Tongue Crew" plans and prepares a different meal each week, to brush up on meal planning, preparation, cooking skills, kitchen safety and hygiene, and nutrition.



Photo: Supplied.

Pippy Fish Café's roots in the local community run deep, with a commitment to sustainability and to supporting small, independent suppliers. The restaurant only stocks fresh Queensland seafood where possible, all hand-caught, and based on what is in season and plentiful.

And its doors, and arms, are open for whatever the community needs – Pippy is available as a gathering place for an afternoon drink and a bite, a cosy romantic dinner or celebration, a business lunch, your catered event, or simply a seaside fish and chip picnic across the road at Beth Boyd Park with the family.

Pippy Fish Café is open from 11:30 am for lunch and dinner, Thursday to Sunday, at 2/100 Mooroondu Road Thorneside. Find out more at pippyfishcafe.com.au.



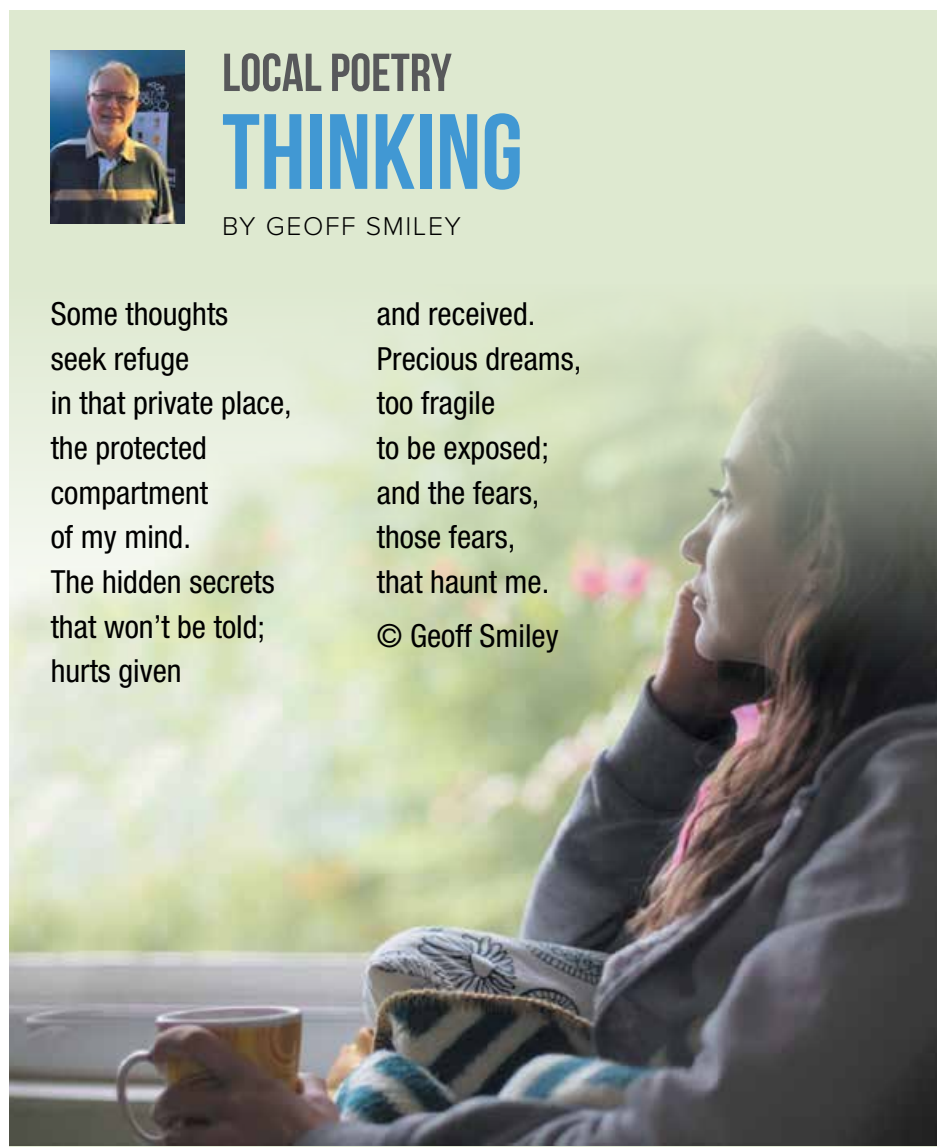
LOCAL POETRY THINKING

BY GEOFF SMILEY

Some thoughts
seek refuge
in that private place,
the protected
compartment
of my mind.
The hidden secrets
that won't be told;
hurts given

and received.
Precious dreams,
too fragile
to be exposed;
and the fears,
those fears,
that haunt me.

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SHORELINE'S TWILIGHT MARKET

CONTRIBUTED BY TAMARA LOVELACE, LEND LEASE

The Shoreline community in Redland Bay was an array of vibrant sounds, tastes, and sights as the first Shoreline twilight market was held on Friday 7 July.

From the creators of Kingston's Milky Way Markets and Yarrabilba's Mingle Markets, not-for-profit community market event organisers, Mingle Markets Australia, delivered their first twilight market offering at Shoreline Jingeri Park in Redland Bay with over 45 stall holders and 11 food trucks lining the display village.

Supported by the Shoreline Community Grants Program, which aims to facilitate community-led initiatives, the markets support small local businesses and create a sense of community at a family friendly event with food, vibrant live entertainment, handmade artisan goods, fashion and art.

Shoreline Markets will be back again on Friday 1 September. Visit Facebook for more details: www.facebook.com/shorelinemarkets



Photo: Supplied.

COMMUNITY ENGAGEMENT UPDATE

FROM THE HOOLY TEAM AT FREEDOM PROPERTY



Photo: Supplied.

The Hooly team recently donated \$1000 to Bayview State Primary School to help the children purchase equipment to set up a school shop, which will operate to raise funds for the school.

"Bayview State School is in the heart of my community and I've enjoyed supporting them over the years," explained Peter Houlston. "Previous assistance was funding their 'fill the gap' project, providing fresh bread, spreads and fruit for children that had missed their breakfast. Giving back to the community that supports our family business is a way of saying 'thank you' to the community."

