

The Community Leader

WE'RE ALL ABOUT GOOD NEWS

Redlands



AUSTRALIA'S BEST SURFERS DROP IN FOR A HIGH-OCTANE SHOW

We're lucky to have some of the country's best surf beaches on our doorstep – think Main and Cylinder beaches at Minjerribah – only a ferry ride away. We're also incredibly fortunate to have some of the best surf guardians on the planet watching over us on the water in the form of our local surf lifesavers, who volunteer to keep us safe in the surf.

For many kids, Nippers is where life on the water begins, which in turn leads to competing in surf events. And when your backyard is 'Straddie', it's no surprise local kids grow up to be seasoned surfers.

This month, Main Beach plays main stage to the Gage Roads Straddie Invitational, a three-day surf comp in its 40th year of showcasing high-octane surfing talent from all over Australia.

Local surfer Tahlia Henderson (pictured with Josh Pettingill) from Point Lookout Boardriders is vying for a spot on the home team, and the competition's fierce! Catch all the action at the Invitational from October 20 to 22. Entry's free, and it's your chance to see the stars of the surf beachside at Point Lookout. And if you'd like to catch a wave between the flags, the Point Lookout lifesavers have your back. More on page 4.

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FLOWER POWER: SCHOOLHOUSE GALLERY'S OCTOBER EXHIBIT

For the Love of Flowers is the apt title of Junita Grosvenor's gorgeous new solo exhibition, on display during October at The Old Schoolhouse Gallery.

Junita's wellspring of inspiration spans across the globe, drawing from diverse sources.

"Most of the inspiration for my floral paintings has come from my mum's wild tropical gardens, from Claude Monet's own garden and waterlily pond gardens in his home at Giverny, France (which I was lucky enough to visit in 2019 pre-Covid), as well as the lovely flower markets in Melbourne and London, and the bush near my home in Redland Bay," explained Junita.

Junita's passion for flowers, colour palettes, and textures was the driving force behind her foray into the world of painting. Her very first series comprised three paintings capturing the essence of blue gingers flourishing in her mother's garden.

Junita loves to work in all mediums (oils, acrylics, watercolours, inks and mixed media), all of which are represented in this exhibition.

"The exhibition is full of variety including some experimentation with fabrics as well as one richly textured and inked rose bouquet painting, influenced by Art Nouveau," said Junita.

Some of Junita's favourite artworks have been included, from delicate watercolours on canvas to brightly coloured, inked and textured paintings. There is something for everyone!

Mark your calendar for the exhibition, which unfolds from Thursday, October 5, through Sunday, October 29. An opening morning tea on October 5 at 10.30am offers a delightful opportunity to meet Junita in person. Everyone is warmly invited!

The Old Schoolhouse Gallery is located at Shore Street North in Cleveland, and welcomes visitors on Thursdays to Sundays, including public holidays, from 9.30am to 4.30pm.



Junita with an artwork from the *Love of Flowers* exhibition. Photo: Supplied.

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POINT LOOKOUT SURF LIFE SAVING CLUB: SERVING WHILE THEY SURF

BY JAN NARY

People come to volunteering through many different paths – for Matt (“Emu”) Robinson it was more of a lifestyle choice than sheer altruism. Matt, now president of the Point Lookout Surf Life Saving Club on Minjerribah, started with the club as a 13-year-old nipper.

“The family had always lived in the Redlands near the Bay and surfing was just a part of life in summertime,” he says.

“Straddie was a regular holiday spot – we actually moved there for several years when I was a teenager – and the Point Lookout Club has always been my home base.”

The club, which was founded in 1947, now boasts around 500 members. In the summer weekends senior members are a reassuring presence on Minjerribah’s two most popular surfing beaches, Main Beach and Cylinder Beach. Matt says that the club has some unique features that put extra demands on its resources.

“We’re one of the few clubs that actually patrol two beaches, which puts a real demand on our resources, both volunteers and equipment,” he says.

“We run weekend patrols, from the September school holidays to the Monday of the May Day long weekend. That means a nine-hour commitment for eight to 12 alternating life savers on both beaches every Saturday and Sunday through summer. That’s a big ask!”

Matt says that surf lifesaving, like many volunteer-driven organisations, took a dive in membership during the worst of the COVID epidemic.

“Volunteer numbers seem to be picking up again but despite probably having the highest number of volunteers in the 16 to 30-year-old age bracket we’re always in need of more recruits. Some find themselves with family and other life commitments that pull them away. Some lose the physical ability to do actual rescue work but we’re always quick to point out that there are ways of volunteering other than battling a rough surf.”

Because of its remoteness the Point Lookout club has a radio room facility that needs operators – and because it doesn’t have the financial support of a big club house with gambling facilities it needs people to throw themselves into the vital task of fundraising.

“Anyone who wants to get involved in volunteering with a spectacular view is more than welcome,” Matt says. “The majority of our members



aren’t Island locals – they do a weekend commute from the mainland with the option of staying overnight in our clubhouse dormitory – dinner and breakfast provided, of course.”

And the cherry on the cake is getting to wear the red and yellow quartered cap, which is good for a smile of recognition and appreciation anywhere in Australia.

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HIT THE BEACH FOR 40TH GAGE ROADS STRADDIE INVITATIONAL

The Gage Roads Straddie Invitational, celebrating its 40th anniversary, claims to be the longest-running teams surf event in the world. It started life in 1983 as the Straddie August Assault. It was initiated mainly to help businesses on Minjerrabah during winter months, when the island's tourist numbers dropped. This year's event will take place on October 20 to 22.

Excellent surfs ensured highly successful events and the ensuing media coverage established the event as an ongoing attraction. Competitors are drawn from Noosa to Coffs Harbour and 16 clubs will compete this year.

The wide range of categories ensures broad participation possibilities, with categories for male, female and age classifications, individual surfers and tag team events. The judging is undertaken by a panel of professional judges. Key judging criteria are; Commitment and Degree of Difficulty, Innovative and Progressive Manoeuvres, Combination of Major Manoeuvres, Variety of Manoeuvres, Speed, Power and Flow.

Secretary of the Point Lookout Boardriders (PLB), Daniel Hatchman, says the club is expecting an impressive turnout.

"It's a great weekend for the whole family," he says. "The event is always well-catered and Sunday afternoon awards presentation will be held at the Stradbroke Island Beach Hotel so we'd urge people to get behind their favourite club, embrace the community spirit and get over here for a weekend of high-octane surfing action!"

Curtis Ewing was the power surfer for PLB in the Tag Team Final last year and came in clutch in the last minute with a big score to secure the win for Point Lookout Boardriders.



Curtis Ewing – Frontside Carve at Main Beach NSI. Photo by Andrew Shield.

A BIT OF TRIVIA...

Curtis' younger brother Ethan Ewing competed in the WSL Finals at Lower Trestles California. He took out a rampaging Brazilian Joao Chianca, ploughing through the Californian golden boy, local hero, Griffin Colapinto. Ethan's surfing on the day was widely described as the most powerful and progressive rail surfing the world has ever seen (as distinguished from progressive aerial surfing). Finally, he came to face off 1v1 for the World Championship with Filipe Toledo, ultimately leaving Ethan **2nd in the world** after two very close heats.

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KIM RICHARDS MP STATE MEMBER FOR REDLANDS

COMMUNITY UPDATE

#LuvRedlands



WE'RE DOUBLING THE APPLIANCE 'CLIMATE SMART SAVERS PROGRAM'

We're doubling the Climate Smart Savers Program! The \$22 million program will be increased to \$44 million. This program is part of the Palaszczuk government's continued plans to ease cost of living pressures for Queensland families by providing discounts on a range of eligible appliances. It's estimated that making the change from two to 4 Star appliances will save households hundreds on their electricity bills each year, in addition to the government rebates. The initial \$22 million cashback offer was flooded with over 10,000 applications already received and the government is rapidly working through the approvals process. This comes on top of electricity bill rebates of \$550 and \$1072 for senior and concession card holders as part of the Palaszczuk Government's push to ease cost of living pressures for Queenslanders. To find out about the full range of savings on the table for Queenslanders visit: www.queenslandsavers.qld.gov.au



SATELLITE HOSPITAL BRINGING HEALTHCARE CLOSER TO HOME



Our new Redlands Satellite Hospital at Meissner Street, Redland Bay has been open for a few weeks now! Many Redlanders have reported what a fantastic service the team is offering and it has been wonderful to hear about Cancer patients like William that are now able to get their chemotherapy services so much closer to home! The facility includes a Minor Injury and Illness Clinic which is 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 is providing a range of convenient specialist services including chemotherapy and kidney dialysis treatment. This new facility is proving that locals are getting the fantastic healthcare they need closer to home – and this is something I am really proud of.



GRANTS BONANZA FOR REDLANDS

Redlands has seen an absolute bonanza of grants to local community groups in the latest round of awards announced with over \$570,000 to be delivered across the Redlands! Thornlands State School P&C is set to receive \$60,000 for upgrades to the School Hall, University of the Third Age (U3A) have secured \$100,000 towards their new building, Redlands United Football Club \$20,000 for building upgrades, Horizon Foundation \$73,000 for building upgrades and Victoria Point Scouts \$27,000 for building upgrades and Bay Island Community Services \$18,000 for new equipment just to name a few groups! This is a fantastic result for our community groups, well done to all the groups and particularly the teams writing their grant applications!

OUR NEW SCHOOL HAS ITS NAME!



Our new southern Redland Bay State School is going gangbusters with ADCO Constructions as it heads towards opening in 2024. I'm excited to announce that our new school has its official name, Scenic Shores State School. The name was widely consulted on in our community and tips its hat to both the proximity to the shoreline and its home on Scenic Road in Redland Bay. Congratulations to Principal Henriks and Deputy Principal Bunce for the hard work they have been undertaking in preparation for opening in 2024. The new school has its foundation P&C established, including its executive, which is fantastic news. P&C's are the heartbeat of our communities and so important to the fabric of our schools and the community more broadly. The school colours and uniform have been developed and so much more. To find out more about what's happening at Scenic Shores State School visit their website at: <https://newprimaryschoolinredlandbay.eq.edu.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.

