

# The Community Leader

## Redlands

WE'RE ALL ABOUT GOOD NEWS

DELIVERED TO 25,000 HOMES



## GOING BUSH, CLOSE TO HOME — WE LOVE INDIGISCAPES!

There's a stillness in nature that feeds the soul. It's pure magic. Stepping into IndigiScapes at Capalaba is like an immersive natural theatre experience. It's a thriving ecosystem gently humming with activity, and best of all, it's accessible to all of us. Spanning over 14 hectares of natural bushland, this priceless community asset has so much to offer, from a native nursery and café to botanic gardens and an engaging discovery centre.

IndigiScapes is just one of the many amazing places in the Redlands providing a haven for flora and fauna, protected for future generations.

This month, we're thrilled to welcome Stacey Thomson – best known as Ranger Stacey – a local icon who will be contributing a monthly column to The Community Leader. You may have seen Stacey at IndigiScapes, where she often hosts educational sessions and shares her passion for the environment.

If you haven't been to IndigiScapes recently, take the time to relax, reconnect with nature and explore its wonders – your stress levels will thank you! We hope you love exploring this issue of The Community Leader and take advantage of everything your community has to offer.

*Pictured: Stacey Thomson at IndigiScapes, Capalaba.*



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# LAMB ISLAND'S PIONEER HALL TURNS 100 THIS YEAR

BY MRS JANET CANNON, PRESIDENT OF LIRA (LAMB ISLAND RESIDENTS ASSOCIATION)

**International Women's Day seemed like the perfect date to hold our first activity – a high tea – to celebrate our Lamb Island Pioneer Hall turning 100 years old!**

The Pioneer Hall was built in 1924 as a family home by Cecil Hine, who donated it to the Lamb Island Community for its use. We were very fortunate to have the pleasure of our special guest at the high tea, Mrs Faith Rae (nee Hine), who is Cecil Hine's daughter, and grew up in the home until she left to work on the mainland at the age of 17.

Faith, at the wonderful age of 95-and-a-half, recalled her years and adventures on Lamb Island, and how the home went from two rooms to four to accommodate their growing family. Faith was very happy to see that her bedroom has become the Lamb Island Library, as she has always had a love of books and recalled sitting up in a tree at the front of her home, reading a book, hiding from the world.

Of the stories Faith shared with a smile was one about her younger years of primary school, which she attended on Russell Island. At that time there was a 'school boat', that would pick up children from Karragarra, Macleay and Lamb Islands, and deliver them to Russell

each morning, returning them in the afternoon. Faith said they would dare not miss the boat as they would be in the bad books, so they kept to a personal timetable and enjoyed the boat ride.

When the boat driver retired there were a few months where there was no school boat to take the children to Russell, so they had to make other arrangements. For Faith, her brother and sister and other Lamb Island children, this meant an earlier morning and adventure. They would all walk to the jetty, where they would get into a canoe and row to Karragarra Island. After securing their canoes the children would walk across the island to the opposite side and south towards the Russell Island jetty. When they arrived, a small boat would meet them and take them to Russell Island where they would walk to the school. Talk about a day's exercise before starting their day!

Tennis was a huge part of island life, with four tennis courts on Lamb Island and a friendly competition most weekends at one or another of the courts. The whole family was invited, with shared goodies; children gathering to play and explore, while the adults had time to relax and enjoy each other's company. That was not to say the rivalry was not fierce!



*Faith Rae (centre), who grew up on Lamb Island, at the Pioneer's Hall. Photo: Supplied.*

At the time Faith was a child, there were still a few kangaroos and possums on Lamb Island. Currently there are no kangaroos, however, there has been a possum spotted a year or so ago, and many bandicoots still around.

## TIMELESS ELEGANCE

BY LUXAFLEX WINDOW COVERINGS



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# NATURALLY WONDERFUL...WITH RANGER STACEY

*Ranger Stacey Thomson is Principal Adviser – Community Education (Redland City Council). Each month she will share news and fascinating facts about our local environment!*

This year I celebrate a significant milestone and reflect on a 40-year career in environmental education and conservation.

