

The Community Leader

Redlands

WE'RE ALL ABOUT GOOD NEWS



CHICKS IN PINK ARE CHANGING THE TIDE OF CANCER TREATMENTS

In a mammoth display of community unity, the Cleveland Point Lighthouse will be awash with pink this month as the starting point for the Mater Chicks in Pink Fun Run.

It's your chance to set your alarm early on Sunday, March 10, and hit the pavement to raise money for the Mater's breast cancer research.

Fuelled by the dedication of local volunteers from the Redlands Volunteer Branch of Cancer Council QLD, the Cleveland event stands as a beacon of support for those battling cancer among our friends, family, and neighbours.

And whether you walk or run, you'll be helping fund cancer-crushing research and programs that directly benefit patients with breast cancer.

Discover how you can join the festivities and contribute to the cause on page 3. Let's make this year's fun run the biggest yet!

Pictured: Dr Jason Lambley (Mater Redland) with members of the Redlands Volunteer Branch of Cancer Council QLD at Cleveland Point Lighthouse.

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EDGY NEW EXHIBITION REFLECTS NATURE'S MARGINS

FROM THE OLD SCHOOLHOUSE GALLERY

***Along the Edge* is the exciting new exhibition by artists Hilary Wakeling and Greg Hughes on display at the Old SchoolHouse Gallery throughout March.**

Wildlife gathers along the edge of cliffs, the edge of beaches and reefs, and it is these habitats that Hilary has captured in her new series of paintings.

Hilary has returned to her beloved watercolour medium in depicting these images – although with a twist – as many are painted on canvas, which is unusual for watercolour. She hopes you enjoy the paintings and reflect on the beautiful birds and animals we have “along the edges” of this world.

In his series of artworks depicting coastlines, inlets, river margins, and waterfronts, artist Greg Hughes has aimed to present places around Australia and, in some cases, humanity’s interaction and influence on these places. Through watercolour and acrylic, Greg has endeavoured to capture the essence of an environment that is, in turn, majestic, tumultuous and uncertain.

The first day of this fantastic exhibition is Thursday, February 29. The exhibition will run until the public holiday on Easter Monday, April 1.

The Old SchoolHouse Gallery is open Thursdays to Sundays and on public holidays from 9:30am to 4:30pm, at 124-126 Shore Street North, Cleveland. We look forward to welcoming you.



Greg Hughes and Hilary Wakeling at the Old SchoolHouse Gallery. Photo: Supplied.

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PINK POWER: JOIN THE MATER CHICKS IN PINK REDLANDS FUN RUN!

FROM JILL WATSON, REDLANDS VOLUNTEER BRANCH, CANCER COUNCIL QLD

What are you doing on Sunday, March 10th, at 7:00am? Why don't you join Australia's largest International Women's Day celebration and support women with breast cancer in the Redlands area?

The Mater Chicks in Pink 2024 Redlands Fun Run will start and end at the Cleveland Point Lighthouse, incorporating a 3km and 5km walk/run to raise awareness and funds supporting women with breast cancer.

Jo Kesur, local mum and secretary of the Redlands Volunteer Branch of Cancer Council Qld, has had her own personal journey with breast cancer and kicked the Redlands event off in 2022. Jo's diagnosis in 2019 revealed an invasive carcinoma, a hormone-based subtype of breast cancer. Having undergone surgery, Jo now undergoes monthly hormone blocker injections at Mater Private Hospital Redland as a precautionary measure to minimise the risk of cancer recurrence.

Each year, the Redlands Fun Run event has grown. It welcomes families, friends, sporting enthusiasts, fur babies and supporters to join the movement.

Avoid the city crowds and meet at the Cleveland Point Lighthouse in your pink gear and get ready to walk or run – there is a course to suit all fitness levels. The local Redlands Volunteer Branch of Cancer Council Qld will be hosting a BBQ breakfast and will offer sweet treats and pink merchandise for sale. You can also satisfy your caffeine cravings and indulge in a coffee.

In the week of March 10th, the Cleveland Point Lighthouse will be illuminated in pink as a tribute to the brave women who are courageously battling breast cancer. This symbolic gesture holds particular significance in the hearts of the Redlands community, where the impact of breast cancer has touched the lives of numerous families.

Join the sea of pink and help raise more than \$1.75M to support women with breast cancer. Funds will be invested in personalised, practical support services, equipment and potentially life-saving breast cancer research at Mater Health.

Register and join the Breast Cancer Bayside-Redlands team on this link: <https://fundraise.mater.org.au/event/funrun-2024>; choose "Your Way (virtual)" and type in the team name "Breast Cancer Bayside-Redlands".

chicks in pink funrun 2024  **SUNDAY 10TH MARCH 7AM**

Choose to walk (3km or 5km) or run (5km) something for all fitness levels, avoid the city crowds and join in locally!

Meet us at the Cleveland Lighthouse in your pink gear, walk or run, followed by a CCQ BBQ breakfast

Questions? Please text Jo 0431 783 352 or email CCQRedlands@gmail.com

REGISTER WITH US

 fundraise.mater.org.au/event/funrun-2024/

 Choose "Your Way (virtual)" and type in our team name "Breast Cancer Bayside- Redlands"

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KIM RICHARDS MP STATE MEMBER FOR REDLANDS



#LoveRedlands

COMMUNITY UPDATE

SUPPORTING OUR LOCAL CLUBS

Our 2024 sporting season is about to get underway with all of our clubs gearing up for another big year! We've seen in the past 6 years over \$6,000,000 supporting 250 community groups and clubs through our GCBF grants program. It's a huge investment that has seen everything from new field tractors to new storage sheds, new goal posts to new boats. I'm proud to support our local clubs; we know that they are the beating heart of the Redlands, bringing together kids, families and the community for recreation, exercise and most importantly, fun. I thank all the members and volunteers who give their time to get involved and make our community better and stronger.



OUR HOMES FOR QUEENSLANDERS PLAN



Our Homes for Queenslanders plan prioritises delivering more affordable housing faster, backed with more than \$3 billion in additional investment. Homes for Queenslanders reforms the planning system to increase housing supply and by delivering on our target of one million new homes, we can put downward pressure on housing prices. We are bolstering protections for renters and easing cost of living pressures so that they can save for a home of their own, as well as taking care of Queenslanders who have fallen through the cracks, with a record increase in funding for homelessness services. With housing and rental costs under pressure, Homes for Queenslanders is about doing the right thing to help Queenslanders live and work in the communities they love.



SUPPORTING LOCAL JOBS

JAG Welding in our Redland Bay Business Park is a fantastic local business and to assist them grow and employ more locals, we've provided an \$800,000 manufacturing grant that will provide them with state-of-the-art welding kits! David and the team at JAG Welding are in their new digs at the Redland Bay Business Park and are building for Queensland with a new pedestrian bridge on the way for the Port of Brisbane. I was glad to visit and meet local Hayley Anderson who is one of JAG Welding's fantastic new apprentice boilermakers. Our government is proud to support businesses that engage apprentices and trainees just like Hayley!

LOVE OUR SURF LIFESAVERS



Our Coochiemudlo Surf Lifesavers are just one of almost 60 club houses and over 35,000 volunteers looking out for Queenslanders. They do an amazing job, and they also make wishes come true. Jenny dreamed of getting to experience the sea, and our Coochie team made that dream a reality along with Jenny's fantastic support team. I'm so proud to support our Queensland Surf Lifesavers, and our government is too, that's why we are providing them with a record \$125 million funding over the next ten years. So, they can continue to do what they do best – making sure we get to enjoy our wonderful Queensland lifestyle at some of the best beaches in the world.



Kim RICHARDS MP

LOCAL EVENTS

See what local events are happening in your community.

SPONSORED BY MARKET 2 MARKET **24** YEARS

If you're looking for something to do locally, check out The Community Leader's What's On page here and online.

58TH AUTUMN ORCHID SHOW



April 13 (8:30am to 4:00pm) and April 14 (8:30am to 2:00pm), Belmont Shooting Complex, 1485 Old Cleveland Road, Chandler

Delve into the colourful and fascinating world of orchids at the Eastern District Orchid Society's Autumn show. An extensive range of orchids will be on display, many in flower. Visitors can chat with orchid experts who will enthusiastically share their in-depth orchid knowledge and passion. Potting demonstrations will be staged throughout both days, with potting supplies, pots and bark available to purchase from Brisbane Orchid Supplies. Come along and find out why so many people are captivated by orchids! Admission is \$4 for adults, and entry is free for children under 14.

2024 HERITAGE AND HARMONY FIESTA



Sunday March 24 from 9:00am to 3:00pm, Redland Museum, Smith Street, Cleveland

Come along and enjoy this vibrant multicultural community event. Food trucks, activities for kids, workshops, craft demonstrations and live entertainment will be on show. Watch the Rio Carnival Samba Brazilian dancers, hear Scottish bagpipes, be amazed by Johnny the Jesters Magic Show and participate in a hula workshop – there's something in store to entertain all ages at this year's fiesta!