MORNING TEA WITH FARMER ADRIAN



Tuesday October 10 from 9:30am to 10:30am
Wellington Point Farm House, 625 Main Road,
Wellington Point

Meet Farmer Adrian for morning tea every second Tuesday of the month to find out what's growing at Wellington Point Farm House. Morning tea includes cake and coffee and costs \$15 and bookings are essential via the website: www.wellingtonpointfarmhouse.com.au.

BUSHFIRE AWARENESS ON REDLANDS COAST



Saturday October 14 from 9:30am to 11:30am
Redland Bay Community Hall, 7 Weinam St,
Redland Bay

Redland City Council is partnering with Queensland Fire & Emergency Services (QFES) to run a series of bushfire awareness sessions. For more information head to the council's website.

BBSIA DIWALI EVENT



Saturday October 28 from 4:00pm to 9:00pm
Redlands Rugby Union Club, Lloyd Vista, Birkdale

Brisbane Bayside South Indian Association presents a celebration of Indian culture with live music, dance performances, food trucks, stalls and evening fireworks. Entry is free.

REDLAND SINGS! FOR SENIORS MONTH



Wednesday October 18 from 11:00am to 12:00pm
Redland Performing Arts Centre, 2 - 16 Middle Street, Cleveland

Redland Sings is a free event, led by multi-award-winning singer, conductor and composer, Jonathon Welch. Everyone in attendance is encouraged to get involved in this one-hour singalong, regardless of age or ability! Book online at rpc.com.au.

LIVE MUSIC AFTERNOON AT LITTLE SHIP CLUB



Saturday October 21 from 12:00pm to 4:00pm
Little Ship Club, 1 Yabby Street, Dunwich

Hop on a ferry from Cleveland to Dunwich and get your groove on! Enjoy the fresh sea breeze and indulge in some fabulous food at the Little Ship Club. Incognito will perform hits from the '70s, '80s and '90s at this fun afternoon music session.

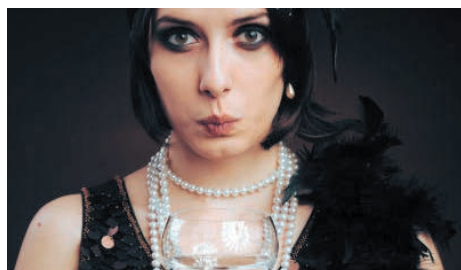
MESSY PLAY FOR KIDS AT INDIGISCAPES



Saturday October 21 from 9:00am
Runnymede Road, Capalaba

Join Gumtree Kids in the gardens of Indigiscapes for a morning in the great outdoors. Take a walk through the beautiful gardens and let Gumtree Kids entertain your little ones! Tickets are \$27, bookings via Gumtreekids.com.au.

SHOW 'N' TELL – TEXTILES: FASHION THROUGH THE AGES



Monday October 23 from 10:00am to 11:30am
Redland Museum, 60 Smith Street, Cleveland

Get up close and admire the style, fabrics and colour of Australian fashions from 1788. The showcase will feature fabulous frocks from the museum's collection, replicas of two gowns and fun fashion including bustles, flapper dresses, flower power dress and minis. Adult ticket - \$17.00 / Museum member's tickets - \$7.00. Bookings can be made online via www.redlandmuseum.org.au.

ISLAND VIBES FESTIVAL



Friday October 27 to Sunday October 29 from 12:00pm
Point Lookout Oval, E Coast Rd, Point Lookout, Minjerribah

Island Vibe stages over 50 live acts spanning world music, reggae, soul and bass genres and is one of Australia's longest running boutique beachside festivals. Purchase tickets via humanitix.com.

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





Jos Mitchell

LEADING CHANGE

REDLAND CITY COUNCIL
2024 ELECTIONS

MAYORAL CANDIDATE

Our community has asked for change and I am listening.

We need a new lineup of council representation; community leaders who are consistently passionate about our local area and committed to serving our residents with transparency, integrity and good governance.

We are building a united team of diverse, skilled individuals, who will serve with a city-wide focus to better support Redlands' needs. We will concentrate on listening to the community and working together to get the best outcomes for our local government area.

We are Leading Change.



MEET YOUR CANDIDATES FOR CHANGE

Mayoral Candidate

Jos Mitchell is a former nationally accredited mediator, local government manager, company co-founder, company and board director, and QPS officer, trainer and prosecutor. She has extensive cross-sector experience in community engagement, planning and project management. Jos has lived in the Redlands with her husband and three children for 12 years.

Candidate Brian McDonald, Div 2 (Cleveland, Nth Stradbroke Is/Minjerrabah) is the former owner of Cleveland Office Supplies and has 35 years senior management experience in the field of electrical engineering supply and logistics. He has worked on large project delivery across Australia and Asia and will bring that understanding to council infrastructure projects.

Cr Lance Hewlett, Div 4 (Victoria Point/ Coochiemudlo Island) is a currently serving experienced councillor and former deputy mayor. He has worked in banking and is a former state government procurement manager, Queensland state manager and national sales manager for one of Australia's leading paper merchants. Lance and his wife have lived in the Redlands for over 30 years.

Candidate Jasper Every, Div 6 (Mount Cotton, Redland Bay) Candidate Jasper Every, Div 6 (Mount Cotton, Redland Bay) is a former community development officer in youth mental health at Headspace and a current administration officer in the Queensland Parliament. Jasper has also spent time working in his family's furnishings business and is an active volunteer in various community groups.

Cr Adelia Berridge, Div 9 (Sheldon, Capalaba, Thornlands) is a currently serving and community-invested councillor. She was elected in 2020 and uses her successful local business ownership experience, and professional financial qualifications, for community advocacy, improved planning, good governance and environment outcomes.

Authorised by Malcolm Robinson Level 10, 420 George Street, Brisbane

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COMMUNITY NEWS

LEADING CHANGE

Adelia Berridge



DIV 9 – COUNCILLOR

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Public speaking is people’s #1 fear

A great support team helps combat fears. You can rise up to give your best voice and be heard, and Forum Communicators does just that. I've been public speaking since 2017 when campaigning to bring a wildlife hospital to Redlands and Forum got me through that fear, and then helped me speak up as a Councillor. It's all confidence and the Forum team from Redlands supported me at the biennial State Conference held at Wynnum Manly Leagues Club when I spoke of the female empowerment for the Baby Boomers in the 1980s. I hardly knew the room and I was not nervous because we have a good support team and we know how to combat nerves. If you would like to visit one of our monthly meetings and see the benefit of a newfound confidence, please call or write to me. We'd love you to come along and watch.



Forum Communicators Cr Adelia Berridge, Pam Spence and Irene Henley

SUPER SHOW DEALS at our Cleveland Expo

We all know Redlands Coast is the perfect destination for those seeking outdoor adventures, whether it's the bush, our islands, or the water, which is why people love us. This is also why Redland City Council was again delighted to host the Caravan, Camping, Boating and 4x4 Expo last month. With over 180 exhibitors and 14 food vendors as well as Redlands Museum included in the ticket price, it took my family all day to get through it all. Remember to sign up to Redlands Coast Alerts for free local emergency updates if you wish to opt in for Council's emergency notification messaging service. Redland.qld.gov.au/RCAAlerts



Capalaba Revitalisation

Because I know it's what my division have been asking for, it's very exciting for me to bring you the much needed multi-million dollar Capalaba Shopping precinct at the gateway to Redlands, in partnership with Shayher Group. This exciting revitalisation project in Capalaba will transform the area behind Capalaba Central Shopping Centre into the urban heart of Capalaba. I encourage



you to go on to the Council website and see the proposal as it has everything from outdoor dining with a public realm, areas to meet and do business, accommodation, business hub and more. The first stage is in Council now and will include the new library. I would love your feedback and the best thing is, the developer is funding the entire project so it's a win/win for Redlands.

Visit <https://yoursay.redland.qld.gov.au/capalaba-town-centre-revitalisation-project> or scan the QR code.



Capalaba Rocks

Our historical Capalaba Rock's Crossing is extremely valuable for the first Tingalpa Creek bridge built 1874. This crossing played a significant part in the development of Cleveland and the northern part of Redlands. In 2002 ROTARY CLUB of CAPALABA wrote to then Cr Ray Bucknall saying Rotary were prepared to manage the area, to beautify it and preserve the remains of the crossing and erect shade areas with picnic tables. Today the area is still managed by Rotary Capalaba and the Rotarian's Rock's Bushcare group. We meet every third Saturday morning for breakfast and a laugh before the bushcare work. If you would like to join us one morning or bring young children for a gardening experience, please contact me.



Cr Adelia Berridge, Colin Sutcliffe, John Shelly and twins Natasha and Deana Barnard

REDLANDS HOCKEY WELCOMES PLAYERS OF ALL AGES AND ABILITIES

FROM REDLANDS HOCKEY ASSOCIATION

Redlands Hockey Association (RHA) is affiliated with Hockey Queensland and Hockey Australia and was first established in 2008. Winter fixtures are played on Saturdays from April to September, and a short summer program runs in October/November at Henry Ziegenfusz Park in Cleveland.

Hockey is one of the few sports that is able to offer full family participation and at Redlands we have a team for everyone. We have rookies for U7 years through to J1s in the junior competitions (all mixed teams) as well as senior men's and women's teams. We have over 350 members with around 30 teams across a range of age divisions, so will have a team to suit everyone.

Redlands has a strong family focus that encourages participation at all levels of fitness and ability and has many families playing together for example fathers and sons and mothers and daughters in our senior divisions. Whatever your age or ability, RHA will have a team for you.

Redlands also provide many development opportunities such as skills clinics and representative hockey at state championships and other carnivals throughout the year.

To further develop our members, RHA provides guidance and tuition within umpiring and coaching roles. These opportunities are a great way to develop leadership skills, build trust and responsibility in our members. A number of our members have been able to achieve Hockey Queensland and Hockey Australia coaching and umpiring accreditation at various levels.

