

The Community Leader

Redlands

WE'RE ALL ABOUT GOOD NEWS



LOCAL SPORT IS MORE THAN JUST A GAME!

Sport. At its core is competition. But it's more than just a game – it's a community.

Our local clubs unite us on the field and on the sidelines. Players, volunteers and spectators span the generations. Sideline catch-ups give time-poor parents a chance to breathe while kids chatter about favourite players, movies, and gaming adventures.

Then, a player makes a break, zips towards the try-line, and the crowd roars, united for a moment in the thrill of it. And whether it's a four-year-old or a seasoned professional's shining moment, they'll get the same appreciation because their community is behind them, always.

It's these interactions, on and off-field, that build connections, camaraderie and community.

Redlands Rugby Union, affectionately known as "The Muddies", has teams ranging from Under fours (no tackling, please!) to Golden Oldies (yes, you can still play in your 70s!). They're a powerhouse club with a keen focus on growing the game and their players. This month, they've shared their exciting plans for the season and the future. Take a look at page 17.

Why not connect with a club this year? Whether you play or volunteer, you'll expand your social circle and be part of something greater than the sum of its parts.

Pictured: Redlands Rugby Union's juniors enjoy a training run at Judy Holt Park, Birkdale.



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Experience ~ Integrity ~ Results

MAKING THE BEAUTY OF NATURE ACCESSIBLE TO EVERYONE

FROM NATURE FREEDOM

Living in a wheelchair can make certain areas or activities, particularly those in nature, difficult or impossible to access. Some individuals may feel resigned to never experiencing firsthand the beauty and wonder of the natural world.

Nature Freedom is an organisation based on Brisbane's bayside that creates activities for people of all ability levels – be they wheelchair users or the able-bodied – to experience the wonderful and diverse environments of the Greater Brisbane region. One of their most popular activities is paddling, now held monthly at Raby Bay in collaboration with the local paddling company, Bay Island Water Sports.

Improving accessibility to their activities is an important goal for Nature Freedom. Recently, the organisation purchased a beach mat to allow wheelchair users easier access to board their watercraft from the beach. This was used by a participant for the first time during their paddle in early December. While he had never used a beach mat before, the participant soon became accustomed to it and was able to easily access his kayak.

It was a warm, sunny morning out on the bay, with a light breeze blowing. Participants paddled together to the nearby mangroves and caught sight of a dugong in the water. Upon returning to the park, they sat at one of the gazebos to eat morning tea. Toni, the staff member leading the activity, led everyone in a sing-along on her ukulele.

The morning was greatly enjoyed by everyone, having overcome all barriers. Nature Freedom will continue to offer the new beach mat at all their forthcoming paddles at Raby Bay so that all participants in wheelchairs can experience the beauty of the bay. Their next paddle will take place on the 24th of February.

For more information about Nature Freedom, visit naturefreedom.org.au or email them at info@naturefreedom.org.au.



Photo: Supplied.

SOFTLY LAYERED

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REDLAND ART GALLERY RECOGNISES ARTFUL DEDICATION OF VOLUNTEERS

FROM REDLAND ART GALLERY

Redland Art Gallery (RAG) has acknowledged the invaluable contributions of its volunteers and their pivotal role in the gallery's success over the past two decades.

A special celebration marking the gallery's 20-year milestone and the role of the volunteer team was held in December 2023.

A spokesperson for RAG said the volunteers played a significant role in shaping the gallery's success.

"Over the past two decades, Redland Art Gallery has developed a profile within the region and public art gallery network for its quality programs and exhibitions, and strong commitment to local arts development," the spokesperson said.

"This success would not have been possible without the ongoing support of the local arts community, artists, gallery staff and, of course, our wonderful volunteers."

Gillian Rich has been volunteering at the gallery from the beginning. "I volunteered when the gallery opened on 14 February 2003," she said. "I always enjoy all the different displays in the gallery and also meeting the people coming through."

Sylvia Heterick is another familiar face at the gallery, also involved

since the gallery opened.

"It has been wonderful speaking to so many interesting people and also seeing so many great exhibitions," she said.

"The gallery is very important for all artists to show their work. It also brings tourists who come to see particular exhibitions."

Another of the original volunteers, Eileen Stagg, proudly summed up her experience with the statement: "In giving, you receive."

Volunteers are the heartbeat of RAG, contributing to the gallery's vibrant atmosphere and fostering a sense of community engagement. Their dedication goes beyond mere assistance, as they enhance the visitors' experience of the exhibitions, support gallery functions, events and programs, provide local information to visitors, and contribute to various administration tasks.

The RAG spokesperson said volunteering had a dual impact. "Volunteering is not only valuable to the gallery; it's also a great way for our volunteers to make new friends and stay connected with the community," the spokesperson said.


"As the gallery looks toward the future, the continued support of volunteers remains an integral part of its success."



RAG volunteers Gillian Rich, Eileen Stagg and Sylvia Heterick. Photo: Supplied.

The RAG volunteer program operates on a roster basis, with most volunteers giving a few hours twice a month to support the gallery's operations.

Find out more about the volunteer program online at artgallery.redland.qld.gov.au/opportunities/volunteering-at-rag/



Wendy Boglary

DIVISION 1 WELLINGTON POINT / ORMISTON

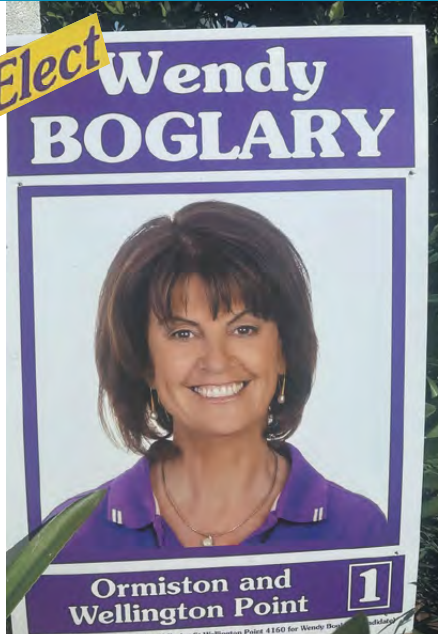
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REDLAND CITY COUNCIL
2024 ELECTIONS

Proven delivery and determination to continue to advocate for:

- **Respecting community** consultation, being accountable and transparent.
- **Sound financial management** considering Citywide priorities and cost of living pressures
- **Improved planning outcomes** for liveability in our City
- **Economic development** – supporting local businesses and advocating for opportunities
- Enhancing and protecting our **natural environment** – our largest economic and lifestyle asset
- Investing in necessary **community infrastructure** – from our water and sewerage network, community safety to sporting facilities – we need to prioritise on need NOT political agendas.

I will continue to work for a commonsense approach, with integrity, working collaboratively with all levels to simply ... “get on with the job” to achieve in delivering for our Redlands future!



FOLLOW ME ON FACEBOOK

Authorised by Wendy Boglary 44 Wellesley Street Wellington Point Qld 4160
wendydiv1@bigpond.com

Buying Now

Mike and Nate Cornish will be travelling to the area for **2 days only on Friday, 16th, and Saturday, 17th February**. We want to buy your unwanted items listed below. Please visit us at a venue as shown below, for an on the spot appraisal.

If you live outside the area, have too many items to bring in, or would like a home visit, phone Nate on **0426 820 646 NOW** to arrange a time. These events are often compared to the 'Antiques Road-show' on TV, but without the long queues. **Don't miss this opportunity!**

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Mike



Nate



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Silver

Sterling Silver, Tea Sets, Cutlery, Trophy Cups, Trays, Baskets, Vases, Photo frames, Jugs, Mugs, Cigarette & Card Cases, Bullion Bars



Aust. Proof & Uncirc.

All RAM and Perth Mint. Gold, Silver, Proof, Uncirculated, C-Mint, Old or Modern Coins and Sets, Collections & Accumulations. Any folders, tins, or bags of coins.



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- Australian Military Medals
- All Other Military Medals
- Orders & Decorations
- Bravery & Long Service Medals
- Stars & Crosses
- Groups & Accumulations
- Collections



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- All World Notes



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Silver & Gold Bars, Pendants

- Any size or weight, even unspecified
- Any condition - All brands including ABC, Perth Mint, Harrington, Engelhard, Geomin, and all other brands
- Also Platinum & Palladium coins/ bars



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Any Condition - working or not, Omega, Rolex, Tudor, Seiko, Longines, Tissot, Breitling, Tag Heuer, Cartier and Other Watches, Gold, Silver, and all Pocket Watches. Watchmaking spare parts and tools.



No Appointment necessary. No need to sort or clean coins. We'll buy 1-10,000 items.

**FRIDAY
16TH FEB**

**Redlands Sporting Club
(Front Room)
10:00am - 12:00pm
Anson Rd, Wellington Point**

**Redlands RSL
(Tobruk Room)
1:00pm - 4:00pm
8 Passage St, Cleveland**

**Home Visits
4:00pm - 6:00pm
Phone 0426 820 646
For a Home Visit**

**SATURDAY
17TH FEB**

**Redlands RSL
(Tobruk Room)
10:00am - 12:30pm
8 Passage St, Cleveland**

**Underhill Centre
(Upstairs Room)
1:30pm - 4:00pm
55-57 Degen Road, Capalaba**

**Home Visits
4:00pm - 6:00pm
Phone 0426 820 646
For a Home Visit**

Heritage International - www.heritageint.nz

KIM RICHARDS MP STATE MEMBER FOR REDLANDS



#LoveRedlands

COMMUNITY UPDATE

REDLANDS HOSPITAL WELCOMES NEW DOCTORS

There is always so much going on at Redland Hospital, last month we officially opened the new \$25M 28 bed Lagoon Ward which is taking pressure off the Emergency Department through improved patient flows, in addition to the benefits our Satellite Hospital is delivering. We also turned the sod with ADCO Construction for the new Intensive Care Unit and 38 bed ward. This month it has been wonderful to welcome more new doctors to Redland Hospital. It was great to shout them coffee and cake, I'm sure all of Redlands will join me in welcoming them to the team.



THANKS TO OUR AMAZING ENERGEX CREWS



The Christmas and New Year period was chaotic with weather events across the State and as a result a number of power outages across the Redlands on Christmas Eve, then again on the afternoon of Christmas Day and again in the New Year. Over the course of, what is for most, the festive season our Energex Crews in the Redlands were working hard to reconnect power to homes in our region and assisting in the New Year on both the Gold Coast and Scenic Rim following their devastating storms that have seen many homes destroyed. On behalf of all Redlanders thank you so much to our dedicated Energex Redlands Crews!



POP BY AND SAY HELLO

Information Booths are a great way to connect with residents, whether it's just to say hello or if there is a matter you would like to talk about. On as many Saturday mornings as possible from 9.30am to 11.30am I'll be at the Victoria Point Shopping Centre, I'd love you to drop by and say hello or have a chat. My office is also always available to assist and is located above Cineplex at the Lakeside Shopping Centre, or you can give us a call on 3446 0100 or drop us an email at Redlands@parliament.qld.gov.au. We're here to help locals as much as possible.