Entry is free to this all ages, family-friendly event. See page 28 for more information.

SHE WILL ROCK YOU



Saturday March 16, 7:30pm, Redland Performing Arts Centre, Middle Street, Cleveland

Presented by Livewire Touring Australia, this two-hour 'rockumentary' covers the stories – between live performances – of some of the biggest female recording artists in history, including Janis Joplin, Joan Jet and Pink. Audiences will be treated to an electrifying live performance combined with a big screen on stage behind the band, which will broadcast footage and photos of a host of legendary female performers. More than 20 songs will be performed, bringing to life the music and the backstories of some of the most influential performers from the 1950s to today. Tickets can be purchased by scanning the QR code:



ECO MARKET SUITCASE RUMMAGE AND RACK SALE

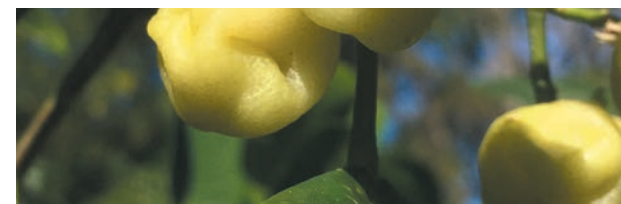


Saturday April 6 from 8:00am to 12:00pm, IndigiScapes, 17 Runnymede Road, Capalaba

Recycling and upcycling movements continue to gather momentum, and if your closet is cluttered, the Eco Market Suitcase Rummage could be the perfect opportunity to pass on your excess baggage! And, if your wardrobe needs a fresh infusion of fashion, here's your chance to shop locally and recycle. Gather your unwanted clothes, accessories and books and book yourself a stall (it's only \$10!) at the next Eco Market Suitcase Rummage. Stall bookings are essential and space is limited. If you'd like to book a stall, scan the QR code:



LEARN TO GROW NATIVE BUSH FOODS



Thursday March 14 at 7:00pm, Salvation Army Church, cnr McDonald and MacArthur Streets, Alexandra Hills

Learn how to grow Australian native bush foods when co-founder of Northey Street City Farm, Dick Copeman, speaks to Redland Organic Growers Inc (ROGI). Originally a medical doctor, Dick has a Diploma in Permaculture and a keen interest in the health benefits of growing bush foods in our gardens.

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



Jos Mitchell

LEADING CHANGE

MAYORAL CANDIDATE

Vote **1**

REDLAND CITY COUNCIL 2024 ELECTIONS



Cr Adelia Berridge Div 9, Cr Lance Hewlett Div 4, Jasper Every Div 6, Jos Mitchell, Brian McDonald Div 2, Cr Wendy Boglary Div 1, Hilton Travis Div 5

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

RE-ELECT PAUL GOLLE

REDLAND CITY COUNCIL 2024 ELECTIONS
DIVISION 3 CANDIDATE

Dedicated to Service and Leadership

Councillor 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, Councillor 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, Councillor Golle has connected with the community, providing advocacy support to Redlands residents. Councillor 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 designed for 3 to 18 year olds teens.
- › 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.



Open transparent communication

- › Keeping the community informed as seen on TV, newsletters, social media and hard copy print.



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 0447 073 530 or email gollepaul@gmail.com. Your interest and engagement are valued as we work together for the betterment of the Redland community.

LEARNING TO PACK AN AXE AT 13 AXES, CLEVELAND

BY JAN NARY

There's always excitement about doing something for the first time, whether it's bungee jumping or wearing false eyelashes, so when a mate told me that an axe-throwing centre had opened in the Redlands, the obvious response was, let's give it a go!

We ended up as a threesome, Jackie, Doug and I, all of us first-timers. Carving a Sunday roast was probably the only experience any of us had of aiming a sharp object at something with the intention of actually cutting into it, but we were keen. The frisson started as soon as we walked into the 13 Axes to be greeted by Jason Lake, who, with his wife Sammi, runs 13 Axes and the newly established Rage Room next door. (For more on the Rage Room, turn to page 29).

Jason's been running 13 Axes for nearly four years since a COVID-triggered job loss prompted him to build his own business.

When I later asked Jason what had attracted him specifically to axe throwing, he grinned and responded, "Did you enjoy yourself today?"

There's the answer – it's simply enjoyable. And it's not just Jason and Jackie and Doug and I who get a buzz out of it; Jason's clientele come from all walks of life and all ages – from 12 years old to a sprightly 99.

The axes used aren't the domestic woodpile species; they're specially designed and made competitive throwing axes. While your first impression might be that it's a dangerous way to have fun, Jason says that they haven't had an accident in all the time they've been operating.

"Everyone has to go through a safety talk and demonstration; the only times we've needed sticking plasters for minor wounds has been when – despite being told not to test the sharpness of the blade – a client can't resist the temptation of running their thumb lightly down the edge to check it. Not good for the customer – and the indoor astroturf is really hard to clean."

Some videos compare axe-throwing to playing darts but Jason says that golfing skills are closer; the ability to let your implement do the work rather than trying to push it through the air.

"Relax, chill out a bit and don't get frustrated when you miss – that'll just make it harder," he says.

Right. Training talk, coaching and demonstration done, now it's time to line up and take a turn. Jason makes it look so easy; position, focus, throw then a second's silence before a gratifying THUNK as the axe hits the bullseye. Doug's our first contender and he's a natural; didn't get the bullseye but after a few goes he did get the THUNK – and soon progressed to bullseye status. Jackie took a few more tries before getting to frequent THUNK and bullseye level, but she was obviously at home with the process.

I'd expected to do well, being blessed with sturdy Viking DNA. My position, focus and throw felt convincing, but the end result – with a few exceptions – was a CLUNK followed by an axe-falling-into-the-woodshavings sound. Jason was quick with a positive response.



Photo: Supplied.

"Look on it as great exercise," he enthused. "Every time you walk up and down, you've walked seven metres; every time you pick up the axe, that's a squat. You know, some people come here for the physio benefits."

Whatever the benefits, we left in high spirits, well-pleased with ourselves and planning a return visit. I, for one, am determined to become a mistress of the THUNK but in the meantime I'll wear my Axe Throwing Champion Badge as an encouragement award.



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MAGGIE'S MATES

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Name: I am Kirsty the Schipperke.

Where do you live? I'm from Cleveland.

How long have you lived there? Not even one year! Since June 2023.

What's your favourite local walk? I'm only new to the area. I like walking around the block, we have a really nice path to follow near the showgrounds and there's so much to sniff!

Your most treasured toy? Anything Mike has.

What's your favourite food? I'm trying all kinds of interesting food. My fave though is when I get some sardines mixed into my dry food. YUM!

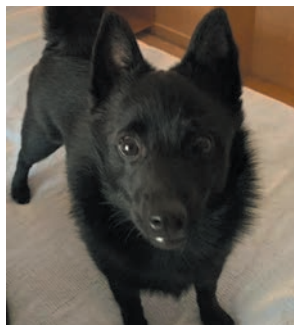
What's your worst habit? Umm sometimes, I get nervous and I poop in the car.

What's your favourite local hangout? I LOVE sleeping on the bed, it's so nice!

Who is your best doggo friend? Mike.

Do you have any funny or embarrassing stories? Ahh, I already mentioned the car thing! It's embarrassing, I get nervous about being in the car, 'cause I think we're going to the vet and then... well...I need to go...like really, REALLY need to go. Now I'm more used to being in the car so we can arrange 'comfort stops'.

What do people love most about you? People like to give me a cuddle and I really like it when they do.



Name: Hi, I'm Mike the Schipperke!

Where do you live? I live at Cleveland.

How long have you lived there? Umm, since September 2019.

What's your favourite local walk? Probably just around the block. And when I visit my doggy day-care, I am taken into the Koala Reserve at Burbank. I don't really like walks when it's sunny. I get too hot.

What is your most treasured toy? My little lion.

What's your favourite food? Anything really. I LOVE blueberries, bananas, apple, cabbage, mango, carrots ... so many!

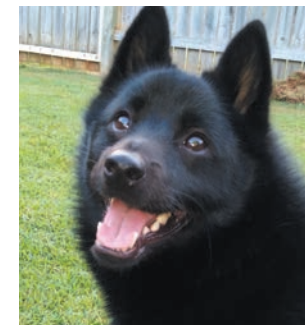
What's your worst habit? I do sometimes yell (bark) a lot. My humans say it's for no reason, but I have my reasons. Apparently, my bark is quite shrill.

Your favourite local hangout? I like to keep it close to home, getting scratches on the couch. Preferably in the air-conditioning.

Your best doggo friend? Defs Teddy. But also Roxie. I visit them at doggy day-care.

Do you have any funny or embarrassing stories? I sometimes get carried away with eating things. There was this one time I ate a pair of reading glasses, like actually ate them (yuck!), the lenses and nose pads. I don't recommend that. And I've also eaten a cockroach bait ... yeah, don't do that. And I also ate a pair of headphones. So eating things I shouldn't ...

