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## LET'S MAKE CHRISTMAS MERRY FOR EVERYONE!

It's a time for giving, sharing and caring, and if your cup is overflowing, Christmas is your cue to reach out to those who need a boost.

Redland Community Centre's annual Christmas Appeal's goal is to ensure no family goes without this Christmas. They're asking for donations of new gifts for children aged under 16, and festive food to help those doing it tough, so they can enjoy the magic of Christmas.

If you're buying items to donate, show your local retailers some love, and shop close to home. Every dollar spent locally helps our community to thrive.

And if you're strapped for cash this year, you can still dial up the Christmas spirit by offering to help a neighbour in need, volunteering your time, or simply stopping for a chat. Every act of kindness, no matter how small, is worthwhile.

We hope you love our December edition of The Community Leader, and wish you a super cheery Christmas and a sensational New Year!

*Find out how you can donate to Redland Community Centre's appeal on page 2.*

*Pictured: Ronan Wicks, Operations Manager at Redland Community Centre, with volunteer David Smith.*



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# CAN YOU GIVE TO THE REDLAND COMMUNITY CENTRE'S CHRISTMAS APPEAL?

BY ALLISON WICKS, REDLAND COMMUNITY CENTRE

**As twinkling lights adorn our trees and the season's spirit warms the air, Redland Community Centre (RCC) launches its Christmas Appeal, a beacon of hope for families in need.**

This year's festivities are shadowed by the stark realities of the high cost of living and the housing crisis, which have left many within our community in precarious positions. More than ever, the joy of Christmas is a luxury that some of our neighbours cannot afford.

At the heart of RCC's Christmas Appeal is the unwavering belief that no child should feel left out during this time of joy and no family should bear the burden of hardship alone. We're reaching out to you, our community of big-hearted givers, to ensure that the magic of Christmas is shared by all.

We kindly ask you to donate new gifts for children under 16, as well as festive food, for those families grappling with the tough times in the Redlands area. Your generosity will light up a child's face with a smile and bring relief to parents striving to make ends meet and put 'Christmas' on the table this year.

Donating a gift can make a significant difference in a child's life. It's not just a toy or a book; it's a message of love, support, and community spirit.

Remember, the Christmas project thrives solely on community support and is unfunded. Your participation is what powers this initiative, turning the season of giving into a movement of community solidarity and kindness.

Please bring your unwrapped gifts to Redland Community Centre at 29 Loraine Street Capalaba during opening hours (Tuesday/Thursday) or alternatively phone 3387 2224 to arrange delivery out of hours. Let's make this Christmas a memorable one for every member of our Redlands community.



Photo: Supplied.

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# PT LOOKOUT TEAM TAKES VICTORY AT 2023 GAGE ROADS INVITATIONAL

FROM POINT LOOKOUT BOARDRIDERS

*There's no doubt about it, there are some top surfers in the district, and the renowned surf at Minjerribah will bring out the best in them.*

The 2023 Gage Roads Straddle Invitational is an annual event that hosts surfers hailing from Noosa to Coffs Harbour, and this year it attracted formidable talent from 16 clubs. The top podium place went to the locals, the Point Lookout team, who scored a point tally of 28, ahead of Noosa and Snapper Rocks on 26 points each.

The victory was made even sweeter by it being only the third win for the Point Lookout club in 40 years of the competition (previous wins were in 2000 and 2003).

Several heat winners contributed to the overall points success, and good results were the order of the day, but two standout performers were Stacey Holt and Logan Specht.

Stacey, who has been on every winning women's team in the Invitational, executed a stunning

backside snap manoeuvre in the final minute of her ride that helped consolidate Point Lookout's win.

The club's chance of winning first place depended on Logan Specht's ride. A four-time club champion, Logan brought home the goods with his mantra: 'pressure creates diamonds'.

Club Secretary Dan Hatchman was loud in his praise of the club competitors.

"The Point Lookout team surfed out of their skin for the club with clutch performances under intense pressure. Our community couldn't be prouder of the team," he said. "The event was a resounding success, with perfect waves, an incredible sense of camaraderie among clubs and unbelievable surfing."

And with warm weather looming and great surf calling, Straddle's scenic beaches will be an irresistible lure for many visitors this summer.



Point Lookout Boardriders' combined efforts won the 2023 Gage Roads Straddle Invitational. Photo: Supplied.



## Wendy Boglary

DIVISION 1 WELLINGTON POINT / ORMISTON

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REDLAND CITY COUNCIL  
2024 ELECTIONS

**Before the Christmas festivities becomes too hectic, I wish to advise I will again be seeking your support in the upcoming March 2024 Election as I would be honoured to continue as your Divisional Councillor for Ormiston/Wellington Point.**

There are city-wide projects and smaller Divisional projects where I want to remain your voice and continue to advocate for outcomes, plus very importantly, the review of the City Plan – the City's blue print for development – will commence in the next term and will impact us all.

I did not support the previous City Plan adopted in 2018, and passionately desire to see improved residential, economic, social and environmental outcomes for our Redlands.

While remaining fiercely independent and answerable only to my community, to assist achieve these outcomes, I will be supporting Jocelyn Mitchell for Mayor 2024.

After getting to know Jos, I was struck by her commitment to transparency and honesty, values I strongly share. Her desire to listen to community feedback and her willingness to understand the issues affecting us, represents a breath of fresh air. She shares my passion and commitment and importantly my values, has excellent leadership qualities and previous related work experience. It is important and fundamental to have integrity in all Council matters to build trust and confidence within our community and Jos has shown me she also values this integrity.

Under the updated Electoral Commission guidelines, a candidate is required to record publicly other candidates they are supporting.

This additional level of transparency was needed and as Jocelyn has formed a group who share these community values, I have therefore decided to join this group to respect and empower the community.

All the latest information for our Division and Citywide are on



Facebook – Wendy Boglary – or those not on Facebook, please call or email.

For now, enjoy the Season and I wish everyone a Safe and Merry Christmas.

*Wendy*

Authorised by Wendy Boglary 44 Wellesley Street Wellington Point Qld 4160  
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# COMMUNITY UPDATE

## CHRISTMAS IS NEARLY HERE!

It's hard to believe another year has nearly passed and that Christmas is only a few short weeks away! To all our lovely Redlands students that have entered my E-Card design competition, thank you and well done! To all our staff at the Redland Hospital thank you for all that you do and thank you for brightening the days of our patients over the Christmas season, your decorations were amazing! I'm also looking forward to chatting to lots of locals again this year while wrapping with our Lions Club at Victoria Point Shopping Centre; make sure you stop by to get your Christmas cake early!



## \$80M CLEVELAND REDLAND BAY ROAD STAGE 2 HAVE YOUR SAY



The Department of Transport and Main Roads (TMR) is planning to duplicate Cleveland-Redland Bay Road, between Anita Street and Giles Road. The project will extend lane duplication works currently under construction from Magnolia Parade to Anita Street, and when complete will see duplication of Cleveland-Redland Bay from Magnolia Parade in Victoria Point to Giles Road in Redland Bay. As part of the upgrade, TMR will signalise the Cleveland-Redland Bay Road and Double Jump Road intersection. The project will increase capacity, reduce peak hour congestion, improve travel time and safety for all users, including active transport users. TMR is now seeking community feedback on the concept option. Community and stakeholder feedback will inform future project stages, including detailed design. Have your say at [www.tmr.qld.gov.au](http://www.tmr.qld.gov.au)



## OUR FEE FREE DIPLOMA OF NURSING IS HERE TO STAY FOR 2024!

Thanks to the Palaszczuk Government's investment of \$87.5M we will be offering the diploma next year in 2024. This builds on our skills agreement that has injected more than \$200 million into Queensland's skills and training sector and support over 37,000 Fee-Free TAFE places during 2023. This is on top of the over 60,000 young Queenslanders already supported by our Free TAFE and Free Apprenticeships for Under 25s. This funding has supported around: 10,300 Fee-Free places in the care sector, 12,000 places in technology and digital, 1,600 places in hospitality and tourism, 5,300 places in construction, 900 places in agriculture and 6,900 places in sovereign capability including manufacturing. Learn more about fee free TAFE at <https://tafeqld.edu.au/courses/apply-and-enrol/subsidised-training/fee-free>.