Throughout the year, RHA run many school hockey programs in our local schools for a range of ages. These programs are run during school hours and after school and are designed to promote fun and fitness and encourage students to take up hockey.

If you would like to have some fun, while improving your fitness and would like to give hockey a go, we would love to hear from you. For more information, please contact info@redlandshockey.com.au.



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HALLOWEEN IN THE REDLANDS IS SPOOKY AND SPECTACULAR!

The Spooky Spectacular Halloween Movie Night is back for 2023, to be held on Saturday, October 28, on the Victoria Point State School oval. This year's Halloween movie, *Trick or Treat Scooby-Doo*, will be a visual treat full of twists and turns for kids of all ages!

This annual event is hosted by Kim Richards MP and Don Brown MP, and this year, it is supported by the Victoria Point State School P&C. Redlands Coast Collective Markets will add an extra dimension of entertainment to the evening, along with food trucks, Bay FM and more!

The markets will kick off at 4.00pm, and there will be loads of lollies and the Best Dressed Halloween Costume Competition Awards at 5.30pm, with the Scooby-Doo movie commencing at 6.30pm. The movie will see the Mystery Inc. team back to try and crack the case of the menacing doppelgänger ghosts of the Scooby crew and favourite classic foes that show up in Coolsville to threaten Halloween. Now, it's up to the meddling kids to unmask the latest scoundrel and save Halloween!

Last year, hundreds of families attended and enjoyed a fun night out in the community, so get your costumes ready and come along to this year's fun, friendly and spooky Halloween event. To find out more, you can email redlands@parliament.qld.gov.au.

What: Spooky Spectacular Halloween Movie Night

When: Saturday, October 28, with markets from 4.00pm, movie commencing 6.30pm

Where: Victoria Point State School oval



Photo: Supplied.



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MAGGIE'S MATES

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Name: Hi, I'm Billy.

Where do you live? I'm from Capalaba.

How long have you lived at Capalaba? Since Mum brought me home as a little kitten five years ago.

What's your favourite activity? Sleeping!

What's your most treasured toy? I'm too cool for toys, but I like chasing geckoes on the door screens.

What's your favourite food? I love chicken, but I enjoy my dry bickies, too.

What's your worst habit? Meowing at the door any time of night for someone to let me in.

Your favourite place? The end of the bed is the best!

Who's your best friend? I don't have friends as such, but I tolerate the dog. I love anyone who pays me attention and gives me a pat.

Do you have any funny or embarrassing stories to tell? I'm like the Scarlet Pimpernel – I disappear without telling anyone where I'm going and reappear with no explanation as to where I've been. A cat has to have his secrets...

What do people love most about you? I'm very good looking and people tell me that all the time.



Name: I'm Winnie.

Where do you live? I'm from Manly West.

How long have you lived there? All my life – two years and six months.

What's your favourite walk? I love the waterfront where I see all other four-legged friends walking.

Your most treasured toy? My orange frisbee.

What's your favourite food? Yorkshire puddings with roast beef and gravy, and roast potatoes go down a treat too!

What's your worst habit? Barking at neighbours or birds in the back yard... I'm trying to be good!

Your best friend? My boyfriend Murphy – he is super-cute and very popular!

Do you have any funny or embarrassing stories to tell? The first time I went to the beach I barked at the waves .. now I just love the water and any chance I get to sneak through the pool fence I'm straight in that water! I'm quick!

What do people love about you? I'm a mixture of cattle dog, labrador, blue heeler and something else, so when I'm at the dog park, I'm known to herd and chase other dogs, but I'm very easily distracted when a human shows me food! Yum! I'm a friendly little pup who loves snuggles.



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Walking is excellent for your health and well-being. Why not earn some money while you walk?

The Community Leader's distribution partner is looking for walkers to get involved with the paper's home delivery in the bayside and Redlands areas each month.

It's a fantastic opportunity to earn extra money while keeping fit and supporting your local community.

Find out more about how you can get involved by calling Damien at 0421 786 302 or Laura at 0419 174 693.

The Community Leader
WE'RE ALL ABOUT GOOD NEWS

MISS MAGGIE OF MANLY



WHY IS MY DOG ITCHY?

BY DR SAM JONES – MY LOCAL VET, CAPALABA

Allergic skin disease is the most common cause of itchiness in dogs seen at My Local Vet. There are four categories:

1. Flea allergy dermatitis (FAD) – some dogs develop an allergy to the flea saliva and this means they may only require a single flea bite to cause severe itchiness and fur loss.
2. Food allergy – this is often associated with sensitisation to animal proteins such as chicken, beef or lamb. The way to identify if your dog has a food allergy is to do a “food trial” using a specifically formulated dog food. Your veterinarian can guide you to the most appropriate food for this.
3. Contact allergy – some dogs will develop inflamed skin when they come in contact with an allergen in their environment. Contact allergy is often suspected when a dog develops skin disease exclusively on their paws, face and belly as these are the areas of the body most commonly in contact with their surrounds.
4. Atopy – think of atopy like hay fever for dogs. However, instead of causing itchy eyes and sneezing, atopic dogs often develop itchy skin and ear infections. These ear infections are due to allergens in the environment (including the air) causing spontaneous inflammation of the ear canals which inevitably leads to overgrowth of bacteria or yeast in the ears. Every spring we see a wave of new atopy cases walk through our door due to the increased plant reproductive activity (pollens and grasses).

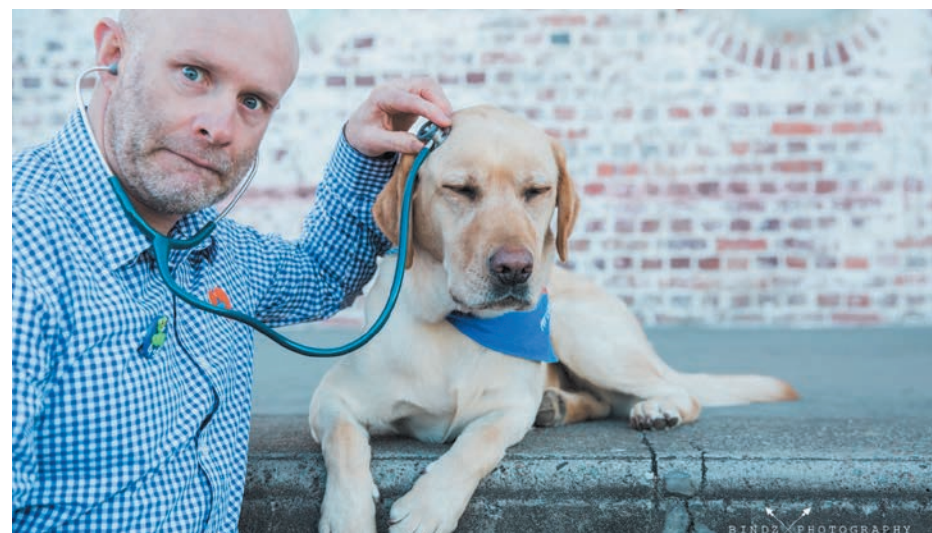


Photo: Supplied.

Allergy is not the only cause of itchiness in dogs. If your dog is itchy it's important to discuss this with your veterinarian so they can identify the cause and give your pooch the relief they desperately deserve!

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LOCAL POETRY LOST CHILDREN

BY GEOFF SMILEY

A child betrayed
does not know.
Excuses, manipulations
mold them,
they want to believe.
We all collude
to blame the past.

Others' failure
projected onto
those who cared.

Give them
"the eye of pity and a little
love" *
- those who risked
but lacked the bonds.

But what of the child,
lost in consequences?
The adult cries for answers
while seeking peace.

© Geoff Smiley

**P 200 "Lectures and Speeches 1940-1941." Manning Clark. Melbourne University Press 1997.*

It is not reasonable to accept simple explanations for historical events. Those children who suffered separation from family for whatever reason, I acknowledge with love. The child not raised in their original family must negotiate a difficult life story.





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VOLUNTEERING — WHERE EVERYBODY WINS

A language that embraces multi-skilled polymaths, multi-surfaced polygons and multi-purpose polymers could probably accommodate a new word – polyvols – for multi-committed volunteers.

Volunteers like Annabelle Alexander give time and energy and skill to a multitude of good causes. For decades Annabelle has been putting her action where her heart is and she's always found the process to be intensely rewarding.

“Basically I just like helping,” she says. “There are jobs that need to be done and if no-one puts their hand up it means that someone else has to work longer hours to get it done.”

The organisations that have benefited from Annabelle's philosophy include the Redland Art Gallery, Redland Museum, the Brisbane Ekka, Parents and Friends Association, the Redland Lawn Tennis Association, Redland Arts Council, Meals on Wheels, the Vanuatu Library Project and the Mater Private Hospital Redland auxiliary. She's also a blood donor.

Growing up in a small country town with a mother who was always ready to help anyone in need had an impact on Annabelle's approach to life and she insists that volunteering is a two-way street; everybody wins.

“There are so many unexpected rewards in being a volunteer,” she says. “There's the sheer joy of being useful –and we all need to be useful, to contribute to our community – there's having a purpose, knowing that you're filling a need, there are friendships made, new ideas stimulated and skills learned and shared. Volunteers can give what time they have, when they have it – and a real benefit of volunteering is that no matter what your skills and interests are there's a spot for everyone to use what they're good at or to learn something new. For young folk especially there are valuable skills to be learned that can be invaluable for future career success.”

Without our volunteers, be they committed to one group or spreading the love over several organisations, the world would be a poorer – and less caring – place.



Photo by Shirley Mahon; supplied.

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LOCAL PERSONALITY PROFILE: MATTHEW “EMU” ROBINSON

Suburb: I live in Thornlands, grew up in Birkdale, and have previously lived in Alexandra Hills.

What's your business? I have been with beverage company Frucor Suntory for the last 23 years. I am also currently president of Point Lookout Surf Lifesaving Club.