What do people love most about you? People say I'm a handsome fellow. And lots of people comment that they love my face; I look like a little fox. And people love that they can give me a scratch – I really love scratches!



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.



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MISS MAGGIE OF MANLY



THE DANGERS OF CANE TOAD POISONING IN DOGS AND CATS

BY DR NICKY THOMAS, WYNNUM MANLY VETERINARY HOSPITAL

With the very wet summer we have experienced there has been a huge increase in the numbers of cane toads around. These jumpy creatures prove a great temptation to our dogs and cats with their exciting movement. Cane toads possess glands around their neck containing hallucinogenic toxic compounds which are expressed when they feel threatened. Dogs or cats biting or licking the toads absorb the toxin through the mucus membranes of their mouths. Poisoning can be rapid and severe, in some cases resulting in the death of the affected animal.

Signs of toad poisoning:

- Frothing and drooling – large volumes of sticky or foamy saliva may be produced
- Red gums
- Muscle spasms or tremors
- Increased heart rate
- Seizures
- Death

Cats may show the above signs along with weak limbs and a trance-like stare.

Treatment of toad poisoning:

- Use a soft, wet cloth to gently and thoroughly clean the pet's mouth and gums. Rinse the cloth frequently to remove toxic material.
- Avoid using a hose to rinse the mouth as animals may aspirate the water into their lungs.
- Contact your vet for further advice. If tremors or seizures develop seek veterinary attention urgently.



PREVENTION OF TOAD POISONING

The most effective method of preventing toad poisoning is preventing access to the toads. The more common times of toad poisoning tend to be at dawn and dusk, but they may be active at other times. Keeping your pet confined within the house or a secure kennel at night may be required. It is also important to check outdoor water bowls regularly as toads may often be found residing in these water sources.



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CONGRATULATIONS TO REDLAND BAY'S STUDENT LEADERS!

FROM REDLAND BAY STATE SCHOOL

On Monday 5th February Redland Bay State School inducted its student leaders at a ceremony held at the school. Dignitaries present included Mr Henry Pike, Federal Member for Bowman, Ms Kim Richards, Member for Redlands, and Mrs Julie Talty, Deputy Mayor and Division 6 Councillor.

The Student Leader induction ceremony recognised and paid tribute to the year six students on their achievement in being selected as 2024 school leaders. Each of these young people went through an extensive process including a written application, panel interview and presentation of a leadership speech, before being voted in by their peers, teaching and non-teaching staff, and the school's leadership team.

Quandamooka elder, Uncle Raymond Walker, began the ceremony with a Welcome to Country that included staff and students joining in to sing and perform actions to his beautiful song. The ceremony inducted four school captains, nine area prefects and eight sports house prefects.

The parents and carers of each of the 21 students selected were in attendance and invited to the stage to accept the certificate and badge, which they pinned to the shirt of their child. These 21 students make up a group of leaders now referred to as the school's Student Parliament.

The final level of student leadership celebrated involved all year six students. The ceremony concluded with the Student Parliament and all year six students reciting a pledge to the assembly of students from years three to five, special guests, staff, parents and members of the wider community.



Redland Bay State School's student leaders pledge commitment to their roles. Photo: Supplied.

RENDALLS IS REDDY

- Doing things **WITH, NOT TO** our **COMMUNITY**
- **SAFER** public spaces, roads and pathways
- Improved **TRANSPORT** and **PARKING** solutions
- Less **WASTE** and more **VALUE** for our ratepayer **\$\$\$**
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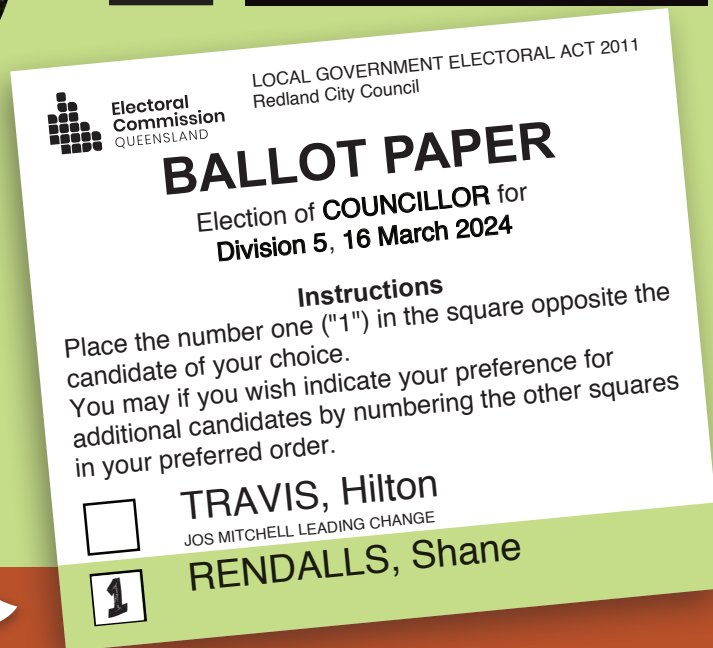
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0423 606 384 www.shanerendalls.au

Authorised for Shane Rendalls (candidate) by Shane Rendalls, 2 Bayview Drive, Russell Island, Qld, 4184

ON SATURDAY MARCH 16TH
VOTE **Shane**

1 **RENDALLS**



ROTARY'S "RARE" RELOCATION: COMMUNITY COLLABORATION IN ACTION

FROM THE ROTARY CLUB OF CLEVELAND

Rotary Australia World Community Service Northern Region's RARE (formerly DIK – Donations in Kind) recently relocated from Kingston to McArthur Street, Alexandra Hills.

The new Alexandra Hills facility was officially opened on Saturday, February 3, with the Rotary Club of Cleveland providing marquees, seating and a BBQ lunch for attendees.

Rotary members were instrumental in preparing the facility for RARE's use. It's not often that three Paul Harris Fellow (PHF) certificates and pins are presented simultaneously. Still, this privilege was given to Cleveland Rotary President Gavin Becker at the facility's launch event.

President-elect Clive Shepherd, his friend Paul Prior, and club member Steve Bravey each received a PHF for their tremendous efforts in renovating the old poultry research station to make it usable for RARE.

Paul and Clive did the re-wiring and installation of all things electrical, while Steve completed the plumbing. They each donated countless hours over several months to complete the work, often also contributing materials and resources from their businesses. Their work now enables others to sort and pack much-needed goods into containers for disadvantaged overseas communities.

Club Member Anna Bray (PHF in June 2023) also received a certificate of appreciation for her contribution in preparing the premises for use, which included cleaning, painting, planning, and making signs – too many tasks to list. In addition, without the work of the Club's past president, Albert Benfer (PHF) and his liaison with the Redland City Council over the past five years, RARE would not have these excellent premises to work in each week.

Rotarians and volunteers work at RARE on Thursday mornings, sorting, packing and preparing the goods for shipment overseas.



PHFs presented to Steve Bravey, Clive Shepherd and Paul Prior with Cleveland Rotary President Gavin Becker. Photo: Supplied.

ABOUT RARE

RARE is an initiative that establishes an efficient and effective program for distributing medical and educational equipment to disadvantaged communities in Australia and overseas. Under a regulative framework, RARE collects valuable donated goods and ensures they find purposeful use in local and international projects. Through RARE, Rotary contributes to humanitarian relief by repurposing equipment that might otherwise go to waste. By providing essential resources to areas affected by poverty, conflict, or natural disasters, RARE exemplifies the spirit of service and compassion that Rotary embodies.

MY LOCAL MEMORIES: BACKYARD VOLCANO

BY ROSS FARLEY, BAYSIDE RESIDENT

My father's hardware shop sold a product called carbide when I was a boy. The term carbide seems to have a few meanings today, but this carbide was probably calcium carbide. It was used for generating inflammable gas for lighting before batteries became more reliable.

Back in the day, carbide lights were used for mining, lighthouse beacons, car, and bike lights. I remember seeing one being used as

a bike light, although they were a thing of the past when I was a kid.

When mixed with water, carbide would bubble ferociously and give off acetylene gas. I'm not sure how the stuff was being used back then, but it was of great interest to inquisitive boys. When put in a can of water it was a sight to behold; throw in a match and watch the flash.

One day when the backyard dunny can was full, we dropped in a

lump of carbide. The dunny became a volcano with lava erupting over the top of the can and seat, across the floor and a lava flow began encroaching on the yard. When we threw in a match, the gas caught fire and every aspect of a volcano had been recreated and without any casualties. It was great fun and an amazingly educational and successful scientific experiment. But Mum's sense of humour was somehow lacking, and she had no appreciation for our passion for scientific experiments!

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LOCAL PERSONALITY PROFILE

Name: Suzana Petrovic.

Suburb: Cleveland.

What's your business? I am a marketing assistant for Softlink IC (a software business).

Do you have any fun/interesting stories about your job? Our business provides library, knowledge and research management software to some of the largest law firms and parliamentary, government and corporate libraries. Our mascot is a furry little alpaca called Alex!