## A NEW HOME FOR THE UNIVERSITY OF THE THIRD AGE REDLANDS



It was fantastic to see the sod turned on the new home of U3A Redlands on our State Government Redlands Research Facility site all thanks to their success in the super rounds of the Community Benefit Fund Grants receiving \$100,000 to build their new home. U3A, like our Donald Simpson Centre, do a fantastic job in supporting our Redlands senior's community through engagement, activities, education and so much more. I'm so proud our Palaszczuk Government is committed to supporting our seniors here in the Redlands.



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.

### CHRISTMAS BY THE BAY



**Saturday December 2, from 2:00pm to 6:00pm  
Redland Bay Village**

The Cage Youth Foundation is proud to present Christmas by the Bay, a celebration of all things festive featuring:

- Market Stalls • Live Entertainment
- Family Fun • Food Trucks + MORE!

Make sure you are following Redland Bay Village on social media for event updates!

### NEW YEAR'S EVE TROPICAL FIESTA



**Sunday December 31, from 5:00pm to 9:00pm  
Victoria Point Lakeside**

Spend the last evening of 2023 enjoying an evening party packed with fun activities the whole family will love! Dress up in your best tropical outfit to win the best dressed competition. Come along and see:

- Pacific Dancers • DJ Tony Vella
- The Blue Cats Band • Food Trucks
- Fireworks + MORE!

Head to the Victoria Point Lakeside socials for more event information.

### POP EYES SKATE SHOP SKATEBOARD WORKSHOP



**Sunday December 10 at 9:00am  
Capalaba Skatepark, 1A Banfield Lane,  
Capalaba**

Improve your skateboard skills at the free, fun workshop. Meet other skateboard enthusiasts and hone your skills for a long hot summer of skating.

### JOY TO THE WORLD



**Sunday December 10, 3:00pm  
Donald Simpson Centre  
172 Bloomfield Street Cleveland**

Play It Forward and the Donald Simpson Centre are excited to present this musical celebration of Christmas under the direction of award-winning conductor, Jonathon Welch AM. All funds raised will go to the Donald Simpson Centre.

## I CAN'T WAIT TO PLAY! — DANNIKA PATTERSON'S JOYFUL ODE TO EVERYDAY ADVENTURES

Bayside author Dannika Patterson's new book *I Can't Wait to Play!* is a picture book that was commissioned and published by not-for-profit Play Matters Australia (formerly Playgroup Australia) as part of its 50-year celebrations this year.

From dressing up, to pulling faces, to dancing down the grocery aisles, the types of accessible and incidental play featured in *I Can't Wait to Play!* provide inspiration for families to find incidental opportunities to fit more play into their everyday lives.

"The inspiration for this story was my new baby niece, Emily Haling. I finished writing this manuscript for Play Matters on the day she was born. She is now seven months old and this book is dedicated to her," says Dannika.

To celebrate Children's Week, Play Matters Australia and Children's Rights Qld (who have recently appointed Dannika as an Ambassador for Children's Rights Qld) supplied Dannika with a number of free paperback copies of *I Can't Wait to Play!* to give away, allowing her

to share the love locally throughout the local Redlands and Bayside communities in a number of ways.

Dannika created a playful scavenger hunt for kids aged under five for Children's Week, hiding a number of copies of this new picture book at some of her favourite local businesses and places to play.

A number of signed copies were also given to local kindergartens throughout the Redlands (Redlands C&K Community Kindy) and the Bayside (Wynnum General Gordon Community Kindy, Manly Kindy, Gumdale Kindy).

A further donation of 50 copies of *I Can't Wait to Play!* went to local charity BushED, to distribute through their network to families with young children living in remote areas around Australia.

"Writing this book has been a joyful process of professional play and considered collaboration with the Play Matters team," said Dannika.

"I am so excited for this title to find its way into home, playgroup



Photo: Supplied.

and kindergarten libraries, inspiring families and carers to find more opportunities for all kinds of incidental play. From hopscotch on the laundry tiles to stepping out in dress-up styles – this book highlights the fact that invitations to embrace play are all around us, every day!"



# Jos Mitchell

## LEADING CHANGE

REDLAND CITY COUNCIL  
2024 ELECTIONS

MAYORAL CANDIDATE

Introducing our growing group of **LEADING CHANGE** candidates standing for election in the local government election on 16 March 2024.

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- ❖ Genuinely engaging with our community
- ❖ Proactively and transparently planning for our future
- ❖ Investing in our sporting and community facilities
- ❖ Working collaboratively with all levels of government

**NOW WE NEED YOUR HELP.** Join our **COMMUNITY FOR CHANGE** by scanning the QR code and **BE PART OF THE MOVEMENT.**



L - R Jasper Every, Wendy Boglary, Brian McDonald, Jos Mitchell, Lance Hewlett, Adelia Berridge, Hilton Travis

## MEET YOUR CANDIDATES FOR CHANGE

**Mayoral candidate, Jos Mitchell** is a former nationally accredited mediator, local government manager, company co-founder, board director, QPS officer, trainer and prosecutor. She has extensive cross-sector experience in community engagement, planning and project management and is a strong good governance advocate. Jos and her husband have raised their three children in the Redlands.

**Councillor Wendy Boglary, Div 1 Wellington Point & Ormiston** is a currently serving councillor, and former deputy mayor, who has dedicated herself to her community for over 15 years. She has previous experience in banking and also local small business ownership for two decades. Wendy raised her three sons in the Redlands and continues to champion local business and community groups.

**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.

**Councillor 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, Qld 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 Hilton Travis, Div 5 Redland Bay & Southern Moreton Bay Islands** has a cross sector work background, specialising in IT and community services. Hilton has been a resident on Macleay Island for the last eight years and is committed to being a strong voice for SMBI and Redland Bay needs. He has been involved in a range of community organisations, networks and boards.

**Candidate Jasper Every, Div 6 Mt 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. He is passionate about youth engagement.

**Councillor Adelia Berridge, Div 9 Sheldon, Thornlands & Capalaba** 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, to proactively advocate for the Redland community, improved planning, good governance and environmental outcomes.

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

M: 0439 949 960 | E: [josmitchell4mayor@gmail.com](mailto:josmitchell4mayor@gmail.com) | W: [www.josmitchell.com.au](http://www.josmitchell.com.au)

# CAPALABA BULLDOGS' YOUTH ACADEMY ON THE RISE

FROM CAPALABA BULLDOGS

Capalaba Bulldogs soccer club has a reason to celebrate this festive season, with news that the club's Youth Academy has been awarded 'Silver Status' by Football Queensland.

This achievement means that Capalaba's junior and youth academy players will be promoted to Division 2 of Football Queensland's Advanced Junior Competitions for the 2024 season – the second-highest level in South-East Queensland.

Technical Director Gary Bailey spoke to The Community Leader about what this means to the club.

"We want to be competing at the highest level possible and offering the best opportunities for our players and coaches," explained Gary. "This achievement shows we are moving in the right direction."

UEFA-accredited coach Bailey, who has worked with professional football clubs Watford and Stevenage in his native UK, took over the coaching reigns at Capalaba in late 2022 to achieve Silver Status in his first 12 months.

Understandably, he was delighted to achieve this goal. "Bringing in new coaches to join our existing team and investing in training for the coaching group was a major factor in us obtaining FQ silver status this year," said Gary.

The Capalaba club, which celebrated its 50th anniversary back in 2022, runs Academy level boys teams at all ages from under 9's through to under 18's, as well as a highly successful girls division that offers Academy teams at the Under 11, Under 13, Under 15 and Under 17 age groups.

"The way we develop and support our players has been completely revamped in the last 12 months," remarked Bailey, who is particularly passionate about the growth of the female game, having coached at the second tier of women's football in the UK with former championship side London Bees.

Capalaba's Youth Academy members have already started pre-season training ahead of the 2024 season beginning in March and look set to build on their impressive achievements since Bailey took charge.



Photo: Supplied.