ALL AIRCONDITIONED AND READY FOR 2024!



It's been a long hot summer so far, so it's great news that our students and teachers will all return to airconditioned classrooms in every school across the Redlands. To all our students, teachers, staff and school communities, wishing you a fantastic start to the 2024 school year. A special welcome to all the new students commencing at Scenic Shores State School that opens its doors for the first time in 2024 and to our new Principal at Victoria Point State High School Mr Andrew Beattie. Finally, wishing all our School Student Leaders a wonderful 2024, I'm looking forward to seeing all of their amazing achievements.



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.

REDLANDS COAST COLLECTIVE MARKETS – ARTISAN MARKET



Sunday February 11, Faith Lutheran College, 1/15 Beveridge Road, Thornlands

Browse a treasure trove of creativity at Redlands Coast Collective Market's Artisan Market, showcasing a range of handmade arts and crafts, pre-loved fashion, toys and household items. Indulge your taste buds with delectable food and drinks – a perfect complement to the artistic ambiance. The market promises a delightful fusion of artistry and flavours, creating a community hub where creativity thrives, so come along and enjoy the vibe!

QUEENSLAND SYMPHONY ORCHESTRA – WORLDS COLLIDE



Friday February 16, 7:30pm, Redland Performing Arts Centre, Middle Street, Cleveland

Get your tickets now for a mesmerizing evening of live classical music as the Queensland Symphony Orchestra makes a triumphant return to the stage at RPAC's Concert Hall.

Guest conductor Douglas Boyd joins this much-anticipated program featuring Harry Sdraulig's "Torrent", Dvořák's Symphony No. 9, and the wistful second movement of Mozart's Sinfonia Concertante.



AN EVENING OF JAZZ N SHIRAZ



Friday February 23 from 6:00pm, Cleveland Bayside Club, 164 Middle Street, Cleveland

Put on your dancing shoes for an evening of smooth jazz and delicious shiraz as the Vicki Salisbury Jazz Trio takes the stage at the Cleveland Bayside Club. This talented trio, led by accomplished jazz artist Vicki Salisbury, will have you dancing the night away – it's the perfect fusion of rhythm and taste! Best of all, entry is free, making it an accessible and delightful experience for all jazz enthusiasts and wine lovers alike.

FUN-FU FESTIVAL



Saturday February 17, from 2:00pm to 6:00pm, George Clayton Park, Manly

The annual Fun-Fu Festival is back on the bayside this month, celebrating Chinese food, music, arts and cultural displays. Try your hand at calligraphy, explore the delicious world of traditional Chinese cuisine, and watch kung fu displays and lion dancing! Entry is free to this family-friendly event, and all proceeds from raffle sales will be donated to the Bayside Community Fund.



Jos Mitchell

LEADING CHANGE

MAYORAL CANDIDATE

REDLAND CITY COUNCIL
2024 ELECTIONS



Cr Adelia Berridge, Cr Lance Hewlett, Jasper Every, Jos Mitchell, Brian McDonald, Cr Wendy Boglary, Hilton Travis

A NEW DIRECTION FOR REDLANDS

The **LEADING CHANGE** group is made up of candidates and current councillors with a broad range of professional skills and political views. We have committed to a new council approach focused on listening and delivering for our community while working in a collegial way.

We need to:

- ❖ Stop the massive waste of our rates
- ❖ Bring back transparency & integrity
- ❖ Listen & deliver for the people of Redlands

VOTE 1 JOS MITCHELL
LEADING CHANGE GROUP



SCAN FOR MORE INFO

- ❖ We will audit council's major projects
- ❖ Ensure we get value for money
- ❖ Collaboratively revise our city plan
- ❖ Focus on infrastructure
- ❖ Prioritise our sporting clubs' needs over an Olympic white water white elephant
- ❖ Put youth engagement at the forefront
- ❖ Ensure we protect our beautiful coastal lifestyle.

THE CHANGE WE NEED TO MAKE A REAL DIFFERENCE!

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

M: 0439 949 960 | E: josmitchell4mayor@gmail.com | W: www.josmitchell.com.au



Paul Golle

Candidate for Division 3

**REDLAND CITY COUNCIL
2024 ELECTIONS,
DIVISION 3 CANDIDATE**

Dedicated to Service and Leadership

Paul Golle is a devoted father of four and a distinguished veteran with 25 years of leadership experience. He has worked in private industry, international law enforcement, and the Department of Defence. As the councillor for Division 3, Mr Golle has a genuine understanding of his division's needs, steering clear of false promises and slogans in his authentic approach to Council responsibilities.

"The community wants genuine leadership and the comfort of knowing that I have their best interests at heart, without the politics. My community wants results – that's what I have delivered, and that's what I will continue to deliver."

Since entering the Council, Mr Golle has connected with the community, providing advocacy support to Redlands residents. Mr Golle is proud to have achieved the following:

Community Support

- › Provided support to our most disadvantaged by securing them employment, food, and a roof over their heads.
- › In times of hardship such as fire and flood, Paul was on the ground supporting and helping residents.
- › Supported investment into services such as sports and community groups through grants.



Crime Prevention

- › Supported investment into security measures and crime prevention through CCTV and mobile patrols.
- › Represented the Redlands at crime prevention forums and met with residents impacted by crime.



Youth Resilience

- › Personally invested in youth development programs.
- › Assisted vulnerable youth to find employment and accommodation.



Infrastructure Improvements

- › Supported investment in liveability projects, providing pathways, cycleways, parks, and other social services.
- › Supported investment into the new Heinemann Road sports venue.
- › Supported, invested, and delivered into our road networks, such as the Panorama Drive project.



Heritage and Environment Protection

- › Protected our history by investing in programs that restore our local heritage assets.
- › Worked through the courts and the legal system to protect our natural environment.



Advocacy Support

- › Lobbied the State Government for better road safety measures and investment into Redlands infrastructure.
- › More importantly, when you called, Paul answered.



SHOW YOUR SUPPORT FOR GENUINE COMMUNITY LEADERSHIP BY VOTING FOR PAUL GOLLE, DIVISION 3 – VICTORIA POINT WEST, SOUTHERN CLEVELAND AND THORNLANDS

If you would like to know more about Paul Golle or have any inquiries, please feel free to call 0438 117 265 or email gollepaul@gmail.com. Your interest and engagement are valued as we work together for the betterment of the Redland community.

ROTARY WELLINGTON POINT'S COMMUNITY ENGAGEMENT ACTIVITIES

CONTRIBUTED BY ROTARY WELLINGTON POINT

VILLAGE GREEN COMMUNITY EVENT – FEBRUARY 10TH

Wellington Point Rotary is activating our local "Village Green" to build stronger community ties while also supporting our local businesses.

The Village Green is a wonderful community space in Wellington Point Village, where through our Rotary activities, we aim to build better community ties and friendships, as per our Rotary fellowship statement.

On Saturday, February 10th, from 9:00am to 11:00am, we welcome everyone to join us for pancakes, a chat, laughter and friendship at the Village Green, located at 369 Main Road Wellington Point.

This free community event will include music, kids' games, gardening hints and pancakes. Everyone is welcome to attend.



CLEAN UP AUSTRALIA DAY, WELLINGTON POINT RECREATION RESERVE – MARCH 2ND

Wellington Point Rotary, as per its Rotary charter, has strong environmental responsibilities, and we have been regularly cleaning up the Point for over a decade. Clean up Australia Day is an opportunity to include the greater community in one of our regular clean-ups and use this event to highlight the devastating impact of rubbish near our foreshore on our valuable marine life.

The club is hosting a Clean Up Australia Day event at the Wellington Point Recreation Reserve, Reserve Esplanade, Wellington Point, from 6:30am to 8:30am on Saturday, March 2nd, 2024. All help is welcomed.

For more information about Wellington Point Rotary and its organised events, please email secretary, wellingtonpoint@rotary9620.org.



Photos: Supplied.

Did you know our bayside location can help us live better, longer?

Blue Zone communities are about:

- Encouraging active movement
- Supporting healthy eating
- Providing a sense of belonging
- Giving people purpose

CREATING OUR BLUE ZONE

The Redlands provides a unique and natural environment. Our location, lifestyle opportunities and access to resources, positions us to become an internationally recognised Blue Zone. Council can seed this idea by providing infrastructure to support community events and groups.

MOVING NATURALLY

Movement is the key enabler for engaging in daily life. Going about your day should include gentle, but natural movement, such as walking the dog; riding your bike to work or school; tending to your garden; or having an afternoon swim. Activity improves health and brings people together.

OUR BLUE ZONE

Council can promote movement with sensible infrastructure, such as accessible footpaths and nature trails; bike storage racks; city-farms and community gardens; casual rest areas for people to stop and chat; kayak and boat launching areas; swimming pools/enclosures and dog parks.

EATING WISELY

Knowing where your food comes from is a core component of a healthy diet.

Funding community gardens, cooking classes, food forests, meals-on-wheels and breakfast programs, is a vital ingredient in developing a healthy community. Sharing mealtimes with others creates conversation. Who's coming to dinner?

CONNECTING & BELONGING

Having your tribe or a sense of belonging is important. Whether it's a sporting club, music or arts hub, social group or community hall; we all need somewhere to belong. There are clear links between social isolation and loneliness, leading to poor health and premature death.



Shane ^{DIV 5}
Rendalls
IS REDDY

LIVING WITH PURPOSE

Purpose is why we get up in the morning. Relationships with family; faith-based beliefs; or a social cause are all connections that shape our outlook on life.

People with a positive outlook tend to have stronger friendships and make you want to be around them. What's your current outlook?

LEADING THE JOURNEY

As your INDEPENDENT Councillor, Shane can work with our community and Council to lead Division 5 in becoming Australia's first, Blue Zone. A legacy Reddy locals could be proud of.



IMAGINE, BEING PART OF THAT JOURNEY?





MAGGIE'S MATES

SPONSORED BY MARKET 2 MARKET **24 YEARS**

Name: Hi, my name is Asti.

Suburb: I am from Victoria Point.

How long have you lived there? All my life (10 years).

What's your favourite local walk? Anywhere where there is water – I'm obsessed!

What's your most treasured toy? My blue stuffed toy I've had since my Mum brought me home, I even sleep with it in my mouth.

Your favourite food? Whatever Mum is eating.

Your worst habit? Drooling while I watch my Mum eat.

What's your favourite local hangout? Redlands Coast Markets with my Mum and all the other doggos.

Who's your best doggo friend? Tilly – she is the only dog I will let lick my ears!

Any funny or embarrassing stories you'd like to share? Whenever I'm at the beach I try to catch fish with my mouth, and 10 years later I still haven't caught one!

What do people love most about you? That I'm the best doggo and love a belly scratch!



Names: Tian (I'm the black one) and I live with Meili (the tan one).

Where do you live? We are from Birkdale.

How long have you lived there? Tian: I've lived in Birkdale for five years, and Melli has been there for three years.

What's your favourite local walk? Hilliard's Creek, Ormiston, or any bush track.