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IF MUSIC BE THE FOOD OF LOVE, STRING ME ALONG...

"Poláčková's playing was so technically secure and musically insightful, it was unimaginable that anything she played could possibly be difficult."
(Cleveland Classical)

A musician's musician, guitarist Petra Poláčková's extraordinary musicianship and consummate virtuosity have seen her study, perform and take master classes all over Europe and in the USA, Israel, Switzerland and Mexico. In August, Australian audiences will have their first opportunity to hear her first-hand.

With Bachelor and Master Degrees, an impressive collection of awards and diplomas and the status of co-producing a major guitar festival Petra, surprisingly, doesn't come from a musical family.

"There are nearly no musicians in my family, but I grew up surrounded by music. My mum was singing to me or with me every day and both my parents have good taste for music. We were also singing a lot in kindergarten," she says.

"I started with music school when I was six and my memories from childhood are mostly connected with mu-sic, playing or singing."

Petra plays a standard guitar but is noted for her work on a nine-string romantic guitar made by Jan Tuláček. While this formidable-looking instrument is not a familiar one for many concert-goers, Petra handles it with consummate ease.

"It gets its name because it was built in the romantic period. It's more or less the same technique as the 'clas-sical' guitar, it just requires a special way to stop the extra strings. The main difference is the sound, more strings and smaller form."

Watching Petra's total absorption when she plays is almost as fascinating as listening to her; she says that the music takes her "to a timeless zone". Petra's repertoire is wide but her favourite composers are Bach, Schu-ber and Sibelius; "Not sure why exactly, I guess it's more touching, more colourful, having a story in back-ground."

Petra will play two Queensland performances, one at the Redlands Performing Arts Centre (Friday August 25) and one at Ipswich Civic Centre (Sunday August 20). She says that she is eagerly anticipating her Australian tour, which extends from Perth to the east coast.

"I am looking forward to seeing a new mentality, meeting new people and seeing new places!" she says.

It can be guaranteed that the new people are just as keen to see her.



Photo: Supplied.

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6 QUESTIONS YOU MUST ABSOLUTELY ANSWER BEFORE SELLING YOUR PROPERTY!

When is the right time to sell your property? Whether it's an investment property or your family home, making the decision to put your property on the market is not as simple as it sounds. Emotions can be high and there is a lot at stake with varied opinions about market values, timing, agent selection - or even how to start the process of selling your property.

It can be a very confusing time and it helps to have a professional, experienced advisor to help you answer the 6 most important questions.

WHAT? What is my property worth?

This question is the most common question asked by prospective sellers. Ensuring you receive an accurate market estimate on your property's true value is essential when making the decision to sell. Many agents will offer inflated prices and build false hope in the seller's mind - just to win the listing. Tidbold Real Estate does not do this. In fact, we are held accountable to our clients to ensure we are providing truly independent and accurate valuations based on the current market, recent sales activity and property age and condition.

HOW? How does my neighbourhood compare to the rest of the market?

The local market can appear fickle. Prices go up one day and seem to flatten out the next. One minute the papers are talking about a real estate bubble and the next minute it's a boom. How do you get accurate information about the market, your suburb - and your property? Tidbold Real Estate is not a traditional real estate agency, we are purely a residential sales specialist agency and offers an alternative way to sell your property. We have access to all of the latest market information, sales activities and statistics. We can provide you with an evidence-based opinion supported by market facts that are relevant to you and your property.

PRICE? How do I ensure I am getting the best price?

Most sellers are keen to obtain the highest possible price for their property. Tidbold Real Estate has a five star reputation and 20 years' experience working with homeowners to guide and assist them in preparing their property to maximise the sale price. The best sales outcomes are achieved when the agent and the seller work collaboratively on the property preparation timetable in advance of the sales and marketing activity. This ensures when prospective buyers first become aware of the property, it is already looking its best - giving the homeowner the greatest opportunity of achieving their desired price.

TIME? Is now a good time to sell?

One of the most exciting aspects of the real estate market is the varied and unpredictable pricing being achieved across different markets, properties, sale type (auction vs. private sale), marketing and buyer activity. While we believe there is no 'bad time' to sell (there are ALWAYS buyers), it is still important to know when the best time is to put your property on the market and what are the necessary steps to maximise the sale price. Tidbold Real Estate has extensive local experience in Redland City and can advise you on the best time, method and marketing options to sell your property and achieve the ideal price.

WAIT? If I wait, will prices go up - or down?

There is a lot of information in the market about property prices. Much of the information appears to be conflicting. Most sellers are seeking a genuine and realistic appraisal of their property - and guidance on the best time to sell. While there is no perfect time to sell, there are a range of key market trends and indicators that can assist the seller to determine the best time for them to put the property on the market and maximise the sale price. Tidbold Real Estate is here to help you decide on the best time to sell and guide you through the process. We're here to help!

WHERE? Where do I even begin?

So, if this seems like a lot to do - it is. But only if you try and do it all by yourself. Our role at Tidbold Real Estate is to make the decision to sell your home an easy one and the process of achieving your desired sales result even easier! We understand the decision to sell a property is a major life decision. For many, it is the largest financial decision they will make in their lives. Tidbold Real Estate is here to help guide you through the complex maze of questions and decisions regarding selling your property. Tidbold Real Estate has built our reputation on ethics, honesty, reliability, professionalism, expertise and service - and we would be delighted to help you make an informed decision about your property today.

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REIQ welcomes pause in interest rate hikes

FROM THE REAL ESTATE INSTITUTE OF QLD

With inflation moderating, productivity levels falling, job vacancies declining, household savings eroding, and business insolvencies increasing, the REIQ says today's pause on the cash rate was a sensible decision given mixed economic signals.

Real Estate Institute of Queensland (REIQ) Chief Operating Officer Dean Milton said business owners, mortgage holders, aspiring home owners, and renters who hoped the new financial year would bring interest rate reprieve would be nicely surprised.