What's your favourite local dine-in and take-away? That's easy – for dine-in, it's The Punjab Curry Club, and for take-away, Mamma Mia's pizza!

Best local activity: Getting out on the bay in our boat. We don't even have to go far; Peel Island is magic.

What's the last book you read? *The Bullet That Missed: A Thursday Murder Club Mystery Book* by Richard Osman.

What was the last TV show or movie you watched? I just finished watching *Silo*, which is on Apple TV. It's based on the *Wool* series by Hugh Howey, and oh so good!

Is there anything you'd like to see happen in the local area? I'd love to see the Cleveland CBD reinvigorated and some new businesses to complement what we've got – maybe some lovely new restaurants or cafés. I'm a bit of a foodie.

Is there a local business/community group/club you'd like to shout out to? That'd have to be Redland Museum. I volunteer there, and it's great. There's a fantastic group of volunteers (and four paid staff) who work tirelessly to capture the stories of our past for the future. We also punch above our weight when it comes to cracker events and exhibitions. Do yourself a favour and pop in for a visit, attend an event or see an exhibition.



Photo: Supplied.

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SKY, EARTH, WATER — THE LIVING ELEMENTS OF ART

Ever since the ancient Greeks propounded the belief that all matter was made up of four elements – earth, water, air and fire – those elements, in their various forms, have intrigued the human mind. Three of them have provided the subject matter for a fascinating art exhibition, *Sky Earth Water*, presented by the Redland’s Creative Alliance at Redland Museum.

The Alliance, a not-for-profit Facebook-based organisation, draws together a network of more than 400 local and south-east Queensland artists of all persuasions. Alliance administrator and chairperson May Shepard says that the theme of the *Sky Earth Water* exhibition gives artists a variety of landscapes to work with.

“Members were invited to submit works and the response was wonderful,” she says. “Thirty artists have contributed to a really exciting and representative collection for the exhibition, which includes photography, sculpture, stoneware, mixed media, ink, charcoal, pen and wash, acrylic, oils and watercolours. The artists have a variety of skills and abilities; some are full-time artists and some are talented hobbyists. Most of the works on display will be for sale.”

May says that the contributors have chosen a wide range of subjects and styles to engage with the theme, showing our relationship and connection to the flora and fauna of country, cloud formations and sky colours.

“Some works are conventional and some are quite abstract. The subject matter ranges from sunsets to seascapes, lakes and shoreline mangroves, from a Sunday stroll in the bush to an old shipyard and native birds in their natural environment. There is one piece that is a compilation of little scenes in the Redlands. The variety is marvellous.”

May relishes the range of artistic talent in the region but would like more opportunities to share artworks with the public.

“It’s a pity that we don’t have more places where the work of local artists can be displayed. There are three galleries in the Cleveland area but there’s so much artistic talent in the Redlands that we could easily use more space!”

Sky Earth Water will be on display at the Redland Museum, 60 Smith St. Cleveland from March 8 to March 30.



A compilation of art featured in the exhibition. Picture: Supplied.

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COOKING SKILLS FIRING UP AT BLUE TONGUE KITCHEN

People with disabilities have a new opportunity to grow their independence and confidence in meal preparation, with Thorneside cooking school Blue Tongue Kitchen launching its highly anticipated skill-building cooking workshops for NDIS participants.

The first 10-week program is now underway, featuring a variety of nutritious dishes as well as some sweet treats, so students can learn and master a range of life skills, as well as learning about kitchen safety and hygiene.

Classes are led by Blue Tongue Pantry's Allan Groat, who has 35 years' experience as a chef in Australia and abroad. Allan also runs classes for the general public, and has experience running cooking programs for young adults with special needs.

Allan has crafted a program that will take his students through a range of tastes and textures, featuring vegetable and protein-packed dishes, as well as some baked sweets such as apple crumble with custard, and buttercream cupcakes.

Students can sign up for the full 10-week program, which covers breakfast, lunch, dinner and sweet recipes, or to attend casually and choose the classes that interest them most. If they need assistance from a support worker, they can bring their own, or one can be provided for them.

NDIS plans are based on an individual's goals, providing funding to help them pursue those goals. If a person has a goal in their NDIS plan to develop their independence and learn to cook for themselves, cooking lessons may be funded from the Capacity Building portion of their budget.

For more information visit bluetonguekitchen.com.au or email enquiries@bluetonguekitchen.com.au.



Blue Tongue's cooking workshop participants are learning valuable skills in the kitchen. Photos: Supplied.



Peter MITCHELL

Councillor for Cleveland and North Stradbroke Island. DIVISION 2

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- 1. Support a park n ride car park in Cleveland Town Centre
- 2. Road and mass transport infrastructure support such as the Wellington Street Project
- 3. Safe financial hands and a net debt free city
- 4. Support a community safety fund to support our Police. Cameras, lighting, security infrastructure
- 5. Demand infrastructure keeps pace with population

STICK WITH MITCH

VOTE
1

Authorized by Jane Conwell 37 Gotha Street, Cleveland

LIFE'S BETTER WITH A PLAN: FREE ADVANCE CARE PLANNING CLINICS FOR THE REDLANDS AND BAYSIDE

FROM BRISBANE SOUTH PALLIATIVE CARE COLLABORATIVE

Residents of the Redlands and Bayside can learn how to plan for their future health care by attending free advance care planning (ACP) clinics during 2024.

The clinics, hosted by the Metro South Health ACP Service team and held monthly at Wynnum-Manly Community Health Centre, Gundu Pa and the Redlands Satellite Hospital, will enable consumers to learn more about ACP and receive support to complete Queensland ACP documents including the Enduring Power of Attorney, Advance Health Directive and Statement of Choices.

Christine Duncan, Nurse Unit Manager of the Metro South Health ACP Service team says that ACP supports people of any age or stage of health to plan their health care, in advance, by sharing their personal values, goals and health care preferences.

"Planning ahead can help to ensure that the treatment and care you receive in the future aligns with your wishes," Christine says.

"It also means that your loved ones won't have to make difficult health care decisions on your behalf without knowing what you would have wanted. Your words can guide those making decisions about your health care when you can't speak for yourself."

Experienced ACP Clinical Nurse Consultants facilitate the clinics and can assist consumers and their families to understand the types of health care decisions that may be needed and support the completion of ACP documents.

Bookings are essential for all sessions. Call to book your place today on 1300 227 674.

More information and dates and times are available at www.metrosouth.health.qld.gov.au/news/consumer-acp-clinics



Photo: Supplied.

CLINIC DETAILS:

Wynnum-Manly Community Health Centre, Gundu Pa, 20 New Lindum Road, Wynnum West.

8:30am to 9:30am – Session 1: Introduction to ACP and document overview.

9:30am to 3:00pm – Session 2: Individual appointments.

Dates: 26 March, 23 April, 28 May, 25 June

Redlands Satellite Hospital, 22 Meissner Road, Redland Bay.

8:00am to 3:00pm – Individual appointments only.

Dates: 20 March, 17 April, 15 May, 19 June



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A RISING STAR IN THE FIELD OF HOCKEY: SAM SYSTA

FROM REDLANDS HOCKEY

Sam Systa is a young Redlands resident who has just returned from Borneo after representing Australia in the Australian U21 Country Men's Hockey Team.

Sam began playing hockey with Redlands Hockey when he was nine and represented Redlands at multiple junior state championships. Due to the lack of turf facilities in Redlands, Sam moved to Gold Coast and Brisbane Hockey to develop his skills further.

Sam represented Gold Coast Hockey at both junior and open state championships. In 2023, he played for Queensland at the Australian Country Championships in Shepparton, Victoria, where he was selected for the U21s Australian Men's Country Team.

Sam stood out on the pitch in Borneo, with many commenting on his outstanding skill and uncanny ability to read the game. He scored four goals in total as a mid-fielder, and also showed his versatility by playing in the backs due to injury to other players.

The men's team were undefeated in all eight games of their Borneo tour which started in Tawau (Southern Sabah), to Kota Kinabalu and ending in Kuching. It was a challenging tour played in incredible weather conditions, including extreme heat and humidity and, at times, torrential rain.

It was an amazing opportunity for Sam, who has dedicated a considerable amount of his life to hockey and was incredibly proud to represent his country. This rising star is bound for more green and gold representations in future.

This opportunity was entirely self-funded, and his fundraising page is still open if you would like to contribute via the QR code to help offset some of the cost of his recent tour.



Photo: Supplied.

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Photographs for illustration purposes only. While stocks last. Prices may vary.



WOULD YOU LIKE TO BE PART OF THIS YEAR'S REDFEST COMMITTEE?



RedFest is the region's premier festival, staged annually in September since 1958. The event showcases a vibrant mix of music and displays, a sideshow alley, the famous strawberry-eating competition, and a host of entertainment at the Cleveland Showgrounds.