What's your most treasured toy? Tian: "I'll answer this, it's Meili; we have the wildest games together."

What's your favourite food? Food! Although we are partial to chicken tender snacks.

What's your worst habit? Hunting! Cats, scrub turkeys, rats, lizards – mind you, we've never caught one yet.

Your favourite local hangout? The Aquatic West Dog Park.

Your best doggo friend? We enjoy each other's company best. Oh, there is a good looking male Chow living close by who we like to visit.

Do you have any funny or embarrassing stories you'd like to share? We fell in a flooded creek once while chasing a lizard and had to be dragged out by our collars. That took the shine off our reputation as skilled hunters!

What do people love most about you? They say we're cute, but you be the judge.



The Community Leader

WE'RE ALL ABOUT GOOD NEWS

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

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

LOCAL PICK UP POINTS

Various shopping centres, cafes, clubs and local businesses.



ADVERTISEMENT SIZES

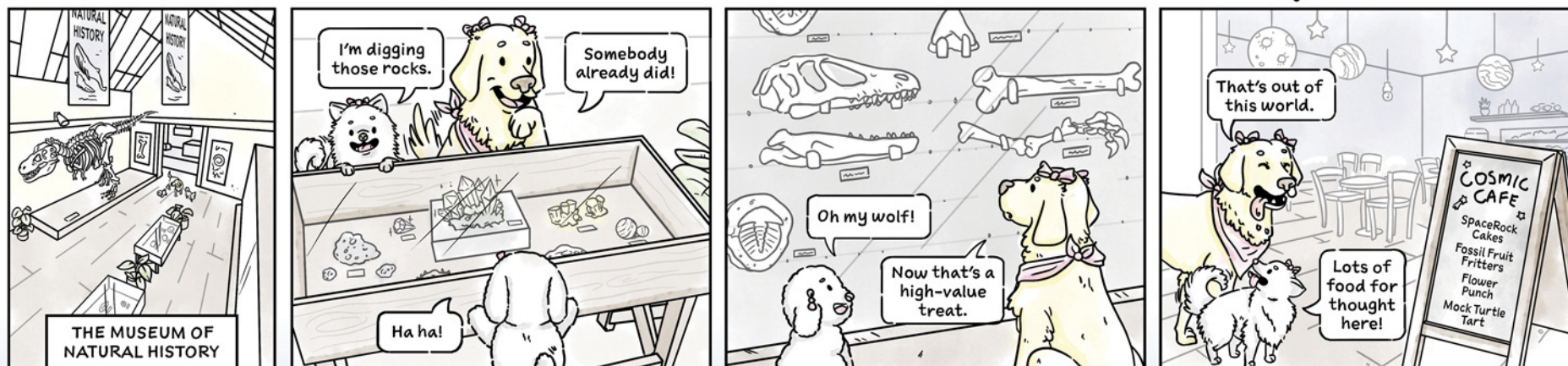
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MARCH BOOKINGS

- Community editorial 10th of February or earlier
- Advertising cut off 19th of February
- Distribution 28th of February to 8th of March
- Bookings are for a minimum of 3 months and space is limited
- Market to Market Communications reserves the right to refuse any advertising
- Advertising contact 0421 786 302 or 0416 245 193 sales@market2market.com.au

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MISS MAGGIE OF MANLY



ABOUT HYPERTHYROIDISM IN CATS

BY DR NICKY THOMAS, WYNNUM MANLY VETERINARY HOSPITAL

Hyperthyroidism is a common disease in cats, usually seen in middle aged to older cats.

Hyperthyroidism is an increase in the production of thyroid hormone which is produced by the thyroid glands. Thyroid hormones regulate a number of processes in the body so overproduction can result in signs in many organs.



DIAGNOSIS OF HYPERTHYROIDISM

Your vet will perform a clinical exam on your pet – this may show signs such as a palpably enlarged thyroid gland, thin body condition, poor hair coat and an increased heart rate, sometimes with a heart murmur present. A blood test will be performed – this will check for changes in your cat's kidney and liver enzymes which may both occur with thyroid disease. A specific blood test to measure thyroid hormone levels will also be performed.

TREATMENT OF HYPERTHYROIDISM

There are a number of options for treating hyperthyroidism in cats.

- Medication – tablets may be prescribed for your cat which will be given once or twice daily depending on the formulation. Cats which do not co-operate with oral medication may be treated with a transdermal ointment – this is applied to the skin on the inside of your cat's ear where it is absorbed into the bloodstream. This medication will be required for the remainder of your cat's life and requires regular monitoring to ensure that the dose is correct and there are no changes occurring in other organs.

- Radioactive iodine therapy – a number of specialist centres offer the option of radioactive iodine treatment. This is a single dose of medication which targets the thyroid gland specifically, preventing production of thyroid hormone.
- Surgical removal of the thyroid gland may be an option, particularly if there is a mass/tumour associated with the gland.
- Dietary therapy with specifically formulated food may help regulate thyroid function.

Your vet will discuss the best options for you and your cat to help treat this common metabolic disease.



CLINICAL SIGNS

The most common clinical signs of hyperthyroidism are:

- weight loss despite a normal to increased appetite
- polyuria and polydipsia (urinating and drinking more)
- vomiting and diarrhoea
- changes in behaviour
- changes in grooming behaviour which results in an unkempt, matted or greasy coat



Canine Hydrotherapy, Remedial Massage & Laser Therapy

Is your dog: suffering from arthritis, recovering from surgery, getting older and/or slowing down?
 Maybe they're an athlete needing extra fitness?
 Or maybe they need to shift some extra kilos?
 Whatever the case, get in touch to see how we can help your dog lead their best life!

www.bfpet rehab.com.au @bfpet rehab 3/175 Bay Terrace Wynnum 4178



REDLANDS IN PICTURES: WELLINGTON POINT RESERVE

FROM REDLANDS CAMERA CLUB



King Island by Steve Aldred.

Photography, play and recreation are popular activities at Redlands' Wellington Point Reserve. The area is a stunning natural park and an attraction that draws visitors from near and far.

The reserve is a haven for photographers, nature lovers and outdoor enthusiasts. It is home to a diverse range of flora and fauna, including mangroves, seagrass beds and a variety of bird species that can make captivating subjects.

One of the highlights of the reserve is the opportunity to walk across to King Island at low tide. This unique experience allows visitors to explore the island's sandy shores, rock pools and spot marine life such as crabs and starfish.

Wellington Point Reserve is also a great place for landscape photography; the panoramic views of Moreton Bay provide ample opportunities to capture the beauty of the natural environment.



Low Tide Discoveries by Andrea Lago.

Redlands, we're here to help.

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BAYSIDE VEHICLE RESTORERS: CUSTODIANS WHO CARE FOR CARS

For most of us, at a certain age a car becomes just plain old and ready for replacement by a newer, more state-of-the-art model. For those wise enough to hang onto that same car for a decade or so longer and it becomes a collectable, desirable, valuable member of the family, drawing admiring and envying looks and getting more than its fair share of petting and care.

Members of the Bayside Vehicle Restorers Club are a testament to the seductive power of old cars; old, in this case, is being at least 30. It doesn't matter what make or type the car is, if it's 30 years old and a road vehicle it's acceptable. (Motorcycles, buses and trucks also qualify for membership.)

Club President Albert Budworthy has been seriously bitten by the old car bug; he has a 1963 MG Sedan (named Millie) and a super-elegant 1955 Bentley (Bertha) that he bought from its original owner.

"Most old cars are given names by their owners and those were the names the cars had when I bought them," he says.

Albert says that some of the 450 vehicles owned by the 200-plus members are family cars that have been retained but many of them are deceased estate discoveries or "barn finds" – vehicles that have done a lifetime's duty then been left to dream their way to rust in a farm shed. But once they've been discovered and acquired by a club member the revival starts.

"We'd welcome more young folk but most of our club members are in their senior years and sometimes they have health issues that stop them from driving," Albert says. "On the rare occasion that a club member sells a car it's usually to someone else in the club, so it sort of stays in the family."

In a club atmosphere where car transfers feel more like adoption than just hard financial transactions, it's not surprising that their upkeep is done in-house.

"Most of the members do their own repairs and maintenance," Albert says, "and there's always someone willing to give a hand or offer advice for beginners. Spare parts are often hard to source but members make their own or have them made."

Albert says that even special parts, such as the bonnet emblems that are an instant identifier for some makes (who could forget the charging ram that graced the bonnet of a Dodge?) can now be made with 3-D printing.

Albert is one of the members always ready to lend a hand with the workings of the various cars. A mechanic by trade, until he retired from the position he was the custodian of the RACQ's fleet of historic cars; his list of rebuilds includes a 1904 Rambler, a 1938 Chevrolet tow truck, a Morris Mini panel van, a 1944 Jeep, a 1976 Escort and a 1961 Land Rover. Now, just being Club President takes care of most of the hours in a day.

"We've got a terrific team on the committee and the club is a really friendly, social group, made up of couples, singles – men and women – and whole families. We run events that enable members to really get the most enjoyment out of their cars. We have a display day every year but we don't have concours; that would mean keeping the cars constantly in concours condition and we like to drive them. We have an organised monthly run of about a hundred kilometres with a stop for morning tea and a natter; it's a great way to spend a day with friends who share an interest.

"I've just recently taken Bertha for trips to Obi Obi and to a rally at Cooroy; she really enjoys a long run."

Albert points out that to take one of the grande dames onto a public road can only be done if the car has concessional registration, for which the driver has to be a member of a recognised club. Even then, the vehicle can only take to the highway for special events such as charity runs, rallies, organised runs and the like.



Photo: Supplied.

Concessional registration also allows specified use for events involving immediate members of the owner's family, something Albert took advantage of recently when he donned a uniform, polished up Bertha's chrome and played chauffeur for his grandson's formal.

"We don't think of ourselves as just car owners, it's more than that," he says. "These cars are a part of history and we're lucky enough to be their custodians."

For more information about the club go to the website at <https://baysideclub.org.au/> or give Albert a call on 0429 780 980.