"In our view, there were enough economic factors at play to warrant a stop or at least a pause to the steep tightening cycle, so this comes as welcome news," Mr Milton said.

"With 12 rises and only two pauses since May last year, pressure continues to mount on businesses, the economy is weakening, and households with little savings left are wondering what else they can scrape by without.

"Small businesses are also coming under pressure with a raft of cost increases this financial year including electricity prices going up by 25% across the state, and the additional Superannuation Guarantee of 0.5%.

"Given small business is a major employer in Queensland, if they begin to struggle and lay off staff, this again has a flow-on effect to the broader housing market."

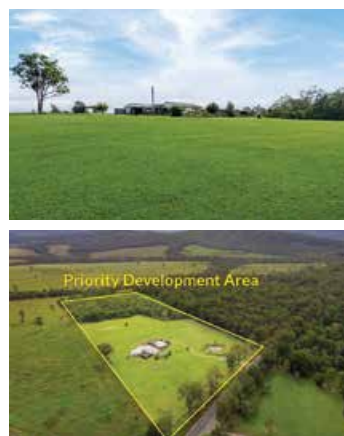
Mr Milton said the interest rate tightening cycle was also hurting construction of new builds that will be required to ease the housing crisis.



"There has been a 30% decline in loans for new builds during the last 12 months of the hiking cycle which are now at their lowest levels since the end of the mining boom a decade ago," he said.

"With business insolvencies on the rise, this is a welcome pause to give developers a chance to catch up and restore cash flow."

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How to get better value from your bins

FROM REDLAND CITY COUNCIL

The current cost-of-living pressures make it an apt time for households to check they have the right kerbside wheelie bins for their circumstances.

Mayor Karen Williams said Redland City Council actively supported households to reduce waste, to recycle well and maintain a cost-effective recycling service for the whole of Redlands Coast.

“As part of this, Council offers a flexible ‘bin menu’ where residents can save money and reduce waste to landfill by getting the right bin set for their home,” Cr Williams said.

Some options to get a better bin bundle include:

- Offsetting the cost of a new household green waste bin (mainland only) by down-sizing to a 140-litre red-lid general waste bin when you order;
- Upsize your recycling bin from a 240-litre to a 340-litre for a one-off \$32 establishment fee and no additional ongoing costs to your rates; and
- Be rewarded for reducing waste to landfill. If you’re not filling your standard 240-litre general waste bin each week, consider downsizing to a 140-litre waste bin and save on the annual charges. A one-off \$32 establishment fee applies



The establishment fee covers the cost of the bin, delivery fee and administration costs.

For more information and terms and conditions on bin bundling, phone 07 3829 8999 or order online.



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Why are the mainland hours changing?

A review of visits show that mainland Recycling and Waste Centres are being underutilised towards the end of the day.

The mainland centres will continue to remain open 7 days a week, 9.5 hours a day, 363 days a year.

There is no change to island Recycling and Waste Centre opening hours.

Save time at the Recycling and Waste Centres

- **Plan your visit** – save time by separating and sorting materials correctly before arriving.
- **Maximise your load** – try to hold off visiting until you have a full load.
- **Put your wheelie bins to good use** – smaller, lighter loads can be managed through your kerbside bin service including an optional kerbside green waste collection with multiple bins allowed.



Opening hours will change to the following times all year round:

Monday to Sunday

7am – 4.30pm

(last vehicle 4.15pm)

Closed: Good Friday and Christmas Day



[redland waste centre hours](#)

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The pros and cons of home energy audits

CONTRIBUTED BY FALLON SOLUTIONS

Home energy audits are gaining popularity as a valuable tool for improving energy efficiency and reducing utility bills. These audits assess your home's energy usage and identify areas for improvement, leading to potential cost savings on your next bill. But do these audits truly deliver on their promise of saving you money?

What is a home energy audit?

During a Home Energy Audit, Fallon Solutions' licenced electricians visually examine your home's energy usage.

They will assess lighting, power, Air Conditioning, solar, and appliances to identify areas of energy waste. You'll receive detailed ratings and a comprehensive report with personalised recommendations for cost savings and efficiency improvements. Their aim is to help you maximize energy efficiency in your home.

Pros:

Energy-saving advice: Certified professionals provide specific insights into areas where energy efficiency can be improved, offering recommendations and changes in usage patterns for maximum energy savings.

Cost savings: Implementing audit recommendations can reduce monthly utility bills and prevent future costly repairs, resulting in long-term cost savings.

A healthier and safer living environment: Home energy audits focus on improving indoor air quality and safety, creating a healthier and safer living environment for your family.

Increase in home value: Investing in energy-efficient upgrades as recommended by the audit enhances the value of your home, attracting potential buyers seeking eco-friendly and energy-efficient features.

Cons:

The audit itself does not lower energy costs: The audit provides recommendations, but the effectiveness in reducing energy costs depends on you as the homeowner implementing the suggested changes and adopting energy-saving habits.

Upfront cost: Home energy audits come with an associated cost, but the potential long-term energy savings and benefits can outweigh the upfront investment.



At Fallon Solutions, we offer multiple trades under one roof to assist with implementing energy-saving measures promptly and conveniently. We also provide financing options through our partnership with Brighte Loans to help you manage the upfront costs and achieve your home improvement goals.

