

# The Community Leader

## Redlands

WE'RE ALL ABOUT GOOD NEWS



## LOCAL SHOPPING IS STYLISH, SUSTAINABLE AND FUN!

**Party season's here, and it's time for summer fashion to shine. But how do you pull off a one-of-a-kind look without blowing the budget?**

Members of the Capalaba branch of the Older Women's Network (OWN) treated themselves to a morning of retail therapy at their local Link Vision store, where they discovered style and sustainability can co-exist. And they had a fantastic time!

This fab non-profit op-shop is bursting with pre-loved clothing and accessories. Link Vision channels much-needed funds to support vision-impaired people, and its stores help reduce landfill. It's a super stylish way to make a positive impact!

Supporting an op-shop alongside your favourite local fashion retailers adds a new dimension to your style. Give it a go, and add a few second-hand pieces to your wardrobe – you never know what treasures you'll find.

Discover more about OWN on page 2 and Link Vision on page 3. Both these organisations make our community richer.

*Pictured: Hazel McErlain, Desley Molnar, Maureen Marr, Jill Manganaro, Terri Warner and Naomi Jarvis from OWN Capalaba wearing clothing and accessories from the Link Vision store at Capalaba.*

Redlands Coast Properties



## Redlands Coast Properties

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# FINDING YOUR TRIBE: OLDER WOMEN'S NETWORK, CAPALABA BRANCH

Maintaining a positive outlook and friendships as we age is important. That's why groups like the Older Women's Network (OWN) are vital community connectors that foster fun and friendship amongst a diverse group of women.

The Capalaba branch of OWN is more than just a social club; it's a thriving support network. OWN Capalaba offers a welcoming space for women to share their experiences, challenges, wisdom, and opportunities for education and empowerment.

But OWN Capalaba isn't all serious business; it's also about building lasting friendships and enjoying life to the fullest. Branch members enjoy a variety of social events that provide the opportunity to build lifelong friendships.

"OWN can make a positive change to your life," explained Capalaba branch member Naomi Jarvis. "At our gatherings, there is always time to chat, laugh, and make new friendships. As one of our members said recently, 'We all need a tribe, and OWN gives us a sense of belonging to a group; we get together and enjoy ourselves'.

"Our ladies have a variety of interests, and there will always be someone you can connect with. Our meet-ups include monthly meetings and morning teas, lunches and BBQs.

"A member from OWN Capalaba is only a phone call away, and a friendly face will always greet you when we meet, or you can connect with us on our FB page. New members are given a warm welcome and quickly feel included in our group."

For more information, you can contact Naomi on 0424 060 603 or go to the group's Facebook page at Older Women's Network (Qld) Inc. Capalaba.



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# LINKING COMMUNITY VISION: THE STORY BEHIND YOUR LOCAL OP-SHOP

Fifty-five years ago an organisation was founded to enhance the lives of people with low or no vision, a seemingly simple and straightforward mission propounded by Reverend Elsie Dodd and her husband Gordon. But that beginning sowed the seeds of a movement that would grow exponentially and have a community impact beyond just the people envisaged in its original charter, drawing in and helping children with a range of disabilities, providing specially designed accommodation for people with visual impairments and becoming an established and popular self-funded charity.

The first step, establishing hostel accommodation for blind persons of all ages, commenced in 1970. Having gained Brisbane City Council's approval for a plot of land in Brisbane the organisation, reconstituted as Aid for the Blind Queensland, threw itself into fundraising. Within a decade enough had been raised to secure a bank loan and the hostel, the Arthur Chawner Centre (named after an outstanding worker in the cause) was opened. Since then more units have been added and another hostel, the (Thelma) McKennariey Centre, opened.

The concept extended. Recognising that children with low or no vision were disadvantaged by the lack of computer keyboard and basic program skills, Aid for the Blind's Computer Club was established in 2007 and grew to include children with autism, cerebral palsy and intellectual and physical disabilities, reaching interstate to hundreds of children and offering free, in-school mentoring.

Aid to the Blind – which became Link Vision in 2015 – took over the retail businesses of both the Asthma and Endeavour Foundations and assimilated Blind Alliance Australia and its Blind Australian of the Year Awards, held this year at Brisbane's Pullman Hotel on Saturday 28 October.

## FROCK UP, FEEL GOOD AND GET FESTIVE!

Change of season means change of wardrobe – but instead of adding to the 200,000 tonnes of discarded clothing sent to landfill every year in Australia, think about buying your festive frills from a charity shop like Link Vision.

Naomi Jarvis, whose parents Elsie and Gordon Dodd founded the organisation, has been involved with it since the age of 12 and is a frequent face at the Capalaba shop.

“Our shops are really popular with all age groups, from teenagers to grandparents,” she says, “and they also provide employment for people with a disability.

“Donations are always welcome, in our donation bins or over the counter or, if needed, we can collect. We find a homes for a massive amount of stuff – clothes, accessories, books, furniture, housewares – and Link Vision has established a market for donated goods in selected areas of the South Pacific region. For a self-funded charity we're doing pretty well!”

Various government grants had helped keep the books balanced but restrictions to fundraising collections meant that Link Vision had to think outside the box for income. Op shops were an obvious answer and op shop income now represents 76% of Link Vision's total income. One of their several south-east Queensland shops is at Capalaba and staff there are gearing up for a busy summer!



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KIM RICHARDS MP STATE MEMBER FOR REDLANDS

# COMMUNITY UPDATE

#LuvRedlands



## BOOST TO MENTAL HEALTH FUNDING

I am so proud of the work achieved by our dedicated mental health, alcohol, and drug service providers in the first year of implementation of our Better Care Together plan. With the commitment of an additional \$119.8 M we have achieved several milestones in advancing healthcare and outcomes for people experiencing mental ill health, problematic alcohol and other drug use, and mental health crisis including suicidality. We've still got four more years of Better Care Together to go, and I can't wait to provide further updates next year as we invest an additional \$301.4 M to improve and expand services. Planning and design works are progressing for our new \$150 M Mental Health Facility at Redland Hospital which will increase capacity and support our growing Redlands community.



## SUPPORTING OUR SENIORS



Our Donald Simpson Community Centre provides a unique and invaluable service to our seniors' community. I was pleased to take Minister for Seniors Craig Crawford to visit, the centre, with the great news that our Government is providing them with a further \$50,000 in funding support. In 2019 Redland City Council pulled their annual operational funding support to the centre, so over the past few years we have stepped in to assist. In Parliament this month, I met with Minister Crawford to deliver a letter, from me and co-signed by over 400 Donald Simpson Centre members, asking the Minister to consider in new models of care more certainty in funding, and noting that Redland City Council should reinstate the funding for this most important seniors' community organisation! It's so important to support our Redlands seniors' community!



## CONSTRUCTION STARTS FOR OUR NEW REDLANDS HOSPITAL ICU

Our Palaszczuk Government's 'Big Build' program continues with construction work underway for our new Redland Hospital Intensive Care Unit with ADCO Constructions. It was great to be joined by the Minister for Health and Ambulance for the official sod turning on site of our new \$62 M ICU and an additional 37 beds. This builds on the works by Hutchinson Builders also on site delivering a new 28 bed ward. Feedback on the Redlands Satellite Hospital has been fantastic; this is providing great healthcare closer to home for so many Redlanders, especially for our renal dialysis and chemotherapy patients.