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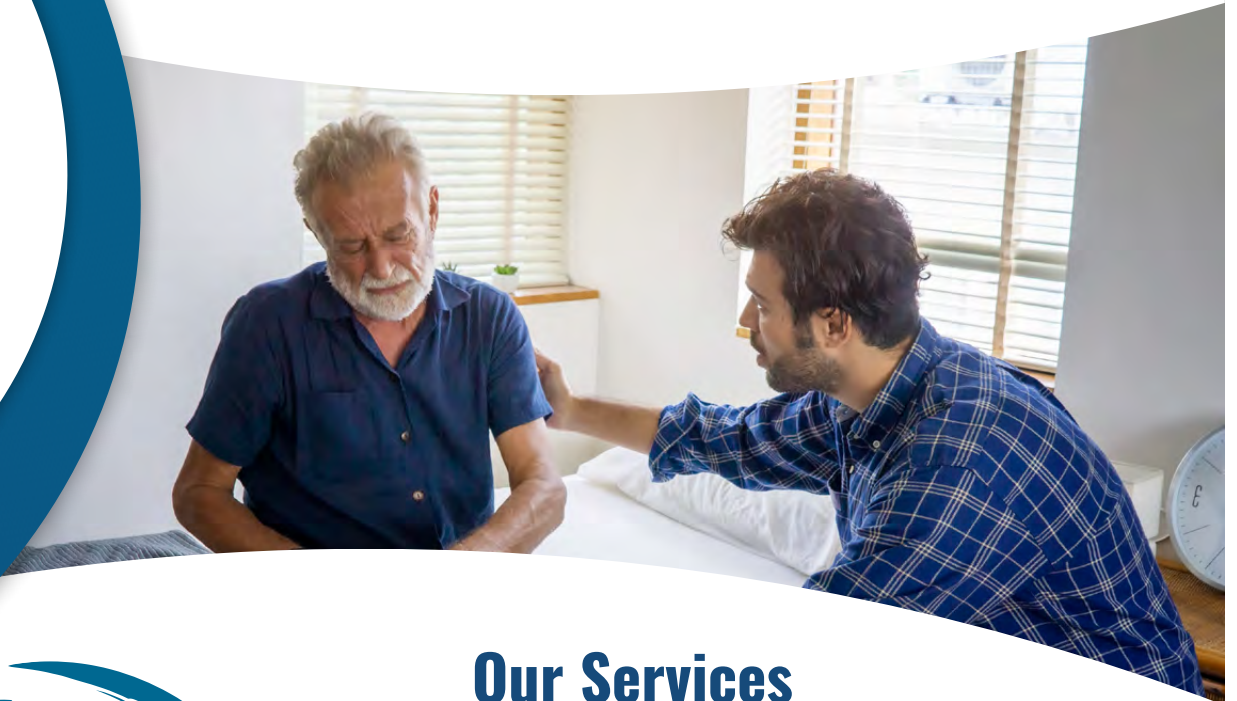
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CINDY CORRIE

MAYOR | REDLAND CITY

Hi Redlands! I'm Cindy Corrie – Mayoral Candidate for Redland City in 2024!

I have been listening to the Redlands community for almost a decade and it has become clear that our needs are changing as Redlands grows.

WHAT I HAVE LEARNED:

- Our city is unaffordable for many residents
- Redlanders are struggling to find appropriate housing
- Young people are looking for educational, social, sporting and employment opportunities
- Our business community is trying to keep doors open and locals employed
- Our neighbourhoods need better maintenance
- Some Redlanders are living without basic infrastructure such as roads, sewerage, digital connectivity and access to services
- Our roads are congested with limited transport options available
- Redlanders feel unsafe in our community

We need to ensure we have the infrastructure to support growth, maintain our unique natural identity and invest in community assets and neighbourhoods to deliver a more liveable city for all.

WE CAN REALISE OUR CITY'S POTENTIAL IF WE SHAPE TOMORROW, TOGETHER!

FUTURE-PROOF OUR CITY

- Travel in and around our city easily
- Strong local economy producing local jobs
- Exciting community spaces to connect our community

BACK TO BASICS

- Value for your rates
- An efficient Council
- A safer community
- A place for all community sports.

ABOUT ME

I am a local woman and hard-working parent like many others in the Redlands. I believe Redlands has an exciting future if we work hard for it...together!

I have been actively involved in building a brighter future for the Redlands community for almost a decade. I founded The Sycamore School at Alexandra Hills (Queensland's first full-time school for young people with autism). I have owned a business in the Redlands and have been a former President of the Redlands Coast Chamber of Commerce.

I have been focused on future-proofing our City for a number of years by advocating for investment, much needed infrastructure, local jobs, improved education, increased liveability and enhanced lifestyle.

Our council should be an enabler for the community and industry by being proactive, efficient, and responsive in maintaining our neighbourhoods, parks, and community facilities, while ensuring the best value for rates and charges. I stand for unity and progress. We can rise to meet our challenges and embrace new opportunities!



LET'S SHAPE TOMORROW, TOGETHER!

BE PART OF A REVITALIZED REDLAND CITY!

Follow me on facebook – [cindycorrieformayor](https://www.facebook.com/cindycorrieformayor) | Email: hi@cindycorrie.com.au | www.cindycorrie.com.au

AUTHORISED BY C.CORRIE SUITE 27/120 BLOOMFIELD STREET, CLEVELAND QLD 4163



THE TIMELESS APPEAL OF BALLET FOR OLDER ENTHUSIASTS

FROM HERE'S TO LIFE REDLANDS INC

Here's to Life (H2L) focuses on enhancing the lives of mature individuals through specially crafted programs designed for our older community members. Sue Harvey (General Manager) says H2L takes immense pride in announcing the expansion of its offerings beyond Cleveland, where classes have been conducted for the past two decades, to now include the vibrant community of Victoria Point.

Participants can choose to delve into the H2L's gentle exercise program, Buff Bones, indulge in an early morning Jazz with Pizzazz class, or join the lively Dancercise program tailored for individuals living with disabilities. And that's not all says Renee, Manager and Head Dance Instructor – H2L is introducing Classical Ballet classes, adding a touch of grace and artistry to its range of classes.

While traditionally associated with grace, poise, and the boundless energy of youth, classical ballet has found a new audience among older individuals, proving that age is no barrier to the enchantment of this exquisite form of expression.

One of the unique features of classical ballet is its ability to cater to individuals of all ages and fitness levels. Unlike some physical activities that may pose challenges for older enthusiasts, ballet provides a gentle yet effective means of enhancing flexibility, balance, and strength. The structured nature of ballet training fosters a sense of discipline and focus, contributing not only to physical well-being but also to mental acuity and mindfulness.



Photo: Supplied.

Some of our members were very fortunate to experience a classical ballet class with Qld Ballet's members Lily Spencer and Lauren Sherlock just recently at the Redland Performing Arts Centre. Our members loved the class and expressed interest in continuing with Classical Ballet classes.

The Victoria Point classes will commence on Thursday 25th January at the Victoria Point Community Hall, located at the corner of Link and Colburn Roads, Victoria Point.

To book, call Renee on 0408 717 342 or email admin@herestolife.org.au.

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FROM LEACHING TO LEADING — A REDLANDS RUGBY REBIRTH

BY JAN NARY

For 45 years Judy Holt Park in Birkdale has been the home of the Redlands Rugby Union Club. Hundreds of rugby matches have been battled out to cries of encouragement, roars of approval and groans of disappointment but now the club is entering a bigger battle – striving for selection as a training ground for prestigious international matches. The club management has proposed the fields as a suitable training facility for the 2027 Men’s World Cup, the 2029 Women’s World Cup and the 2032 Olympics – but that can’t happen until the grounds have been saved from their murky history.

The club’s three football fields were built on the site of the old Birkdale tip and their past has caught up with them. Subsidence and leaching from the buried rubbish has necessitated a major overhaul and club President Mike King says that such an upgrade could put the venue in the running for use by international teams.

“Our biggest assets are our playing fields, but the ground needs releveling and resurfacing at times and the leaching needs to be managed by engineered remedial action,” he says. “Council has initiated an ongoing plan with Stage 1 to start in 2024, subject to a procurement process and subsequent contractor schedule that will see drainage pipes installed to deal with the leachate. The second stage (yet to be designed and programmed) will follow, with the fields being capped and returned. There will be different impacts on the club at different times but the first stage will have less impact than the second stage. We need to work through this in more detail as the procurement process is finalised and Council will keep the club updated as the schedule is confirmed, following the selection of the contractor.



“Once the work is done we’ll be in a prime position to compete for supplying training facilities to visiting international rugby teams. That will be great for the club and great for tourism to the Redlands.”

As well as their impressive senior men’s team, “The Muddies” have a thriving junior contingent, from under 4 to under 17. There are appropriate modifications for safety of the littlies, such as no tackling, only touch, playing on a half-sized field and having the coach on the field with them. There is also a modified program to cater for youngsters with disabilities, run with sponsor Optimum Movement.



Photo: Supplied.

The Golden Oldies (over 35) have their own protections built in: uncontested scrums, no kicking, no clear out rucks – and players that don’t want to be tackled wear red shorts. Given that the 30 members of the Golden Oldies cohort range in age from 35 to 74, that’s probably a good call.

Mike says that the steady growth in the number of women playing rugby has required some building updates.

“We have established an over-18 women’s team and we’re developing a younger team of 13 to 17-year-old women,” he says. “The younger female players are often the sisters of boys who have joined; they watch the game and want to be part of it. We did some major developments to our club rooms in early 2023, with particular attention to the change rooms for the women’s use.”

Even with safety procedures all in place, rugby is not a game for the faint-hearted, though Mike says that the Muddies have been fortunate in having had no major incidents. A coach for 15 years, Mike says that good coaching and training will prevent a lot of injuries.

“To give our senior players an added sense of security, we give them supplementary club insurance on top of the standard Australian Rugby insurance. Fortunately, it’s very rarely used!”

Understandably, the club has a lot of New Zealand players and a highlight of the club’s calendar is the observation of Waitangi Day, commemorating the signing of the Treaty of Waitangi in early February. A traditional hangi and a social game of rugby on Saturday 10th February will ease the club into what promises to be an exciting 2024 season. Sign-on days are Saturday 3rd and Sunday 4th February from 9:00am to 1:00pm as well as Saturday 10th and Sunday 11th February from 9:00am to 1:00pm.

If you’d like to explore being part of the excitement you can contact the club on admin@redlandsrugby.com.au or call Tiki Tuapou on 0439 628 636. Various on-ground sponsorship packages are available for the 2024 season; contact Mike King on 0413 434 800 for details.

ON Y'BIKE — AND GO FOR IT!

For those of us who grew up with Miss Marple-style pushbikes, the concept of BMX racing is a bit of a quantum leap, but it's a sport that's attracting more Australian competitors every year, and some of those riders are proving to be world-class.

For the non-cognoscenti, BMX is a contraction of Bicycle Motocross; BMX bikes are designed for off-road racing and trick riding. BMX racing originated in California and soon migrated to Australia; the classic BMX racetrack is in the shape of a tight letter "M", providing three sharp corners — edged by berms, or banked turns — and a series of jumps and formidable corrugations, all of which test the ability of the rider to stay in control and keep on track without losing speed.

The Sleeman Sports Centre at Chandler will host the first round of the 2024 AusCycling BMX Racing State Series on the 24th and 25th of February in the lead-up to the BMX World Cup. Auscycling's Performance and Racing Manager Luke Madill says that the event will be an inspiring contest of skill and grit.

"It will be a contest of the international best," he says. "The number of qualifying racers determines the number of contestants each country can enter for the Olympics, so every competing country will be putting forward their best riders for this series. Add to that the individual determination of each rider to make the cut, and you get top-class sportsmanship and breathtaking spectator events."

Professional Supercross racing, open to riders 16 and older, has been around since 1980 but wasn't accepted into the Olympic pantheon until 2008.

"There are more regulations about racing at the elite Olympic level," says Luke. "Riders must be at least 19 years old, and the race starts

with an eight-metre high entry ramp that really gets the racers off to a flying start."