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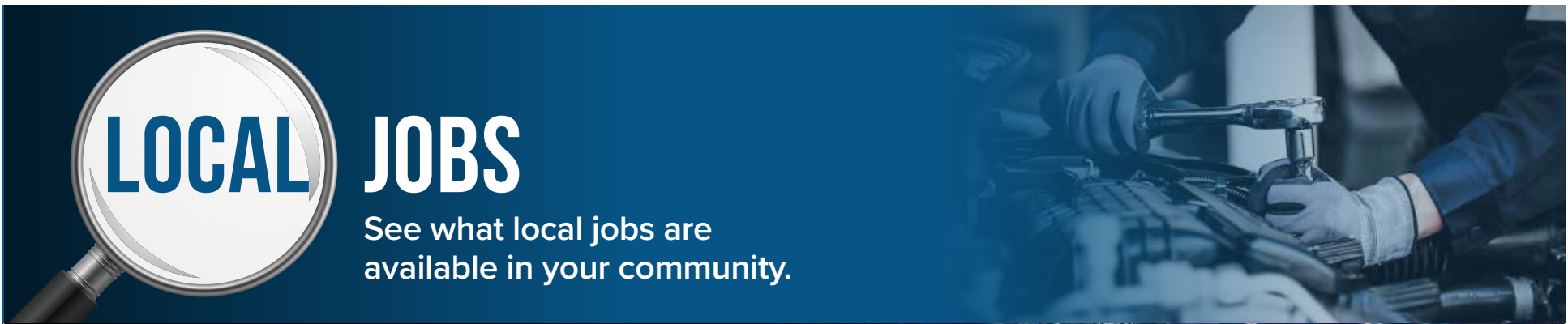


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Redlands

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Steve Bell has been in the building industry for 44 years trading as Bellbuilt Pty Ltd. Chris Barwick started work with Steve 36 years ago as a carpenter's apprentice. Over these years they have been involved in many interesting projects from Cleveland & Redland Bay tennis club houses in both Cleveland and Thornside along with the restaurants at Lakeside on the lake. Their latest building (seen in photo) for the Pheonix Group at RBP is a testament to their experience.

For more information contact sb.bellbuilt@bigpond.com or phone 0418 886 681



Ross has just started with his team working at the RBP. His company Stirling Structures is responsible for this massive new building designed for Gavin and David Sheppard from Jag Welding. Ross has had 25 years' experience in the design and construction industry and his expertise and experience is extensive. "Over the years I've been fortunate enough to gain valuable diverse construction experience both overseas and all across Australia in sectors including Department of Defence, Retail, Education, Oil and Gas, Commercial and Industrial," said Ross.

"We're extremely proud to be working closely with the team at Fox and Bell as we look forward to playing a significant role in the further development of the Redlands Business Park."

For more info ross@stirlingstructures.com.au or phone 0459 900 574

James Howell and his team Sam & Zac, have made a great impact on the RBP completing the new 15-unit development at 22 Daintree Dr. James started his building company Howell Constructions in 2017 working in the residential sector and is currently working on 3 large Industrial buildings in the new stage 3 & 4.

"Starting in residential & now prioritising the commercial sector, we feel we can relate to all scopes of people's needs, every build is a relationship with a client and a opportunity to leave our stamp on a happy customer".

For more info contact james@howellconstructions.com.au or phone 0458 990 530



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THIS MONTH'S FEATURED BUSINESSES



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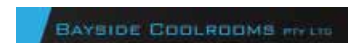


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FUTSAL JUNIOR COMPETITION RETURNS TO REDLANDS AND BAYSIDE

There's a growing sport throughout Australia – the game of futsal. Futsal is similar to soccer, but it's played with five players on each team. Instead of a grassy field, they play on an indoor hard court.

The game is the world's fastest growing indoor sport. Futsal provides players with more touches on the ball, and the smaller, heavier ball demands and rewards more precise ball control. It improves players' decision making skills, develops confidence in players, allows players to be more creative, and improves reaction time. Players touching the ball 600 per cent more often learn far faster, without even realising. It's a fast-paced game full of fun and excitement. If players want to improve their soccer game, futsal is the tool to do so.

From the first week of October the junior futsal competitions will begin on Thursday nights at Iona College, and on Friday nights at Wellington Point. A Redlands and bayside venue on Monday and Tuesday nights will be announced soon. Competition age groups for boys and girls starts at U8 through to U16.

In mid-September, friendly games will begin for players and teams to warm-up for the competition. Why not get involved in futsal this summer?

For more information email: eastbrisbane@australianfutsal.com.



Photos: Supplied.

REDLANDS UNITED'S NEW SIGNING

During the recent transfer window, Redlands United FC welcomed new signing, Irishman Fionn Reilly from Italy's "Serie D" competition.

"I couldn't be happier to sign Fionn," said Redlands United Head Coach Daniel Varma.

"It was quite clear to me from the initial video I received and subsequent training performances, that Fionn possesses attributes I am looking for which will enhance our style of play and strengthen our squad.

"Just as importantly, his affability has seen him easily assimilate into the squad on a personal level. Fionn is well travelled, fluent in three languages, respectful and personable with a winning mentality. As to his abilities on the field, I have no doubt they will be evident on match day."

Redlands United's new Signing Fionn Reilly. Photo: Ray Gardner



REDLANDS DARTS ASSOCIATION SEASON UPDATE

FROM REDLANDS DARTS

A new season of darts has kicked off with 22 teams returning to enjoy the game.

Redlands is proud to have four players travelling in August to Moama in NSW to represent Queensland in the Australian Championships. We wish all the best to Amanda and Laurie Loch, Melina Van Den Kieboom, and Robert Modra, who are all vying for the number one position in Australian darts and the opportunity to represent Australia.

In August we will host the coveted first division Adam & Eve Trophy. Ten teams of the best players in associations from across Queensland will converge for a full weekend on August 12 and 13 at the Redlands Multi Sports Club in Birkdale.

We will also be hosting the over 45s competition on August 19 with teams from Wynnum, Logan, Beenleigh, Meakin Park, Inala and Redlands competing. On September 2, we will launch a new competition for novice players to allow them the opportunity to experience representative darts.



Photo: Supplied.

LOCAL FOOTBALLERS INSPIRED BY WORLD CUP TROPHY

CONTRIBUTED BY KEVAN SANGER

Junior footballers at Capalaba FC came face to face with the Women's World Cup trophy recently as it visited a Football Queensland carnival they were participating in.

Capalaba entered teams in the under nine to under 12 age groups at the WinterFest football carnival on the Sunshine Coast, and the kids were thrilled with a surprise visit by the FIFA trophy, which our national women's football team the Matildas are currently competing for here in Australia.

Teams from all over Queensland participated in the carnival, which Capalaba's Technical Football Director Gary Bailey described as "a great learning experience" for his club's youngsters.