Do you have any interesting stories about your job? Too many to tell! One story that probably stands out in my lifesaving life was recently being part of a rescue and resuscitation of a seven-year-old female on Minjerribah back in February this year. I was really proud of how all the members who were involved in the rescue (including my 18-year-old son) on their professionalism and commitment to saving the young girl's life.

What's your favourite local dine-in and take-away? For dine in, Jaipur Palace at Wellington point – a great Indian feed. For take-away, La Madrina Pizza at Victoria Point – excellent pizzas. Or of course in my own kitchen.

What's your favourite local activity? A day at the beach on Minjerribah or in Moreton Bay with a fishing rod in my hand. Being

a chef I love nothing more than catching fresh seafood and turning it into a beautiful meal.

The last book you read? *A Good Life All the Way – Jimmy Buffett.* Jimmy Buffett was an American singer with his main hit being Margaritaville. He recently passed away so I decided I would pick up his book and have a read. Great man.

The last tv show or movie you watched? *Top Gun Maverick* (again!).

Is there anything you'd like to see happen in the local area? I'd like to see better awareness and support for our local emergency service providers from the various government agencies. Not only the surf lifesaving clubs of the Redlands, but also our lifeguards, SES and volunteer coast guard, the majority of whom are all volunteers and dedicate countless hours to keeping the community safe.

Is there a local business/community group/club you'd like to give a shout-out to? To all the members of Point Lookout Surf Lifesaving Club who give up their time to protect the bathing public and save lives on Minjerribah (North Stradbroke Island).



Photo: Supplied

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YOUR GUIDE TO STAYING SURF SAFE

FROM SURF LIFE SAVING QLD

Warmer weather is on the horizon, and the beach is calling your name! Here are some simple tips to ensure you have a great, safe day out.

1. Swim Between the Flags

2. Check the Beach Signs

3. Supervise Children

Children should always be accompanied and supervised by an adult at all time both in and out of the water. Parents should always be within arm's reach of your child at all times. Bright, lycra-style swimming suits make good sun sense and are easy to see.

4. Stay Sun Safe

Slip on protective clothing
Slap on a broad-brimmed hat
Slop on SPF30 or higher sunscreen
Seek shade
Slide on a pair of sunnies with an Eye Protection Factor of 20

5. Don't Drink Alcohol and Swim

6. Check the Condition Reports

Know how to deal with a rip current

7. Be Stinger Aware

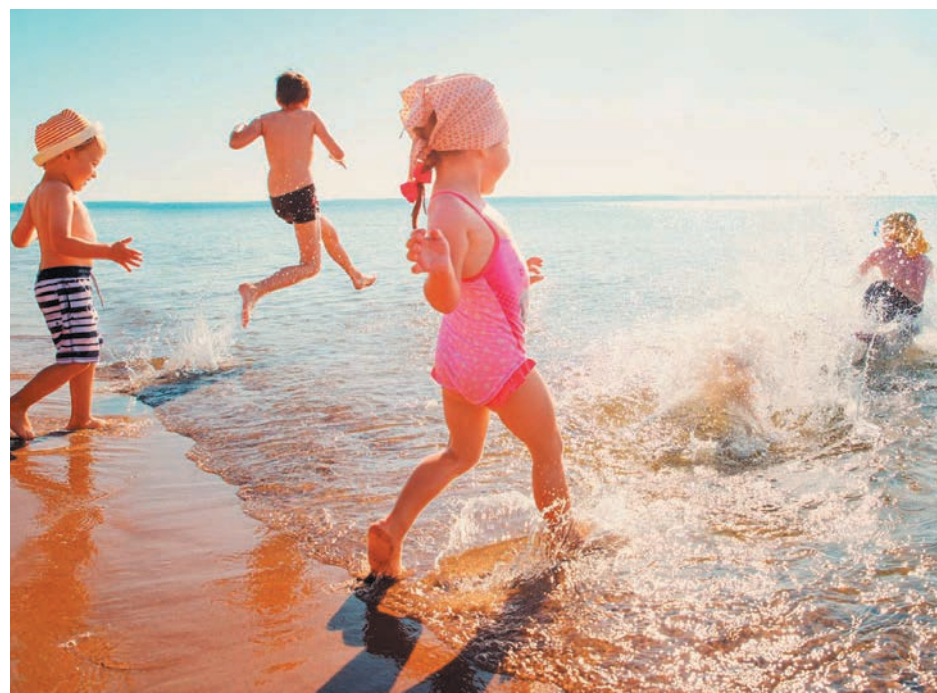
Always swim at patrolled beaches, between the red and yellow flags

Look for and obey safety signs

Don't enter the water when beaches are closed

Ask a lifesaver or lifeguard for help and advice if you need it

Don't touch marine stingers washed up on the beach, they can still sting you



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ART MY WORD — A CELEBRATION OF ART, STORYTELLING AND COMMUNITY CREATIVITY

FROM THE ART MY WORD ORGANISERS

Set aside November 3 to 7 in your calendars and plan your visit to Macleay Island for one or more Art My Word experiences.

Friday night (November 3) is a ticketed cocktail evening and pre-launch of the Art My Word exhibition, based on (random) books. From 6.30pm there will be cocktails, finger food, entertainment, music, a wine auction and lots of art. Tickets are on sale now at www.trybooking.com; search for Art My Word Cocktail Evening.



Come along on Saturday November 4 at 10.00am for a 10.30am start for a community day showcasing the Art My Word art exhibition, the Art My Photo exhibition, children's art, and visual arts awards ceremony. Light food and drinks will be available to purchase.

Sunday is the Art My Story Day, celebrating storytellers with author talks, written awards, book launch and writing workshop beginning at 10.00am for a 10.30am start.

On Monday, the island's writers invite the community to partake in a writing circuit session. Times and booking information will soon be announced on Art My Word's Facebook and Instagram pages.

On Tuesday, the gallery will be open from 10.00am to 3.00pm.



Photos: Supplied.

Visual artists, there is still time to be part of the art challenge and to participate in Art My Word. Come into Macleay Island Community Library, Russell Terrace, opposite the gelato shop, to register (\$20) and collect your random book to inspire your art. For more information, email us on artmyword@gmail.com.

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.

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

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Various shopping centres, cafes, clubs and local businesses.



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NOVEMBER BOOKINGS

- Community editorial 14th of October
- Advertising cut off 17th of October
- Distribution 25th of October to 3rd of November
- 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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STEAMING AHEAD WITH AFTER-SCHOOL INTERACTIVE EDUCATION

The basis of early education used to be the 3Rs – reading, writing and ‘rithmetic – but the current trend is for STEAM; science, technology, engineering, art and maths – and what an exciting mix it is.

Jodee Engeman is Community Programs and Partnership Leader for libraries in the Redlands and one of the projects in her very special toy box is STEAM Zone, an after-school interactive education project designed for young students, from six to 12 years old – and their lucky parents. The one-hour sessions cover a range of topics and learning media, from iPads to coloured pencils to dabbling in dirt and are designed supplement school curricula by exciting interest, prompting questions and stimulating imagination.

Jodee worked as a teacher in the Redlands for 25 years, for 10 of those years as a teacher/librarian. She’s passionate about reviving the STEAM Zone project, which, like so many community undertakings, suffered from COVID lockdowns.

“STEAM Zone was up and running but COVID, with its closures and limited attendance numbers, really had an impact. Now that things are levelling out we’re back into the program with a vengeance and it’s proving even more popular than we’d anticipated,” she says.

Some of the pursuits focus on a single module, some combine different topics. The afternoon’s activity could be making a basic catapult from elastic bands and lollipop sticks, with a prize for the longest shot (carefully supervised, of course) or learning the elements of architectural engineering by building plastic click-in skyscrapers and bridges. Art and biological science link arms in the Living Fairy Garden project, where students build a tiny garden then populate it with coloured-in fairies (an activity equally popular with boys and girls).

Technology and art come to the fore in a computer program that involves colouring in a provided picture then animating it via a computer program; maths is well served by accessing colourful, animated computer programs that are real favourites with the students. Coding, grown from such historical roots as Morse Code and the Enigma machine, finds a modern-day expression in students programming the movements of little robot bugs. The sky, it seems is the limit.

STEAM Zones run from 3.30pm to 4.30pm at Council libraries at Victoria Point (Tuesdays), Capalaba (Wednesdays) and Cleveland (Thursdays). Parents are required to stay with their children for the session – and in truth, it would probably be hard to tear them away.

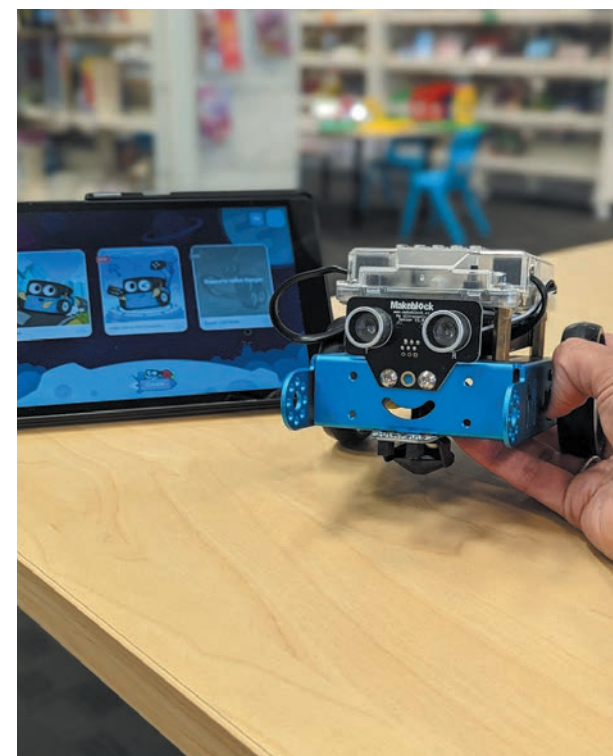


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Scan the code to check out our website which will be updated continually leading up to the event.



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Handling electrical fires safely

CONTRIBUTED BY JARIC ELECTRICAL

Electrical fires can swiftly escalate, posing a grave danger to your loved ones and property. That's why knowing how to handle them is crucial. Here's a guide to effectively managing electrical fires.