Luke says that, as is to be expected with such a physically demanding sport, a rider's peak performance years are usually between 19 and 30 years of age.

"While some retired racers choose a career as a racing coach, many, accepting that BMX racing rarely provides for a comfortable retirement, spend their racing years preparing for a total career change when they quit the track.

"Like most sports, the more seriously you take it, the more expensive it becomes. You can get a good racing bike for about six hundred dollars, but if you want to compete in the big league, your bike will probably cost you close to eight or nine thousand."

BMX racing's popularity was given a boost when it became an Olympic sport.

"Olympic acceptance showed that, though the biggest cohort are eight to 12 year-olds, it isn't just a sport for kids, it's an elite international sport," says Luke.

"And while there are undeniably more men than women in the sport — a ratio of about two to one — the number of women is increasing, particularly in the younger age groups."

Rounds 2 to 6 will take place in South Australia, Sydney and Perth ("We like to share the love around!") but those who'd like to see the lift-off for the World Cup can access tickets from www.bmxworldcupbrisbane.com.au. The first International Round, held on the 24th and 25th of February, is free to the public.



Photos: Supplied.

LOCAL PERSONALITY PROFILE

Name: Bob Turpin (no relation to the highwayman — we think).

Suburb: Alexandra Hills.

What's your business? I'm retired now, but for 50 years I worked in engineering and I'll tackle anything to do with fitting, turning, engine repairs,

maintenance and rebuilding and welding. I did a lot of courses but family responsibilities put paid to tertiary studies.

Do you have any fun/interesting stories about your job? I remember one incident when I was working at a food processing plant. The doors on the bottom of a giant hopper, which was full of beetroot offcuts and slurry, had jammed and my off-sider and I were in the bin of a massive truck underneath trying to release the doors. We knew we'd have to move quickly once they opened. When they did, I was



up and over the side in a flash but he was a big, lumbering sort of a fellow and he didn't move fast enough. He was swimming in beetroot juice and slurry, even his pockets were full of it. It took a while to hose him down.

What's your favourite local dine-in and take-away? For dine-in, two Wellington Point restaurants that both have excellent food and service, the Punjab Curry Club and Manny's Italian. For take-away, Loong Wah Chinese Restaurant.

Best local activity? I'm a mad keen golfer, have been since I was 18. I play for the Redland RSL Golf Club and I'm proud to say that even at my age I'm playing off a handicap of 10. (I'm working to get it down to single figures.)

What's the last book you read? I don't read fiction, so the last book would have been the engineering manual I read when I totally rebuilt a V6 engine out of a Commodore.

What's the last TV show or movie you watched? The episode of *Josh Gates' Expedition Unknown* that covered the Mayan civilisation and the massive structures that they built in the jungle. That's fascinating stuff, and they say that so far they've probably found only about 10% of them.

Is there anything you'd like to see happen in the local area? You know, I can't think of a thing; I reckon the Redlands is about as good as it gets, it's a lovely place to live as it is.

Is there a local business/community group/club you'd like to give a shout-out to? Brenda Roberts and the Knitting Ladies. Every year the golf club gives them a donation to buy wool and they knit really lovely little blankets and rugs for newborn babies. There's a lot of love and care that goes into their work and they do a wonderful job.

FUN-FU FESTIVAL 2024 – A TAPESTRY OF UNITY

BY AMAY SMALL

The Fun-Fu Festival returns to the bayside this month, showcasing Chinese food, music, arts and cultural displays, and a whole lot of fun! Festival founder Amay Small gives her take on what the festival represents, and her motivation for its launch in 2023.

“In a world that often seems overwhelmingly loud and divided, we asked ourselves, ‘How can we bring a drop of serenity into the ocean of noise?’ That question led to the birth of the Fun-Fu Festival in 2023. More than just a celebration of the Chinese Year of the Dragon, the Fun-Fu Festival has become a beacon; a symbolic crossroads where East meets West, and where community comes to life.

“The inaugural Fun-Fu Festival was more than a year in planning. We wanted to offer something more than just another event to mark on the calendar; we wanted to create a lasting experience that would unite people from various walks of life.

“The festival integrates the riveting energy of lion dancing, the discipline of kung fu, and the teamwork of dragon boats, making for a cultural extravaganza that transcends any single tradition.

“As daylight turns into evening, Chinese movies will flicker under lantern-lit skies, and the air will be filled with a sense of awe and the aroma of snacks from local food trucks.

“While the Fun-Fu Festival celebrates Chinese culture, our overarching vision has always been one of community. Every aspect of the festival has been designed to give back to the community that has given us so much. All raffle proceeds go directly into The Bayside Community Fund.”

Amay



Photos: Supplied.

- 2:00 PM The Official Fun-Fu Opening Ceremony
- 2.30 PM Lion Dancing & Shaolin Kung Fu
- 3:00 PM Calligraphy, Ink Painting, Tiny Pong
- 4:00 PM The Bayside “Fortune Raffle” Draw
- 4:30 PM Indulge in Chinese Dinner and Dessert
- 5:00 PM Traditional Chinese Singing & Dancing
- 6:00 PM The Official Fun-Fu Closing Ceremony

The Fun-Fu Festival will be held on Saturday February 17 from 2:00pm to 6:00pm at George Clayton Park, Manly (look for the lighthouse!). Entry is free.



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OAKLANDS ST COMMUNITY GARDEN — THE PLEASURES OF PLAYING IN THE DIRT...

The Oaklands St Community Garden at Alexandra Hills has a long history of serving the community. Some folk come initially for the gardening. Others come for the social contact and company, find what they're seeking and settle in. Some come for the company and discover, unexpectedly, that they have a "green thumb" and that the gentle reward of rearing plants sits comfortably with them.

The garden's home base, Keith Surridge Park, originally housed a basketball court but vandalism on the site prompted moves to have a more continuous presence there, less likely to be despoiled. Disability support organisation Connect 2, under Lynn Quirk, auspiced the establishment of the garden in 2005. Within a few years, founder member Tony Chapman, backed by a dedicated team including Connect 2's Jamie Wynn, became established in the role of administrator. Tony's experience goes back to his childhood in Sussex, where his father was a cowman and gardener for the local "big house". As a young man he took on most of the gardening duties when his father enlisted in World War 2 and his experience stood him in good stead at Oakland St., of which he has many fond memories.

"The vision was to provide a place for people, especially those with disabilities, to meet and be together as a community. I felt a real sense of satisfaction in seeing people sharing conversation, cuppas and care," he says.

The garden continues to thrive, supported by a base of volunteers of varying abilities, experience and age. Families, playgroups and individuals all find a common joy in maintaining their social connection hub. Over the years support from Council, Rotary, Lions and Alexandra Hills Men's Shed has seen the construction of an amenities block, a rotunda, a shed, water tanks, the purchase of a ride on mower and play equipment for the younger visitors.

Alison Hallett, President of the garden committee, says that the garden has strong links to the greater community. "We've always had a link to the disability community; the garden's wishing well was a result of that early connection," she says.

"Last year was a year of major restructuring and planning; this year will see initiatives in community education and developing our fundraising efforts. We'll be building on our experience of composting workshops, worm farms and food waste recycling. Council support has enabled us to build all-ability flower and vegetable garden beds, accessible for people in wheelchairs."

Alison says that one of the main attractions at the garden is the Japanese-inspired Walking Trail, which winds through plantings of tropical and native plants, such as native raspberry, midgin berry, and native hibiscus. Close to the Walking Trail is the Food Forest, which Alison says, in terms of a garden, "used to be a bit nothing".

"It was always swampy during wet weather; lots of water that we couldn't utilise. With Council help, truckloads of forest mulch, a lot of cardboard and the installation of a sprinkler, we now have a manageable Food Forest that produces vegetables, herbs, chillis, pawpaws, figs, pumpkins and a host of useful fresh foods. With that and the flowers that we grow the garden has become a really productive and enjoyable place to be."

Alison says that membership – which currently numbers about 80 – is open to anyone with skills or interest. A Composting for Beginners workshop will be held on Wednesday 7th February, from 9.30am to 11:00am; cost \$10, morning tea included. For more information about the Oaklands St. Community Garden visit <https://www.oaklandsstcommunitygardenqld.org/about>.



Photos: Supplied.

TRIATHLON: ONE, TWO, THREE STRIKES — YOU'RE IN!

In theatre, Triple Threat refers to performers who aspire to the triple crown of acting, singing and dancing. In the world of sport, shift the skills to marathon running, cycling and swimming and you have the triathlon, a sport that tests a wide range of athletic skills and endurance. On Sunday March 3 crowds will be gathering at Raby Bay to cheer on competitors in the Round 7 of the Pho3nix Queensland Tri Series for the 2023/2024 racing season.

Raby Bay has been the home to the Triathlon for more than 20 years and its director, Heath Fitzpatrick, says that it plays an important role in the Redlands, in terms of both community health and social connections.

"Tackling three separate sports – cycling, running and swimming – means that every bit of your body gets a workout, which is really good for overall fitness," he says.

"Triathlon creates a level playing field for all the competitors; if you're not a strong swimmer perhaps you're a really good cyclist, or if you don't have super-strong legs you might excel at swimming rather than running. Triathlon's particularly good for kids because it introduces them to several sport disciplines, whereas too much focus on one sport could lead to boredom or burnout."

Heath says triathlon tends to be a family-driven sport; if one family member is involved other family members either join in or come along as support.

"It's not all sweat and effort," he says. "The camaraderie of the clubs is wonderful for all members of the family and provides great contacts for solo competitors."

The structure of the event makes sure that as many competitors as possible have a chance at satisfaction and a magic sense of achievement. There are specially tailored events for youngsters – 7-9 year-olds and 10-13 year-olds; inter-club and intra-club competitions; sprint and Supersprint competitions and even Enticer events designed as "tasters" for those who might be just thinking about competing but want to test the waters first. There are classes for competitors, male and female, who are bigger or heavier than average, the Clydesdales and the Athenas.

And age is no barrier. Heath says that this year's Raby Bay event will welcome competitors who range in age from seven to 80-plus.

"One of the octogenarians jokes that he's always in for a win because he's outlived most of his peer group," says Heath. "He says that he's a certainty for gold every time, no matter what."

For more information about the triathlon – or maybe to try the Enticer! – go to <https://www.theeventcrew.com.au/event/queensland-tri-series/rounds/round-7-raby-bay/>

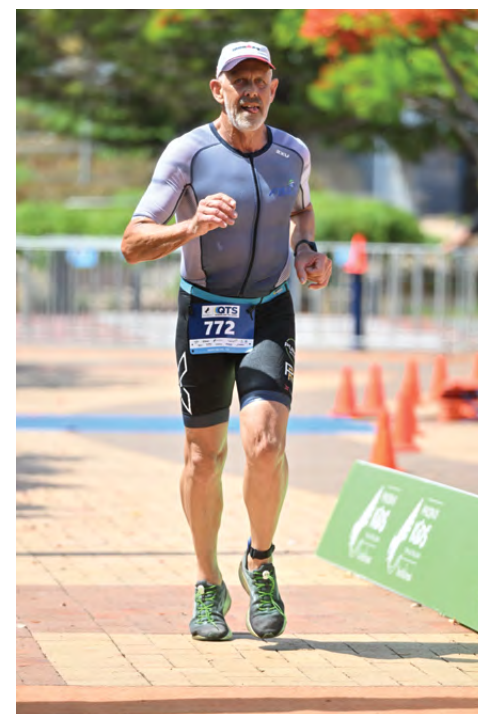


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Don't Do It!