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# IMAGES OF SOUND: SENSORY CROSSOVER AT REDLAND ART GALLERY

*“In music, light blue is like a flute, dark blue like a cello, and when still darker, it becomes a wonderful double bass. The deepest and most serene form of blue may be compared to the deep notes of an organ.”*

Russian artist Wassily Kandinsky had the gift of synesthesia, where sensory perception crosses from one modality to another, such as experiencing colours as flavours or sounds as shapes.

The concept of sensory crossover provided the inspiration for the Yurara Art Society’s exhibition at the Redland Art Gallery, Images of Sound, visual representations of selected sounds, many from the Redlands. The exhibition includes works from different 2 and 3-dimensional media and there are many different approaches to the theme, with artists drawing on musical themes and objects which make sound, as well as natural and home environments.

Local artist Lynne Wright, who is exhibiting two works, says there are many ways to approach the subject.

“It could be a painting of a master teaching a student to play the lute or a Mondrian depiction of sound in colours and lines,” she says. “I like to use as subjects what’s around me, what impinges on my life.”

Her painting *Corellas at Dawn* was triggered by the flocks of corellas that swoop around the deck of her elevated Queensland home at dawn.

“I adore them and I wanted to represent how they seem to me at first light. I experimented with collage – triangles moving across the sky – then I started playing with cut-out, stick-on stencils, which gave the work a straight-line uniformity like lines of music. The process took quite a while but it was

very satisfying. When you get an idea that flows, the response from other people is gratifying – a lovely affirmation that you got it right.”

Lynne’s other work in the exhibition is *Hark Hark*, a work that originated as a ceramic piece.

“We had two dogs, a big one and a little one, that liked to visit a nearby sandstone outcrop and bark; we called it Barking Rock. Dogs barking at night is a sound of the Redlands so I reproduced the ceramic concept as a painting.

“The interesting thing about a dog barking is that all you can guess at from the bark is the size of the dog; you’ve no way of knowing its breed or colour, you just have to imagine that.”

Lynne is a regular at the Yurara’s life and portrait sessions and particularly loves the group’s plein air sessions, where the artists quit the studio for open air and the inspiration is afforded by the surroundings.

“I spent decades surrounded by gum trees in New South Wales,” she says; “now I’m trying to come to grips with mangroves!”

The Yurara artists work individually from home so the works in the exhibition will be a surprise for the cohort as well as the visiting public.

*Images of Sound* opens at the Redland Art Gallery, corner of Middle and Bloomfield Streets, Cleveland at 6pm Friday December 8 (bookings essential, online or through 3829 8899). The exhibition will run from Sunday 10 December 2023 to Sunday 28 January 2024. There will be a floor talk (conducted by Lynne) and morning tea at 10:00am on Sunday December 10.



Lynne Wright, *Hark Hark*, 2023. Acrylic on canvas. 76x61cm. Courtesy of the artist. Photos: Supplied.



Lynne Wright, *Corellas at Dawn*, 2023. Acrylic on canvas. 76x61cm. Courtesy of the artist.



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# MAGGIE'S MATES

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**Name:** My name is Ginge, in honour of my lovely orange fur, although the small humans tried to call me Malteser. What!?

**Where do you live and how long have you lived there?** I live in Cleveland and have lived here for 22 years after being found when I was five weeks old, according to the vet.

**What's your favourite activity?** My favourite activity is sleeping and my favourite sleeping place is tucked in under the neck of my favourite cream labrador, Rami, in her trampoline bed. The other labrador, a black one named Gemma, doesn't like it so much. (Actually, she hates it but is very tolerant.)

**Your most treasured toy?** I don't have any toys, just two dogs to keep in line.

**Your favourite food?**

My favourite food is spaghetti bolognese and I often stand on my back legs in the kitchen servery in front of one of my humans to make sure it is being made correctly, and that I get my share or more. When our meal is given to us each day, I have trained my dogs to wait until I have checked it out. A swift swipe of my paw to their nose works wonders!

**What's your worst habit?** I have been letting my humans know over my 22 years that I AM AN INDOOR CAT, but they won't listen to me, so I have to sneak indoors when they are not looking.

**Your favourite place?** My favourite places to sleep are on a small brick wall in the front garden or snuggling up with my dogs when it's cold.

**Your best friend?** Now that all the kittens have grown and left home, my very best friend is the female human who feeds me all the things I like, and when the "Big Fella" is out of an evening, she lets me sleep on the end of the bed. As soon as he comes home, he opens the door and, with great dignity, I deign to go out and sleep with the dogs.

**Do you have any funny or embarrassing stories?**

When I was about 16, the vet was checking me out and said I had a tumour in my head but as I had no pain he would not do anything about it. The embarrassing thing about this tumour is that it causes me to faint. I fell down the stairs a few times and wondered how I got there and another time I fell into the dogs' drinking water, which is a huge plastic tub. Labradors do drink a lot of water. My humans couldn't work out why I looked like I had been swimming.

They lost me once after I had had a short stay at a cat motel, and we were on our way home in the car. They stopped to talk to someone at the football club so I decided to get out a go for a walk and they couldn't find me. Our house is about half a mile from the club, and it took me three days to find it. The family were very happy.

**What do people love most about you?** What do they love most about me? I don't know, after 22 years I am part of the furniture. One of the humans keeps saying to me: "When you go, cat, that's it, no more cats", so I'm not going.





# LET'S REIN IN THE WASTE

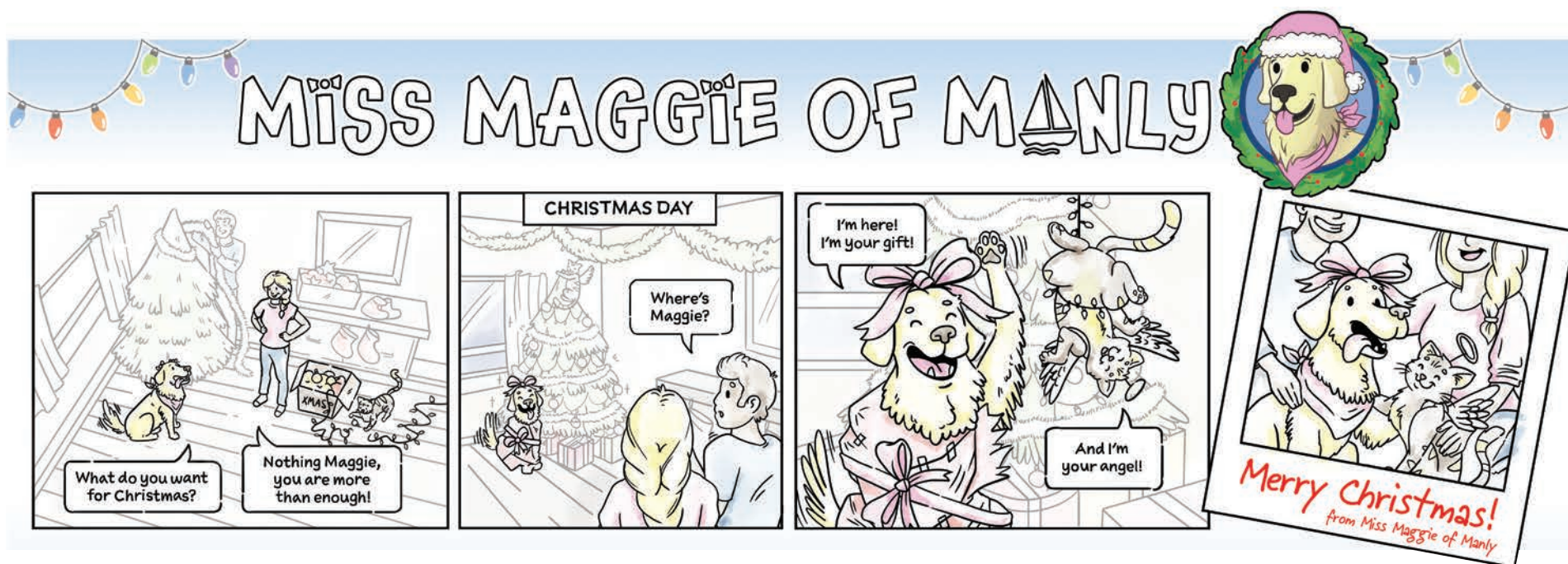
Did you know that on average 17% of our general waste wheelie bins are filled with items that could be recycled?