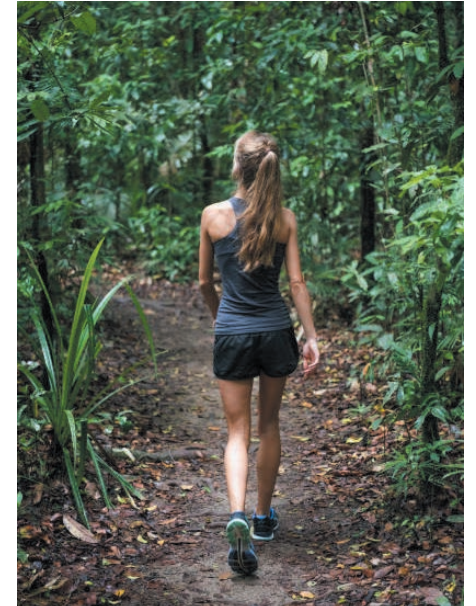


Photos: Supplied.

Redfest is now seeking expressions of interest for anyone who would like to be involved in the festival's organisation as an executive committee member. Simply email your expression of interest to Robyn Keenan at Secretary@redfest.com.au.

JOIN THE 2024 NATURE WALK CHALLENGE!

Are you a nature enthusiast who revels in the beauty of Australia's diverse landscapes? If so, get ready to embark on an exciting adventure this March! The 2024 Nature Walk Challenge invites you to lace up your hiking boots and step into the great outdoors for a cause that's close to our hearts: protecting Australia's precious natural heritage.



Organised by the Wilderness Society, this event aims to raise funds to safeguard vital habitats that are home to our unique Australian wildlife. By participating in the Nature Walk Challenge, you'll not only immerse yourself in the breathtaking scenery but also contribute to the preservation of our natural ecosystems for generations to come.

Participating in the Nature Walk Challenge is easy! Simply sign up online at www.naturewalkchallenge.org.au and start your fundraising journey today.

Whether you're a seasoned hiker or a first-time explorer, there's a trail waiting for you.

For those seeking a guided adventure, join the Bayside Wilderness Group walk on March 23. For more details and registration, contact Una at 0412 724 038.

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Anthony Jones
Home Lending Specialist
0436 945 358
anthonyrodger.jones@cba.com.au

WHO GETS THE PET IF WE SEPARATE?

BY KATELYN CALLENDER, AUSTRALIAN FAMILY LAWYERS

Many people classify their beloved pet as part of their family – and rightly so! However, when it comes to family law in Queensland, all pets are classified as property. This means that the Court will approach the issue in the same way as it would when deciding the distribution of all other property of the relationship.

Legal ownership does not determine who will retain ownership of the pet in separation matters. The court will consider:

1. The pet's Council registration and microchip;
2. Who paid for the pet;
3. Was one party the main caregiver of the pet;
4. Who has the accommodation best suited for the pet; and
5. All other matters in relation to its care.

In a 2018 case of *Gaynor & Tseh*, the applicant sought an interim order that the parties pet dog be returned to him. Justice Cronin held that the dog could only be categorised as a chattel and that there was no logical reason why it was urgent for the Court to intervene to 'protect property'. Consequently, no interim orders were made regarding the pet.

In 2020, the case of *Davenport v Davenport* considered whether separating couples can have custody of their pets. Judge Tonkin found that there were no powers under the Family Law Act to allow a Court to make a shared custody order for a pet.

If you have been unable to reach an agreement following separation through negotiation and mediation regarding your pet, you are able to make an application for property orders which include your pet.

For further information, contact Australian Family Lawyers today on 07 3313 0219 (Bayside office).




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QUEENSLAND BATTERY BOOSTER REBATE NOW AVAILABLE

FROM GOODHEW ELECTRICAL AND SOLAR

We are excited to bring you news about the Queensland Battery Booster Rebate, a fantastic opportunity to enhance your energy storage capabilities and save on your electricity bills. We previously wrote about the Battery Booster Rebate in the February edition of The Community Leader Bayside; however, more details have since been released and the program is now accepting applications from eligible Queenslanders.

WHAT IS THE BATTERY BOOSTER REBATE?

The Queensland Battery Booster Rebate is a government program designed to encourage the installation of battery storage systems in homes and businesses. By participating in this rebate program, you can significantly reduce your reliance on the grid and take a step towards a more environmentally friendly and cost-effective energy solution.

HOW MUCH IS THE REBATE?

The level of funding for eligible residents is based on household income. The program is means-tested and allows low to medium

income households the opportunity to become energy-independent. The standard rebate of \$3,000 is available for applicants with an income of \$180,000 or less for the most recently ended financial year. A low-income rebate of \$4,000 is available for households where the highest income earner earned \$66,667 or less for the most recently ended financial year.

WHAT ARE THE ELIGIBILITY CRITERIA?

Applicants must apply for and receive conditional approval before having a solar battery system installed. To be eligible for the program, applicants must be the owner of the residential property; have a solar PV system with minimum 5kW system capacity; use an approved battery; use an approved installer such as Goodhew Electrical & Solar; meet the income requirement; and, agree to a safety inspection after installation.

HOW TO APPLY?

Reach out to Goodhew Electrical & Solar via phone or email to express your interest in the Queensland Battery Booster Rebate.

From here, we will schedule a consultation with our team of experts to assess your energy needs and recommend the most suitable battery storage solution. The team at Goodhew Electrical and Solar can assist you with your application for the rebate, and, once approved our Accredited Battery Installers will install your new battery storage system efficiently to the highest quality standards.

ACT NOW AND SAVE!

Don't miss out on this incredible opportunity to upgrade your home's energy supply and save on electricity bills. The Queensland Battery Booster Rebate is available for a limited time, so act now to secure your spot in this program.

For more information or to get started, please contact Queensland's solar and battery experts at Goodhew Electrical & Solar on (07) 3286 1422, email batterybooster@goodhewsolar.com.au or visit our website www.goodhewsolar.com.au



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Cloncrew: An iconic Manly landmark comes to market

One of Manly's most spectacular estates has come to market, representing a once-in-a-lifetime opportunity to own a piece of history with breathtaking views of Moreton Bay.

Located within a prestigious blue-chip area of real estate, *Cloncrew*, located at 12 Valetta Street, Manly boasts an expansive 2548 sqm of land, offering a unique chance to acquire one of the area's most substantial single landholdings.

Historic *Cloncrew* sits proudly across four large land titles with unrivalled bay views. The home is a magnificent example of Spanish Mission design, built in 1938 and designed by renowned architect Eric Percival Trewern. The residence is a testament to the grandeur of the Art Deco movement, which gained massive popularity worldwide in the early 1900s.



Much of this home has been lovingly maintained in its original condition. However, the kitchen has been modernised with stone bench tops, a four-burner combination gas and induction cooktop, a double basin sink, crisp white cabinetry and stainless-steel appliances.

Taking centre stage in the vast lounge room is a magnificent counter-levered fireplace framed with Helidon freestone and an ornate timber mantle. The beautiful veneered walls of Queensland

timbers are inlaid to enhance the home's design, while built-in timber cabinets are a testament to the craftsmanship of days gone by.

The lounge, card room, dining room, and piazza are all interconnected by glazed lead-light double doors. All rooms feature soaring ceilings, timber picture rails and decorative plaster cornices.

The semi-circular piazza is magnificent, capturing intoxicating views across the Royal Queensland Yacht Squadron and beyond the Bay Islands. The morning sunlight filters through six magnificent cathedral-like arched timber doors, which also capture the year-round bay breezes, keeping the home cool.

The formal dining room easily hosts a table of eight, boasting veneered Queensland walnut walls, a servery window above a built-in sideboard, and hand-crafted cabinets.

The main bathroom has the enviable original Terrazzo flooring, a separate bathtub and a matching standalone vanity. The shower space and splashback areas are adorned with handmade Italian tiles.



FEATURES

- One of the most significant single landholdings in the area at 2548sqm
- Boundless potential and possibilities (STCA)
- Scope to restore to its former glory (STCA)
- Grand proportions, exquisite period fixtures
- Ducted air conditioning
- Security system
- Huge storage space
- Two car access points
- Large workshop area
- Modern kitchen layout
- Designed by celebrated architect Eric Percival Trewern

Cloncrew represents one of the last remaining original mansions of its kind in the district and offers boundless potential and possibilities. Grandly proportioned and exuding timeless elegance and extravagant detail, this exquisite residence is an absolute standout and iconic landmark above picturesque Moreton Bay.

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More Supply Would Render Reforms Redundant

FROM THE REAL ESTATE INSTITUTE OF QLD

The Real Estate Institute of Queensland (REIQ) says more legislative reform, announced by the State Government, doesn't address the rental market pressures that have been primarily caused by a lack of new social housing and private rental supply.

While the detail remains yet to be seen, the State Government has so far released a package of reforms including:

- Rent relief through a financial aid support package
- Portable bond scheme
- Rental sector Code of Conduct
- Installing modifications to rental properties
- Prohibiting the acceptance of rental offers higher than the listed price
- Attaching once 12-monthly rent increase limits to the property not the tenancy

REIQ CEO Antonia Mercorella said the problems the State Government keeps trying to solve through constant legislative reform, were symptoms of a market with dire supply levels, which continues to be the elephant in the room.