Why Excessive Advertising Costs Are A Trap

The real estate industry's greatest fear is that home sellers will work out how easy it is to find a buyer for their property without using a real estate agent.

How do you find a buyer without a real estate agent?

Just do what the agent does. Put an ad on the internet, an ad in the paper, a signboard on the property and list it with a fair price. These marketing strategies will have buyers beating a path to your door. It really is that simple.

Real estate agents have two primary roles when employed by a home seller.

The first is to find interested buyers. Different agents use different strategies to achieve this objective. They will focus on a combination of newspaper ads, social media, underquoting, internet ads, just listed cards, signboards, databases, brochures etc.

The second objective is the critical role of the agent and that is to negotiate the highest possible price with the best terms for the home seller. Some agents can achieve this objective, however, many agents fail miserably and under-sell the property costing the home seller thousands.

The real estate industry's second greatest fear is home sellers will discover the excessive advertising costs are in fact used intentionally by the agent to attract more home sellers and to promote themselves.

Undersell Properties

Most agents spend excessive amounts of money finding buyers and then use flawed selling strategies, such as auction and bait pricing tactics that undersell properties. The excessive amounts of money being spent by agents looking for buyers is the home seller's money, not the agents.

So, if the home seller is paying for the advertising costs and carrying the risk to find a buyer, what is the home seller really paying for?

Answer; the agent's negotiation skills or lack of it in many cases...

Home sellers should always follow ***The Golden Rule of selling property, 'never pay upfront for advertising costs, or commit to paying if the property does not sell'.***

The cost of advertising and the agent's commission should only be payable if the home seller is satisfied with the end result.

In most cases, there are two magnificent cut through questions that home sellers should ask themselves before "investing" thousands of dollars toward an advertising campaign.

Cut Through Questions

Firstly, who pays for the advertising if the best offer is below the price the agent quoted and/or below the seller's reserve price?

Secondly, can the agent sell your home for the highest price, or are they just trying to sell you an advertising campaign?

Given the low auction clearance rates and increasingly failed marketing campaigns recently with the shifting property market, home sellers have learned through regrettable experience how agents and excessive advertising can be very costly and highly stressful.

Don't Do It!

Home sellers need to look past the agent's sales pitch. Home sellers that sign up for non-refundable advertising costs are putting themselves at a massive risk.

So, remember the golden rule and you will be safe from being out of pocket.



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28 Tamaree Avenue, Wynnum

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20 Booran Street, Lota

4 BED / 3 BATH / 4 CAR

Hampton's designed and executed to the highest of standards, this exceptional home represents a relaxed seaside lifestyle in every facet, while offering a perfect blend of modern design and seamless functionality.



799 Esplanade, Lota

5 BED / 3 BATH / 2 CAR

This striking property presents an enviable style of living in a sought-after bayside suburb of Lota, a short walk to everything this area has to offer.



31 Raeburn Street, Manly

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Fantastic two-bedroom Manly home a few minutes' walk from Manly State school, Manly train station and the Manly Harbour Village. Exuding cuteness and charm, this excellent home sits on a massive 607m² block, attractive character details and a convenient location.



76 Buderim Street, Wynnum

4 BED / 3 BATH / 2 CAR

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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, cafés 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 cafés. 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."

Breeze is located at 136 Broadwater Terrace, Redland Bay.

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Queensland vacancy rates barely budge over 2023

FROM THE REAL ESTATE INSTITUTE OF QLD

Rounding out a year that was characterised by a highly competitive rental market, the REIQ's latest Residential Vacancy Rate Report released in January shows incredibly tight conditions continued in Queensland over the December 2023 quarter.

Queensland's statewide vacancy rate dipped slightly over the quarter to 0.9 per cent, reflecting a fairly consistent state of affairs over the course of 2023.

Of the 50 local government areas (LGAs) and sub regions covered in the report, 22 tightened, 13 remained unchanged, and 15 relaxed (but not materially).

The vast majority of markets remained well within what the REIQ classifies as 'tight' (vacancy rates up to 2.5%), and well over half were as low as 1% or below.

It comes as property managers witness sustained demand for private rentals, and while the social housing waitlist climbed to 43,000 Queenslanders in the September

2023 quarter.

REIQ CEO Antonia Mercorella said rental properties were still too thin on the ground to provide comfortable choice for Queensland's sizeable rental population.

"What we've seen over the course of the year, is a rental property pool that's insufficient and under incredible strain," Ms Mercorella said.

"It's not necessarily that rentals are impossible to find everywhere in our state, it's the imbalance between the sheer demand and shortage of supply of rentals at certain price points and locations that's out of kilter.

"Many are finding it's a lot less hassle to renew their existing lease than to risk re-entering the fast-moving market, especially if they are attached to their area."

Ms Mercorella said the REIQ recognised these were particularly tough conditions for the most vulnerable in our community.

"It's very concerning that families in need are

being forced to join the queues in the private rental market because there's no social housing available to them and no hope on the near horizon of getting to the top of the waitlist," she said.

"A fair proportion of the distress we are seeing can be attributed to inadequate social housing stock.

"In the year to September 2023, only 269 social houses were completed in Queensland, and we know the social housing waitlist continues to grow.

"While we welcome initiatives such as the purchase of a hotel in South Brisbane to provide housing to those in need, the built-up demand is clearly far greater than the rate of social housing delivery."

She said for those wondering what lies ahead for the private rental market in 2024, unfortunately, it was difficult to imagine a dramatic turnaround in rental availability.

The unwanted title of tightest rental market

in Queensland was shared by the top and tail of the state – Cook Shire in the north and Goondiwindi in the south – both with a virtually non-existent vacancy rate of zero percent.

Not far behind was Banana (0.2%), and Southern Downs, Maranoa, Tablelands, and Charters Towers – all at 0.3 percent. South Burnett and Mareeba both had 0.5 percent vacancies and the Central Highlands and Maryborough hit 0.6 percent.

Much of the Greater Brisbane area hovered around the 1% vacancy mark including Brisbane LGA (1.1%), Ipswich (1%), Logan (1.2%), Caboolture (1.1%), Pine Rivers (1%), and Redland (1%). Moreton Bay (0.8%) and Redland's Mainland (0.7%) were tighter still, while Redcliffe had the lowest rate in the region at 0.5 percent.

Yet again, the only 'weak' market in Queensland was seen in Redland's Bay Islands (including North Stradbroke, Russell, Macleay, Karragarra, Lamb, Coochiemudlo) at 5.7%.

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LOCAL GARDENING WITH KAT: BERRY SWEET

BY KAT PEARSON, *GIRL IN THE GREEN*

Wynnum local and horticulturist Kat Pearson has a passion for plants, and here she shares some lesser-known facts about the Panama berry.

As I sit and write this it's rainy and cool(er), but earlier this week it was a true summer stinker! And what's the best thing for those days? Fruit!

Sugary, sweet, refreshing. Everyone knows mangoes, nectarines, peaches, and the slightly more 'exotic' lychee but have you heard of a Panama berry? Also known as a Jamaican cherry, it's native to Mexico, the Caribbean and tropical South America.



The tree itself is quite ornamental, with graceful weeping branches, soft leaves, dainty little white flowers, and eventually the prized rosy-red fruit that has almost a metallic sheen when fully ripe. They also happen to taste just like caramelized sugar, so maybe not the most light and refreshing taste, but definitely sweet and definitely delicious.

Muntingia calabura CAN grow quite big (up to 12m), and they'll do so relatively quickly – consider yourself warned. But if you do take on the challenge, they can make a great shade tree in a large backyard, full of sweet treats for the kids – admittedly if the birds and bats don't get to them first... If you have the space for one it'd be worth it. I promise. Cotton candy in a fruit and high in vitamin C to boot. Remember eating straight from a mulberry tree? Same feel, less mess.

They respond well to pruning if you want to keep them at a more manageable size, and they're somewhat drought tolerant once established. Or, if you're like me and really truly don't have the space (because you're a plant-a-holic and simply must fit in as many plants as possible), they'll grow well in a large pot as long as you keep the water up. I also haven't lost any fruit to the birds and bats (yet) but that might just be because it's small? Or maybe because they're more interested in making a racket in the banana tree behind it...



Photos by Kat Pearson.

ABOUT KAT

I love gardening, growing my own food and plants in general. I've been working on our current garden in subtropical Brisbane for the last five years but have been gardening for much longer in all sorts of places. I'm an ex-engineer, recently turned horticulturist (life's too short not to work in something you love!). I grow edibles and ornamentals in an often wild, rambling jungle, filled with birds and bugs, including a handful of pet chooks and a dog (though to be honest you're more likely to find him inside on the couch). Find out more at www.girlinthegreen.com.au.

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Australian Army Cadets during an obstacle course activity as part of the Chief of Army Cadet Team Challenge 2023 at Kokoda Barracks in Canungra, South Queensland.



Australian Army Cadet presents arms as the Australian National Anthem is played as part of the annual RSM-A Drill Competition



Australian Army Cadets during an obstacle course activity as part of the Chief of Army Cadet Team Challenge 2023 at Kokoda Barracks in Canungra, South Queensland.



Australian Army Cadets during an obstacle course activity as part of the Chief of Army Cadet Team Challenge 2023 at Kokoda Barracks in Canungra, South Queensland.



An Australian Army Cadet showcases his body armour at the Gallipoli Barracks Open Day 2023.



Australian Army Cadet officers running the command post communicate with other units on the training range during the Chief of Army Cadet Team Challenge 2023 at Kokoda Barracks in Canungra, South Queensland.

[WWW.ARMYCADETS.GOV.AU](https://www.armycadets.gov.au)

NO-COOK WATERMELON GRANITA RECIPE

Watermelon granita is a chilled frozen treat that's perfect for hot summer days. Serve it on its own as a dessert, or in between a multi-course dinner as a palate cleanser.

INGREDIENTS

- 4 cups of seedless watermelon, diced
- 2/3 cup of caster sugar
- 1/4 cup fresh lime juice
- Zest of 1 lime
- Mint leaves to garnish (optional)

METHOD

1. Cut the watermelon into 5cm cubes, removing any seeds. Place the cubed watermelon on a baking sheet and freeze for at least two hours or until solid.
2. Once your watermelon is frozen, in a blender or food processor, blitz the frozen watermelon cubes, sugar, lime juice, and lime zest. Blend until smooth. Taste the mixture – if you'd like it sweeter, add more sugar and blend again.
3. Pour the watermelon mixture into a shallow baking dish, spreading it evenly. Place the dish in the freezer and let it freeze for 30 minutes.
4. Remove the mixture from the freezer. Use a fork to scrape and fluff the partially frozen mixture, breaking up any ice crystals. Repeat this process every 30 minutes for about two to three hours, or until the granita has a light and fluffy texture.
5. It's time to enjoy your granita! Scoop it into fancy cocktail glasses or pretty glass bowls and garnish with fresh mint leaves.