Let's all do our part this festive season to rein in the waste going to landfill by recycling right.

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## PARALYSIS TICKS AND YOUR PET

DR RACHEL HANSEN BVSC (HONS), MY LOCAL VET, CAPALABA

Queensland is home to one of the most deadly species of parasite, Ixodes holocyclus, commonly known as the Paralysis Tick. These parasites can be found everywhere, from the bush to our own backyards, and will attach themselves to our cats and dogs and inject a deadly toxin via their saliva.

While we see a larger number of tick paralysis cases in the hotter months, paralysis ticks are active all year round. The symptoms associated with tick paralysis can be variable, and in the early stages of the disease they can be easily missed. We may also see these signs worsening for up to 24 hours after the tick has died or been removed from the animal.

In the early stages of tick paralysis, animals may show any of the following symptoms:

- Coughing, retching, or regurgitating
- A change in their breathing patterns
- Weakness or wobbliness in the back legs
- Difficulty swallowing
- A change in the sound of their bark or meow
- Difficulty blinking

In later stages of the disease, we see:

- Severe breathing difficulties (due to paralysis of the breathing muscles)
- Paralysis of the limbs and body (a partial or total inability to stand or move)
- Death



Time is critical when it comes to treating tick paralysis. If you think your pet has a tick, or is showing signs of tick paralysis, they must be seen by a vet immediately. But prevention is key – we recommend having your furry loved ones on high quality tick prevention all year round.

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# GREEN UPGRADES LEAD TO PREMIER LEAGUE STATUS FOR LOCAL BOWLERS

FROM KELLY REGENET, CAPALABA SPORTS CLUB

In mid 2022, Capalaba Sports Club completed the upgrade of its lawn bowls greens creating two state-of-the-art undercover synthetic greens. These facilities saw an instant increase in memberships attracting Queensland State Bowlers and emerging Jackaroos, Kane and Jacob Nelson. Due to the influx of high quality bowlers, their male bowlers have won the right to have a team represented in the Premier League, one of Queensland's most prestigious competitions.

The club is inclusive and welcomes people of all ages, genders, backgrounds, and skill levels, and training and development programs support players' growth and help them reach their full potential.

This year, the club's male bowlers had representation in eight pennant sides, with all divisions making it to the finals. Divisions 1, 4, and 5 emerged as champions, marking the most flags won since 2009. Division 1 were also the runners up at the recent State Pennant Championships. Additionally, two divisions played in the G8 finals, and the Men's Fours were the Gateway district Champion of Champions.

Capalaba lady bowlers participated in two pennant divisions and became the champions of division 4. They also triumphed in the Gateway novice pairs.

However, it's not all about competition at Capalaba Sports Club. Every year, thousands of barefoot bowlers come to enjoy the social, health, and well-being benefits of this low-impact sport. A local school has even added lawn bowls to their interschool sports program, and some fortunate students will have an exclusive session with an Australian bowler later this month.

Capalaba Sports Club is deeply committed to the community and firmly believes in investing in the future of lawn bowls. If you're looking for a sport to get involved in, find out more by calling 3390 3011.



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# ORMISTON TRAMPOLINIST BOUNCES INTO BIRMINGHAM

BY MELISSA BROWN

Fifteen-year-old Ormiston boy Hudson Brown is about to jet off to Birmingham, UK, to represent Australia at the upcoming Trampoline World Age Championships. Hudson will participate in both individual trampolining and synchronised trampolining, earning his selection due to consistently excellent performances throughout the year.

His achievements this year include winning a silver medal in the Under 17s division at the Australian Championships and clinching a gold medal in synchronised trampoline while representing Australia at a Trans-Tasman competition in New Zealand.

Hudson has also just been named as a recipient of a Game Set Match scholarship from Green and Gold Athletes Australia, an initiative founded by Nat Cook OAM OLY that aims to support and mentor young elite athletes on their journey to success.

Hudson's passion for this sport ignited when he joined Carindale PCYC at the age of seven. He has been diligently coached by Anna Platt, who has been instrumental in preparing him for this significant next step in his journey.

Hudson has big dreams of competing in the 2032 Olympics to be held in Brisbane, which is an ambitious and costly undertaking. To support this young athlete and help him achieve his dreams, a fundraising initiative in partnership with the Australian Sports Foundation has been launched.

The funds raised will primarily be allocated to cover various travel expenses, including airfare, accommodation, and transportation to multiple competitions and training camps. This championship represents Hudson's debut on the global stage, and your support will play a crucial role in helping him realise his aspirations. For more details, go to: <https://asf.org.au/projects/help-hudson-fly-2023>



Photo: Supplied.



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# LOCAL PERSONALITY PROFILE

**Name:** Ian "Bluey" Munday.

**Suburb:** Wellington Point.

**What do you do?** Retired from the Navy, I've been a volunteer at Redland Museum for 18 years. My work there includes guiding groups (usually school groups) around the museum and giving talks about the various exhibits and local history. I also do restoration work on a variety of artefacts; my favourite ongoing project is the museum's portable steam engine. I'm Theatre Redlands' regular stage manager and occasional actor and I'm the museum's resident Santa for any Christmas celebrations – there are three lined up this year!

**Do you have any fun/interesting stories about your job?** When I was in the Navy on R&R in Singapore a group of us hired trishaws to have a race. I offered my trishaw driver the passenger's seat and took on the job of pedaling. It required a bit more skill than I'd anticipated and the two of us – plus the trishaw – ended up in an open stormwater drain. Unfortunately, the drain contained more than stormwater. They wouldn't let us into Raffles to clean up.

**What's your favourite local dine-in and take-away?** Award-winning Costa's Seafood Café is a big favourite and for a top steak you can't go past Redlands Sporting Club.

**Best local activity:** For me, it's stay-at-home gardening. I love getting my hands into the dirt and the soil around here is so good and productive; the Redlands used to be called the 'Salad Bowl'.

**The last book you read?** *Beneath the Southern Cross*, a novel by Judy Nunn. It follows Australian history from 1788 to the present day through the life and descendants of a 19-year-old deportee and it's really interesting.

**The last TV show or movie you watched?** *Foley's War* – I can repeat watch this series, I just love it. Another top favourite is *Shetland* – I'm right into the new series.

**Is there anything you'd like to see happen in the local area?** More attention to infrastructure. We need better and wider roads to Brisbane, and an expansion of rail services to the Redlands.

**Is there a local business/community group/club you'd like to give a shout-out to?** For me this is a no-brainer! Redland Museum, for the work it does in preserving and sharing with the community much of the history of our unique area and Theatre Redlands, for the shows it produces that showcase local and broader Australian history.



Photo: Supplied.

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# VALE RIC JAMES

Wynnum Manly Yacht Club's (WMYC) oldest club member, Richard (Ric) James, passed away on 7 November 2023 at the age of 95. Ric had been a member of WMYC since 1986, and continued sailing his boat *Thanet* well into his 90s.

Ric was a qualified naval architect, and worked as a consulting naval architect in Queensland during his 45-year career.

Ric designed more than 150 vessels, including Quiksilver's legendary MV *Indies Trader* (a diving and survey vessel), state government ships, the Stradbroke Island ferry, and many small tugs and barges operating in Queensland, the Northern Territory, and the South Pacific. Ric also designed the 'yellow submarine' glass-bottom vessels used for reef sightseeing, and the renowned *South Passage* sail training schooner – often seen in the waters of Moreton Bay – which has gone on to train thousands of young sailors.

Ric designed and built his own boat, *Thanet*, over 30 years ago for coastal cruising and the shallows of Moreton Bay. Ric maintained *Thanet's* secret weapon was her lifting keel, which always provided a little extra speed when going downwind.



Photo: Supplied.