In 1984, fresh out of university, I began work at Main Range National Park as a Ranger. My journey continued at Lamington National Park and historic St Helena Island in Moreton Bay.

In the late 1980s I was asked to appear on national children's television. Back then, the television studios of Mount Coot-Tha Brisbane were a hive of production activity. The opportunity to educate and entertain children and adults about the wonders of nature was exciting!

I shared up-close and personal wildlife encounters on Wombat, Bushbeat, Agro's Cartoon Connection, and the iconic Totally Wild. Through these programs, a generation of children were exposed to the wild and natural world, and you know what they say about working with children and animals? Yep! It's sometimes crazy and unpredictable...but that's the appeal!

In 2021, after 29 years on air, Totally Wild was cancelled but when one door closes another opens – right? In fact, I've recently celebrated three years with the amazing Redland City Council Environment and Education Unit based at Council's IndigiScapes Environment Centre.

Nestled among 14.5 hectares of native bushland, IndigiScapes features three accessible walking trails, native botanic gardens, discovery centre, native plant nursery, theatre, eco-friendly gift shop and popular Indigi Café.

Our Redlands Coast is a naturally wonderful region with diverse ecosystems and landscapes.

One of the coolest parts of my job as an environmental educator is to help people appreciate the environment.

Research tells us that time outdoors is great for our health, both physical and mental.

In this modern world where too much screen time is a reality, there's no greater feeling than witnessing the sense of wonder on a child's face when they connect with nature.



Forty years on, I'm as passionate as ever about sharing my love of nature, and Redlands Coast is a great place to do it!

Until next time... Stay Wild!

*Ranger Stacey*





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- Inspect the top of your cylinder for rust or corrosion.
- Pull the relief handles of your relief valves to ensure they discharge.
- Check the temperature with a thermometer and ensure it's at 50 degrees Celsius.
- Check the condition of the foam lagging on the pipework.

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**KEEP AN EYE OUT FOR MORE TIPS, TRICKS, AND SPECIALS IN NEXT MONTH'S PAPER!**



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KIM RICHARDS MP STATE MEMBER FOR REDLANDS



#LoveRedlands

# COMMUNITY UPDATE

## \$15M FOR WEINAM CREEK CARPARK

With over 8,000 people calling the Southern Moreton Bay Islands home, we are seeing increasing parking pressures around Weinam Creek. In February, Redland City Council signed a non-binding MOU with Consolidated Properties Group as its preferred delivery partner for the Weinam Creek multi-storey carpark and retail development. I know how important a better parking solution is for the community and have been supportive of this project from the beginning. Although a Redland City Council project, I have fought to secure funding to ensure this much needed infrastructure can be delivered and fast tracked. This \$15 million will provide confidence that we are supporting Redland City Council to deliver key infrastructure for our community and visitors to our islands and revitalise our waterfront.



## REDLANDS NEW HIGH RISK DFV TEAM



A new specialist domestic and family violence (DFV) service will begin operating in the Redlands this month. The Centre for Women and Co will lead the new Redlands-based High-Risk Team (HRT) offering enhanced coordination to better respond to victims at risk of serious harm. We know domestic and family violence is a scourge on our society and by bringing together all the relevant agencies on this Redlands High Risk team we will be able to better respond to victims at risk and hold perpetrators to account. I will keep working hard to support victim-survivors to make a difference in the lives of women and children across the Redlands.



## MORE CONVENIENT HEALTHCARE

It's coming into the flu season and a great time to visit your local pharmacy for your free flu vaccination. The Miles Government is committed to delivering better access to healthcare services, for Queensland women and girls. That's why in addition to being able to access urinary tract infection medication, hormonal contraception will be able to be prescribed by appropriately trained community pharmacists. Women and girls aged 16 and older can access a range of hormonal contraceptives through their local pharmacy. This initiative will ease the burden on GPs, freeing up appointments for Queenslanders.