## PHARMACISTS DELIVERING MORE HEALTHCARE



Following the success of the Urinary Tract Infection Pharmacy Pilot, which provided over 10,000 women with accessible treatment for uncomplicated UTIs through local pharmacies, we are expanding this program across Queensland. Participating pharmacists will now have the authority to administer a wider range of vaccines and prescribe medications for common health conditions, such as nausea, reflux, rhinitis, mild skin conditions, and acute musculoskeletal pain. Participating pharmacists will also take on a vital role in chronic disease management for conditions like asthma, cardiovascular disease risk reduction, and chronic obstructive pulmonary disease (COPD). Further services include hormonal contraception, oral health screening and weight management. This expansion of healthcare services through pharmacies is part of the Palaszczuk Government's commitment to delivering high-quality healthcare services closer to home.



**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.

### GORDON SHEPHERDSON: OCEAN OF EYES



Until Sunday December 3

Redland Art Gallery, 95 - 97 Bloomfield Street, Cleveland

*Ocean of Eyes* will celebrate the work of late Brisbane-based artist, Gordon Shepherdson (1934 – 2019). Having spent significant time on Redlands Coast, *Ocean of Eyes* explores the artist's intimate understanding of the geography, skies, and animals of the local area and their influence on his wider practice.

### BARRICK DANCE CENTRE – A NIGHT ON BROADWAY



Saturday November 25, 12.00pm and 5.30pm  
RPAC Concert Hall, Middle Street, Cleveland

Enjoy all the magic of Broadway close to home at this three-hour show (including interval) where dancers will perform a dazzling tribute to some of the best-known Broadway musicals. Suitable for all ages. Ticket prices range from \$25 (child) to \$32.50 (adult).

### '80S DANCE PARTY FOR THE WOMEN OF THE BAYSIDE!



Saturday December 9 from 4.00pm  
D&W Republic, Wynnum

Bust out your neon leggings, dust off those leg warmers, and tease up your hair, because we're taking it back to the raddest decade of all time! Join us for an electrifying night of nostalgia and non-stop dancing at our '80s Dance Party! Get ready to relive the glory days of aerobics, jazzercise, and all things spandex™, as we transform D&W Republic into the ultimate flashback oasis and sweat it out together on the dance floor! Gather your crew as ALL Bayside WOMEN are invited.

Purchase your ticket now\* at [www.socialmumsclub.com/events](http://www.socialmumsclub.com/events)

\*\$5 from every ticket purchased will be donated to the Bayside Community Fund

### BABY TIME



Tuesday November 7, 11.00am to 11.30am  
Cleveland Library

Babies up to one year of age and their mum/dad are invited to participate in this fun session for little ones featuring rhymes, songs and actions. Bookings can be made online and open 9am on the Monday the week before the event. For more information go to [redland.qld.gov.au](http://redland.qld.gov.au).

### BUSHCARE @ INDIGISCAPES



Tuesday November 7 from 3.30pm to 5.00pm  
IndigiScapes Centre, 17 Runnymede Road, Capalaba

Give nature a helping hand, learn bushcare basics and volunteer your time at the Indigiscapes working bee. This is a part of a trial of twilight sessions for volunteers who are unable to attend on weekends. For more information, contact the Community Bushcare Team on 3824 8611 or email [bushcare@redland.qld.gov.au](mailto:bushcare@redland.qld.gov.au).



FOR MORE GREAT EVENTS IN THE COMMUNITY, VISIT [THECOMMUNITYLEADER.COM.AU](http://THECOMMUNITYLEADER.COM.AU)





# Jos Mitchell

## LEADING CHANGE

REDLAND CITY COUNCIL  
2024 ELECTIONS

MAYORAL CANDIDATE

### Your LEADING CHANGE team!

We are committed to Leading Change and here to work for our Redlands community.

We are a group of candidates and councillors with a broad range of professional skills, interests and political views who have committed to work together in a professional, collegial way. We will champion community engagement, proactive planning and uphold the principles of good governance:

- ❖ Integrity
- ❖ Transparency and
- ❖ Inclusivity

We will:

- ❖ Focus on ensuring we get the best value for our rates
- ❖ Proactively plan for our future
- ❖ Work to provide our sporting and community clubs with the facilities we need
- ❖ Deliver the services and infrastructure we need
- ❖ Work with all levels of governments to ensure we get the best outcomes for Redlands



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

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# SPREAD MORE JOY THIS CHRISTMAS WITH GIFTS THAT GIVE TWICE

With the festive season snapping at our heels many of us will be heading to one of the community markets that are becoming increasingly popular for finding that gift that's just a little different, a little more personal, for that someone special. If you'd like an added altruistic glow there are retailers at the Redlands Coast Collective Markets who, by donating a percentage of their sales to a community cause, will make sure that your gift gives twice.

Tingalpa chef turned preserve producer Jasper Manfield creates a range of sweet, chilli and savoury chutneys, sauces and jams – JASPER IN A JAR.

"After twenty years as a chef I'd had enough of the high-pressure restaurant industry," Jasper says. "Making preserves is an ideal way of using my experience and skills and giving my creativity full rein and it provides a better work life balance!"

Scattered throughout his extensive range is a special Pride selection, from sales of which Jasper makes a donation to PFLAG Australia, Parents and Friends of Lesbians and Gays, an organisation that offers support and community education about sexual and gender diversity.

Rebecca Dart, whose multi-award winning Big Heart Bamboo chutneys, relishes and pickles have elevated bamboo to a gourmet level, chose Koala Crusaders, a volunteer group committed to re-establishing koala habitat as her favoured charity.

"When I set up the business on the Sunshine Coast I promised myself that it would have an ethical base, a balance of commerce and heart. I chose Koala Crusaders because they're small and local and I could see what they did. It's the old 'think globally, act locally' approach. if you want to effect change, start where you can make a difference."

Steve Pannan is another generous stallholder. His Redlands Coast Distillery, the first in the Redlands, is a family-run business that produces three styles of artisan gin; Signature Dry, Berry and Elderflower and a tantalising Native Botanical. Steve's chosen beneficiary is The Cage (*Creating A Good Environment*) Youth Foundation. Formed in 2001 in response to local youth engagement needs, the Foundation has a youth drop-in centre and seeks to support youth and families experiencing disadvantages, hardships, and isolation.

The generosity reaches all the way to the top, with Nicole, the Market Events Manager, weighing in with a dose of seasonal goodwill. Rosies Friends on the Street is an outreach organisation that offers local community sessions for homeless people. Their vans provide drinks, snacks, conversation and connection in 14 locations across Queensland, offering much-needed chats and basic hospitality. Nicole is contributing a portion of each stall fee to Rosies, so for shoppers at this local market the stage is being set for a truly caring festive season.

The Redlands Coast Collective Markets are held at Faith Lutheran College, Beveridge Rd, Thornlands. The next market will be on Sunday 10 December, 8am – midday.



Photos: Supplied.



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# LOCAL PERSONALITY PROFILE

**Name:** Jim Gilbert.

**Suburb:** Cleveland.

**What's your business?** I'm now retired, formerly a news cameraman in TV's early days.

**Do you have any fun/interesting stories about your job?** I travelled five times to PNG and all over Queensland. After the Brisbane tied Test with the West Indies in 1960, interest in this cricket series was at fever pitch and I was sent to Melbourne to film the fifth and deciding Test. In those early days of television direct telecasts were not available, everything was shot on film, so I would film the morning session, pack it up and send it off to Brisbane, then settle down to film the rest of the day's play and send it off that evening. It was a wonderfully fulfilling career and I was honoured in 2019 to be inducted into the Australian Cinematographers' Society's Hall of Fame for services to cinematography in Queensland.

**What's your favourite local dine-in and take-away?** Being English, fish and chips! Sea Fuel in Middle Street, Cleveland, is my go-to.

**Best local activity?** Watching football, the real football (soccer)!

**The last book you read?** *Australia Under Attack* by Douglas Lockwood.

**The last tv show or movie you watched?** A wonderful series called *Britain's Most Historic Towns* on the History Channel.