QUICK TIPS TO PROTECT YOUR HOME

- 1. Prioritise your safety:** If the fire is sizable or it's spreading fast, evacuate immediately and call emergency services on 000. Your safety comes first!
- 2. Cut the power:** If it's safe, turn off the power in the affected area by locating the circuit breaker and switching off the relevant circuit.
- 3. Use a fire extinguisher:** Small electrical fires can be tackled using a Class C fire extinguisher. Never use water-based extinguishers, as they worsen electrical fires.
- 4. Smother flames:** If you don't have an extinguisher, use non-flammable materials like heavy blankets or sand to smother the flames. Avoid materials that can catch fire.
- 5. Avoid water:** Water conducts electricity, increasing the risk of electrocution and fire spreading. Stick to non-conductive materials.
- 6. Evacuate and alert:** If the fire persists or grows, evacuate immediately and ring 000.

7. Preventive measures: To reduce the risk of electrical fires, ensure your home's wiring and electrical appliances are well-maintained. Avoid overloading outlets, use surge protectors, and get frayed cords or exposed wires fixed promptly.

8. Conduct regular inspections: Get a sparkie to inspect your electrical system to identify potential hazards like flickering lights, buzzing outlets, or circuit breakers that frequently trip. Address any issues promptly to prevent the risk of fire.



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Remember, safety is paramount. If you're unsure, prioritise evacuation and call 000. By staying prepared and informed, you can effectively manage electrical fires, safeguarding lives and property.

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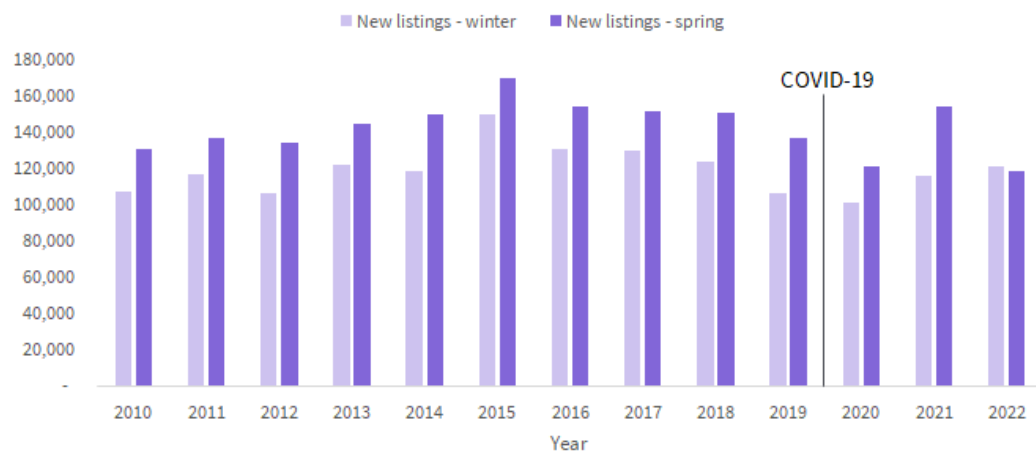
Why is Spring the best time to sell your Bayside property?



In the realm of residential real estate, Spring traditionally emerges as the most bustling time of the year being known as the peak selling season. Historically, a recurring pattern has shown that during these warmer months, there has been a notable surge in the amount of properties that are available for sale nationwide. This trend is primarily attributed to the strategic timing, which enables individuals to buy and sell their homes and settle in by the Christmas period.

According to CoreLogic data, on a historical 10-year average basis, about 42,100 properties come to market per month across Australia. This jumps to 48,700 per month during Spring.

Figure 1. Three month volume of new listings, national



Source: CoreLogic

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Why gutter protection is important for your home

CONTRIBUTED BY LEAF SHIELD

Our weather patterns are unpredictable. We are experiencing a dry spell with intermittent rain, and now that we are heading into the bushfire season, the dry spell looks like it's starting earlier than usual.

Residents need to be prepared for whatever the weather brings, and cleaning roofs and gutters should be at the top of the home maintenance priority list. Bushfires, strong winds, and stormy weather affect us all, so ensuring gutters are clear and protected from the elements is a worry Leafshield can alleviate.

Leafshield Gutter Protection has been installing gutters since 1995. We are a family-owned and operated business specialising in all types of gutter guards, including fire-rated stainless steel and aluminium. Our products protect against ember attacks and improve water flow into water tanks, and our Leafmesh product has been engineered to suit Australia's harsh conditions with UV stabilisers to retain strength and colour.

We provide solutions for any leaf type, including fine pine needles, bottle brushes and Jacarandas. Our gutter guards can be fitted to any roof and valley to create a ski slope effect, which allows leaves to slide off the roof instead of blocking the gutters. Our gutter mesh also deters rats, snakes, possums and birds from accessing your roof cavity.

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If you're interested in finding out more, a member of our sales team will visit your property to measure and quote the most appropriate gutter mesh for your particular roof and leaf type. We also offer a free gutter cleaning prior to installation.

Call 1300 362 246 today to arrange a free measure and quote from one of our experienced gutter specialists.

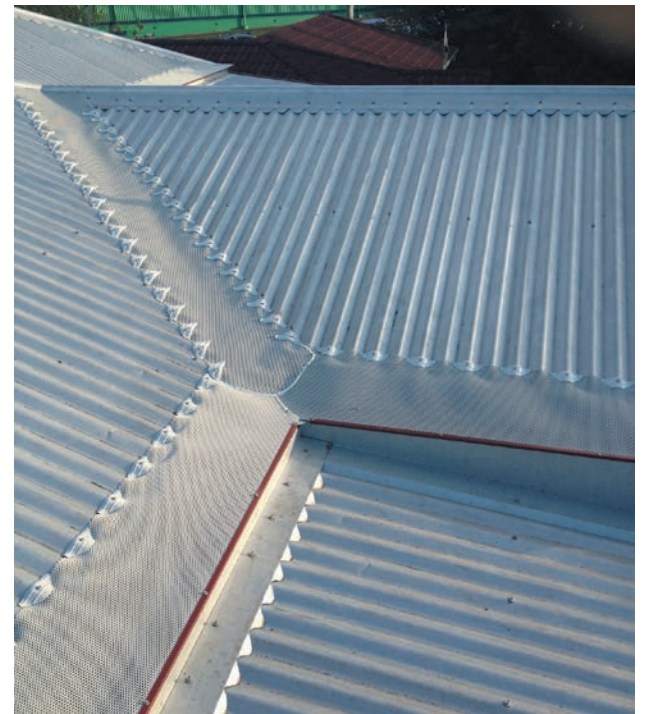


Photo: Supplied.

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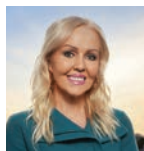
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Queensland property continues to shine on

FROM THE REAL ESTATE INSTITUTE OF QUEENSLAND

Queensland property keeps proving itself to be a shining performer, according to quarterly median sales results released by the Real Estate Institute of Queensland (REIQ).

The June 2023 quarter (April – June 2023) revealed that many of the Sunshine State’s property markets remain in an enviable position, with statewide median house prices rising by 4.62 per cent over the quarter, and median unit prices lifting 3 per cent.

Taking a broader view and comparing Queensland’s annual figures, the state saw substantial year on year growth of 5.26 per cent for houses, and 6.91 per cent for units.

Some regional property markets are running particularly hot with double digit annual growth seen in Bundaberg (15.19% for houses, 15.45% for units), and Toowoomba (10.75% for houses, 12.5% for units).

Fraser Coast and Ipswich were also standout annual growth performers, with Fraser Coast houses up 10.71 per cent and units up 17.73 per cent, and Ipswich houses up 11.34 per cent and units up 13.69 per cent.

Queensland’s annual median house price reached \$650,000, while capital city Brisbane’s annual median sale price dipped back below the \$1 million mark to \$985,000.

Meanwhile Queensland’s annual median unit price remained just under half a million dollars (\$495,000), but reached a record \$510,000 in Brisbane – still practically half the price of Brisbane’s median house.

REIQ CEO Antonia Mercorella said contrary to commentary that property prices would go ‘belly up’, the data showed overall Queensland property is delivering sustainable growth.

“The dust has settled and we’ve returned to a much more stable sales market, with steady growth for owners and more time for buyers, and that’s a great market to be in,” she said.

“Interestingly, units are leading the way in annual growth in many of the state’s major markets, particularly outpacing house growth in Greater Brisbane and the tourism centres.



“It’s unsurprising that buyers are increasingly recognising the value and appeal of apartments, particularly those wanting to get out of the strained rental market and on to the property ladder.

“Over the past couple of years, the divide between house and unit prices in Brisbane has never been bigger, with units presenting a relative ‘bargain’ entry point and opportunity to live closer to the action.”

Ms Mercorella said immigration to the southeast corner would continue to be a primary driver for property growth, particularly with the Olympics on the horizon.

“While these results are somewhat surprising given rising interest rates, Queensland’s market is buoyed by population growth and a lack of listings hitting the market,” she said.

“It’s slim pickings for buyers hoping to secure a slice of the Sunshine State, and this creates competition and puts upward pressure on prices.

“But buyers have regained some time, with the typical time to sell a house expanding out to 29 days compared to a year ago, and for units its now 25 days, closer to a normal campaign period.

“The buyer mentality has now swung from FOMO (fear of missing out) to FOMM (fear of making a mistake), and accordingly we’ve seen the return of conditional contracts again.”



DANIELLE DICK,
SENIOR ASSOCIATE &
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Who is the Phoenix Group?

We've asked Phoenix Group's Wendy Ziegenfusz to give us a rundown on the organisation's purpose, goals and plans for the future.



What is the Phoenix Group, and what does it offer?

Phoenix Group supports individuals with intellectual disability from 18 years of age and above. Phoenix offers Supported Individual Living in homes and supports all aspects of community participation.

Phoenix now offers several programs from its new Hub. Activities include arts and crafts sessions, a robust music session, hydrotherapy in a heated pool and a weekly cooking class where participants help prepare a meal to enjoy.