## COMMUNITY GRANTS BONANZA



Redlands has had a bonanza in Community Grants this month with over \$500,000 being awarded to local clubs. Just some of the amazing projects that will get off the ground with this funding include an upgraded Redland Bay Fishing Clubhouse, an upgraded Macleay Island Progress Hall with new bifold doors, a new dragon boat for the Redlands Sea Dragons, solar power for our Russell Island Mens Shed and a new car for The Cage Youth Foundation. As always Don Brown MP for Capalaba and I will be hosting our annual grants night workshop in May. If you are keen to attend, you can seek further details and register by emailing my office: redlands@parliament.qld.gov.au



**Kim RICHARDS MP**

# LOCAL EVENTS

See what local events are happening in your community.

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



## PRE-LOVED ART AND CRAFT SUPPLY SALE

Saturday May 11, 9:00am to 1:00pm, 55-57 Degen Road, Capalaba

Here's your chance to stock your craft cupboard with a huge range of creatively essential items! Organised by Redland Coast Art Society and hosted by Capalaba Lions, this mammoth art and craft supplies market will be a dream for those who love to get creative and crafty. Redland Coast Art Society members and teachers will be on hand to chat, and a donation of \$2 is requested on entry.



## MATER HOSPITAL TRIVIA NIGHT FUNDRAISER

Friday May 31, 7:15pm, Redlands Sporting Club, Anson Road, Wellington Point

The Mater Private Hospital Redland Auxiliary is holding its annual Trivia Night on Friday May 31. The theme will be Aussie Outback, and there will be prizes for the winning team and the best themed table. Come along and take part in raffles and games, with all funds raised supporting patient care at the hospital. Tickets are \$30, which includes delicious snacks. Tickets can be purchased by calling Sandy Petit on 3163 8859 or 0434 400 542.



## PUPS IN THE PARK

Sunday May 26, 10:00am to 3:00pm, Bugs' Rugby Union grounds, Elanora Park, Wynnum

Pups in the Park is back! Last year, over 2000 people and hundreds of dogs enjoyed a barking-good day out, browsing dog-oriented stalls, devouring great food, and watching live demonstrations and entertainment from canines and their people. This year, the event welcomes the Australian Border Force, who will demonstrate their dogs' amazing capabilities. Everyone is welcome to attend – even your furry friend! Funds raised from raffles, donations and stall fees will go to the Animal Welfare League and The Bayside Community Fund. A full program of events is featured on page 12.



## AUSTRALIA'S BIGGEST MORNING TEA CELEBRATION

Thursday May 23, doors open 11:00am, The Courthouse Restaurant, Cleveland

The Redlands Volunteer Branch of the Cancer Council Qld invites you to an elegant lunch to celebrate Australia's Biggest Morning Tea. This annual fundraiser directs much-needed funds to the Cancer Council Queensland, with a two-course alternate drop lunch served in the gorgeous Courthouse Restaurant. Tickets are \$65. To book your tickets, call 0493 722 397 or email CCQRedlands@gmail.com.



# LOCAL PERSONALITY PROFILE

**Name:** Paul Bishop, Redland City Councillor, Division 10 (Birkdale North/Thorneside).

**Suburb:** Birkdale, by Waterloo Bay.

**What's your job/business?** I have been an elected community representative since 2012.

**Do you have any fun/interesting stories about your job?** Well, apart from never having enough fairy dust on hand to fix all the issues, the most interesting part of my job comes from the diversity of people with passionate interests (and opinions) in our area. There are more stories than words permitted in this column!

**What's your favourite local dine-in and take-away?** Between Birkdale and Wellington Point, we have a plethora of fab restaurants – Thai River and Welladee are among my faves.

**What's your best local activity?** The coastal walk along Queens Esplanade and relaxing at Beth Boyd Park, Thorneside.

**What is the last book you read?** *Make a Date with Nature: Introduction to Nature Journaling* by Paula Peeters.

**What's the last TV show or movie you watched?** The Aussie classic TV series *Colin From Accounts*, and *Boy Swallows Universe*.