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CONNECTION IN COMMUNITY: THE HEALTH BENEFITS OF BEING SOCIAL

FROM SOCIAL MUMS CLUB

We know that the way we live modern life has changed. But despite these societal changes, our basic human need to connect remains. Recent surveys show that approximately half of US adults, and one in three Australians, feel lonely, with one in six Australians experiencing severe loneliness*. Research now shows the profoundly harmful impact that loneliness has on your health.

Loneliness is not just a bad feeling – it harms both individual and societal health. It's associated with a greater risk of cardiovascular disease, dementia, stroke, depression, anxiety, and premature death. Studies now show that loneliness is more harmful to your health than some of the major health issues of our time, such as smoking, obesity and physical inactivity. The impact on your mortality of being socially disconnected is as dangerous as smoking up to 15 cigarettes a day**. And yet there is little commentary around this silent epidemic.

In the fight against loneliness, communities provide a powerful counteroffensive, offering a social safety net and a victory for your health. Community programmes such as volunteer organisations, sports and gym groups, religious groups, and member associations are fundamental in the fight against loneliness.

Kirsty Foster, founder and CEO of Social Mums Club, which now has almost 10,000 members and was established in the bayside, says that “the busy nature of life means that mums, who are critical to our communities, have minimal time for fun, connection, friendship and wellbeing, and so often feel lonely, deprioritised and uninspired”.

She set up Social Mums Club, which consists of free online and in-person communities, to improve the lives of mums by providing community and connection in an increasingly lonely world. And she tells some compelling stories of the impact that community and connection has had for her members – in some cases being the difference between life and death.

The message is clear: be socially connected in your community and you'll find yourself having a much healthier life. Make it your goal to be more socially connected in 2024 – your health and longevity depend on it.

**Source: Is Australia experiencing an epidemic of loneliness? Working Paper September 2018, Relationships Australia.*

***Source: Holt-Lunstad J, Robles TF, Sbarra DA, Advancing Social Connection as a Public Health Priority in the United States, American Psychology, 2017;72(6):517-530.*



Photos: Supplied.

NEW EXHIBITION EXPLORES THE ART OF LAYERING WITH LOVE

Pigments, resin, beeswax, love and fire are all the basic ingredients of Libby North's encaustic art exhibition, 'Made with Love and Beeswax' at Redland Museum. Creating encaustic artworks – hot wax painting – is a process that involves mixing tree resin (damar) and pigments with beeswax then layering the medium onto the chosen substrate, or base – which may be timber or tiles or stone or slate, all materials that are rigid and porous. More layers are added, perhaps with the addition of found objects, and each layer is fused to the previous one with a blowtorch or heat gun.

Libby says that the flame becomes an extension of her hand and she takes a deep pleasure in the meeting of science and art.

“Quite simply, I love to create,” she says. “To get lost in a piece, if just for a few moments, there is a simple beauty in that. Creating old patinas by recycling and reusing found objects like drawings, photos, feathers, leaves, textiles; having hidden layers that invite a person to look a little deeper; building up, scraping back, scoring and shaping, revealing layers

and elements that have been laid before, just as nature is built up of layers over time and decayed through time and weather. Just surrendering to the unpredictability makes this journey pure joy.”

Her choice of media itself offers a journey; the addition of resin raises the melting point of beeswax, hardens and protects it and – a bonus for the artist – imparts a higher rate of refraction to wax paint. Accidental mixes produce unexpected results.

“Everywhere I go I see colours, textures, layers and movement and it is these things that inspire you when you're back in the studio. Nothing can compare to the memories you carry within – looking, seeing, touching, feeling, smelling, hearing – all the senses come into play and a new piece emerges, giving these intriguing and ethereal effects.

“It's wonderful to observe gallery visitors encountering encaustic for the first time. They'll step back and look at it then move in for a closer examination, obviously trying to figure out what it is – a tile? Glazed pottery? Is it a painting? Just watching them is wonderful.”

Encaustic isn't a word you hear every day and like most people, Libby found the whole creative concept fascinating when she first encountered it online. About five years ago, when she was already working with mixed media, she noticed that an arts trail event – when artists open their studios to the public – included a visit to an encaustic artist's studio. She came, she saw – she was conquered.

“I fell in love with it; the depth, the transparency, the colour, the line. There's always something new, and you can see the difference when you've made a change or developed a new technique – sometimes by doing something all the research tells you not to! My approach is to just get in there and play.”

'Made with Love and Beeswax' is open to the public in the Dunn Wing Gallery of the Redland Museum, 60 Smith Street, Cleveland from 29 January to 29 February 2024. The museum is open seven days a week, including Remembrance Day, from 10:00am to 3.30pm. For more information call 3286 3494 or go to www.redlandmuseum.org.au.

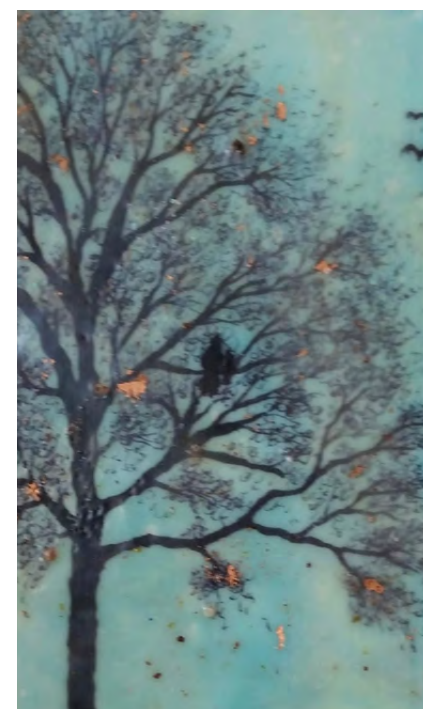


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SHELLFISH REEF RESTORATION — A GLOBAL FIRST

FROM OZFISH UNLIMITED

OzFish Unlimited's QOD (Quilted Oyster Blanket) revolutionizes shellfish reef restoration – a global first. Cost-effective, fast, and scalable, it transforms rock walls into living seawalls, promoting biodiversity. A breakthrough in conservation, the QOD brings life to once barren rock expanses.

Crafted from a non-degrading, flexible gabion blanket, the QOD ingeniously transforms revetment walls, eroding banks, and pylons into dynamic living seawalls. The 'basket' is made using 316 Stainless Steel welded wire and woven mesh, ensuring robustness and endurance in harsh marine conditions.

Central to the QODs efficacy is its incorporation of recycled and sanitised oyster shells. These shells, with their intricate chemical composition, act as a magnet for spat, fostering an optimal substrate for young shellfish. The inclusion of recycled oyster shells creates an inviting haven for shellfish settlement, cultivating vibrant reef ecosystems.

The QOD not only provides a pragmatic and sustainable avenue for shellfish reef restoration but also fortifies the structural integrity of marine infrastructure. Rockwalls, which are home to a number of key recreational fish species, are precious marine ecosystems that need to be looked after. By lining these habitats with QODs, we are ensuring the growth and food remains strong, particularly in those intertidal zones.

In a global first, the QODs are cost-effective, fast, and scalable. They transform rock walls into living seawalls, promoting biodiversity and have the capabilities of bringing life to once barren rock expanses.

It is estimated that 95 per cent of shellfish reefs have been lost from across South East Queensland. This has been caused by a number of factors, including overharvesting, siltation, development, and disease.

Shellfish reefs are an essential part of healthy aquatic ecosystems and have a key role to play in filtering pollutants and nutrients from the water, to improve the overall health of a waterway. More shellfish means more fish.

A single oyster can filter up to 180 litres of water every day and also remove sediment, improving the clarity and quality of the water. They can also sequester harmful chemicals such as nitrogen, carbon, and micro plastics.

It is estimated that a hectare of shellfish reef can produce up to 2.5 tonnes more harvestable fish each year. Returning them to the waterways of the Gold Coast is important to supporting native fish in South East Queensland.

To support our mission to restore shellfish reefs to Moreton Bay, contact Steve at centralmoretonbaychapter@ozfish.org.au





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ADD LIB — PRACTICING FOR MEDICAL PRACTICE

When hit with a medical crisis we're always grateful for the extensive training our doctors and nurses and paramedics have had and their knowledge of anatomy, drugs and procedures that could save our lives. What is harder to define is the "bedside manner" that some medical practitioners demonstrate; the ability to make us feel that we're heard, safe and informed and that someone's making sense out of the crisis confusion. That's a separate skill – and training in that skill is a specialty of Add Lib.

Add Lib was established by actor/producer/director/conference presenter Libby Harrison, in response to a perceived need for SPs – Simulated Patients – in training courses for medics and other core professions. Libby ran the Simulated Patient program for more than a decade at Griffith University, utilising the skills of 200 actors, trained to present as "patients" to a practitioner. She has also worked with health professional training bodies in Perth and Newcastle, covering training in areas that include medicine, paramedicine, pharmacy, physiotherapy, nutrition and dietetics, psychology, social work, speech therapy, nursing and occupational therapy.

Libby also works with management consultants, supplying role players to assist with training their clients in communication, empathy, and professionalism.

In Add Lib's medical training, Libby points out that even the best body replicas can't replace a live "patient".

"There's a limit to what can be learned from a medical manikin, even state-of-the-art replicas that can sweat, change colour, display pupil dilation and give verbal responses," Libby says. "A student can

practice drawing blood from an artificial arm but they'll be totally task-focused, not needing to check a patient's responses or even orient where they're standing with consideration for the patient's comfort.

"They don't have to ask a mannikin for consent, build rapport or show empathy – the intensely human aspects of treatment require a living, breathing person."

While most of the Add Lib cohort are experienced actors, Libby points out that role playing is a completely different form of acting to entertaining or selling a product.

"Essentially, it's a process of guided improvisation," she says. "Simulated patients have to be familiar with the scenario that they've been given and – even more than they would for a stage drama – have to think about how their character would react in a given situation, what the character's back-story is, the sort of questions the medic would be likely to ask them."

All of this takes its toll on actors, even the experienced ones, and while medical students are usually offered counselling and debriefing actors are frequently left with the emotional burden of simulating repeated crises. While working at Griffith University Libby introduced a post-work debrief routine that she still uses with her team.

"Self-care and medical health are as important for actors as having a safe physical environment," Libby says. "We need to ensure that our actors aren't left suffering a trauma by proxy after a heavy work session."



Photo: Supplied.

There can be unexpected benefits. One of Add Lib's actors was playing a cardio-vascular "patient" when the medical students detected a significantly blocked artery that could have caused a stroke.