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# KOKODA; WALKING INTO HISTORY

BY JAN NARY

For seven years, Major Chad Sherrin worked as Development Manager for Legacy. A decorated veteran and the son of a Milne Bay veteran, his first personal contact with the Kokoda Trail was meeting WW2 veterans at the 60th anniversary of the outbreak of fighting on the trail. The personal stories that he heard of the fortitude and dogged determination of the men involved in the conflict left him deeply impressed and he resolved to find out more about this iconic part of Australia's wartime history.

Chad did his first trek in 2004, wanting to experience, first hand, walking the Kokoda Trail. On his return home, reflecting on the experience he realised that there could be others seeking to relive the historical climb and proposed organising treks as a fundraiser for Legacy.

"Legacy and the owner of Adventure Kokoda, Charlie Lynn – another veteran – jumped at the idea," says Chad. "Initially, we conceived two treks a year, one for the company and one for Legacy. We hadn't counted on how very popular they would be and within a few years we had five trek leaders on rotation doing ten treks a year. Trekking became my full-time job."

The reasons for the treks' popularity are varied. Some trekkers are attracted by the physical challenge and Chad says that being "match fit" for a trek is demanding.



"Walking, aerobic training and gym work are good," he says. "Carrying a 20-kilogram pack at five to six kilometres an hour is a good start, building up to 10 to 15 kilometres a day for five days a week. On the trek heat stress is the main thing to avoid but fortunately most people are so far out of their comfort zone that they tend to be very careful. As a trek leader you learn to assess individual capabilities and arrange the climb so that everyone ends up at the same place at the same time."

Snakes are rarely seen ("Up to thirty trekkers and sixty carriers will scare off most snakes!") and trekkers seem to be immune from broken limbs. Some trekkers have a more sublime motivation than fitness for tackling the trail.

"Some of our trekkers have a direct link to a family member or a friend who fought on the trail, some just want to pay homage to those who fought up there by walking in their footsteps," says Chad.



Photos: Supplied.

"What everyone experiences – and often it's quite unexpected – is the emotional impact of the trek. Standing at the memorial of the Battle of Isurava looking into the valley or standing at Brigade Hill, where the blokes had to virtually get down a cliff at night, carrying their wounded – you can't be in places like that without feeling the spirits around you."

While the trek program specialises in military history, including talks and anecdotes, Chad – who is an accomplished story-teller – adds poetry to the campfire conversations, including such memorable pieces as Bert Beros' *Fuzzy Wuzzy Angels* and Sgt. Bede Tongs' *What Do You Say to a Dying Man?*

Family commitments, always Chad's first priorities, mean that Chad has just completed his 98th and final trek but he leaves with a full and rich appreciation of what he gained from his nineteen years as a Kokoda trekker – as well as having walked 14,896km and climbed a cumulative total 796,152m.

"The people are what I'll miss most," he says; "the people of the PNG team and the folk who came on the treks, the conversations and the evenings around the fire at night. Life's so busy nowadays, we don't get time to just talk to each other. And I'll miss the rainforests."

Chad says that gathering stories on the Trail, and the wealth of historical detail that has emerged since information about the Kokoda campaign has become publicly available, has taught him the value of determination.

"Those men fought in in horrific conditions of terrain and temperature against an enemy that was better equipped, better trained and who outnumbered them – and they knew that they were the last line of defence. They set their minds to beating all that and they did it.

"Doing these treks and keeping their memory and their stories alive has been an honour and a privilege. To me it's a sacred pilgrimage."



# COMMUNITY GROUP PROFILE: REDLANDS PROBUS CLUB

FROM REDLANDS PROBUS CLUB

**Probus is a not-for-profit social club established to cater to active community members who are retired or no longer working full-time.**

Probus aims to combat loneliness and social isolation and encourage members to be active in their retirement. Over 1700 Probus Clubs have over 125,000 members throughout Australia and New Zealand. There are mixed Probus Clubs and clubs for men or women only.

The Redlands Probus Club is a mixed club established over 40 years ago. In addition to the regular monthly meetings, the club provides its members with activities and opportunities for social interaction. Members enjoy golf, morning chat groups, monthly luncheons, movies, and trips (local, interstate, and international). The club holds a Christmas in July luncheon and a Christmas celebration luncheon in December (instead of the monthly general meeting).

Probus invites guest speakers to address monthly general meetings on subjects that interest most members. The monthly chat groups are regularly attended by members who discuss topical issues aimed at solving world issues. Occasionally, a guest speaker is invited to a chat group to provide a fresh perspective on contentious issues.

The club has no religious or political affiliations and welcomes all new members.

The club's meetings are held at 10:00am on the third Wednesday of each month (except December) at the Redlands RSL Club, 8 Passage Street, Cleveland. Please visit us or contact Ken Westgarth (our Vice President) at 0402 035 001 or email us at redlandspobusclub@gmail.com.



Photo: Supplied.

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# SEPARATION CHECKLIST MUST-HAVES

BY DANIELLE DICK, AUSTRALIAN FAMILY LAWYERS

According to ABS figures, divorce in Australia is on the rise while the number of those taking wedding vows continues to plummet.

Danielle Dick, Practice Leader and Senior Associate from Australian Family Lawyers, said more Australians than ever are going through separation and divorce, but they shouldn't have to do it alone. "At this most confusing and vulnerable time, it's essential they are adequately equipped with the right information and resources for this challenging process," said Danielle.

To help more Aussies smoothly navigate the separation process, Australian Family Lawyers offers the following tips:

- 1. Obtain objective third-party advice first:** Therapists and family lawyers play a pivotal role in divorce and separation, especially for those without a support network. They provide sound, objective advice without the bias of personal relationships.
- 2. Begin with an online search:** In a divorce, Google is your friend. Start by researching a reputable law firm to represent you, or look for community legal centres if you're short on cash.
- 3. Take cyber security seriously:** Ensure your digital footprint is secure. This includes updating passwords across all accounts and platforms and turning off iCloud sharing if you're on iOS. Consider having a trusted friend or family handle payments if you're keen to avoid raising suspicion.
- 4. For the homemakers:** Homemakers often feel trapped in marriages due to financial dependency and children. If possible, they should try to be actively involved in the family's finances by paying bills and taking an interest in the household budget. They should also look to local community centres and churches for additional support.
- 5. Parenting post-separation:** It's imperative to establish a parenting plan if children are involved. A written agreement will help work out things like who gets the children at Christmas.



"There are a number of stubborn myths that persist when it comes to separation and divorce," says Danielle.

"Chief among these is the idea that living together for six months automatically grants you de facto status. There's a lot more to it than that – for example if you have kids or if there's significant financial interdependence.

"Then there's the belief that infidelity has an influence on separation proceedings – it doesn't, but domestic violence does. Lastly, there's the belief that custody automatically goes to the mother. The reality is the parent who is best suited to provide care is the one who will be mandated to care for the child."

To find out more, call Australian Family Lawyers on 1300 678 830.

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## AN INVITATION TO COMMUNITY GROUPS

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



# UNLEASH YOUR INNER CHEF AT THORNESIDE'S NEW COOKING SCHOOL

FROM BLUE TONGUE KITCHEN

The local food scene just got a lot more exciting, with the launch of an innovative new cooking school, guaranteed to whip up the interest of seasoned foodies and cooking novices alike. Blue Tongue Kitchen is firing up the frying pan in Thorneside, with a diverse range of engaging and immersive classes to try.

Workshops are planned, prepared and led by Allan Groat, a chef and master baker with 35 years' experience in Australia and abroad.

Participants will learn tips and tricks to enhance their preparation and presentation skills, from perfect cupcake piping, to the art of an elegant charcuterie board.

Allan will also guide main meal classes that culminate with attendees sitting down to dine together, such as the upcoming paella and sangria workshop. He is eager to offer not just a class, but an experience that people can replicate at home.

"Paella is a really social dish. It's a great one to cook for a dinner party, because everyone naturally gathers around the pan as you're cooking, enjoying a drink and being part of the preparation," Allan said.

Blue Tongue Kitchen's class sizes are small, to ensure everyone enjoys a valuable hands-on experience.

All skill levels are catered for, with seasonal classes and even kids' workshops on offer. These relaxed and fun classes are great for social catch-ups, celebrations and fun activities with workmates. They also make the perfect gift, with vouchers available online.