**Is there anything you'd like to see happen in the local area?** More visual appearances in the community by our city councillors, some are never seen.

**Is there a local business/community group/club you'd like to give a shout-out to?** There are two: the Redland Museum for their wonderful displays and exhibits, and forward thinking with these displays, the other is Redlands United Football Club for the great work they do with their enormous number of junior teams giving many youngsters lots of training and encouragement.

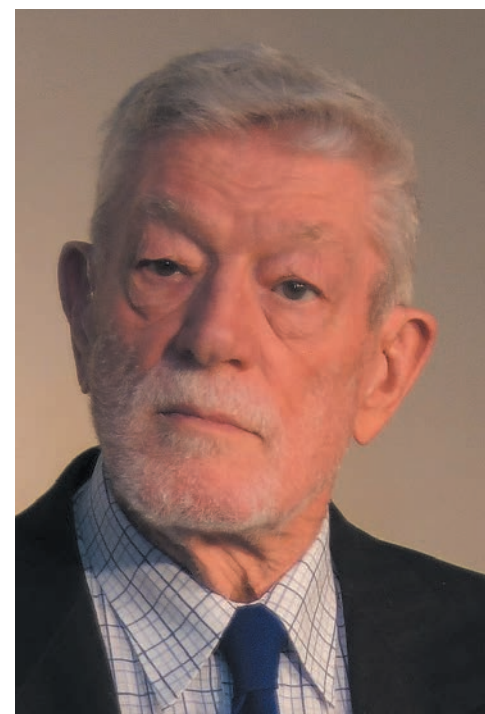


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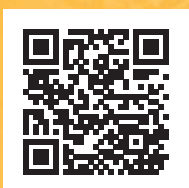
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**Name:** Hi, my name is Ruby.

**Where do you live?** I'm from Cleveland.

**How long have you lived at Cleveland?** Sixteen of my 17.5 years.

**What's your favourite local walk?** Down to the Cleveland Showgrounds to sniff out lost tennis balls from the tennis courts! Now I am in my more 'twilight' years, I get a ride in my doggie stroller for a good sniff at the Gold Coast beach markets or out for breakfast with the family.

**Your most treasured toy?** A tennis ball or a thong. I was obsessively competitive about playing 'fetch it'. I did have a few cocker spaniel stuffed toys over the years that I used to disembowel furiously.

**Your favourite food?** Cheese and shark cartilage. These days I am on a special diet that Mum cooks up each week in batches and it's yummy! It's pretty much all human-grade meat and veggies with lots of supplements mixed in.

**What's your worst habit?** I have a few newly acquired bad habits, associated with my kidney problems, but nobody seems to mind as I am sooo well loved!

**Your favourite local hangout?** Swims at Cleveland Point. In my younger years I used to enjoy diving off the boat ramp wall at high tide retrieving thongs from the water with my big brother Schroeder! You should see the photos! I was pretty good!

**Your best doggo friend?** My big brother Schroeder, who I will meet again over the rainbow and continue with our doggo adventures, I am sure!

**Do you have any funny or embarrassing stories?** Not sure why but Mum and Dad always used to laugh at me when I sometimes boot scooted across the grass after my ablutions were complete....a girl's gotta do what a girl's gotta do!

**What do people love most about you?** My eyes! Whilst I have always been a happy doggo, Mum says I look like I could star as a doggo actor in an RSPCA ad for sad, abandoned puppies, because of my sad, droopy eyes!



**What's your name?** My name is Thunder!

**Where do you live?** I live in Redland Bay.

**How long have you lived there?**  
For 17 years.

**What's your favourite local walk?**  
Bayview Reserve.

**Your most treasured thing to do?** Swim in the dam.

**Your favourite food?** Carrots.

**What's your worst habit?** Sometimes I mistake fingers for carrots!

**Your favourite local hangout?** In my shelter at the dam.

**Your best friend?** Skittles the pony.

**Do you have any funny or embarrassing stories?** I am 44 years old – possibly the oldest horse in south east Queensland, and I have gone a bit grey now after years of being known as 'Black Beauty'. I still get excited when the rest of the herd play and I do my best to canter and buck with them.

**What do people love most about you?** I am a wise old boy, gentle and majestic. I have a baritone neigh that I use to connect with anyone who comes to see me. I am very cuddly.



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# MISS MAGGIE OF MANLY



## HOW TO CHOOSE A GREAT VET

BY DR SAM JONES – MY LOCAL VET, CAPALABA

Finding a great vet practice for your pet can be a daunting task. Here are some useful tips to help you make the right choice for you and your furry loved one:

1. Contact the clinic and tell them you're looking for a new vet for your pet. If the receptionist is warm, friendly and enthusiastic to talk to you then chances are the vet will be too! If the clinic culture engenders a genuine desire to engage with people then often everyone in that workplace will be warm, friendly and eager to help.
2. Ask for a tour of the clinic. Touring the facility will enable you to judge the standards of the practice, particularly hygiene. If the clinic smells like urine and there's pet hair everywhere head for the nearest exit and don't look back because often the same standards will be reflected in the standard of patient care. By taking a clinic tour you will also be able to see if the patients have comfortable hospital beds, if the practice has invested in new equipment and how the staff present themselves. If a veterinary clinic has high standards they should be excited to offer you a clinic tour because they will be proud of their workplace and the quality of service they offer! If

the clinic is clean and orderly, if the staff present themselves in a friendly and professional manner and if the practice has comfortable accommodation for hospital patients, chances are the standard of patient care will be spot on!

3. Ask the vet some questions about patient care. Some good questions to ask are:
  - How do you ensure the safety of anaesthetised patients? Do you measure ECG, blood pressure and expired carbon dioxide for ALL anaesthetised patients?
  - What are your recommendations for preventative health products and why do you recommend these?
  - How do you manage arthritic patients or a pet with vomiting and diarrhoea?

These questions will give the vet an opportunity to showcase their knowledge and will give you an opportunity to see how well they communicate. If they take the time to explain things thoroughly and in a way you can easily understand (without making you feel

intimidated) then you've found yourself a keeper! It should feel like you're talking to a friend.

4. Bring your pet in to meet the vet. An enthusiastic vet will be excited to meet a new patient (without charging for their time). This will enable you to see how they interact with your furry mate so you can decide if they "fit the brief".

Your vet should be your guiding light when it comes to managing your pet's health care. They should provide you with all the advice you need to make informed decisions for your pet. In doing so, veterinary care becomes a collaboration between owner and vet. For this reason it's vital you enjoy a healthy relationship with your vet, founded on good communication and trust.



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# CHRISTMAS TIME AND COMMONSENSE — CARING FOR WILDLIFE

Summer is a-coming in, holiday makers are gearing up for long trips and wildlife is stirring. The Wildlife Preservation Society of Queensland (WPSQ) warns that hot summers and increased traffic contribute to threats for wildlife, so extra vigilance is in order.

“Dehydration is a major summertime problem for many wild animals,” says Matt Cecil, Project Manager of WPSQ.

“In dry periods any night-time moisture tends to drain off to the side of roads, encouraging green growth which in turn entices animals like wallabies to feed, so it’s a good idea to be super-alert behind the wheel, especially at dawn and dusk.

“Animals like koalas and greater gliders get most of their water from leaves; when leaves dry out the animals suffer. Putting bowls of water around the property can help all thirsty wildlife but wherever you place them you need to make sure that animals coming to drink are safe from cats and dogs – managing our pets is a major consideration.”

That consideration is echoed by Steve Homewood, volunteer and President of the Bayside branch of WPSQ.

“Ideally, wherever possible we should create a haven in our yards, somewhere safe from predators, supplied with shade and water. Shallow

dishes close to the ground will serve lizards and the like, and standing birdbaths are ideal for purpose. Just be sure that water containers don’t pose a risk to the family and keep an eye out for mozzies.”