"Our junior academy teams got the opportunity to play against teams from Cairns, Bundaberg, Rockhampton and the Sunshine Coast, which they don't get to do in their regular weekly competitions against local Brisbane teams. It was a great event and really valuable for their development as footballers," commented Bailey.

He went on to say that the Capalaba club is expecting the current Women's World Cup to ignite even more interest in the sport, with the best female footballers on the planet visiting our shores for the tournament.

"We expect the World Cup to drive even more registrations next season, especially with the Matildas playing a couple of games in Brisbane."

The club currently fields both boys and girls teams in the Football Queensland Academy leagues from ages eight to 18, and they are already planning for the next one. Trials for their junior academy teams (boys and girls) will be held in October and November this year, with next season set to kick off in January.



Photo: Supplied.

JUNIORS SHOWCASE SKILLS WITH ENTHUSIASM AND ACTIVE PARTICIPATION

FROM ALEXANDRA HILLS JUNIOR AFL CLUB

The Alexandra Hills Junior Australian Football Club recently showcased its commitment to youth development by organising two highly successful AFL carnivals. The club, established in 1980, boasts a rich history and has grown to include 20 teams comprising of approximately 380 registered players. Demonstrating their dedication to promoting females in the sport, the club recently introduced an inaugural Under 9s and Under 11s girls carnival, capitalising on the increasing female participation in AFL.

The 30th Under 9s and Under 10s carnival held in June was a resounding success. Alexandra Hills welcomed seven other clubs from around South East Queensland, resulting in 16 rounds of exhilarating football. The event not only provided players with extended game time but also offered the opportunity to compete against teams they may not have faced before.

Building on this momentum, the Alexandra Hills Junior AFL Club held its inaugural Under 9s and Under 11s girls carnival in July. With three additional clubs joining the event, a total of eight teams participated in six rounds of football. The carnival witnessed exceptional talent and showcased the growing enthusiasm among young girls for Australian Rules Football.



Photos: Supplied.

These back-to-back carnivals have not only created a platform for young athletes to exhibit their skills but have also highlighted the Alexandra Hills Junior AFL Club's commitment to inclusivity and community engagement. The club believes that fostering a love for AFL at an early age is crucial for the development of young players and the promotion of a healthy and active lifestyle. By hosting these successful carnivals, the Alexandra Hills Junior Australian Football Club has not only strengthened its reputation as a prominent youth



sports organisation but has also contributed significantly to the growth of AFL in the South East Queensland region.

If you or someone you know is interested in exploring Australian Rules Football, the Alexandra Hills Junior AFL Club encourages you to reach out to them via their Facebook page or by sending an email to chairman.ahjafc@gmail.com. The club warmly welcomes new members and aims to provide an enjoyable and supportive environment for everyone.

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COOLNWPIN STUDENTS STARS OF CREATIVE GENERATION!

FROM COOLNWPIN STATE SCHOOL

Thirty-two Coolnwynpin students have just returned from starring in the 2023 Creative Generation performances. The students and staff put in hours of weekend rehearsals, practice and pulled it all together with six amazing performances.

Our school joined 1700 other performers from over 130 Queensland state schools to put on this year's spectacular. Staff and parents were the behind-the-scenes heroes, stitching sequins onto costumes and setting high ponytails in place. This is the 19th year for Creative Generation, and it was a highlight for our creative students. Coolnwynpin students from Year 1 to Year 6 performed twice during the show with professionally choreographed dance routines.

Our School Captain, Mia, was one of the performers. "This year was the best year yet; I have been a part of C-Gen for five years," said Mia. "The highlights are the buzz you get from the crowd applause and the bonds you form with fellow performers."

Teacher Nigel Wiggins was there through rehearsals and spent a week at the Convention Centre supporting students. "The quality of performance blows me away. Our students put on a show as good as any professional touring company," he said

"The performance inspired our students to make a real difference in friendships and relationships by being proud of who they are.

"Each year, our older students take care of the younger ones. They calm their nerves and help them to enjoy this special opportunity to perform."



Photo: Supplied.

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If you do end up finding some teeth that need some extra care, and finances are a little tight, or you'd like to plan ahead, our team are committed to finding a way to help you access treatment. We have a variety of payment options, including early release super, ZIP, after pay and of course pre-paid treatment onsite with no additional fees or charges.

We often have patients that direct transfer amounts each week prior to their treatment to 'pre-pay off' their required treatment. In addition to this, we also offer split payments across appointments for common treatments such as crowns, bridges, dentures, implants, implant retained dentures and clear aligners.

At Dental on Cambridge, we know we provide quality dental care, and as such, we provide 10-year warranties for any crowns, bridges, and implants against fracture or dislodgement. To obtain your warranty it is essential that you continue your six-monthly routine examination and clean with our experienced team and implement any additional recommendations that will protect your dental work. That way, we can continue to support you by looking after your investment. After all, you only get one set of teeth!



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INTRODUCING THE REDLANDS' NEWEST GARDENING CENTRE: THE STOCKYARD

The lovely humans behind The Nurso are bringing their creativity and passion for horticulture to the Redlands.

There has been a nursery at 75 Duncan Road, Capalaba, for more than 30 years, and its newest iteration, The Stockyard, is infusing incredible energy into this loved gardening space.

Go for a lagoon walk

From the entrance of The Stockyard, you can meander along the picturesque lagoon walk. Follow the garden path, and you'll find a range of Australian native plants, perennials, unique pots, and handpicked homewares.

The stroll takes you around the property and along the banks of The Stockyard's lagoon – straight out of Monet's Water Lilies (can you guess what inspired The Stockyard's logo?). You'll be forgiven for feeling inspired to start painting your own landscape right there!

Be sure to bring the kids – they'll love saying "hi!" to The Stockyard lagoon's resident ducks.

Enjoy barista-made coffee and tea

Once you've worked up a thirst, The Stockyard's shady garden is the perfect place to enjoy a barista-made coffee or tea. On the weekends, there's live music and scrumptious food trucks. Talented located carpenters are also building a custom kid's play area amongst the shade of bamboo trees.