How long has the Phoenix Group been operating?

Phoenix Lifestyle Support Association was first incorporated in February 1999, and became operational in December 1999.

Who are the people behind the Phoenix Group?

President: Percy Ziegenfusz. Vice President: Johann Kaa. Secretary: Donna Eade. Treasurer: Joyce Murray. Board Members: George and Catherine Santagiuliana, Rohan Torney and Ari Elliott Leinonen.

Are you pleased with the building that has been designed and built at the Redlands Business Park?

It's absolutely fantastic; Phoenix could not have picked a better location and builder.

Greg Bell helped us immensely, not only with the design of the building, but his support in getting all the necessary documentation through council was crucial. Without his support, this project would not have succeeded. His brother, Steven Bell, who constructed our Hub, was exceptional to work with. His consultation over all aspects of the build was great. No request went unanswered; the collaboration between him and the Board made this a very enjoyable experience with very little stress. Our heartfelt thanks go to Greg and Steve, who believe in and support our work within the community.

What are you hoping to achieve moving forward?

We hope to continue what Ron and Joyce Murray started – that is to provide quality care for people with intellectual disabilities, not only in their homes but in the wider community and now at our Hub. We are a small boutique organisation, and our mantra is quality, not quantity.

Although we hold many activities for the participants in the Hub – two pool sessions per day, arts and crafts, cooking, etc. – there is an emphasis on inclusiveness, and all participants are supported one-on-one.

We are hoping to build our numbers in the arts and crafts area and have made the decision to allow other participants to utilise our Hub – the only stipulation being they must be individually supported.



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BUCKLE UP BAYSIDE! WYNNUM FRINGE FESTIVAL IS BACK!



The countdown to the most exhilarating cultural celebration of the year is officially on!

Wynnum Fringe, Queensland's beloved arts and entertainment festival, is back with a bang in 2023, and it's bringing even more excitement, talent, and innovation than ever before.

Comedy, music, cabaret, circus, theatre, family and kids events and much more will feature at the festival. Come along and soak up the epic vibes at the Wynnum Fringe Garden in George Clayton Park overlooking magnificent Moreton Bay.

Wynnum Fringe has garnered the prestigious Matilda Award, solidifying its reputation as a top-tier event on the Australian arts calendar. After attracting a staggering 36,000 attendees last year, the anticipation is palpable for this year's edition, set to captivate audiences from all corners of the country.

Don't miss it. The Wynnum Fringe program runs from November 15 to December 3 (Wednesday to Sunday each week), so mark your calendars, gather your friends and family, and get ready to immerse yourself in the magic of Wynnum Fringe 2023. For more information and ticket details, visit www.wynnumfringe.com.



Pictures by Bayside local Matt Taylor Photography.

CREATING TECH-SAVVY SENIORS: BRISBANE SENIORS ONLINE

FROM THE VOLUNTEERS AT BRISBANE SENIORS ONLINE

Brisbane Seniors Online is seeking new volunteer mentors and new learners in the Redlands.

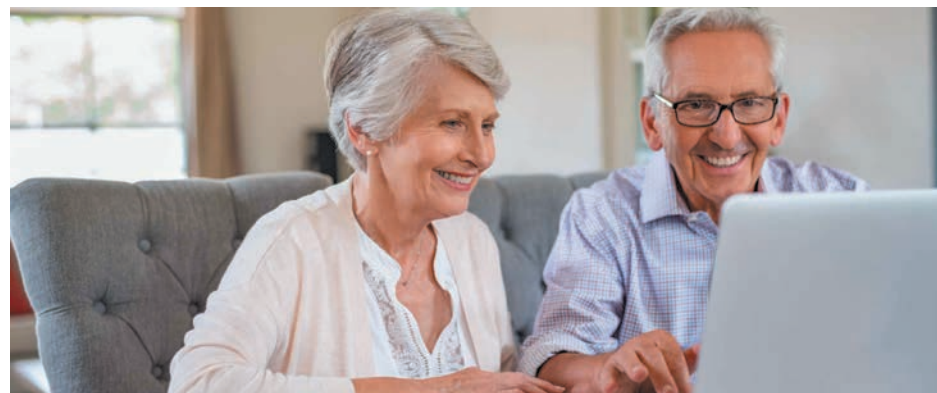
Brisbane Seniors Online has been operating in the greater-Brisbane and Redlands areas for over 20 years. The not-for-profit community group provides home computer tuition to seniors and over 50s using empathetic male and female volunteer mentors. Learners are taught the use of devices such as desktop computers, laptops, Apple devices, Android and smart phones.

With the closure of bank branches and shopfronts, there is a greater need to do financial and other transactions online. Other government bodies that are now discouraging clients from contacting them by phone or by visiting branches are those tasks related to Medicare and Centrelink.

With the proliferation of scams, identity theft and fraud, vulnerable seniors often require assistance to identify these and minimise risk. Brisbane Seniors Online is there to help in home visits for a very affordable annual fee. Losses from scams have reached record levels with Australian Competition and Consumer Commission data showing Australians lost \$3.1 billion in 2022 – up 80 per cent on 2021.

Whilst computer classes have benefits, one-on-one home tuition is more conducive to faster more confident learning as tuition is provided on what a learner needs to know and what they want to learn using their own equipment and at a pace that suits them. More mentors are required, and new learners over 50 are also welcome to apply to receive home tuition. An affordable annual fee of \$20 joining (one off fee) and \$45 a year gives learners 12 hours of home lessons and ongoing support for the balance of their membership year.

Learners who may have family and friends spread across Australia and other parts of the world can be



shown how to use email, social media and video communication to stay in touch, chat online and exchange photographs. Other advantages of having technological skills are being able to undertake research, make travel and accommodation bookings, catch up on TV programs missed and stream movies.

Currently, Brisbane Seniors Online has a shortage of mentors in the Redlands area. Empathetic volunteer mentors are required to assist in helping over 50s become confident to use emerging technology and the internet safely. The average age of learners is 74, and the organisation's philosophy is that it is never too late to learn emerging technology.

Contact Brisbane Seniors Online on 3393 2225 or see www.bsol.asn.au and [Facebook.com/BrisbaneSeniorsOnline](https://www.facebook.com/BrisbaneSeniorsOnline).

IT'S SENIORS MONTH, SO DISCOVER YOUR BENEFITS AS A SENIOR

CONTRIBUTED BY NATIONAL SENIORS

Being a senior in Australia comes with its perks, but many are unaware of the range of concessions, rebates, and discounts available to them. These benefits can differ based on age, location, and work status. To simplify this, National Seniors Australia has created a user-friendly Concessions Calculator designed to simplify the process of discovering the concessions available to you.

Whether you're newly retired or have been enjoying retirement for some time, this tool can help you maximise your savings by identifying eligible concessions based on your state and any concession cards you possess.

Your starting point should be obtaining an Age Pension card, State or Territory Seniors Card, or Commonwealth Seniors Health Card. These cards offer various concessions, making them essential for retirees.

For example, In Queensland, you can get a State Government Seniors card if you're 65 years or older and working fewer than 35 hours a week in paid employment. That card gives you a gas and electricity rebate, public transport concessions, and a reduced rate for car registration.

You can also join National Seniors for only \$49.50 and gain access to an array of retail and service discounts. In an economy with 6% inflation, every bit helps when you're a retiree. If you're asset-rich but pension-ineligible, look into the Commonwealth Seniors Health Card. This grants access to subsidised medicines and other concessions, based on an income test. If you're a self-funded retiree above the pension age of 67, you should put in an application and see if you're eligible, because the CSHC is not automatically issued.



Don't forget about other perks, like the Australia Post concession that allows Seniors Card holders to purchase stamps at a reduced rate.

Discover your concessions with the National Seniors Concession Calculator which can be found by scanning the QR code:



REDISCOVERING THE PAST: A VISIT TO ORMISTON HOUSE

A group of 20 women from The Redlands/Bayside Ladies Friends Group recently embarked on a captivating journey to Ormiston House, stepping back in time to an era of elegance.

Nestled against the breathtaking backdrop of Moreton Bay and surrounded by meticulously manicured gardens, the ladies gathered on the verandah, indulging in the delights of traditional Devonshire Teas. The ambiance was further enriched by dedicated volunteers adorned in period attire who warmly guided them through the splendid home and its enchanting grounds.

For many among the group, the discovery of this hidden historical gem – practically in their own backyard – was a revelation. They left with a newfound appreciation for the old-world charm and serene beauty that Ormiston House and its lush gardens offer.

If you're intrigued by the allure of Ormiston House and wish to embark on your own journey into the past, whether solo or with a group, please reach out via email at duchesne.ormistonhouse@gmail.com, contact them by phone at 0407 034 978, or explore the website at www.ormistonhouseqld.com.au for additional information.



Photos: Supplied.

U3A HOSTS SPECIAL INTEREST PRESENTATIONS DURING OCTOBER

FROM U3A REDLANDS DISTRICT

During Seniors Month, U3A Redlands District brings you a program of special interest topics in its regular *Life Matters* presentations at the Donald Simpson Centre, Cleveland, on four consecutive Mondays commencing October 9.

Paul Oates, author, government administrator, primary producer, baby boomer and public affairs commentator, will facilitate the first three thought provoking current affairs presentations:

Monday October 9 – *Australia as a Trading Partner* explores issues of overseas trade, control, surplus and our potential future.

Monday October 16 – *Australia's Dwindling Water Supply* examines droughts and floods and responsible management of the resource.

Monday October 23 – *Australia's Food Resources* discusses how and where our food is produced now and into the future.

Shae Millar, Clinical nurse consultant, will discuss planning for important health care issues for seniors on the final Monday in this program:

Monday October 30 – *My Care, My Choice* provides practical steps to empower seniors to plan their future health care.

Session details: # U3A Redlands District Members and non-members welcome

Doors open 9.00 am

Presentation 9.30 am to 10.30 am

Tea and coffee 10.30 am to 11.00 am

Cost is \$5.00 per session

Venue: Donald Simpson Centre, 172 Bloomfield Street, Cleveland.