Steve says that creating shaded, moist environments will attract insects and birds, especially if native trees and shrubs are encouraged.

Any increase in road traffic brings with it an increased risk of injured animals; how to deal with any incidents calls on a combination of compassion and common sense.

“If a marsupial has been killed there’s always the chance, if it’s a female, that there may be a joey in the pouch,” says Steve. “If the animal is alive but injured attending to it could entail risks, from the animal and from traffic – so it’s best to ring one of the animal welfare groups in the area and follow their advice.”

Caution and compassion are the keywords when dealing with snakes and goannas, whether injured or as unexpected house guests seeking shelter and water. Again, there are the experts – including some local vets – just a phone call away.

**For the Redlands 24-hour Wildlife Rescue Service and Redlands Wildlife Ambulance, call 3833 4031.**



Photo: Supplied.

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# ARTIST'S LOVE OF THE BAYSIDE FEATURES IN REDLAND GALLERY EXHIBITION

An artist's love of fishing the waters of Moreton Bay and the Redlands Coast features in a new exhibition at Redland Art Gallery.

*Gordon Shepherdson: Ocean of Eyes* celebrates the work of the late Brisbane-based artist, Gordon Shepherdson. Described as having two great loves – fishing and painting – Shepherdson was renowned for his expressionist paintings, with subjects often set against dark, deep backgrounds that reflect a haunting quality in his work. Swimmers, bathers, birds and stormy skies sit alongside delicate landscapes, beaches and glimpses of landforms in this exhibition of Shepherdson's paintings. Most of the works draw from memories of the bay while fishing from his 'tinnie' for more than 40 years.

Born in Brisbane, Shepherdson attended Gatton Agricultural College for two years from the age of 14. He then worked various jobs before returning to Brisbane where he attended art classes at night, first with Caroline Barker at the Royal Queensland Art Society in 1951, and a decade later with Jon Molvig and Andrew Sibley. For 23 years, he worked in an abattoir to support his wife and children. His work and his great love of fishing provided the light and shade for many of his paintings.

This exhibition is presented in partnership with Philip Bacon Galleries, Nathan Shepherdson and Bruce Heiser.

A publication has been produced to accompany this survey exhibition, supported by the Gordon Darling Foundation. Featuring writing by Bruce Heiser, Nathan Shepherdson, Louise Martin-Chew, and David Burnett, this publication provides a rich and comprehensive insight into Shepherdson's career.

*Gordon Shepherdson: Ocean of Eyes* will be open to the public during gallery hours until Sunday December 3, 2023.



Image: Gordon Shepherdson, *Swimmers in the sea of eyes*, c 1996, Oil and Enamel on Paper. 116 x 113cm. Courtesy of Gordon Shepherdson Estate and Philip Bacon Galleries. Photography by Carl Warner.



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## LOCAL POETRY PLOVERS

BY GEOFF SMILEY

They are like ghosts,  
calling in the night.  
Twins, flying white  
on the protective dark.  
Yellow masked  
familiar of the spirit world,  
gliding to settle on the shore  
with mournful call.

Uncomfortable by day,  
fine limbed, fractious visitors  
in an alien place.  
Wide-eyed, resentful noises,  
nesting not in trees  
but frail on open grass.  
Unsettled as they await,  
return of the safe night.

© Geoff Smiley

*The awkward plover (Masked lapwing) lives in our coastal areas.  
They seem intolerant of humans and other creatures.*



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# REDLAND LOCAL IS HARNESSING THE POWER OF HORSES

BY JAN NARY

Psychotherapist Susan Pienaar, principal of Wellness With Horses and Humans, is well aware of the health benefits of just being around horses. She grew up with horses on a farm in South Africa; when the family came to Australia buying a horse was a natural part of settling in. Buying that horse a companion was a natural second step. Agisting other horses on the farm led to some of them moving into the family group and Susan now has seven horses on her Redland property, all of them part of her horse assisted therapy team.

Susan says that increased research into the involvement of horses in therapy, and empirical evidence of its benefits, has led to a rise in demand for such services, even for corporate team building and leadership training. Susan's clients, many of whom are adolescents and young adults wrestling with anxiety, low self-confidence, and

interpersonal or social difficulties, find that time spent with a compatible horse can be beneficial.

"Horses are social animals – which makes them amenable to social interactions with humans," she says. "They're also prey animals, which means that they're intensely empathetic and sensitive to moods of other animals or people in their environs; they'll pick up feelings and respond. All of these horses are trained and have their basic needs met so they've learned to trust people and welcome contact with them."

Susan loves all her horses but says there are two special "stars" that are like magnets to clients; piebald pony Skittles, adopted from Susan's previous work with the RSPCA and Thunder, a baritone-voiced retired rodeo pick-up horse who, at the age of 44, may be the oldest horse in the Redlands.

Susan says that working outdoors with the horses is, for some clients, vastly preferable to the usual therapy session held in a closed room with no distractions. Clients may just spend time with a horse and Susan, with as much animal contact as they find comfortable or, if they have the appropriate experience and confidence, spend some supervised time riding.

"We've found that bareback riding – initially being led around the yard by a halter – is an effective way to put the client in touch with the horse's musculature and movement, particularly if I notice that the client comes in with anxiety that causes them to physically tighten up.

"As well, just being at one with such a majestic, big animal, trusting the horse to offer support and safety, for a client to trust their welfare to another animal's feet can have a wonderful effect on self-esteem and security."



Photo: Supplied.

Susan says that a horse is carefully selected to match a client and every new contact begins with a safety briefing.

"I need to read the body language and responses of the client and the horse and make sure that they're right for each other," she says. "A horse's natural state is to be 'regulated', to be calm and at peace. If they can help transmit that energy to a client they're working with – well, amazing things can happen."

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# THERE GOES THE BRIDE — AND HERE COME THE BLOKES

It's a given in community theatre that men are usually harder to cast than women, but director Raymond Noonan has successfully sourced first-class male talent for Theatre Redland's current production, *There Goes the Bride*. While the title suggests a show redolent with tulle, maternal tears and super-efficient women, the men feature just as prominently in this script. In fact, they come close to running – and nearly ruining – the whole event.

Raymond has taken on the role of Gerald, the bride's grandfather.

"Gerald is a master of misinterpretation," Ray says. "He pulls strings and inadvertently tightens the whole tangled web of the wedding. I just have to be sure that I don't carry some of Gerald into the director's role!"

The play's tangle starts when Timothy, the father of the bride, loses the plot and creates a new one closer to his heart's desire. Actor Chad Sherrin is enjoying the experience.

"I like Timothy because he's complex; when you're living in two realities life is always interesting – and remembering the shifting script can be interesting too!"

Chad has a theatre history going back decades and has been performing and directing at the Redland Museum since the 1990s. A performance poet and a mine of information on Australian bush history, Chad is much in demand for his versatility and theatre experience.

Timothy's business partner Bill, who slides from one reality to another as required, is brought to life by Michael Byrnes, a self-confessed lifelong theatre addict. As the eldest of eight children Michael was in charge of developing and presenting drawing room plays for his parents and younger siblings – complete with home-made magic lantern projections. He was involved in all his school plays and all his Teachers College plays as a student and went on, as a teacher, to set up and tutor drama groups at schools (some of them one-teacher schools), colleges and CQ University in Rockhampton.



Photo: Supplied.

Jim "The Voice" Gilbert, playing the father of the groom who just wants to escape the domestic scrum, was for years known to Redland listeners as a popular radio presenter, specialising in the arts and football. There was general disappointment when Jim decided to switch off the studio mic. but radio's loss proved to be theatre's gain; Jim is now established as one of Theatre Redland's regular actors with a vocal range that reaches from BBC to ruffian. (He's also made his mark as Santa's Little Helper, Roger the Elf, in Theatre Redland's annual Christmas plays.)