Visit The Stockyard

The Stockyard is located at 75 Duncan Road, Capalaba, and is open Wed-Sun. Winter opening hours are 8:00 am to 4:00 pm. For more information, check out thestockyard.au and follow them on Facebook or Instagram.



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LOCAL BUSINESS PROFILE: IGNITE HEALTHCARE

Ignite Healthcare, a leading mobile allied health provider, has opened its first Queensland clinic in Capalaba, serving Redlands residents with high-quality and accessible therapeutic services.

Ignite Healthcare's founder David Dinca became a physiotherapist after being inspired by his niece Alice who lives with severe Cerebral Palsy. It soon became clear to David that allied healthcare was needed in the disability sector, so he started Ignite Healthcare. Ignite Healthcare has been proudly servicing the allied health needs of community members through NDIS, HCP and private packages since 2018 with a team of clinicians across Victoria and Queensland.

"We are excited to have our first Queensland clinic open in the Redlands area," said Ignite Healthcare's Queensland regional manager, Sarah Raffell.

"As a local resident myself, I have heard from the community that there is a need for allied healthcare that encompasses Ignite's values of respect, passion, tenacity, integrity and accessibility as we seek to empower abilities and enrich lives," explained Sarah.

"Our growing team of registered and highly experienced speech pathologists and occupational therapists are predominately mobile, so with the option of in-home therapy, telehealth, or visiting our clinic in Capalaba, the Redlands community have a broad choice to meet their health outcomes."

Ignite Healthcare's first Queensland clinic is located at 1/27 Mount Cotton Road, Capalaba. All referrals and appointments can be made via www.ignitehealthcare.com.au/referrals or by calling 1800 446 448.









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FROM THE SAND HILLS TO THE BLUE HOLE, WHITING ARE BITING

BY SPERO KARTANOS

Local fisherman Spero Kartanos shares his tips for finding the best fresh feed of fish this month in Moreton Bay.

The weather in August should be great – apart from the westerly winds this time of year – and the fishing should be good with plenty of all our local species in abundance.

The whiting should now have moved throughout the small boat channel, the Rous Channel, Amity Banks, the Sand Hills and the Blue Hole, so there's no excuse not to get a feed for most families!

Bait-wise, my favourites are blood worms, beach worms, peeled small prawns and strips of squid, and a paternoster rig works the best. Another tip: a good run in the tide is best.

School mackerel will be in the bay, especially the small boat channel towards the Rous entrance. They're usually undersized this time of year, but there will be plenty of bigger fish mixed in. Wait another few weeks; come September, it should be a cracker month for school mackerel. Try using floating pillies or diving boards with spoons.

The squid and cuttlefish numbers tend to slow down a little in August, but judging by the results in July, there could be a bumper season ahead for these cephalopods in the bay. For

jigs, I'm finding the dull colours work best on cloudy days and the bright colours on sunny days. I've included a picture of the three best jigs.

The snapper season has been closed since July 15 and restarts in the bay on August 15, but there's plenty of other fish to catch until then.

A thank you to all my readers – it has been great to help you to catch a few more fish, and it has been lots of fun reading your emails about your catches.

So get out there on beautiful Moreton Bay, catch a fish and remember to be safe and be careful in strong westerly winds. It feels nice and calm close to shore, and you don't see the whitecaps until you turn to come home, so it's better to put off a day's fishing than put yourself and others at risk.

Until next month, good fishing, and check out my weekly updates on fishingmonthly.com.au for Moreton Bay reports.



Photos: Spero Kartanos.

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LOCAL PHOTOGRAPHER PROFILE: TARNJAH MYERS

FROM REDLANDS CAMERA CLUB

My photography journey began in earnest when I got my first DSLR camera about seven years ago. Since then, with the supportive community of Redlands Camera Club I have increased in both my skill level and love of photography. Photography is the ultimate combination of technical skill and artistic expression, making it a wonderful and fulfilling hobby.

For me, photography is a way to capture the moments of awe and wonder that I am always in pursuit of, those moments where the natural beauty of the world just takes your breath away. Sometimes they are found in the back yard and sometimes on the other end of a plane trip. In the last few years, I have been blessed to be able to travel many times to Tasmania where awe and wonder is in such abundance it can be overwhelming.

I love planning out my photographic adventures in advance but some of the best moments are the times you must quickly pull off the road to capture something completely stunning and unexpected; these moments can happen around any bend in the road.

When driving in Tasmania I always double the time it will take to get to my destination to factor in the unexpected stops I anticipate. These are moments of pure joy, whether it be an echidna crossing the road, a snow-covered mountain, a river winding through a field full of sheep, a waterfall, rainforest or vast ocean vista. I hope to be able to make many more trips to this wondrous part of the world.

Road tripping Tassie



Photos: Tarnjah Myers.

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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.

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

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

ACROSS

- 4 Lives a dull life
- 8 Party game
- 9 Moving force
- 12 Assumed name
- 14 Whichever
- 15 Superintendents
- 18 Filled pastry
- 20 Narrow ways
- 22 Speaks
- 24 Tool
- 25 Deep sleep
- 26 Dry
- 27 Lubricates
- 29 Decapitate
- 31 Twilled fabric
- 34 Employ
- 35 Continue steadfastly
- 38 Friend (Fr)
- 40 Useful thing
- 41 Assembled, as troops

- 42 Neck ornament
- 43 Cleansing agent

DOWN

- 1 Scribble
- 2 Fixed allowance
- 3 Church services
- 4 Parts of speech
- 5 Cunning
- 6 Prayer ending
- 7 Waistbands
- 10 Adhesive
- 11 Kind
- 13 Common run
- 16 Passes away
- 17 Ladder steps
- 19 Vexing
- 21 Makes amends
- 23 Merchants
- 24 Soft leather
- 28 Swift

- 29 Collided with
- 30 Listen to
- 31 Spiritualists meeting
- 32 Recoil
- 33 Landed property
- 36 Long narrow elevation
- 37 Happening
- 39 Labyrinth