Blue Tongue Kitchen is at 2/100 Mooroondu Road Thorneside, right next door to Blue Tongue Pantry café.

Visit [bluetonguekitchen.com.au](http://bluetonguekitchen.com.au) to see the full calendar of cooking workshops on offer.



Chef and master baker Allan Groat will lead Blue Tongue Kitchen's cooking school. Photo: Supplied.

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# Apartment buyers flock to easy, breezy living at Redland Bay

FROM CARBONE DEVELOPMENTS

**Carbone Developments' latest boutique apartment offering, Breeze, has attracted significant buyer interest, with 80 per cent of apartments already sold off-the-plan, and construction completion expected in Q2 2024.**

Redland Bay provides the breezy backdrop for the 24-apartment complex, designed with relaxed living in mind, featuring larger-than-usual floorplans and commercial space on the ground floor. Many of the apartments even get bay views.

Marketing and Sales Manager at Carbone Developments, Heidi McCoullough, expects the development to sell out soon, prior to completion, as did their last project Bay House, just next door to Breeze.

"There isn't a lot of apartment supply in Redland Bay. We're seeing a lot of local downsizers opting for apartment style living, as it's low maintenance, safe, a 'lock and leave' solution if they want to travel and is

conveniently located to the local amenities. They love the Redland Bay area and would prefer not to leave," Ms McCoullough said.

"The nearby Redland Bay Village shopping centre has been reactivated with a new Woolworths, retail, cafes and specialty stores, so when I think of my buyers, they're looking at our project from a retirement, downsizer perspective and in the longer term, they may not be driving, but still have convenient access to supermarkets, doctors, dentists and cafes. Having those conveniences is essential to keeping the older demographic in Redland Bay rather than having them leave.

"I'm involved in many aspects of the project, including the design, interiors, marketing and sales, so I am working one-on-one with the buyers, and really understanding what it is they are looking for. I see the project through from when we first buy the site to handing over the keys to our buyers. Seeing something on paper come to life and having clients move in, that's something that I love."

And while reports of labour and material shortages have dominated news headlines recently, Ms McCoullough says Carbone Developments can rely on its 20+ year reputation in the industry to attract quality subcontractors.

"We're lucky that we're both the developer and builder of the project; we have all of our subcontractors that we work with ready to go. Yes, trades are in high demand, so it does have its challenges at times, but we've been building and developing for over 20 years, so we have quality and loyal tradesman," said Ms McCoullough.

"For us at Carbone Developments, having the ability to develop and build something so special in an area that needs this style of housing, is great. It's nice for the locals who are downsizing to stay within the area they love, rather than having to move elsewhere."

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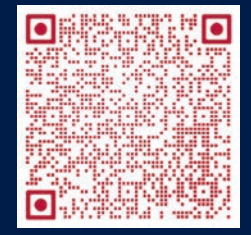
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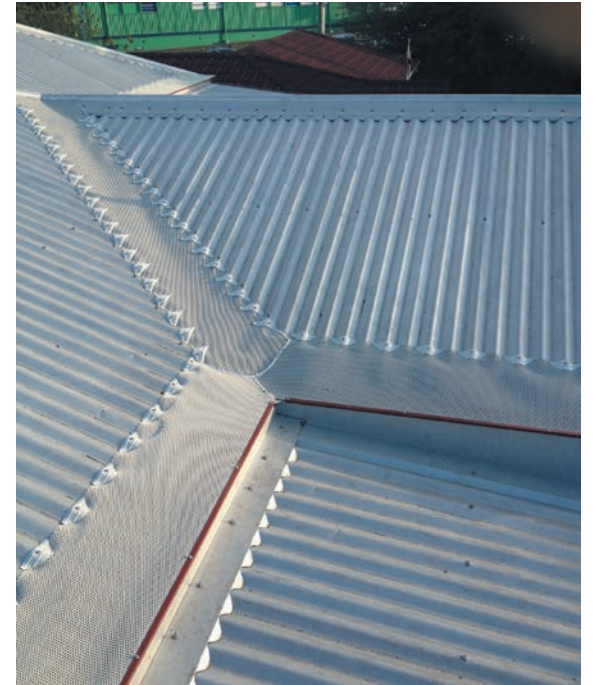
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# A CREATIVE JOURNEY: STEVE ALDRED

FROM REDLANDS CAMERA CLUB

I have had an interest in photography since I was a child. I got my first digital camera in 2003; it had a very flexible fixed lens. I discovered both macro and the increased shooting opportunities from instantly switching to a longish zoom. I also discovered software could do radical things like make an image into a kaleidoscope.

At some stage I realised that the internet was also a great resource for learning assorted photographic techniques. I started thinking more on how to take better photos.

My partner bought me an online masterclass course in 2019. It was nothing like I expected but was a fantastic eye opener about how to think about and create photographs. It also re-spawned my interest in doing 'arty' things. Things I would never have thought of in the past. More powerful software has made experimentation easier too.

Now some photos I would have discarded get rebirthed as artworks. While some others that I already liked I turn into something quite different. It's very much an evolutionary discovery process. I still get surprised when other people really like what I've created.

Only two years ago I joined the Redlands Camera Club, my first ever camera club. How I wish I'd done that before. The people and the support they give is great, as is the access to photographic workshops and outings. Seeing what these photographers of all levels produce is really inspiring – and you can talk to them!



*Pattern.*



*Succulent Montage.*



*Psychedelic Alstroemeria. All photos by Steve Aldred.*

## The Community Leader

WE'RE ALL ABOUT GOOD NEWS

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

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# CANS AND CONTAINERS FOR CHRISTMAS COMMUNITY CASH

The original lyrics of the Anglo-Welsh carol *Deck the Halls* exhorted the participants to “Fill the mead cup, drain the barrel”, a jolly suggestion but tempered nowadays by our better knowledge of the side-effects of excessive alcohol consumption and knowing that our Yuletide drinking will probably add to the mountain of bottles and cans piled into the environment.

There is some relief from the landfill problem with the recent introduction of refunds for wine and spirit bottles as well as other glass bottles, plastic drink bottles and drink cans. Queensland is the first State in Australia to include spirit and wine bottles in its recycling plan.

While 10c per container mightn't sound like a quick road to riches, “many a mickle makes a muckle”, as the Scottish saying has it, and the scheme is obviously working. Since its inception in Queensland in November 2018, 7.3 billion containers have passed through the system. By the end of the 2023 financial year 438,199 tonnes of containers had been returned, representing refunds to consumers of more than \$710 million – including almost \$11 million paid to charities and community groups. Many Redlands charities and not-for-profit organisations, keen to claim their share, are committed recyclers.

The Bayside branch of the self-funded Wildlife Preservation Society of Queensland has added \$66,000 to its operational coffers in less than five years since joining the scheme. Steve Homewood, branch secretary, devised a routine that has demonstrated benefits beyond the dollars.

“We run pretty lean, mean finances but the refunds just cover our running expenses,” he says.

“I've put a dedicated refund bin in my yard and everyone in the street brings their containers and I get them to the local recycler. It's a good system but we could use more recycling bins in public places like shopping centres and more education about it.

“There are other little things that can help, too, for instance if I'm out walking and see a dropped container I'll pick it up and bring it back for the bin.”

Tony Spinks, long-term volunteer and a former president of the Redland Museum, is in charge of the Museum's container refund operations.

“We've been in it since it started,” he says, “and while we don't make a lot of money out of it we do it because it's the right thing to do.”

Cleveland State School took its first steps into recycling by setting up their own “Jeff” bins, named after a popular retired cleaner. Teacher Nicole Barry, who is also collection and refund co-ordinator, says they've now upgraded to bins supplied and collected by a local container recycler.

“The students and staff still call them Jeff bins,” she says. “Now that we're in the system we can keep a tally on our input; in the last two years we've saved nearly 9,000 containers from landfill. We have a team of Year Six students, EcoMarines, who monitor the in-school bin and collection procedure and suggest what could be done with money we've raised.”



Photo: Supplied.

The school's first outlay was this year's purchase of a worm farm, which deals effectively with fruit scraps and other discarded organic delicacies. Funds will be given a boost by the P&C having organised a special all-out drive for National Recycling Week in November, asking parents to deliver their 10c recyclables to the school.