*There Goes the Bride* will play at Redland Museum Saturday 11 – Sunday 19 November; for bookings <https://www.redlandmuseum.org.au/whats-on/events>.

## The Community Leader

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- Community editorial 13th of November or earlier
- Advertising cut off 17th of November
- Distribution 29th of Nov to 6th of December
- Bookings are for a minimum of 3 months and space is limited
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Photo: Supplied.

# HATTRICK HEROES: REDLAND ATHLETES SECURE GOLD AT NATIONAL CLUBS CARNIVAL

CONTRIBUTED BY STEVE PALMER, REDLAND CITY GYMSPORTS

Redland City Gymsports' athletes overcame substantial hurdles to clinch a hat trick of gold medals at the 2023 National Clubs Carnival on the Gold Coast over the spring holidays.

Congratulations to the 15 young trampolinists who were forced to compete out of their comfort zone on equipment vastly superior to what they normally train on. Because of the club closures for Redfest and the Caravan Expo, they also had limited preparation in the critical lead-up period.

Head Coach, Melanie Tonks says many were quite stressed as they had limited warm-up time and knew they were up against 80 odd competitors in their event. But the squad coped, thanks to coaches Joe Finley and Lesley Daly who were so calming and motivated. "The athletes did so well; I am so proud of them all."

Congratulations to Charlotte Johnstone, who won Double Mini and placed second on both Trampoline and Tumbling. Ella Brushe and Jonah Masri both won their Double Mini event and placed third on Trampoline.

Evie Blackmore surprised everyone with finals placings in both Double Mini and Trampoline. There were 58 competitors in her trampoline event and 80 contesting Double Mini. Abi Van Dam achieved 8th place in a field of 58 in her trampoline event.

Trey Morales, Saxon Walters, Levi Coutts-Hohenhaus and Mia and Bella Malcolm all made finals in one or two of their events. Charlotte, Ella, Jonah and Trey all qualified for the 2024 National Championships.

This term the club has the South Queensland Interclub Challenge 3 and a qualifier event, so trampolinists can't let up on their training just yet!

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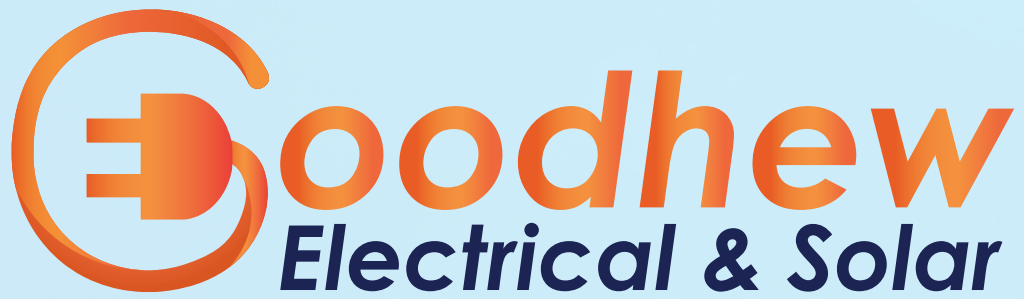
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# Illuminate your holidays – the crucial role of security lights in deterring robberies

CONTRIBUTED BY JARIC ELECTRICAL

As the festive season approaches and Christmas cheer fills the air, unfortunately a less joyful reality also emerges – an increase in robberies.

Protecting your home during this period is essential, and one effective way to do so is with security lights. They not only enhance your home’s holiday ambience, but also play a crucial role in deterring potential thefts. Here’s how.

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- 3. Peace of mind:** The holiday season should be a time of joy and relaxation, not worry! By installing security lights, you can enjoy peace of mind, knowing that you’ve taken proactive steps to safeguard your home and property.
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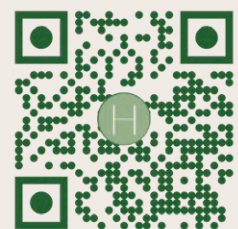
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# Rosehaven Residences: Manly's Most Exclusive Apartments Overlooking Moreton Bay

CONTRIBUTED BY ROSEHAVEN RESIDENCES

Rosehaven, a Hamptons-style development, boasts four lavish apartments with captivating water views of Moreton Bay, with a total valuation exceeding \$11 million. What truly sets Rosehaven apart is its unparalleled luxury, cutting-edge technology, and exclusive shared amenities.

Each apartment offers a private high-tech gym, exclusive wine and entertainment rooms, and state-of-the-art "smart" units with Control 4 Automation and Bright Green connective lighting. These offerings redefine apartment living.

Rosehaven's unique features extend to its handcrafted Italian cabinets, Italian stone finishes, alfresco units, robes, audio/visual integration, and green living commitments, including solar power, electric vehicle charging, bike racks, and Tesla Power Walls. These features showcase meticulous attention to detail.

Local property mogul Michael Jullyan of Think Tank Architects, in collaboration with the developers, has elevated the "Cinderella suburbs" of Manly and Wynnum by introducing a new benchmark in high-end apartment living, combining the comfort of traditional homes with modern technology.

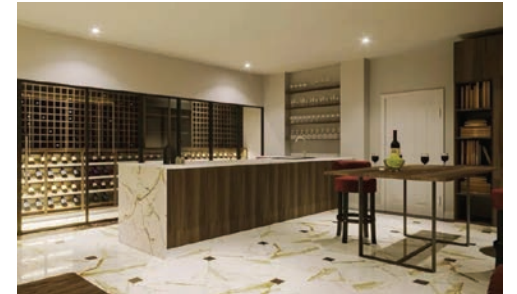
Moreover, Rosehaven apartments offer stunning views of Moreton Bay, proximity to Manly Village, restaurants, and cafes, crafting a one-of-a-kind living experience.

The project's success is the result of collaborative efforts from local businesses, including bespoke builder Tierney Constructions, Audio/AV experts Todd's HiFi, Think Tank Architects, and Pedini Australia, responsible for the Italian cabinetry.

The property will be marketed and sold by Kyle Woodbine of Ray White Wynnum Manly, ensuring expert handling.

Innovative, exclusive, and community-focused, Rosehaven redefines luxury living in Manly. It not only offers a new level of quality, style, and amenities in the area but also supports local businesses and contributes to the community's growth.

The on-site auction has been set for Saturday December 2nd at 1 pm. For more information, visit [www.rosehavenmanly.com.au](http://www.rosehavenmanly.com.au) or contact Kyle Woodbine at 0411 697 579.



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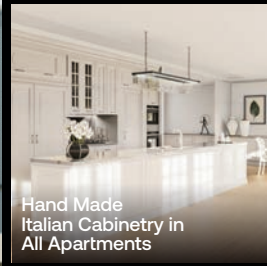
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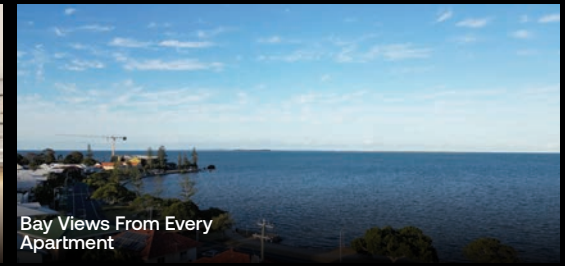
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# Magnolia starts to bloom

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gym. Additionally, the recently opened Pool and Spa zone will provide a delightful recreation space for residents to relax and cool down during the warmer months ahead.