BIRKDALE STATE SCHOOL'S STUDENT EVENTS UPDATE

CONTRIBUTED BY JESSINA RIZK, BIRKDALE STATE SCHOOL



Photos: Supplied.

On Friday August 25, Birkdale State School Prep to Year 2 students were invited to come to school dressed up as their favourite book character. The annual theme across Australia for 2023 was 'Read, Grow and Inspire'. Members of the community were able to join together for a fabulous morning in the hall, celebrating the books that we love to read. A solid foundation in reading forms a toolbox of lifelong skills.



On Thursday August 31, the school hosted a 'Father's Morning' full of exciting, active fun! This special day celebrated our wonderful fathers, grandpas, uncles, and special friends. We had a lovely morning of activities in the sunshine. We enjoyed ball games, soccer ball skills, basketball and even a mini golf course!

NATURE FREEDOM — EXPLORING AND LEARNING FOR EVERYONE

CONTRIBUTED BY STEPHANIE FABER

Disabilities can create many barriers in people's lives, leaving them isolated from the community. Nature Freedom is an organisation based on Brisbane's bayside that has been helping people with disabilities engage with their communities since 2017 through their inclusive and accessible activities, such as paddling and bushwalking.

This year, the organisation expanded its offerings to include Inclusive Cultural Tours at Minjerribah (North Stradbroke Island). The first of these tours was held in July and was enjoyed by everyone who attended.

The event was run in partnership with local tour company Yura Tours, whose founder Elisha met the group at Dunwich. While most of the group took the provided tour bus over to Point Lookout, Elisha provided her car so that one participant in a wheelchair could also take part in the tour.

The group reconvened at Point Lookout, where Elisha passed around native flora used by her people – the Quandamooka people. Being able to touch, smell (and even taste, in some cases) the island's flora was a highlight for the vision-impaired participants in the group.

Afterwards, the group spent time along the walkways, taking in the incredible views of the beaches and the deep blue ocean stretching out to the horizon. They even spotted some whales off in the distance, breaking the water's surface with bursts of white spray.

The event concluded with a light lunch back at Dunwich out in the warm sun, looking out onto the sparkling waters of Moreton Bay.

It was a tour everyone enjoyed and learnt from, regardless of their abilities. Participants are already looking forward to returning to Minjerribah on Nature Freedom's next Cultural Tour in October.

For more information about Nature Freedom, visit naturefreedom.org.au.



Photos: Supplied.

THE WAY WE SEE: A PHOTOGRAPHIC EXHIBITION

PROUDLY PRESENTED BY REDLANDS CAMERA CLUB

A new photographic exhibition entitled *The Way We See* showcases points of view through the eyes of photographic artists in the form of a series of themed displays.

The Australian portrait exhibit features images of 21 Australians that tell fascinating stories about their lives past or present. Ian Hutton shows some of Australia's small towns at night when the main streets of most small towns are empty of people and moving vehicles. There are wonderful exhibits from Leanne Stonehouse, Charlotte Carter, and Leighton Brayshaw.

View this delightful series of themed exhibits during the month of October at the Dunn Wing exhibition area at the Redland Museum.



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The Community Leader's distribution partner is looking for walkers to get involved with the paper's home delivery in the bayside and Redlands areas each month. It's a fantastic opportunity to earn extra money while keeping fit and supporting your local community. Find out more about how you can get involved by calling Damien at 0421 786 302 or Laura at 0419 174 693.



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If you think you are the right person for us email your resume to: matildatheartofgelato@gmail.com and tell us a bit about yourself.


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SIMPLE SWEET AND SAVOURY WATERMELON AND FETA SALAD RECIPE

Here's a sweet and savoury salad that's perfect for a picnic in the park or brunch by the bay.

INGREDIENTS (SERVES 2)

SALAD

- 2 cups of cubed watermelon
- 1/2 cup of cucumber, sliced
- A small red onion, thinly sliced
- 1/4 cup of feta cheese, crumbled (goat's cheese is also a good alternative to feta)
- A handful of fresh mint leaves, chopped
- Basil to garnish (optional)

DRESSING

- 4 tbsp of extra-virgin olive oil
- 1 tbsp of balsamic vinegar
- 1 tbsp of honey
- Salt and pepper to season

METHOD

1. In a large bowl, combine the watermelon, cucumber, red onion, feta and mint leaves.
2. Now make the dressing. In a small bowl or a jar with a lid, mix together the extra-virgin olive oil, balsamic vinegar, and honey until thoroughly combined. Season with a pinch of salt and pepper. Add extra balsamic vinegar if you like a bit more acidity.
3. Drizzle the dressing over the watermelon, cucumber, red onion, feta cheese and mint, then gently toss.
4. Now it's time to chill!! Pop your salad in the fridge for about half an hour to let the flavours mingle, then serve chilled (add your basil garnish now if you're using it) and enjoy.





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HOOKED ON OCTOBER: MORETON BAY'S BEST FISHING SPOTS

BY SPERO KARTANOS

Local fisherman Spero Kartanos gave us the scoop on the best fishing spots in Moreton Bay this month.

The end of the year is fast approaching (it's only 12 weeks or so to Christmas!), and like last year, hopefully, October starts with a bang and gives us lots of fish and great weather.

This month, the whiting will be in the bay from the Rous and Small Boat Channel to the Chain Banks (generally on the Maroon side). The Blue Hole and Sand Hills at Moreton Island should also give us some nice whiting.

School mackerel should be close from the Hope Banks to Wellington Point and Ormiston. Hopefully, the water stays clean without too much storm and wind to muddy it up. The school mackerel seem to go off the bite with the big tides.

Snapper/squire and sweetlip should be in good numbers around the shallow reefs around the Bay Islands and the artificial reefs. I like the outgoing tides around the shallow reefs, and Mt Cotton reach in the Rous Channel is an area that produces good fish this time of year.

With October comes the warmer water and more pelagic action on the surface – let's hope, like last year, the spotties come back in the bay. November is better, but it's still worth keeping your eyes open for surface action.

Sand crab season should be well and truly on, so a couple of crab pots will get you a feed of these tasty critters.



Photos: Spero Kartanos.

Some whales running late for their migration south might be the bonus when going out in the bay this time of year, so keep your eyes wide open!

Till next month, good fishing, and remember to check out fishingmonthly.com.au for weekly up-to-date fishing reports for Moreton Bay and Water Tower Bait and Tackle for all your fishing needs.

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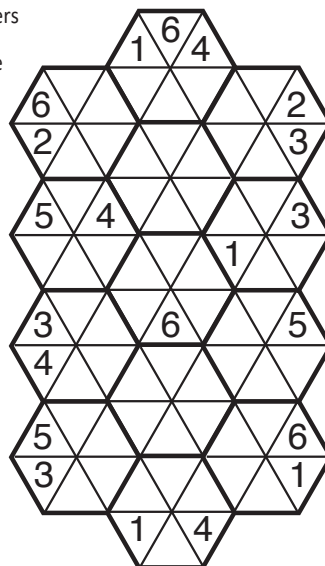
Sudoku

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

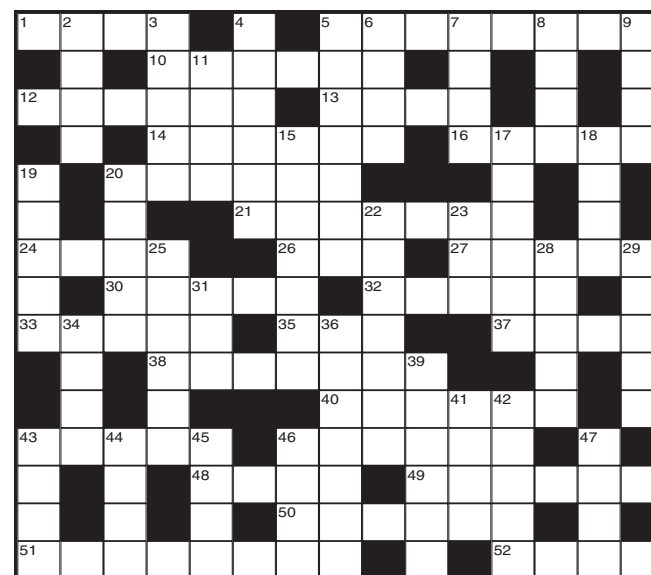
					3			
8	5							
1		2				9		
				6		7		
		4						1
2		3			8			
3				9		2		
	7			5			6	4
6			8	7				9

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

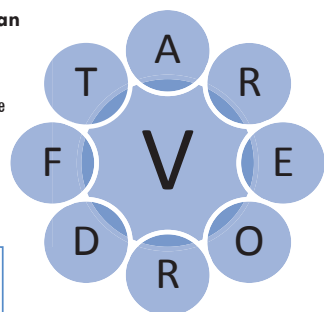


Focus

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

TODAY'S Good: 10 words
FOCUS Very good: 16 words
 Excellent: 22 words



Reference: Macquarie Concise Dictionary
 Focus No. 3873

Word Find

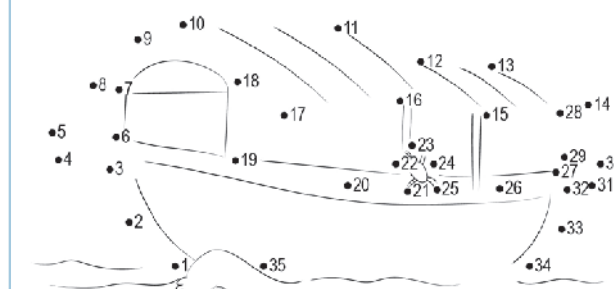
T	W	O	R	M	T
N	R	A	E	I	E
E	E	U	N	R	T
W	R	I	O	T	S
T	K	B	L	H	I
S	E	E	K	I	L

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

- | | | | |
|------|-------|------|------|
| Bore | List | Seek | Wear |
| Earn | Lone | Skin | Went |
| Hour | Mirth | Stet | Worm |
| Lien | Riot | True | |
| Like | Robe | Want | |

Join the Dots

What is this? Find out by joining the dots.