So when you've gathered up the empties after the Yuletide celebrations spare a moment to think about who could benefit – as well as the local wildlife – from keeping those drink bottles and cans out of landfill – maybe think of it as a Christmas present for the planet.

# HOW REDLAND CITY EMBRACED THE FASTEST GROWING SPORT IN AUSTRALIA

BY DENYSE CORNER, REDLANDS PICKLEBALL CLUB

Over the past five years, pickleball has surged in popularity in Redland City, better known as the Redlands. A casual game in a garage has evolved into a passionate community of players, with the sport now deeply integrated into the city's culture.

In 2019, Ron and Louise Jackson were introduced to pickleball while visiting a friend on the Gold Coast. Intrigued, they brought the sport back to the Redlands and began playing at Thorneside tennis courts, attracting more and more players. This led to the formation of the Redlands Pickleball Club, dedicated to promoting the sport in an inclusive environment.

The club's efforts in negotiating with Ormiston State School resulted in the securing of multiple courts, with the addition of LED lighting further expanding playing opportunities. During Covid-19, the club continued to grow and adapt, eventually obtaining pickleball lines at an underused tennis court at Wellington Point in 2022.

The influence of pickleball has extended beyond the club, with some local schools now playing the game. The club now boasts a membership of 250, along with 40 casual players, and has gained the support of the Redland City Council.

Pickleball has become a symbol of unity and community in Redland City, uniting individuals from all walks of life. The pioneers of the sport reflect on their journey with pride, observing the enduring impact pickleball has had on their community. From the garage to a thriving sport deeply woven into the city's identity, pickleball has become an integral part of Redland City. For more information [www.redlandspickleballclub.com](http://www.redlandspickleballclub.com) or Redlands Pickleball Club on Facebook.



Photo: Supplied.

# CAPALABA CLUB COMPETES IN WORLD AEROBICS CHAMPIONSHIPS IN BELGIUM

CONTRIBUTED BY ANNEMIEKE HOLMES

From 26 to 28 October 2023, the FISAF (Federation of International Sport Aerobics and Fitness) World Championships were held in the Belgian city of Ghent. More than 90 athletes from FISAF Australia represented our country.

Sport aerobics combines elements of traditional aerobics with dance and fitness. High-intensity routines are performed to energetic music that includes a variety of skills and movement patterns.

The sport aerobics club Industrie 1, based in Capalaba, is one of the largest clubs in Australia, and 11 of its members competed in the world championships.

The team represented Australia in the categories of individuals in the male cadet age range (11 and 12 years), junior (13, 14 and 15 years) and youth (16 and 17 years). The team also had a trio in the juniors, a duo in the adults and a small fitness team in the adult competition.

Ben Ellis, the team's youngest member at 11 years of age, placed second in the Male Cadet Singles and earned a silver medal.

The junior trio Caliente (Summer Rogers, Charlotte Invincible and Haylee Macmillan) placed sixth on the world stage. Summer Rogers placed tenth in the Junior Singles. Baylee Caruso placed eighth in the Youth Singles division, and with her partner, Ellah Skinner, also placed eighth in the Adult Duo section.

The petite adult fitness team, Absolute Chaos, placed third and earned a bronze medal.

Coaches Penny McKinlay and Lucy Goddard were delighted with the results. Congratulations to all who competed in this high-quality competition.



Photos: Supplied.



## LOCAL POETRY CHRISTMAS

BY GEOFF SMILEY



Christmas here is often told  
as though winter is about.  
But we all reside  
where the sun shines bright.  
Summer warmth, not a fireside  
is our Christmas delight.

Christmas, first of all,  
is a time to notice  
an event that enthral;  
a baby's birth and sacrifice.  
The love God has for all,  
His gift, the Christ.  
An Australian Christmas,

like all around the world,  
reminds of joyous things;  
of families, parties, friends.  
We all love Christmas,  
its hope that never ends.  
Gone are the distractions  
of the past year.  
Christmas and its joys,  
bring peace so near.  
Children's excitement for these.  
What fun, Christmas is here.  
  
The Christmas tree stands;  
decorations everywhere.

Presents waiting to be shared,  
anticipation in the air,  
festive plans abound.  
Yes, Christmastide is here!  
© Geoff Smiley

*Christmas is a wonderful time  
of the year for most people. It is  
when the usual preoccupations  
and stresses of the year can be  
set aside for a short period. This,  
even if you are not an observer of  
Christian rituals.*

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# ROTARY CLEVELAND'S 22ND ANNUAL GOLF DAY A SWINGING SUCCESS

FROM THE CLEVELAND ROTARY CLUB

**Cleveland Rotary Club's 22nd Annual Golf Day raised over \$28,000 for community support programs.**

A great day was had by players, team sponsors and volunteers. Special thanks goes to Redland City Council for providing major sponsorship to defray some of the costs, and also to raffle prize donors (too numerous to mention) as well as Andre and Alta Labuschagne for a couple of auctioned Marnus cricket shirts. As always, Redland Bay Golf Club's organisation and hospitality was much appreciated.

Beneficiaries from the day will be:

1. Mater Hospital Auxiliary – Redlands Branch
2. The Redland Foundation
3. Redlands Community Centre
4. Special Olympics Australia – Redlands Club

The day was a great success, and we are looking forward to making next year's golf day, in late October 2024, better still.



Photos: Supplied.



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# THE SOUND OF GOOD HEALTH: IMPORTANCE OF EARWAX MANAGEMENT

CONTRIBUTED BY PARTHO PAL, DIRECTOR AND CLINICAL SPECIALIST, AUSTRALIAN AUDIOLOGY HEARING SPECIALISTS

In the hustle and bustle of daily life, we often overlook the significance of maintaining our ear health. One crucial aspect of this is the management of earwax, a natural substance produced by our bodies. Understanding its role and taking measures for its regular removal can be pivotal in preventing hearing problems and other related issues.

## THE ROLE OF EARWAX

Earwax, scientifically known as cerumen, is a waxy, oil-like substance produced by glands in the ear canal. Its primary function is to protect the delicate ear canal from dust, debris, and water. It acts as a natural barrier, preventing foreign particles from reaching the eardrum and potentially causing damage.

## WHEN DOES EARWAX BECOME A PROBLEM?

While earwax is a beneficial component of our ear's defence mechanism, it can sometimes accumulate and harden, causing discomfort and hearing impairment. Factors like frequent use of earplugs, hearing aids, or the use of cotton swabs for cleaning can contribute to excessive build-up. In such cases, seeking professional help for its removal is crucial.

Neglecting the build-up of earwax can lead to a range of complications. These may include:

- 1. Temporary hearing loss:** As earwax accumulates, it can obstruct the ear canal, resulting in diminished hearing capacity.
- 2. Earaches and discomfort:** Hardened earwax can cause discomfort, pain, or a feeling of fullness in the affected ear.
- 3. Tinnitus (ringing in the ears):** In some cases, impacted earwax can lead to tinnitus, a condition characterised by a persistent ringing or buzzing sound in the ears.
- 4. Infection risk:** Excessive earwax can create a conducive environment for bacterial growth, potentially leading to ear infections.

## THE IMPORTANCE OF REGULAR EAR HEALTH CHECK-UPS

Routine ear health check-ups play a pivotal role in maintaining optimal ear health. A trained healthcare professional can assess the condition of your ears, identify any signs of earwax build-up, and provide safe and effective removal methods.

Preventive measures for ear health:

- 1. Avoid inserting objects into the ear canal:** Cotton swabs, hairpins, or any other objects can push earwax further into the ear canal, potentially causing more harm than good.
- 2. Seek professional help:** If you experience symptoms like hearing loss, discomfort, or tinnitus, consult a healthcare provider promptly.
- 3. Protect your ears:** Use earplugs or earmuffs in loud environments to prevent damage to the delicate structures of the ear.

Prioritising ear health through regular check-ups and appropriate earwax management is an essential aspect of overall wellbeing. By understanding the role of earwax and taking proactive steps, we can enjoy the sweet symphony of life without compromising our hearing health. Remember, a little care for your ears can go a long way in preserving the gift of sound.