There are a range of one, two, and three-bedroom apartments on offer in Magnolia **starting at just \$430,000.**

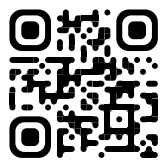
To schedule a VIP appointment for viewing the displays, kindly reach out to Cody Fraser at **1300 312 272.**



Artist impression

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# How will El Niño impact you?

CONTRIBUTED BY FALLON SOLUTIONS

This year's El Niño is expected to be a substantial one, with far-reaching consequences that extend beyond just weather patterns.

## How can you prepare yourself?

El Niño's arrival often brings extreme weather conditions like heatwaves and heavy rainfall. To protect your well-being and property, it's essential to be prepared.

**Heatwave Readiness:** Start by making sure your home has efficient insulation and a reliable air conditioning system. At Fallon Solutions we specialise in installing, maintaining, repairing, and servicing air conditioners. Having your air conditioner regularly cleaned by professionals is critical for individuals with asthma, as poor air quality can become a serious concern.

Stay hydrated, limit outdoor activities during peak heat, and check on vulnerable neighbours, especially the elderly.

**Bushfire Safety:** Ensure that your smoke alarms comply with the current QLD legislation, are regularly cleaned,

and checked for proper functionality. Remember that we can assist you in ensuring your smoke alarms meet safety standards.

Additionally, create a firebreak around your property, clear debris and vegetation, and have firefighting equipment like hoses and pumps ready. Stay informed about fire bans and warnings.

**Water Conservation:** Queensland often faces water shortages, so practice water conservation by fixing leaks, having a rainwater tank installed, limit your water usage and use drought-tolerant plants in your landscaping.

**Storm Preparedness:** Secure outdoor objects, trim overhanging trees, and have a battery-powered weather radio to receive alerts.

For added protection, consider surge protection for your home to safeguard electronic devices and appliances from power surges. Fallon Solutions is a trusted provider that can assist you in installing surge protection, ensuring your home is well-prepared for the unpredictable Queensland weather.



**Stay Informed:** Sign up for weather alerts and notifications from local authorities. Follow news updates and monitor the Bureau of Meteorology for the latest weather forecasts and warnings.

For expert assistance in preparing your home for El Niño's impact, call Fallon Solutions today at **07 3029 3297**. Your safety and peace of mind are our top priorities.

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# Redlands

## BUSINESS PARK



## ARTWORKS LEAD THE WAY THROUGH REDLANDS BUSINESS PARK

If you've been through the entrance of the Redlands Business Park you will notice that there are some very interesting metal artwork pieces on the concrete slab entrance walls.

The mastermind behind these brilliant pieces of artwork is Stephen Routledge from Steve Routledge Fabrications who is a longtime local metalworker in the Redlands and has done some amazing work throughout the area.

Stephen was commissioned to give a theme to the Redlands Business Park entrance over 15 years ago and the metal art still stands out today.

Here is an outline of what it all means.



This elaborate timepiece indicates clocking-on for work in this natural environment.



These tyre marks are showing you the way out, indicating it's time to leave work and to hit the road.



Stephen Routledge



This grand entrance wall indicates people heading to work with their work boots on.



The foot prints also indicate it's time to finish work and to get to the beach...



or go fishing just down the road at either Point Halloran, Vic Point, Yeo Park Shoreline or the Redland Bay boat ramp.

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<del>LOT 75</del>	<del>3,875m<sup>2</sup></del>	<del>\$2,038,000.00 + gst</del>
<b>LOT 76</b>	5,183m <sup>2</sup>	\$2,747,000.00 + gst
<del>LOT 77</del>	<del>3,162m<sup>2</sup></del>	<del>\$1,675,000.00 + gst</del>
<b>LOT 78</b>	3,177m <sup>2</sup>	\$1,684,000.00 + gst

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# PEOPLE, PLACE, POLITICS: GIVING ART A VOICE

**“Art can be so much more than just something pretty and passive. Art has important things to say, it can challenge people’s thoughts and change the way we see things. Art can carry a powerful message, not with words but through the impact of visual confrontation.”**

Textile artist Susan Hoy’s approach to the current art exhibition, mounted at Redland Museum by the Queensland Branch of the Australian Textile Art and Surface Design Association, is reminiscent of Augusto Boal’s approach to the performing arts: “Theatre is a weapon and it is the people who should wield it.”

In the *People, Place, Politics* exhibition, participating artists comment on how these three aspects impact and influence their art. Artists work in any material, style and medium and the results are fascinating – and powerful.

“We don’t live in a vacuum,” says Susan, “we’re all influenced by where we live, what happens in our lives, and the effect that political decisions have on our society. That’s why this exhibition has been devised, to give visual art a voice.”

All media are grist to the mill and contributing artists have been encouraged to use a diverse range of techniques and materials and textile-based pieces may incorporate beads, twigs, threads, seedpods, shells, twine, paper, paint, parchment, wool, bark, dye, woven cane, printing, felt, metallic foil, wax, glass...an absolute cornucopia of texture, albedo and colours to catch the eye and the imagination.



Photos: Supplied.

One of the contributing artists has created a piece focussing on the Voice Referendum and its repercussions in the community. Two other artists have developed art pieces around the effect on the local environment of increasing land development and loss of wetlands.

Susan has chosen the human and environmental costs of fast fashion as her target, with a calico dress decorated with prints and information about the tonnes of wasted textiles that go into landfill, polluting the environment in their manufacture and disposal and keeping textile workers in poverty.

Susan says that interested creatives are encouraged to join ATASDA, a national not-for-profit organisation which promotes textile art and surface design.

“We seek to inspire our membership through the development of a creative community and the provision of opportunities for learning new skills. If you’re inspired by textile art and excited by its possibilities – and if you care about the world around you come and talk to us!”

*People, Place, Politics* will be held from November 6, 2023 through to January 2024 at Redland Museum, 30 Smith St., Cleveland.



# MINI FARM PROJECT WILL FEED THE NEEDY

BY GAIL BRUCE, REDLAND ORGANIC GROWERS INC.

**Founder of the Mini Farm Project Nick Steiner is guest speaker at ROGI’s November meeting at Alexandra Hills on November 9.**

Mr Steiner founded the food charity in 2015 after starting a farm in his back yard with the simple desire to ensure people don’t go hungry. In 2022, one in five households experienced severe food insecurity. He said the problem has been compounded by the cost-of-living crisis, with more people in full-time employment turning to charities for food to be able to pay rent or mortgages.

“The Mini Farm Project makes use of under-utilised land to produce food all year round. We grow fruit, vegetables, fish, eggs and bush foods to donate to local food charities and food security agencies. We use of variety of growing methods to grow food anywhere,” said Mr Steiner.

“We are currently looking for volunteers to help spread the word in the community and also volunteer at our Loganlea site before we start looking at our project in the Redlands.”

Rogi President Bevan Saul said that an increasing number of gardeners are turning to growing edible crops, not only for better nutrition but also for economic reasons.

“Taking part in a community project is an excellent way to learn the principles of organic growing.

“I’m sure there are many retired workers with time on their hands who would enjoy hearing about Nick’s project and we encourage them to come along on the night.”

ROGI meets on November 9 at 7.00 pm (6.15pm to browse the library and other offerings) at Bayside Community Church, corner of McDonald and MacArthur Streets, Alexandra Hills.

Usual attractions include the seed bank and plant clinic, seedlings and plants, local honey, jams, wax wraps and more. Entry for members is \$2, visitors \$5. To join or renew memberships, visit <https://www.rogi.com.au/membership.php>.



Mini Farm Project founder Nick Steiner. Photo: Supplied.

## ON TARGET — REDLANDS DARTS' SEASON UPDATE

FROM REDLANDS DARTS

Redlands Darts player Amanda Loch was a member of the Australian team at this year's World Championships in Denmark in September.