Libby can customise a scenario to suit a client's needs and write a script or develop one with the client. Add Lib's actors cover a wide range of types: children, seniors, fluent foreign language speakers, people from diverse ethnicities and Indigenous backgrounds and slender to plus sizes. They are specially trained in presenting a wide range of symptoms appropriate to the specific ailment. If an organisation has its own team of SPs arrangements can be made for Add Lib to train them.

To find out more about Add Lib and the services it offers call Libby Harrison on 0410 570 200.



LOCAL POETRY COLOURING OUR LIVES

BY GEOFF SMILEY

*1 They are companions
accrued over the years.
Items we chose or came,
to fill our lives.*

*2 Together we found those
shells on the beach,
so many years ago.
Proudly arranged and framed
at life's carefree threshold.*

*3 When in early family life,
money scarce, children focussed,
like Jack and the beanstalk,
I went on an errand
buying a new washer*

*4 Seduced by that painting
in the artist's window
we agreed to choose
art above practicality
A soul choice still bringing
pleasure and life learnings.*

*5 A old print of the Rover train,
built in the heyday of 1890.
Challenging the world
with its beauty and strength.
Example of courage
and of resilience.*

*6 Gifted by one of our children,
a print with three pelicans;
a bird so suiting our location,
reminding of the love of children.*

*7 That photo from our
Ireland holiday,
she standing in a castle ruin,
bearing her father's name.
Origins and identity,
times of expanded horizons.
And my photo of Lake Louise
in winter dress
that brought us to tears.*

*8 My brother is now gone.
But his birthday gift of a
Japanese painting, depicting
a cherry tree in regrowth
and in flower, reminds of his
constant love, even though
our parents had failed.*

*9 The recent piece of art, given
by good friends from their
Australian pilgrimage
completes our home and
fills a space with them.*

*10 These are companions
that in the contentment
of our present times,
colour our lives.*

© Geoff Smiley.



WALK AT YOUR PACE: THE WELLO WALKERS WELCOME YOU

FROM THE WELLO WALKERS

The Wello Walkers, a Heart Foundation walking group, have been walking in the Wellington Point area for 20 years and have registered almost 30,000 walks in that time.

New members are always welcome to join the walk. Meet the group on Mondays, Wednesdays and Fridays at 5:25am at the car park in the Wellington Point Village Green opposite Tania's.

Walkers venture out on a variety of one-hour walks that include fast, medium and slow-paced speeds. You can walk at your own pace, have fun and enjoy meeting a great bunch of people.

For more details, please contact matty.mck@gmail.com.



Photo: Supplied.

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FEBRUARY: THE WHITING ARE BITING, BUT BEWARE THE WEATHER!

BY SPERO KARTANOS

February is a month of hits and misses. Weather-wise, some days are at their best and their worst at the same time, so you need to take notice of the weather predictions. Yes, I know they are not always correct, but we need to take notice; we don't want another tragedy like the one we had at the end of December.

The good news is that the whiting will be in excellent numbers in the Small Boat Channel and the Rous Channel. Some tiger squid will also be throughout the bay, especially on the last of the incoming tide when the water is much cleaner.

School mackerel should be close in the bay, and the spotties will be around the deeper banks of Hope Banks and towards Peel. Finding them is just a matter of keeping your eyes focused on turns flying over the schools. Out from Mud Island towards the Sand Hills is also a great area for mackerel fishing, but remember there is a green zone out there.

Squire, snapper and sweet lip will also be available around the Bay Island drop-offs and the artificial reefs.

There are also plenty of sand crabs this time of year throughout the bay, so launching a crab pot or two will get you a feed of these tasty morsels.

I have been asked a few times if you should use a sea anchor when drifting for whiting, and from my experience, the faster the drift, the better the whiting bite and chase. I prefer the big tides and the fast drift for whiting fishing, and I never use a sea anchor. Let's hope the temperature of the water is not too hot, and the spotties come into the bay and stay a while.

Prawning should also be in full swing, so learn to cast the net, and you should catch some.

Have fun on the water, but keep a lookout for storms and stay safe. Happy fishing!



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Photos: Spero Kartanos.

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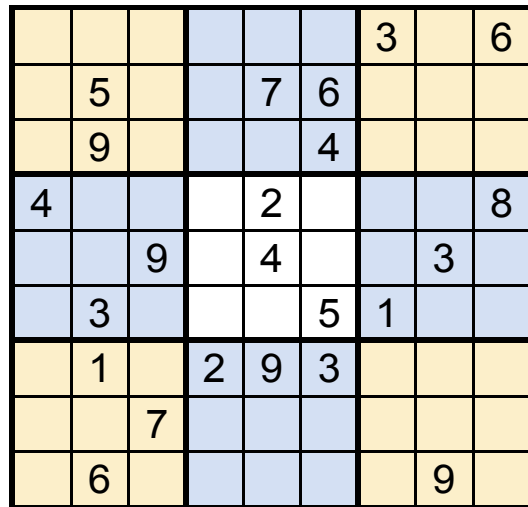
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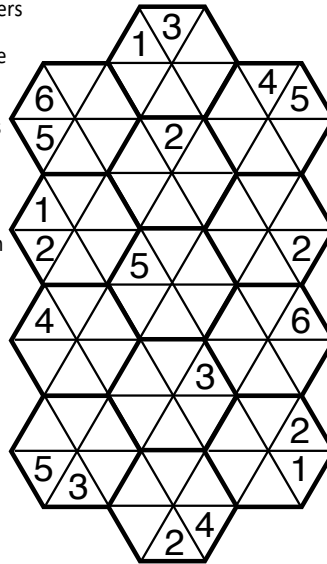
Sudoku

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

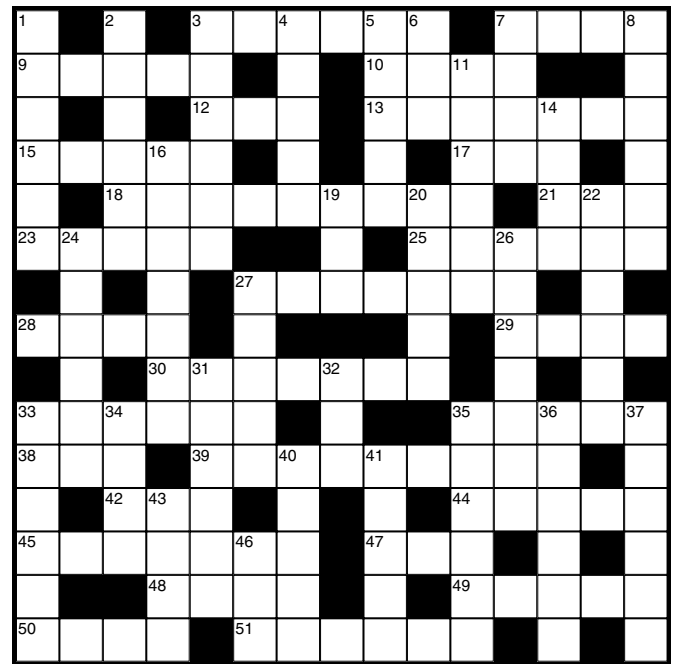


Quick Workout

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

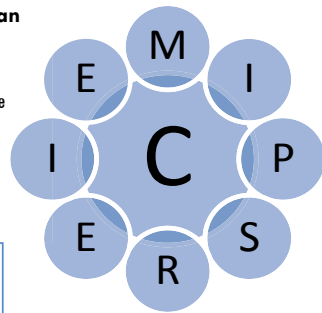


Crossword



Focus An All Australian Word Game

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



TODAY'S Good: 10 words
FOCUS Very good: 17 words
Excellent: 30 words

Blank lines for writing words.

Reference: Macquarie Concise Dictionary
Focus No. 3878

ACROSS

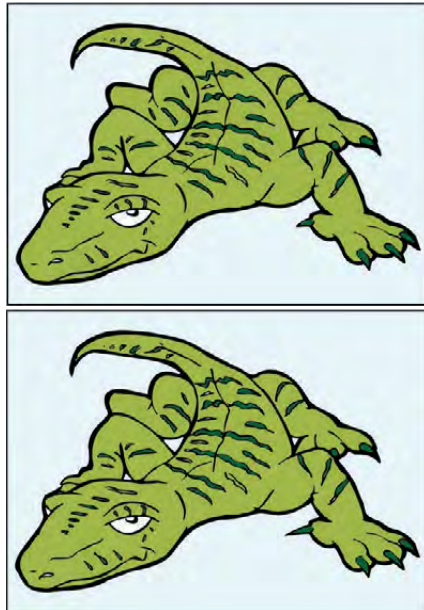
- 3 Arachnid
- 7 Target
- 9 Breed of dog
- 10 Bait
- 12 Meadow
- 13 Distinguished
- 15 Snow leopard
- 17 Lair
- 18 Quietly happy
- 21 Stain
- 23 Kind of wheat
- 25 Shuts
- 27 Mixes up
- 28 Single occasion
- 29 Remedy
- 30 Brave and dashing
- 33 Electrical unit
- 35 Long-piled fabric
- 38 PNG town
- 39 Practice held before event

DOWN

- 1 Thesians
- 2 Royal family member
- 3 Mute
- 4 Lacking sense
- 5 Choose by vote
- 6 Spirit
- 7 Unit of inheritance
- 8 Workshop machines
- 11 Enigma
- 14 Finishes
- 16 Place of learning
- 19 Indicate assent

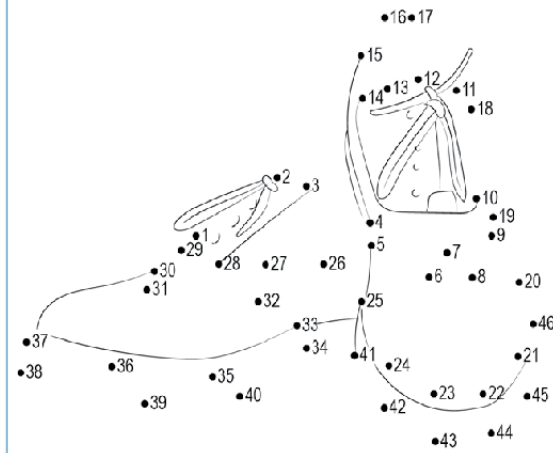
- 20 Brilliance of success
- 22 Longs for
- 24 Central American republic
- 26 Relating to kissing
- 27 Confused fight
- 31 Apprehend
- 32 Respectful fear
- 33 South American ruminant
- 34 Fuel cut from bogs
- 35 Book of the Bible
- 36 Northern Ireland
- 37 Upright
- 40 Inconsiderate speed
- 41 Astound
- 43 Nuisance
- 46 Perfect score

Spot the 5 Differences



Join the Dots

What is this? Find out by joining the dots.



Solutions

Puzzles and pagination supplied by Auspac Media

FOCUS: cepe cerise creep creme crime crim
 crisp empiric epic icier IMPRECISE mice piece precise
 precise price recipe rice risc scree scrim scrmp scrip spec
 specie spice spicier
 stripe near lip.
 extra stripe on back, nostril moved, thumb claw larger, extra.
 SPOT THE 5 DIFFERENCES: Stripe missing from hind leg,
 stripe on back, nostril moved, thumb claw larger, extra.

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