ACROSS

- Stately display
- Cattle thieves
- Entertains
- Worked by hand
- Yield
- Cooked by slow boiling
- Mistake
- Looked narrowly
- Teeters
- Ship's lockup
- Insecticide (init)
- Tether
- African grasslands inhabitants
- Dwelling
- Motif
- Meshed fabric
- Duelling sword
- Advantageous purchase

DOWN

- Spoken
- Temporary stop
- Sovereigns
- Went back
- Second-hand
- Woody plant
- At all times
- Cicatrice
- Comrade
- Removing unwanted plants

17 Be resident

- Of the ear
- Satellite's path
- Best quality
- Stopping place
- Which one?
- Chess opening
- Lukewarm
- Pays attention
- Vast expanse
- Immense
- Least difficult
- Talk much about little
- Bring up
- Revises and corrects
- Liquid holders
- Alone
- Black deposit
- Beverages
- Stupefy

Solutions

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advert arvo avert avert dove
 drove drover fave ovate over
 OVERDRAFT overft rave raved
 raver rove roved rover veto
 vote voted voter

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

S	H	O	R	T	S	T	R	S	I	N	S
U	O	G	E	T	A	I	N	S			
S	I	N	I	S							
I	S										
I	M	A	V	E							
B	R	I	D								
P	R	E	S								
M	A	N	A								
R	A	M	A								
B	O	M	B								

S	E	E	K	I	L
T	K	B	L	H	I
W	R	I	O	T	S
E	R	A	E	I	E
T	W	O	R	M	T

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COME & TRY NETBALL WITH THE LORIKEETS NETBALL CLUB

CONTRIBUTED BY KIM GRIFFIN SMITH

The Lorikeets Netball Club is one of the fastest growing clubs in the Redlands and we've had a fun-filled and successful 2023 season. With 17 teams ranging in age from 6-year-olds through to 17-year-olds, the Lorikeets green and gold colours dominate the courts each week, and we ended the season on a high. Of our 12 competitive teams, four won their Grand Final games and seven finished in the top four in their divisions. Lorikeets Netball Club were also the proud recipients of the Redlands Netball Association Club Championship Award. This award is presented to the club that scored the highest points for the 2023 season.

If you love netball and want your child to be a part of a close-knit, community-focused club, then look no further than the Lorikeets Netball Club. We are looking to support young players who want to learn the game and make new friendships. Our Moddies teams (ages U7's - U10's) learn, grow and develop their netball skills on the grass courts at the RNA Pinklands courts every Saturday morning during the netball season. Lorikeets is offering a Come & Try program for young players interested in giving netball a try (no pressure or commitment required) with the opportunity to come and try a new sport with encouragement from qualified coaches who love netball too!

Join our Come & Try program starting Wednesday October 11.
Email play@lorikeets.com.au for more information.



Photo: Supplied.

FEMALE FOOTBALL FUN FOR ALL AT CAPALABA FC

FROM CAPALABA FOOTBALL CLUB

At Capalaba Football Club, we are proud to have a range of opportunities for girls and women at a variety of levels, starting at our wonderful MiniRoos (ages four to 12) building through to junior programs (ages 13 to 17) to our senior semi-professional women's teams and of course our fabulous Legends!

Importantly, the promotion of women and girls in football is valued by our small but supportive committee and can be seen in the coaching staff and female player role models spread across the club. One of the joys of playing, coaching, refereeing or volunteering at Capalaba is that a fabulous group of people work hard to ensure the female program is the best in the area!

October and November are exciting times to get involved with the club, so check out www.capalababulldogs.com for a list of football programs and dates specifically tailored to girls and women at our club. You can also follow us on Facebook to keep up to date with our exciting 'Come and Try' days, Football Academy trials or trials for our Senior Women's teams.



Photos: Supplied.

Follow in the footsteps of Capalaba Junior and current Matilda Clare Polkinghorne, and move your way through our junior programs to play at the highest levels possible!



CAPALABA FOOTBALL CLUB

Website: www.capalababulldogs.com

Facebook: <https://www.facebook.com/capalabafc>

Email: femalefootball@capalababulldogs.com

Location: John Frederick Park, Capalaba

WHOLE BODY CONNECTION TO THE MOUTH

FROM DENTAL ON CAMBRIDGE

Every year in Dental Health Week dentists work together with the Australian Dental Association (ADA) to educate patients on critical health information. This year, the focus is on highlighting the connection between whole body health and the mouth. In previous articles, we've discussed the links between oral health and diet, diabetes, pregnancy, and physical health. There is also a connection between oral health and heart disease, Alzheimer's, lung conditions and inflammatory bowel disease (IBD).

Research is showing that bacteria from the mouth, can travel to other sites within the body, with inflammation in the mouth also increasing inflammation throughout a patient's body. Here is a short summary of the connection between oral health and these additional health conditions.

Heart Disease: Bacteria from the mouth can impact cardiovascular health by transporting bacteria through the bloodstream potentially causing inflammation in the heart.

Alzheimers Research has shown that periodontal pathogens have been found in the brain, triggering an inflammatory response that may contribute to a neurodegenerative process.

Lung Conditions: Oral bacteria can be aspirated into the respiratory tract, causing or exacerbating lung infections and conditions.

Inflammatory Bowel Disease (IBD): An imbalance of bacterial composition within the gut, partly due to bacteria transmission from the mouth, can contribute to gut inflammation and the development or exacerbation of the symptoms of IBD.

The ADA found that "65% of Australians identified that they did not know there was a link between their mouth and their body, while one in five Australians are still only brushing once a day, and 75% identified that they rarely or never floss". These findings are not surprising, with the substantial increase in periodontitis incidence and dental cavities, both of which arise from an excess of bacteria in the mouth.



Unfortunately, the link between oral health and general health is underappreciated. It is especially imperative in our younger generations, as big oral health problems as a child or teen means this opens the door to greater risk of all kinds of health problems into adult life. Prevention, as always is the best possible care for children's and adults' teeth. The importance of the six-monthly routine examination and clean is often underrated, and too often forgotten or pushed back. This gives your dentist an opportunity to help you stay on top of your oral hygiene and work with you to prevent small problems developing into larger ones. Having a good relationship with your dentist can help you to take care of your teeth and your wellbeing overall. Overdue for your check up or needing to find a dentist you can partner with? Call our friendly team on 3348 6661 or visit our website www.dentaloncambridge.com to book an appointment.

ADA News Bulletin, August 2023, <https://ada.org.au/dental-health-week-the-connection-between-oral-and-general-health>



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Entering the property market

CONTRIBUTED BY UEM GROUP

When I was growing up, our home was where we felt safe and loved. It was a single-story brick and tile house in Manly West, on a sloping block walking distance from my primary school. According to the internet records, it was purchased by my parents in the 70's for about \$35,000.

Time marches on. According to Realestate.com, the median value for a home in Manly West is now \$910,000. Based on this, that original \$35,000 purchase price from the 70's is barely 4% of this. The Queensland Government suggests aiming for a deposit of 5-10% of the purchase value when looking to purchase a home. Median prices of homes in the Redlands range from \$720,000 in Alexandra Hills to \$1,170,000 in Ormiston (for a house), putting the minimum suggested 5% deposit at between \$36,000 and \$59,000.

This can feel like an insurmountable hurdle for first home buyers. Therefore, it's important to have a plan and to take every advantage that is available. One of the lesser known strategies to get over this first hurdle is to use the First Home Super Saver (FHSS) scheme. There are two excellent reasons to consider this: tax savings, and investment returns.

Step one is to make the decision and commit to start saving for a property deposit. Let's consider two alternatives - saving money in a bank account, or the FHSS. Let's also assume that the individual saving money is making a gross (before tax) income of \$70,000 per year, and is aiming to save \$6,550 each year.

To save this money in a bank account, that individual would need to earn \$10,000 and pay approximately \$3,450 in income tax and Medicare levy to bank that amount of savings. Earning 4% on that, they may get an additional \$260 or so, but would then have to pay income tax on that also. Overall after 1 year, they would accumulate about \$6,720 (after tax).

The FHSS allows an individual to access funds that have been voluntarily contributed to a superannuation fund in order to buy their first home. This includes making voluntary salary sacrifice contributions to a super fund.

In our example above, the individual salary sacrificing \$10,000 to their superannuation fund under this scheme would pay only \$1,500 in contributions tax. They would effectively save \$8,500 for the first year, a tax saving of almost \$2,000. Individuals are able to undertake this scheme to save up to \$15,000 in any financial year, up to a total of \$50,000 of contributions

across all years. In addition to contributed amounts, they will also earn a rate of interest determined by the ATO called the "Shortfall Interest Charge". For the October - December 2023 quarter, this rate is 7.15%.

As with any tax or superannuation strategy, there are provisions and eligibility requirements. To find out more about the scheme, read the information available on the ATO web site or seek advice from your superannuation fund or an appropriately trained financial planner.

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.



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

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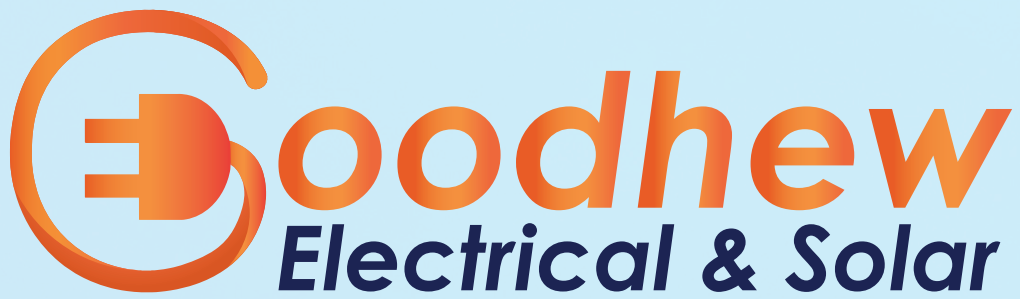
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