Among 44 competing teams, our team achieved a commendable 10th place. Redlands Darts is proud of our team's performance, but we reserve a special appreciation for Amanda, as this marked her debut appearance at the World Championships.



Photo: Supplied.

## CONGRATULATIONS TO GAVIN KUGLER, SURF LIFESAVER OF THE YEAR!

FROM PT LOOKOUT SLSC

Winner – Gavin Kugler, North Gorge, North Stradbroke Island

In the first year as Club Captain, Gavin has done an exceptional job. Despite declining membership, Gavin managed to coordinate patrols at two beaches, was a patrol captain, area coordinator for the wave runners and personally completed an impressive 425 patrol hours.

This season Gavin was part of a team that completed a successful rescue and CPR on a young girl, and assisted with the floods. In addition to patrolling this Surf Lifesaver was the President of the old boys, chair of the clubs' 75th anniversary committee, and yet still found time to support their Surf Woman of the Year entrant and attended the SLSA Masterclass. From Point Lookout SLSC, congratulations Gavin Kugler.



Photo: Supplied.

## DECK THE HALLS WITH FABULOUS MARKET FINDS FOR CHRISTMAS

CONTRIBUTED BY REDLANDS COAST COLLECTIVE MARKETS

Redlands Coast Collective Christmas Market, to be held on December 10, is by far its biggest market of the year, and it's the perfect place to get all your Christmas shopping done in one place.

Held on the grounds of Faith Lutheran College at Thornlands, this boutique market is a treasure trove of arts and crafts, handmade items, vintage and pre-loved fashion, toys, household items and supports local small creative business, stall holders and the Redlands Coast community.

Shop boutique market stalls for fashion, vintage, art, craft and design, scour the pre-loved rack sales and grab yourself a morning bite to eat and a coffee as you enjoy the beautiful Redlands Coast. What a relaxing way to enjoy Christmas shopping!

The Christmas Market will also feature a Santa Paws mini market, so if you love your dog and everything canine, come along for a treat! It's your chance to bring your best mate along and spoil them rotten! Come along and check out the dog wash, have Santa photos taken with your pup, and browse lots of specialty puppy stalls.

**When:** Sunday December 10, from 8.00am to midday

**Where:** Faith Lutheran College, Beveridge Road, Thornlands

**Entry:** Free!



Photos: Supplied.

# BLUE TONGUE CREW CHANNELS CREATIVITY FOR ART'S SAKE

CONTRIBUTED BY BLUE TONGUE ADVENTURE

**A dazzling array of artistic flair will be on show at the Blue Tongue Adventure Art Showcase on Friday December 1.**

After the groundswell of community support for their first art show in 2021, the Blue Tongue crew can't wait to see everyone again, and share what they've been creating!

Participants of the disability program are exploring their creativity with a diverse range of art works, using media including woodwork, ceramics, paint on canvas, digital art, and textiles. They're also preparing to stock the shelves with a variety of Blue Tongue Industries giftware items, including bath and body products, candles, and jewellery.

Blue Tongue's Tingal Road centre will be transformed into a vibrant art gallery for the big night, with drinks and canapes provided by Blue Tongue Pantry café in Thorneside. There'll also be live music, performed by Blue Tongue crew member, Samuel Mammino.

The event will draw a crowd from far and wide, including members of Blue Tongue Adventure's Toowoomba centre, who are also busy creating art works, and will make the trip to the bayside for the event.

"We're so excited to showcase the beautiful pieces our crew have created over the last few months," coordinator Sam Franklin-Wangman said.

"This event will uplift and inspire the crew to continue these amazing creations, and provide the opportunity to showcase their work to their friends and family, as well as inspiring others in the community".

For more information, email [hello@bluetongueadventure.com.au](mailto:hello@bluetongueadventure.com.au), and follow Blue Tongue Adventure on Facebook and Instagram.



Photos: Supplied.



## LOCAL ARTIST PROFILE: CARYS MARTIN

Carys Martin hosts a variety of hand-building and wheel-throwing pottery classes and workshops at her charming studio nestled in Cleveland. Her teaching skills have gained immense popularity, as she orchestrates an impressive schedule of 50 workshops each year, in addition to her weekly pottery classes.

In her weekend workshops and 10-week evening courses, participants enjoy the freedom to embark on their creative journeys under Carys' expert guidance.

These sessions are a haven for pottery enthusiasts, offering the chance to delve into hand-building techniques and the intricate art of wheel-throwing.

Attendees also get hands-on experience in the firing process, including the fascinating world of glazing their own ceramic pieces. These classes cater to both novices, eager to begin their pottery adventure, and seasoned ceramicists seeking to deepen their passion for clay while bonding with like-minded individuals.

Beyond her ceramics pursuits, Carys has embarked on a magical collaboration with her family members, Marleen and Jamie, resulting in a captivating project known as "Whispers From The Woods." This project brings forth a collection of oracle cards paired with an enchanting book. Marleen Morgans contributes her exceptional artistic talents, while Jamie Martin adds the tech wizardry to bring the

cards to life on screen. Carys, the creative visionary behind the project, weaves her artistic prowess into the project, adding her writing talents and overseeing its intricate design.

For those eager to learn more about Carys and her classes and workshops, inquiries can be directed to [hello@carysmartinceramics.com](mailto:hello@carysmartinceramics.com), or you can explore further at [carysmartinceramics.com](http://carysmartinceramics.com).

### MORE ABOUT CARYS MARTIN

*Carys Martin is an accomplished artist and experienced ceramicist, residing in the Redlands area. With a solid background in print design and making, Carys has a unique eye for surface decoration which is evident in her ceramics. Many of her pieces contrast raw clay with shiny, smooth glazes and highly decorated designs combined with negative space.*

*Working in ceramics since 2008, Carys has honed her skill to create practical, functional everyday art to one-off statement pieces that are now sought after worldwide. Inspiration comes from nature, as well as her childhood in Cumbria, an area steeped in folklore and ritual.*

*With a mother as an artist, Carys enjoyed a very creative childhood in the village, Banks, not only home to many prominent artists but also the LYC Museum and Art Gallery. With a BA (Hons) Arts degree, Carys has studied in the UK and America and exhibited in both*

*these countries, as well as Australia. She continues to work in open exhibitions and galleries and is stocked in over 40 stores throughout Australia and overseas.*



Photo: Supplied.



# BUILDING FRIENDSHIPS AND COMBATTING LONELINESS IN AGED CARE

CONTRIBUTED BY CIRCLE OF MEN

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

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

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

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



Photo: Supplied.

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

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# SLOW COOKED LAMB WITH TZATZIKI RECIPE

CONTRIBUTED BY MUNJA PIZZA

To celebrate Munja Pizza's first birthday, they've generously shared their delectable lamb recipe. Munja fans will recognise this as the topping on the restaurant's popular Gyro pizza.

## LAMB

### INGREDIENTS

- 1kg Lamb shoulder
- 1 tbs Garlic powder
- 1 tbs Paprika
- 2 tbs Salt
- 2 tbs White vinegar
- 1½ tbs Oregano
- 5 Sprigs of rosemary

### METHOD

Combine garlic powder, paprika, salt and oregano. Rub the spice mix into the lamb shoulder. Rub the vinegar into the lamb shoulder. Make 5 small incisions in the lamb shoulder and insert the rosemary sprigs in each one. Roll the lamb shoulder and place in the slow cooker. Cook on low setting for 6 to 8 hours.

Remove from slow cooker, place on a board and shred with a fork.

## TZATZIKI

### INGREDIENTS

- 500gm Greek yoghurt
- 2 Continental cucumbers
- 3 Garlic cloves, crushed
- 1 tsp Extra virgin olive oil
- 1 tsp White vinegar
- ¼ tsp Salt

### METHOD

Wash cucumbers and finely grate with skin still on. Using a muslin cloth (or something similar) squeeze excess liquid from cucumber, then set aside. Crush garlic cloves and add to the yoghurt. Add cucumber mix, extra virgin olive oil, white vinegar and salt to the yoghurt. Mix thoroughly.