"For the fifth time in four years, the State Government has decided to tighten rental legislation in a way that is squeezing the life out of investing in real estate in Queensland," Ms Mercorella said.

"With this round of reform, they're creating an administrative nightmare with portable bonds, and potentially opening the door to tenants making modifications to rental properties without the consent of the owner.

"Our position is that current laws governing modifications are appropriate – tenants require the consent of the property owner

and the owner cannot act unreasonably – but by introducing a 'free-for-all', there could be costly consequences for property owners.

"We've been working closely with QDN (Queensland Disability Network) on an appropriate framework to apply in the case of a modification being required for accessibility reasons."

Ms Mercorella said some of the legislative reforms appeared to be more for show than of real substance.

"We already have strict legislation surrounding rent bidding in Queensland, which requires a listing price be advertised and prevents real estate professionals from asking for offers above and beyond that," she said.

"What this reform proposes to do, is to prevent rental applicants from offering more for a property to create a competitive edge. This practice has emerged due to the very tight rental market.

"If you fix supply, history shows that affordability stays in check because people aren't compelled to offer more to increase their chances of success among a big pool of applicants. A focus on supply would render most of these reforms redundant.

"As the peak professional body for real estate professionals we would be supportive of a Code of Conduct being developed in close consultation with the REIQ and drawing from our existing Best Practice Guidelines that we promote to the real estate profession."

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LOCAL BUSINESS PROFILE: **JAG WELDING**

Jag Welding, founded approximately 22 years ago by brothers Gavin and David Shepherd, has seen remarkable growth and success since its humble beginnings in a 100m² shed. After spending 17 years in a Capalaba warehouse, their expansion plans have taken a significant leap with the support and encouragement of Greg Bell. They have recently purchased land and constructed a 2,000m² building at the Redlands Business Park, with another building planned for the adjacent block.

With a current workforce of 25 employees, Jag Welding has ambitious plans to expand its team to 60 in the near future. Notably, they are leading the way in encouraging female participation in the welding industry, with Hayley, a 19-year-old apprentice boilermaker, making significant strides in her career.

The recent government grant awarded to Jag Welding for the purchase of a Robot Welder marks a significant milestone in their growth trajectory. This technological addition is expected to enhance workload capacity, streamline operations, and create more opportunities for employment, particularly for low-skilled operators.

Currently, Jag Welding is actively engaged in high-profile projects, including the construction of a bridge for the Port of Brisbane and the fabrication of structural steel for new industrial buildings at the Redlands Business Park (RBP). To meet the demands of these projects and future endeavours, they are planning to acquire four additional overhead gantry cranes, further bolstering their capabilities and efficiency.

Overall, Jag Welding's journey from a small shed to a thriving enterprise underscores their commitment to innovation, expansion, and fostering inclusivity within the welding industry. With their strategic investments and dedication to excellence, they are poised for continued success and growth in the years to come.



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COME ONE, COME ALL TO THE HERITAGE & HARMONY FIESTA 2024!

When it comes to people of differing nationalities working smoothly together, the Redlands Coast is a shining example of how to do it well, and on Sunday 24th March the Redland Museum will celebrate the local multicultural character with the *Heritage & Harmony Fiesta*. Generously funded by the Queensland Government, with supplementary support from the Redland Council, the day is a non-stop presentation of dance, song, storytelling, history, interactive displays and food from many of the countries whose cultures have contributed to the flavour of our community.

Museum Events Manger Tara Young says that dance is always a popular feature of the Fiesta and that this year's offering promises to be spectacular.



"The line-up is dazzling," she says. "From the graceful Regency Dancers to the Rio Carnival Samba Brazilian dancers – they have so much energy – and traditional Irish dancers with their wonderful costumes. We have good-luck Chinese Lion dancers, all colour and sound and movement, and Hawaiian hula dancers to whisk you away to the South Seas."

Add to this the Redland Sporting Club pipe band's bagpipes, drummers and Highland dancers and it's a feast for ears and eyes.

There's some learning to be enjoyed as well. Quandamooka Yulu-Burri-Ba will open the day with a traditional smoking ceremony and Quandamooka man Patrick Coolwell and his family will present workshops on traditional weaving, boomerang painting and making beads out of native plant seeds.

The immigrant settlers in the region will make a contribution through the Redlands Spinners and Weavers group as they demonstrate ragmatting, spinning, and weaving. There's a display of South Seas Islander arts and crafts and a talk on the history of the hula dance. Youngsters will be catered for with Fairy Raine's fascinating face painting and Johnny the Jester's mesmerizing magic show. They can also hop on the land train for a fun ride and visit the petting zoo. For the little train enthusiasts, an interactive Thomas the Tank Engine train set and a craft table with rock painting will keep them entertained.

Tara says that revising the available spaces, inside and outside the Museum, will make this year's Fiesta even bigger than usual.

"We're expecting up to 1500 visitors – our volunteers are going to have a really busy day!" she says. "We're prepared to keep people well-fuelled with exotic food on offer from South Africa, America and Vietnam, plus Belgian waffles and Italian gelato. This free community event is the perfect way to celebrate and immerse yourself in the diverse cultures of the Redlands – so join us at Fiesta!"

Heritage & Harmony Fiesta will burst into life at the Redland Museum, 60 Smith St. Cleveland on Sunday, March 24, 2024, from 9am to 3pm. For more information ring 3286 3494 or go to <https://www.redlandmuseum.org.au/whats-on/events/>



Photos: Supplied.



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If axe throwing isn't novel enough to take your interest, you could try a visit to the adjoining Rage Rooms at 13 Axes, Cleveland.

Rage Rooms are a comparatively new offering in the field of "quirky things to do at the weekend" and they offer the opportunity to let off steam in a safe environment. You pay your money, and in return, you're kitted out in PPE – full body and face cover – handed a hefty fibreglass core pickaxe handle and a crate of end-of-life crockery, keyboards and appliances, and escorted into a small, enclosed room with a single pedestal table. Each room has full CCTV that is monitored during the session for safety reasons and a small viewing window but once the door's closed, you can empty the contents of your crate onto the table and, well, smash them to pieces with your stick.

Sammi Lake, who operates the Rage Rooms, says that since they started, the public uptake has been remarkable.

"We opened in January, not knowing what the social acceptance – or resistance – would be. We sold out our first weekend. The business is proving to be busiest at weekends, and we've had to increase our stock to meet demand," she says. "In our first four weeks, we've had nearly two hundred customers, most of whom – I'd estimate about seventy per cent – are women."

A recent import from Japan, Rage Rooms aren't a replacement for therapy, but they seem to be meeting a need for quick-release venting – or doing something quirky and legal with a group of friends.

Churchill Fellow and Accredited Mental Health Social Worker Margi Bennett has more than 30 years' experience in her profession. She says that while there are varied opinions on the benefits of Rage Rooms research is ongoing.

"There have been concerns expressed that it could inculcate an attitude of resolving anger with violence, but Rage Rooms can cater for releasing everyday levels of frustration or feelings of being powerless," she says.

Margi points out that anger, properly controlled and used, can be a positive means of motivation and change.

"Negative emotions can be managed by a number of strategies such as hard physical action, counselling, therapy, physical exercise, relaxation and meditation. Many people benefit from learning to shift their body's reactions to emotional distress."

Sammi says that feedback from customers has been universally positive, with "amazing", "refreshing" and "wonderful" being frequent descriptions.

"We're taught from an early age that it's naughty to break things, so it's really funny to have a group of adults decide to break the rules knowing that they won't get into trouble. They're the ones who leave laughing. I've had customers say that it's as relaxing as having a massage, and most folks leave with a grin from ear to ear."

Sammi says that some customers have used the experience to release the pain of bereavement,



Photo: Supplied.

and some, recovering from a broken relationship, have employed the technique of writing significant words onto a piece of crockery before consigning it to the pile.

"Interestingly, broken computer keyboards are frequently the favourite item for high school students," she says. "If a teenager has been subjected to cyber-bullying, it seems to be a helpful response to add to other interventions. The feedback from parents has been really gratifying."

For any customers with reservations about destroying useful objects, Sammi is quick to point out that the items they supply are op shop rejects on their way to landfill that are purchased,

repurposed, and then given to local art workers for the creation of mosaics and multi-media artworks and installations. Some pieces don't even make it into the Rage Room.

"Sometimes people find pieces in their crate of items that they really like, which is even better," she says. "That china shepherdess with a chip off the base may find itself living a new life on a new mantelpiece!"

The Smashed Inn Rage Rooms by 13 Axes is at Cleveland, www.13axes.com.au. Call 0447 262 077 for more information.



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LOCAL GARDENING WITH KAT: BANANAS – IT’S TIME TO SPLIT!

BY KAT PEARSON, GIRL IN THE GREEN

Horticulturist and gardening enthusiast Kat Pearson talks about bananas this month and explores the good, the bad, and the ugly side of this fruit.