*The above information is Issued in public interest by Australian Audiology Hearing Specialists.*



# HANDMADE, UNIQUE CHRISTMAS GIFTS ON DISPLAY AT GALLERY

CONTRIBUTED BY THE OLD SCHOOLHOUSE GALLERY, CLEVELAND

**It's hard to believe that Christmas will be here before we know it! Members are preparing the Old ShoolHouse Gallery with decorations and lights for visitors' enjoyment and delight!**

The gallery has lots of fantastic gift ideas for you to choose from for your family, your friends, and yourself.

December brings our Christmas 'pop-ups' to the gallery. Apart from our Siding Gallery and smaller galleries with their beautiful Christmas Exhibition pieces, there is a plethora of exciting, unique and imaginative gifts to be found in the pop-up shops in the two front galleries.

Different members have prepared their dedicated pop-up areas with gift ideas for you to browse and choose from. These gifts come in all shapes and sizes, with prices to suit all budgets, and there's also a range of beautiful cards and calendars on offer.

The gallery, located at 124-126 Shore Street North at Cleveland, is open Thursdays to Sundays 9:30am to 4:30pm with extended opening hours during the week leading up to Christmas.



Photo: Supplied.

# CONGRATULATIONS TO CHARLIE JACKSON FOR A STELLAR SEASON!

FROM JILL WATSON, REDLANDS HOCKEY

Redlands Hockey's 2023 Most Promising Female Junior, Charlie Jackson, debuted for the Brisbane Blaze on Sunday, 29th October, as the Blaze Player for a Day at the State Hockey Centre! Charlie spent the afternoon with the Blaze girls, warming up on the turf and listening to the team talk before watching the game from the VIP area.

Charlie played for the Junior Purple Pickle Ricks this season, and her passion for hockey, her attitude, and her personality were all something to be admired.

Charlie always showed up early; she was enthusiastic, polite and helpful. Charlie's leadership has been outstanding this year with the U11 Reps and her Saturday team. Charlie has worked very hard to improve her skills, which have improved so much, including her 'Jackson' hit – a skill passed on from her mother!

The Brisbane Blaze plays in Australia's national hockey league 'Hockey One League'. This fast and exciting competition is played across Australia from September to November each year.



Photos: Supplied.

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# WHO WANTS FRESH SAND CRABS FOR CHRISTMAS?

BY SPERO KARTANOS

It's the first week of summer, and let's hope the weather settles and conditions are great for fishing!

Looking back over the years, there are weeks in December when conditions seem unsettled, and big storms are the norm, so let's hope we get the rain without the hail (if we get any at all over at Manly West).

Whiting, mackerel, reef fish and lots of sand crabs should be on the menu in December, and all we need is the weather to play its part so we can get on the bay to catch a few.

If the crabbing is as good in December as in November, there will be plenty of crabs on the dinner tables over Christmas, and the same for whiting. Now is a good time to catch them around the Chain Banks and Rous Channel areas, and they should be good sizes, too.

The snapper and squire will be close around the island drop-offs, so it's worth a fish, especially during the last run-out tides. We'll be waiting with bated breath to see if the spotty mackerel come into the bay again this year in more significant numbers, and we hope at least there will be a few school mackerel swimming around the Hope Banks.

So get the rods and reels cleaned up, have a few chrome slugs at the ready, along with a few spoons and diving boards to tow behind the boat, and keep your eyes wide open for weather changes and the amount of extra traffic on the water. Stay safe, catch some fish, and have a merry and safe Christmas. I hope to be reporting good fishing news in 2024!

For updates on where the fish are biting, check out [fishingmonthly.com.au](http://fishingmonthly.com.au) for Moreton Bay fishing reports.

I wish all my readers a merry Christmas and a healthy and happy new year!



Water Tower  
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Photos: Spero Kartanos.


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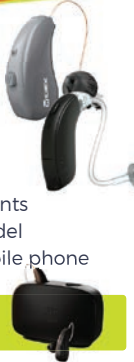
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# SANTA'S PEPPERMINT CHOCOLATE CHIP COOKIE RECIPE

Here's a Christmas cookie recipe with a festive flavour, thanks to the addition of crushed candy canes and festive hundreds and thousands!

## INGREDIENTS

- 1 cup unsalted butter, softened
- 1 cup white sugar (granulated sugar)
- 1 cup packed brown sugar
- 2 large eggs
- 1 teaspoon vanilla extract
- 3 cups plain flour
- 1 teaspoon baking soda
- 1/2 teaspoon baking powder
- 1/2 teaspoon cooking salt
- 1 1/2 cups chocolate chips
- 1/4 cup hundreds and thousands
- 1/2 cup crushed candy canes (a food processor is handy for this)

## METHOD

1. Preheat your oven 175°C. Line a baking tray with baking paper.
2. In a large bowl, using an electric beater, cream together the softened butter, granulated sugar, and brown sugar until light and fluffy.
3. Now beat in the eggs one at a time, then add the vanilla extract and mix until smooth.
4. In a separate bowl, mix the flour, baking soda, baking powder, and salt.
5. Slowly add the dry ingredients to the wet ingredients, mixing until just combined. Be careful not to overmix.
6. Carefully fold in the chocolate chips until evenly distributed in the cookie dough.
7. Mix in the hundreds and thousands and crushed candy canes to add a Christmas twist to your cookies. The candy canes will give a delightful peppermint flavour!

8. Scoop tablespoons of cookie dough onto the prepared baking sheets, leaving space between each one. You can make the cookies as small or large as you want, just adjust the cooking time (see point 9 below).
9. Bake in the preheated oven for 10-12 minutes or until the edges are golden brown\*. They'll still be soft in the centre, which is how they should be!  
*\*They may need longer or shorter cooking time, depending on the size you've made your cookies.*
10. Cool your cookies on the baking tray for a few minutes, then move them to a wire rack to cool completely.

*This recipe makes between 35 and 50 cookies, depending on the size of each cookie.*



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# How to save a million dollars

BY LAURENCE SMITH, FINANCIAL ADVISER, UEM WEALTH

**In a previous life, I was presenting a seminar about preparing for retirement. We were talking about what the right amount of money is to be able to retire successfully. A gentleman raised his hand and confidently stated that one needed one million dollars to retire successfully.**

While that will not be the right amount for everyone (the actual correct answer is “it depends” and will be different for pretty much everybody), one million dollars of savings or investments is a significant milestone to achieve. It can also feel like it’s too far away when one is starting out.

If all I was doing was saving \$100 each day without any interest, it would take about 27-and-a-half years before I accumulated \$1,000,000. Thankfully, two key factors can make this journey much easier: time and compound interest.

Compound interest is a term used to describe the return earned by an investment, which is calculated based on what has been contributed and all the returns the investment has already earned. This is how many managed investments or superannuation funds work.

Assuming no taxes, a 6.5% per year rate of return (paid yearly), starting from a \$0 balance, and aiming to hit \$1,000,000, one would need to save at a rate of \$74,105 per year over 10 years, \$25,756 per year over 20 years, \$11,577 per year over 30 years, or only \$5,694 per year over 40 years. That is only \$110 per week over 40 years to get from \$0 to \$1,000,000.

The difference is the compound interest earned. Over 10 years, the saver would accumulate \$741,050 of their own capital on their way to \$1,000,000, with only \$258,950 of interest earned. Over a 40-year period, the saver only needs to save \$227,760 of their own capital. The remaining \$772,240 is earned in interest.

This is a simple example, of course, and there are many factors that could vary the result up or down: what investments to hold, where funds are to be invested, and what else is a priority at any given point during the savings journey will influence how much can be saved each year. Turning \$227,760 into \$1,000,000 certainly sounds like a magic trick worth exploring, though. This is truly an example of working smarter rather than harder.

Patience, discipline, and consistency play a huge part in every long-term savings plan. A financial planner can be a useful resource to assist you, not just in setting achievable goals but also in keeping you focussed on the next step towards them. If you’re unsure where you are in your wealth journey, consider starting a discussion with a financial planner to help you get moving.



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

*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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