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. 3871

TODAY'S FOCUS Good: 10 words
Very good: 18 words
Excellent: 26 words

Word Find

L	P	A	I	R	B
B	A	I	D	E	M
E	L	Y	E	H	A
A	M	N	E	C	K
T	F	A	R	R	E
S	T	E	T	A	G

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

- | | | | |
|--------|-------|-------|------|
| Acre | Heat | Neck | Reed |
| Archer | Keg | Pair | Stet |
| Beats | Layer | Palm | Tame |
| Been | Make | Piece | |
| Gate | Media | Raft | |

Join the Dots

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SIMPLE AND VERSATILE BROWN RICE SALAD RECIPE

If you're struggling to up your vegetable intake, here's an easy to assemble salad that packs a flavourful punch and makes a perfect side or a light main meal. Leave out any vegetables you don't like, and add the ones you do.

INGREDIENTS

- 2 cups cooked brown rice (microwave rice is easy and quick)
- 1 large continental cucumber, diced
- 3 tomatoes, de-seeded, diced
- 1 red and 1 green capsicum, diced (sweet mini capsicums are great too)
- 1 red onion, finely chopped
- 1 small tin of baby corn kernels
- Handful of olives, pitted
- ½ cup of chopped fresh parsley, flat leaf or curly
- 1/4 cup of crumbled feta or goat's cheese
- Finely sliced chilli (optional; as much as you like)
- Juice of one large lemon
- 2 tbsp extra virgin olive oil
- 1 clove of garlic, crushed
- 2 cups of loosely packed fresh baby spinach leaves
- Salt and pepper to taste

METHOD

1. In a large mixing bowl, combine the cooked rice, cucumber, tomatoes, capsicums, red onion, parsley, corn, baby spinach, olives, chilli (if using), and feta or goat's cheese. Toss (be gentle!) to combine.
2. In a small jar with a lid, combine the lemon juice, olive oil, minced garlic, salt, and pepper to make the dressing. Give it a good shake (put some music on, this is a good opportunity to dance).
3. Pour the dressing over the rice mixture and toss until everything is well coated.
4. Taste and adjust the salt and pepper; add more lemon juice if it needs more zing.
5. Cover the bowl with plastic wrap and pop it in the fridge for at least half an hour so the flavours can develop.
6. Serve chilled and enjoy!

Additions: To bulk up the salad, add grilled chicken strips, pan fried halloumi or tofu, cooked prawns or squid, even roast lamb and beef. You can also substitute the rice with cooked pasta.



The Community Leader

WE'RE ALL ABOUT GOOD NEWS

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.

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BAYSIDE DOG TRAINER STRIKES GOLD AT NATIONALS

FROM CLEAR DOG TRAINING

Bayside-based dog trainer Caroline Strainig has put her training skills to the test at the state and national dog obedience championships – and struck gold.

Caroline, who owns CLEAR Dog Training, competed with her two border collies, Hope and Adam, and came away festooned with prizes.

Her haul included two national championships, two reserve national championships, two state championships and two reserve state championships. Her dogs were first and second in four classes, and she also won three other major awards, including the highest combined score in rally obedience for the two trials.

For Caroline, the top award was particularly cherished as her young dog, Hope, had only been competing at the top level in rally for two weeks before the trial held in Durack in early July.

The state and nationals had also attracted a strong contingent of competitors from southern states and north Queensland, and to have such success at the top level with both her dogs was a huge tick for her training methods.

“I love training dogs of all breeds and get a lot of joy out of helping people with their puppies and older dogs,” Caroline said.

“However, I still compete at the highest level with my own dogs when I can to ensure my training is right up there with the best.

“Not only do you have to teach your dog the necessary skills, but you have to produce a top performance under huge pressure.

“I must admit I was extremely nervous going into the final national comp, but my dogs seemed to know it was important and tried their hearts out. It was almost like they were saying, ‘Relax, we’ve got this, mum’.”



Caroline with her two much-loved border collies, Hope (centre) and Adam and some of their prizes from the state and national dog obedience championships. Photo by Julie Finter.

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Find out more about how you can get involved by calling Sharyn at 0403 189 625 or Laura at 0419 174 693.

The Community Leader
WE’RE ALL ABOUT GOOD NEWS

TEE UP YOUR FAMILY AND PUTT FOR A PURPOSE

FROM MCGUIRES HOTEL GROUP

McGuires' Hotel Group and Small Steps 4 Hannah have teamed up and announced the first Day for Kids 2023, "Putt for a Purpose", to be hosted by The Alexandra Hills Hotel Putt Putt on September 17 from 8:00 am to 2:00 pm.

This exclusive ticketed event aims to bring families in the Redlands Coast community together while raising much-needed funds and awareness for Australia's growing domestic violence epidemic.

All proceeds from Putt Putt tickets will be donated to the Small Steps 4 Hannah Foundation.

The day will be jam-packed with kid's entertainment, including face painting, kid's mosh dancing, fairies, games, a BBQ, a magician show, a hypnotist, live music and much more (and there'll also be some 'cold ones' for the parents)!

There will also be random prizes for the best dressed, so theme your team for a chance to win. Many local businesses have supported the event and donated prizes to be drawn at the 12-noon raffle. Be there to win!

Deborah Ellyett, McGuires' Hotels Business Development Manager, explained the importance of the event.

"It all starts with the little people. What can we do as a community to ensure kids grow up to not be victims of domestic violence? More importantly, what can we do to ensure kids don't grow up to be perpetrators of family violence?" said Deborah.

"The message needs to be louder, clearer, and the conversation needs to come earlier. When you tell your kids you're taking them to Putt for a Purpose, tell them why; share the legacy of Aaliyah, Laianah and Trey. Make their tragic deaths mean something."

Small Steps 4 Hannah members will be at the event selling merchandise and speaking to the community.

Every person must present a ticket to gain entry to the event. Tickets can be purchased by scanning the QR code on this page.