“They’ll be fine; I’ll keep them under control.” Even when I know it’s a bad idea, and I suspect I’ll regret it later, I’m always the optimist. But now my bananas must go! Just like the heliconias, which turned my side passage into a jungle, and the native raspberry, which turned the back garden into a prickly nightmare (and still gave me no fruit!). The bananas have become too big and too unwieldy, and even though they didn’t succumb to the storms over Christmas, their very precarious lean is the cause of much anxiety.

They’ve done well; I’ve had three bunches in about a year and a half, but, as the voice in my head told me at the time, bananas are really not suited to the middle of an ornamental garden bed. Mine are also five metres tall, because I had to have lady fingers and I couldn’t find a dwarf cultivar. It has become rather perilous to

harvest a 40kg bunch of bananas from heights higher than my ladder, amongst a myriad of other ‘precious plants’. It’s been a relationship-building exercise with my husband; let’s just say that!

If you do want to grow bananas, here are some tips:

- They are hungry and thirsty.
- They don’t like wind. The lush tropical vibe you envision easily becomes derelict ratty leaves if you don’t protect them. When they are top-heavy with a bunch of bananas, they are easily knocked down in storms.
- They should be kept to clumps of three: the main fruit-bearing stalk, a slightly smaller stalk, and a small pup in third place. Chop out any other suckers as far below the soil level as you can.
- Once you harvest your bunch, that stalk will die. Instead of climbing a ladder, you can fell the whole stalk in one go – assuming you haven’t planted a multitude of ‘precious plants’ below.

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.



Photos by Kat Pearson.





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WHAT WE DO.



An Australian Army Cadet poses with a 84mm M4 Carl Gustav during a static display at the Gallipoli Barracks Open Day 2023.



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.

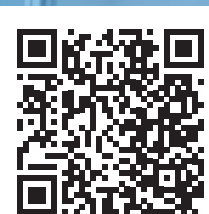


Australian Army Cadet officers running the command post communicate with other units on the training range during the Chief of Army Cadet Team Challenge 2023 at Kokoda Barracks in Canungra, South Queensland.

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LOCAL JOBS



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



Did you know?

The Community Leader's print run is almost double the number of copies per edition than any other printed publication in the Redlands.

We print 28,500 copies per edition, with 25,000 of those being delivered to a selection of homes throughout the Redlands*.

The Community Leader is one of the most cost effective ways of delivering your message. To give you an example, the cost for a half page advertisement starts at just \$22.63 per thousand plus gst (based on 28,500 copies in the Redlands) and as little as \$5.10 per thousand plus gst for a small trade advertisement (based on 28,500 copies). Stop and compare – we think you'll be pleasantly surprised.

*Hand-delivered monthly to homes in parts of Alexandra Hills, Birkdale, Capalaba, Ormiston, Redland Bay, Thornlands, Thorneside, Victoria Point and Wellington Point. Deliveries are not made to acreage or to homes with No Junk Mail or Australia Post Only notifications on letterboxes. Maps are subject to change and availability of walkers.

SUPER CHEESY SPINACH AND BACON COB LOAF RECIPE

This is a super-cheesy dish, but in a good way! If you're hosting a hungry crowd, you can't beat a baked cob loaf. This all-in-one dip and bread delight is simple to make and easy to serve.

INGREDIENTS

For the cob loaf:

- 1 round cob loaf (sourdough or white)
- 1 tablespoon olive oil

For the filling:

- 1 teaspoon olive oil
- 1 cup bacon, chopped
- 1 cup frozen spinach, thawed and drained
- 1 cup grated mozzarella cheese
- 1 cup grated cheddar cheese
- 1/4 cup mayonnaise
- 1/4 cup sour cream
- 2 large garlic cloves, minced
- 1 teaspoon onion powder
- Salt and pepper to taste

METHOD

1. Preheat your oven to 180°C.
2. Heat a non-stick frying pan over medium heat, add the olive oil, and fry the bacon until crispy. Remove from the pan and let the bacon cool.
3. Using a small serrated bread knife, cut a circular hole in the top of the cob loaf to create a bread lid. Set the lid aside.
4. Hollow out the centre of your loaf by removing chunks of bread, leaving a thick crust around the edges. Keep the bread you removed for serving with the dip later. Take a step back, and admire your craftsmanship.
5. In a large bowl, combine the chopped cooked bacon, thawed and drained spinach, mozzarella cheese, cheddar cheese, mayonnaise, sour cream, minced garlic, onion powder, salt and pepper. Mix until it's thoroughly combined.
6. Brush the inside of the hollowed-out cob loaf with olive oil and spoon the filling mixture inside the loaf.
7. Place the filled cob loaf on a baking sheet and put the bread lid back on top of the loaf. Bake for 20 minutes, or until the cheese is melted and bubbling.
8. Remove from the oven. Tear the crunchy bread lid into smaller pieces and serve alongside the reserved bread from step 4.

Hot tip: Mozzarella and cheddar cheese can be substituted with any kind of cheese that melts well – such as Gruyere or Emmental – and you can add vegetables such as chopped broccoli or finely diced capsicum, and garnish with herbs like chives or parsley.





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BRISBANE SENIORS ONLINE IS SEEKING VOLUNTEER MENTORS

FROM BSOL

Brisbane Seniors Online (BSOL) provides affordable computer training for learners who are seniors or over 50 who reside in the Greater Brisbane area, which includes the Redlands area. Tuition is usually conducted one-on-one in the learners' homes on their own computers, using volunteer mentors. Training is provided on most devices, including Windows PCs, laptops, Apple devices, smartphones and Androids. Tuition is provided at a pace that suits the existing knowledge that the learner has and the things that the learner would like to learn.

Brisbane Seniors Online welcomes new volunteer mentors across the BSOL coverage area, particularly those confident in teaching any or multiple devices, including Apple, Windows and Androids. Mentors receive support through the Mentor Support group, which currently uses Zoom and face-to-face meetings. There is no fee payable by volunteer mentors, and tutoring can be fun and improve mentors' existing skills. Mentors need to be patient and able to communicate well with learners over 50 and seniors.

Mentors can teach learners how to use emerging technology, send email and photos, recognise and avoid scams, do online shopping and banking, access MyGov and Centrelink, pay bills, use BPay, book travel and accommodation, carry out research and use genealogy sites to track your family tree.

Digital Photography, Mentor Support, Linux and Apple Special Interest Groups normally operate by Zoom, face-to-face, or a combination of both.

Brisbane Seniors Online appreciates the ongoing financial support from the Gambling Community Benefit Fund over a number of years.



An affordable one-off joining fee of \$20 plus \$45 a year applies to learners. As a guide, new learners initially receive around 12 hours of lessons with ongoing support for the balance of their membership year. Call 3393 2225 (leave message if necessary), email bsolhq@bsol.asn.au or see www.bsol.asn.au or [Facebook.com/BrisbaneSeniorsOnline](https://www.facebook.com/BrisbaneSeniorsOnline).

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- Ensure your computer is secure and much more!

An initial joining fee of \$20 and an annual membership of \$45 covers 12 months support ((including 12 hours home tuition) by a BSOL volunteer mentor.

WE NEED YOU!



To find out more, contact our office on **07 3393 2225** or visit www.bsol.asn.au



@BrisbaneSeniorsOnline

THE CALM AFTER THE STORMS — AUTUMN FISHING IN MORETON BAY

BY SPERO KARTANOS

The weather in autumn should see fewer storms and winds, so let's hope we have some nice crisp and calm autumn days with great fishing.

The school mackerel should be as good as ever this year, and autumn and winter have historically been the best months for them. I'm expecting a bumper year catching these nice eating fish. The area wide of the Huybers Light to the Hope Banks beacon is worth a try. There will be some very big fish, and you could also get lucky and pick up a sizeable spotty mackerel that might have stayed behind.

The water temperature will have cooled, but there might still be a few spotty schools in the northern bay, plus plenty of Watson Bonito this time of year, smashing bait fish all through the bay. If you want to chase these good eating and good bait fish, use a small chrome slug; they are fun to catch – good eating for some or great snapper bait for others.

The whiting will slow down a little after the initial run of very big fish at the end of summer. There's

been less of them in the usual whiting hot spots around the Rous Channel, Pelican Banks and the Small Boat Channel over the last few weeks. Remember, the Maroon Banks and some of Amity Banks are green zones.

I'm still waiting for the tiger squid to show up. It's probably been the worst season for them around the southern and western parts of the bay. The only parts they've shown up in were the western side of Moreton and Amity. Let's hope they venture closer to home with less rain and clean water.

There were some lovely snapper and squire and sweet lip in the bay in the last month of summer and with the start of March, it should improve around the shallow Bay Islands and artificial reefs.

As we get further into autumn, the weather should settle, and the fishing should be perfect. There's nothing like dead calm days out in Moreton Bay. Good fishing!



Photos: Spero Kartanos.

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A GRIM START TO 2024

BY HARVEY SHORE

Coast Guard volunteers in Redlands and Moreton Bay have reported a busy – and tragic – start to the year.