Serve with cherry tomatoes, red onions and Danish fetta.



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# NOVEMBER IS A PRIME TIME FOR WHITING AND THE FISHING IS GREAT!

BY SPERO KARTANOS

**It's November, and the weather does not always play nice this time of year. But when we can get out on the bay, the whiting are waiting for us, and not many fish taste better.**

There's no excuse when the weather is good not to go out and bring some nice Moreton Bay whiting fillets home for the family, and by all accounts, most families enjoy the sweet-tasting fillets. Whiting are great cooked tempura-style, grilled in a nice pasta linguini, or any way you like to cook these lovely fish. My favourite has to be a light Japanese tempura batter, served with shoestring chips, all cooked in light olive oil, but for the family to be happy, you must learn to fillet without leaving any bones behind!

Whiting are really easy to catch, and they tend to be in the same areas each year – in fact, I think there are more whiting these days than ever before. This time of year, you'll catch them around the Sand Hills, Blue Hole, on the western side of Moreton Island, Fisherman's Gutter and all the gutters throughout the Rous Channel. Also, check out Chain Banks and all the surrounding sand banks like Amity Banks, the legal side of Maroon Banks, the shallows in Horseshoe Bay and south to Pelican Banks.

In the summer months, I find the whiting are up in the shallow banks throughout the bay in 4 to 6-ft depth, and a sign I always

look for is feeding dugongs. Nine times out of 10, the whiting follow the herds to eat whatever the dugongs dig up, eating the seagrass.

I find them on the bite better when there is a good run in the tide, drifting with the good old faithful paternoster rig. Anchored up, I do like the running sinker rig, especially in the fast-running currents and the rivers, but in the bay, a paternoster is the way to go.

Baits are simple, and the best by far is live blood worms, but frozen beach worms, strips of squid, peeled prawns, pipis and live yabbies should all catch you a bucket of whiting.

As for rods and reels (especially for the young), I recommend ultralight rods and 1000-size reels. Eight to 12-pound line is all you need, and like most older fishermen, hand line is still preferred to rod and reel.

I use a red long shank 1.0, which makes sense as I mostly use red blood worms or cured red beach worms, but I have to say I was put onto the black magic circle type 1.0 whiting hooks and can't believe how good they are. The only trouble is that my little



Photo: Spero Kartanos.



fat fingers sometimes find it hard to put the bait on, so I revert to a long red shank every now and then.

So get the rods and reels ready and wait for a nice calm day to go out and bring home a bucket of whiting that I'm pretty sure the whole family will enjoy,

For weekly updates, go to [fishingmonthly.com.au](http://fishingmonthly.com.au) for Moreton Bay reports, which will let you know where the fish are, and if you search features, there is an extended article on whiting fishing in the bay.

Till next time, good fishing!

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# REDLANDS PHOTOGRAPHERS INSPIRED BY VIETNAM'S LANDSCAPE

FROM REDLANDS CAMERA CLUB



Photos: Supplied.

**Five Redlands Camera Club members recently returned from the International Hue Photography Festival in Vietnam with the international Crossing Bridges photographic group.**

Crossing Bridges is a non-profit photography project that gathers photographers from different countries annually to discover and promote friendship and communications between photographers around Asia and beyond. It also aims to promote understanding of the culture and people of each area that is highlighted each year.



Led by Pia Jessen, the Australian team joined with photographers from Indonesia, Malaysia, Philippines, Singapore, Sri Lanka and Vietnam, totalling 116 photographers. Hue is a city in central Vietnam that was the seat of Nguyen Dynasty emperors and the national capital from 1802 to 1945.

During the seven days of the festival the photographers were captivated and impressed by exceptional Vietnamese hospitality, impeccable organisation, brilliant photography and mutual friendship. Photographic opportunities abounded in lifestyle, portraiture, landscape and elaborate model photo shoots in traditional costume. The group enjoyed activities that other regular visitors do not have the privilege of enjoying.

# REDLAND REAL ESTATE AND BUSINESS COMMUNITY BRINGS IT HOME FOR CHARITY

**On Saturday 7 October, the Redlands real estate and business community gathered at the Alexandra Hills Hotel to provide a significant financial boost to local charity Homeless United, which is a program run by Redlands Community Centre.**

*There's No Place Like Home* is a gala fundraising dinner and auction, now in its third year, which brings people together to raise funds for a common cause: homelessness.

Event organiser Louise Denisenko, from Redlands Coast Properties, drove the fundraising effort and designed a spectacular evening of entertainment for a worthy cause along with fellow real estate agents.

"Having been in the real estate industry now for more than 11 years, I noticed there was no event locally that brought competitors of the industry, and associated businesses together to raise money for a local charity," explained Louise.

"As agents, we have the best job in the world; we sell and find people homes. Therefore, I thought what a great concept to give back and unite to eat, drink, and raise much-needed money for our local homeless.

"It was very important to me that the chosen charity be local and support people get their lives back on track, so Homeless United fits this criteria and is based at Redlands Community Centre Capalaba."

The event raised \$42,810 for Homeless United. Congratulations to all involved for their generous support and donations.



Photo: Supplied.

# What is passive investing vs active investing?

BY LAURENCE SMITH, FINANCIAL ADVISER, UEM WEALTH

**One of the primary concepts to understand in investing is passive investing vs active investing. You may have stumbled across these terms if researching how your superannuation fund invests its money. Here's what they mean.**

Passive investing is based on the premise that the market is unbeatable. It assumes that everyone in a market (for example, the share market) knows and understands all of the relevant information available in that market. Because everyone knows everything there is to know about every available investment in the market, everyone will agree on the fair price of every available investment. There's no point trying to beat the market by looking for mispricing. As soon as you become aware of something, everyone else becomes aware of it and the price changes instantly.

Passive investors, recognising there is no point in trying to beat the market, will find ways to invest with as little expense as possible. This is why index investment options are so inexpensive. They will pick a market indicator, often an index, and then buy and hold investments to replicate the movement of that index. For example, an ASX top 20 price index will seek to buy and hold the top 20 shares listed in the Australian stock market in roughly the proportion they represent based on the value of each company (also called market capitalisation). Therefore, how

the index moves, so too will the fund move.

The goal is not to outperform. Passive investment funds will return whatever the index return is, less the management fee. But, because index funds aim to achieve scale, these fees are expected to be low – and you can't beat the market anyway, right?

Or can you?

An alternative to passive investing is active investing. Active investors believe that market information is not universally shared or understood and that market prices and values are not instantly adjusted to a universal consensus. Active investing is based on the premise that some investments are more attractive than others and that the market makes mistakes about the value of investment. With some work and skill, a strategy can be built to take advantage of these mispricings.

Active strategies will cost more than passive strategies. This is because the manager will charge for their skill, expertise, time, and experience in finding investment ideas.

That's really the main difference: an active manager will put thought into deciding what to include in a portfolio and what to leave out; a passive manager will buy everything and try to reduce the cost as much as possible. Of course, there's more to it, but that's the brief version.

Now about the big question: which approach is better? Like so many things in finance, it depends. While there are arguments that support each approach, there's no resounding conclusion determining one as the long-term definitive winner over the other.

Either one will work, and either one can form the basis for a successful investment strategy. Commonly, both approaches are used together at the same time – how's that for diversification? Bottom line is to find an investment approach that will enable you to meet your goals while keeping you comfortable with how it's doing it. If in doubt, a good place to start is a conversation with a qualified financial adviser.

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



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