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AUSTRALIA'S BIGGEST COMMUNITY-DRIVEN SHELLFISH RESTORATION PROJECT GOES INTO OVERDRIVE IN MORETON BAY

FROM OZFISH UNLIMITED

More than 2,000 Robust Oyster Baskets destined to grow into new oyster reefs have been strategically dropped into Moreton Bay as part of the biggest community-driven shellfish reef restoration project in Australia.

Local OzFish volunteers recently deployed 2,265 Robust Oyster Baskets, lovingly called ROBs, onto the restoration site, taking the total number to an incredible 6,465 since the project launched nearly two years ago.

The ROBs are made from degradable steel mesh filled with recycled oyster shell that volunteers help clean at the shell recycling centre at the Port of Brisbane. The shells are collected from local restaurant, bars and wholesalers and recycled by volunteers.

All up there were more than 2.7 million shells in the baskets dropped into the water recently, bringing the total of shells deployed to just under 7.8 million for the project.

The baskets take about two years to degrade, which gives the oysters and other shellfish time to clump together, leaving only a solid structure of oyster shells and living shellfish.

They were loaded onto a barge to be placed into a 19.6-hectare site which was graciously donated to OzFish for restoration by the Port of Brisbane.

Marine creatures in Moreton Bay are facing a housing crisis of their own after a staggering 96% of shellfish reef habitat has been destroyed in the past 150 years, leaving them functionally extinct.

OzFish's Central Moreton Chapter refuses to stand by idly. The results from a study conducted by Griffith University on the previously deployed ROBs are nothing short of astonishing. Each ROB creates 626 new homes for shellfish, as well as providing shelter for a remarkable 1120 other animals including crabs, worms, prawns and other creatures.

This incredible achievement amounts to more than 11 million new animals now thriving on the site, showcasing a massive increase in biodiversity.

Furthermore, OzFish has already successfully restored 10 hectares of shellfish reefs. As a result, volunteers have contributed to the generation of 2,500 tonnes of additional harvestable fish for Moreton Bay, year after year, forever.

"Together, we are making a significant impact on the health and sustainability of our oceans," said Robbie Porter, OzFish Senior Special Projects Officer - Shellfish Revolution.



Photo: Supplied.

"Each restored hectare produces an additional 2.5 tonnes of harvestable fish every year for Moreton Bay.

"I believe this is the best shellfish restoration project in Australia without question. Queensland should be very proud of what we're achieving.

"We extend our heartfelt gratitude to the exceptional OzFish Central Moreton Chapter volunteers for their tireless dedication in supporting this work. Without their time and ingenuity, this project wouldn't be possible."

The Moreton Bay shellfish restoration project has been made possible by OzFish Unlimited, Australia's only recreational fishing charity, the Port of Brisbane, Queensland Fisheries, Healthy Land and Water through funding from the Australian Government's National Landcare Program, BCF – Boating, Camping, Fishing and a wealth of community partners and corporate supporters.

OzFish would also like to thank Malec Transport and MGN Civil for their help in providing the barge and a front-end loader for the recent deployment.

To learn more about the Moreton Bay shellfish reef restoration with OzFish, visit: <https://ozfish.org.au/projects/moreton-bay-shellfish-reef-restoration/>

If you would like to become a member of OzFish, log onto www.ozfish.org.au or contact 1800 431 308.



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Think like an investor

CONTRIBUTED BY UEM GROUP

Movies are wildly entertaining. So many investors with nerves of steel, gurus who somehow knew what was going to happen before it happened, know what their counterparties would say before the words were said. Characters like Gordon Gekko, Harvey Specter, or Billy Ray Valentine, would calmly place their bets and watch the results roll in.

Movies are meant to be entertaining though. Investing in the real world requires a different mindset. Here's a set of a few initial ones to consider, no matter whether you're just starting out, or a seasoned investor already.

1. There's no such thing as a free lunch

Investing is about weighing up the information. It's rare that an opportunity ever presents without a cost attached to it. An investment may offer exceptional performance, however due to the skill of the manager it may be costly. Investing through superannuation may be tax effective, but there is a limitation on accessing funds. An investor will seek to understand the options that are available, and consider the propositions in full – the benefits along with the costs.

2. If something sounds too good to be true, it probably is

Where the first point is about the importance of collecting information, the second

is about ensuring that your defences are up. Be wary of sources or opportunities that present claiming no downside risk and do not give a balanced view.

3. Consistency trumps intensity

There's no training montage that will dramatically alter your investment outcome. Successful investing is about building positive habits and a savings mentality. The best results are achieved by stringing together a series of smaller positive outcomes, and letting them compound over time rather than making up for it with a single last minute win. Yes – a bit less Rocky, and a bit more Shawshank.

4. You have to start somewhere

The hardest part of any new savings plan is getting started. It can be a tough call – looking at your money and dedicating some of it for your future self, rather than having that extra treat right now. But once you've taken the first step it gets easier. You get used to it. And once you move a little further down the road, your future self will look back and thank you.



Laurence Smith, Financial Adviser at UEM Wealth, part of the UEM Group

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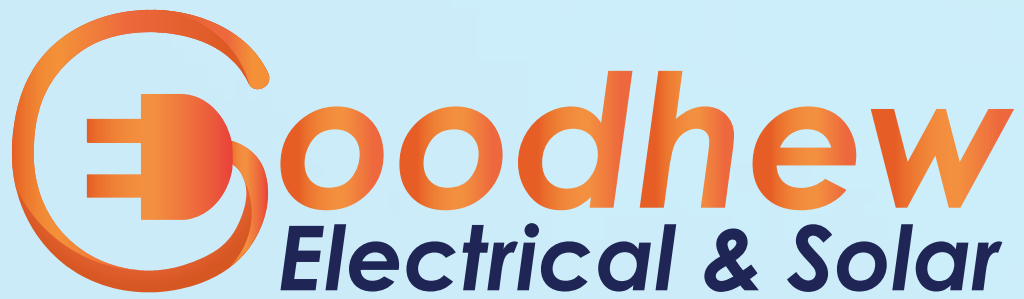
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