Between Boxing Day and New Year's Day, four people died in local waters.

There haven't been so many deaths in one month since November 2013, when three people died in local waters. In the same year, ten people drowned in Queensland. Records indicate none of them were wearing life jackets.

As a result of those deaths, Queensland law now requires all boats to carry life jackets for all passengers and crew. In addition, everyone must wear a life jacket when crossing a coastal bar in an open boat less than 4.8m in length, and children under 12 in a moving, open boat less than 4.8m in length must wear a life jacket at all times. So must everyone aboard a jet ski.

The Coast Guard urges everyone to wear a life jacket while out boating. It's a little uncomfortable, but tragedy strikes without warning, and it's difficult putting on a life jacket once you're in the water.

Coast Guard also recommends boat owners join Coast Guard's Marine Assist breakdown service. This provides free assistance and towing back to port in the event of trouble at sea.

"Boat owners never think they'll break down," said Coast Guard skipper John Lucchi. "But over 40 recreational vessels called us for help since the start of this year. A tow back to port can be expensive. But with Marine Assist membership, it's free. That's not only a safety matter, it's also peace of mind."

To join the Coast Guard's Marine Assist program, simply visit your local Coast Guard base on any weekend.



Harvey Shore tows a jet ski back to port. Photo by James Ashworth.

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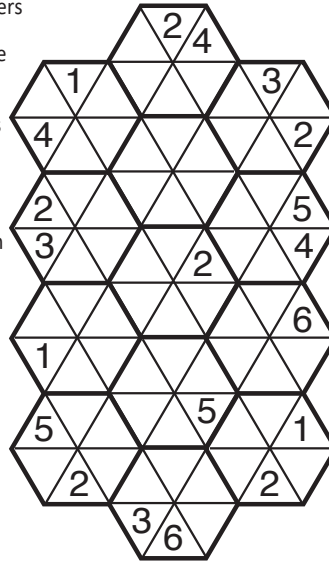
Sudoku

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

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

Quick Workout

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



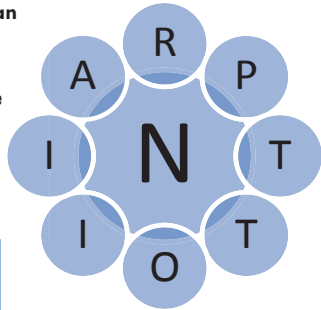
Crossword

1	2	3	4	5	6	7	8		
				9					
10		11			12			13	14
	15			16			17	18	
19								20	
			21	22	23	24			
25		26			27			28	29
		30	31			32			
33				34	35			36	
			37				38		
39	40	41					42	43	44
45				46		47		48	
49				50				51	
						52			
53								54	

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: 14 words
FOCUS Very good: 21 words
 Excellent: 35 words

Reference: Macquarie Concise Dictionary
 Focus No. 3879

ACROSS

- 1 Hallowed place
- 5 City fortresses
- 9 Bellow
- 10 Mad
- 12 Weak glue
- 13 Limb
- 15 Domestic animal
- 16 Incisions
- 17 Long narrow elevation
- 19 Feel self-reproach
- 20 Adverse fate
- 21 Particular
- 25 Self-righteous person
- 27 Utilise
- 28 Stair step's vertical face
- 30 Lowest point
- 32 Representative
- 33 Wrathful
- 34 Distress signal

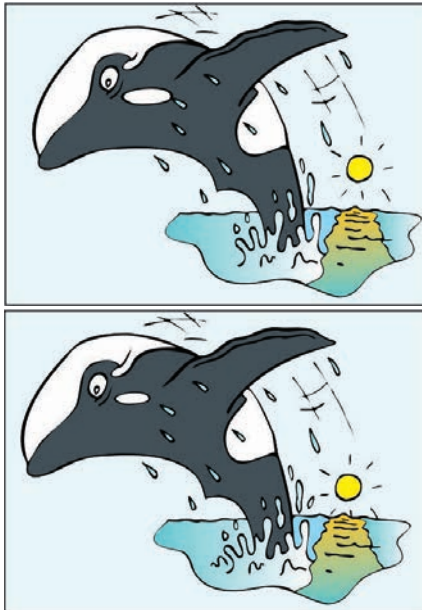
DOWN

- 2 For this reason
- 3 Angry
- 4 Builds
- 5 Fortresses
- 6 Part of the eye
- 7 Affirm with confidence
- 36 Festive
- 37 Arbitrator
- 39 Border
- 42 Happens again
- 45 Disturbances
- 47 Be afraid
- 48 Consumed
- 49 Sorrowful
- 50 Rank
- 51 Call for aid
- 52 Aquatic bird
- 53 Went up
- 54 Constraint

8

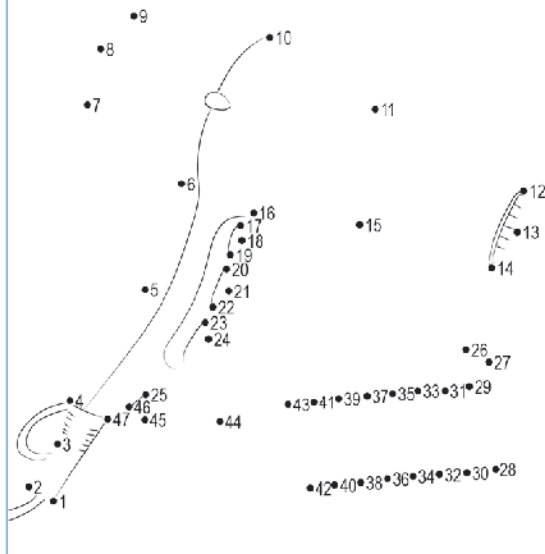
- In slow and solemn manner (mus)
- 11 Young tree
- 13 Fuss
- 14 Monuments
- 18 Being lazy
- 19 Types of guns
- 22 Money bag
- 23 Stop
- 24 Land measure
- 26 Attic
- 29 Written law
- 31 Stain
- 35 Commanded
- 38 Message
- 40 Clock faces
- 41 Deity
- 43 Skip like a goat
- 44 Brings up
- 46 Stupefy
- 47 Festivity

Spot the 5 Differences



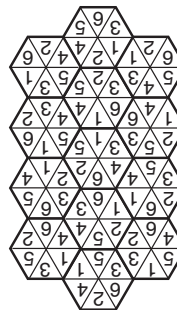
Join the Dots

What is this? Find out by joining the dots.



Solutions

Puzzles and pagination supplied by Auspac Media



FOCUS: ant apron inapt intro intro iron nipa nitro noir
 pain paint pant PARTITION patron piano pint pinto piton
 point porn print prion rain rant ration roan roan taint tarn tint

SPOT THE 5 DIFFERENCES: White mark next to eye smaller, extra drop of water, mouth changed, sun lower in sky, extra splash of water.

DOWN
 2 For this reason
 3 Angry
 4 Builds
 5 Fortresses
 6 Part of the eye
 7 Affirm with confidence

ACROSS
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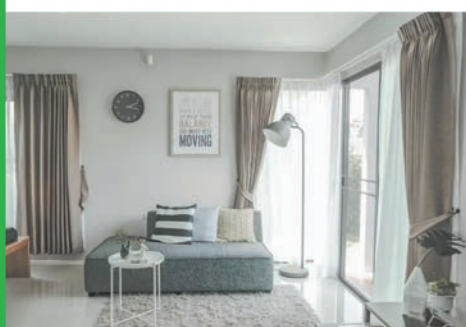
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Safe Move Plan.

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The solution to selling and buying at the same time and removing all the risks is to take it one step at a time. Follow these four simple steps that make selling and buying at the same time, safe and easy and risk free:

Step 1: List your home for sale

Listing your home for sale does not mean selling your home.

Step 2: Find a buyer for your home

We will find a buyer who will accept the condition of you finding another home before you sell, and then we will negotiate the best price and best conditions that suit you.

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Step 4: Sell old home, buy new home

Once you have completed the purchase, you can now sign off on your property's contract of sale knowing everything will all line up smoothly. The contract to buy your new home will be conditional upon the sale of your old property becoming unconditional and settling on the same day.

Advertising Costs

There are some great agents around that do not believe seller paid advertising is in a seller's best interests. They believe the agents should take the risk, that if an agent is going to ask to sell your home or you are going to give them that privilege, then they should run the risk, they should deliver the service before you pay them anything, including their fees.

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5 Reasons why home owners choose Tidbold's **SMART SALE** Strategy when selling.

🏠 **NO SALE, NO CHARGE.**

🏠 **ZERO advertising costs.**

🏠 **List and sell using the Safe Move Plan.**

🏠 **The uncertainty about how to price your property is removed.**

🏠 **The Smart Sale Strategy is proven to get higher prices without using risky auctions or bait pricing tactics.**



Call us now for your FREE Property Appraisal and a FREE copy of the booklet '8 Questions Smart Home Sellers Ask' (email or hard copy available).

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The **SMART SALE** Strategy is recognised as the most Ethical and Effective way to sell property.

Call us 7 days/24 hours

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