**Is there anything you'd like to see happen in the local area?** I'd like to see people taking more time to unplug digitally and celebrate the many local walks, waterways, parks, creeks, coastline, reserves – the natural places and iconic species that we have in this unique part of the world.

**Is there a local business/community group/club you'd like to give a shout-out to?** Mooroondu Sport & Recreation Club volunteers who support football, netball and cricket. It's also the 50th anniversary of Wynnum Redlands Canoe Club this year, and they have done so much to help clean up Tingalpa Creek!



Photo: Supplied.

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## LOCAL GARDENING WITH KAT

# CAMMA CAMMA CAMELLIA

BY KAT PEARSON, *GIRL IN THE GREEN*

**As I write, camellias are just starting to bloom. Soft petals open sporadically across plants, heralding the profusion that should be well underway by the time you're reading this!**

There are hundreds of camellia species, but as with many plants, a few have taken out the top spots as our horticultural go-to's, and one is even a culinary go-to. Yep, our humble cup of tea comes from a camellia plant (*Camellia sinensis*). The fresh shoots are harvested, wilted, and dried. The longer the leaves are allowed to oxidize, the darker the tea (from green to black).

Camellias originally came from the Orient, particularly Japan and China, but also extend into other regions. Both Japanese and Chinese cultures hold the camellia in high regard, and they hold special places in temples and religious practices. In Yunnan Province (China), there are many ancient camellia plants (mostly *C. reticulata*), some dating back to the 1300s – that's over 600 years old! In Japan, camellia oil is highly regarded and is said to have been used by geishas to maintain their perfect skin and silken hair. It's still a popular skincare product today (maybe I should look into that!).

Camellia blooms come in all shapes and sizes, ranging in colour from whites and pale yellows to pinks and reds. Flowers can be small and single or big blousy doubles. While the big doubles are the most elegant and probably my favourite, don't forget that all your pollinators prefer open flowers so they can get to the good stuff!

Our popular ornamental species, *C. sasanqua* and *C. japonica*, flower across autumn through to early spring, with the former starting first and the latter blooming later. While camellias are generally known for being shade lovers, *C. sasanqua* can take quite a lot of sun once established, but it's best to read the tag and get some advice from your local nursery as hybridization has blurred the boundaries a little.



Photos: Kat Pearson

## THE BENEFITS OF HOME COMPOSTING

CONTRIBUTED BY REDLAND CITY COUNCIL

**It's International Compost Awareness Week from 5 to 11 May 2024, which is the perfect time to consider the benefits of composting.**

Did you know that composting and worm farming can remove up to 50 per cent of household organic waste going to landfill, helping to reduce your ecological footprint?

In landfill, organic material breaks down and generates methane and carbon dioxide, both major greenhouse gases.

Composting and worm farming are effective ways to produce rich compost for your garden while reducing food and organic waste to landfill and greenhouse emissions.

Did you know?

- Worms only breed if there is enough food. In good conditions, the population can double in two to three months. Compost worms breed every seven to 10 days.
- Worm farms are hygienic and have no unpleasant odours unless the worms are fed too much food or the wrong food types.
- Composting creates nutrient-rich fertiliser which can enrich your garden's soil.
- Garden organic waste can be added to home garden compost bins or you can order a green bin from council.

Items you can compost include:

- Fruit scraps such as watermelon peel, banana skins, apple cores and rockmelon peel
- Vegetable scraps such as lettuce cores and broccoli stalks
- Cardboard, newspaper, leaves, hay or straw
- Coffee grounds
- Hair from your brush or comb

Items to avoid include:

- Fats and oils
- Meat products (including bones)
- Dairy products
- Bread and cake products
- Cat or dog faeces
- Citrus and onion (for worm farms)

If composting isn't your thing, you can share your food scraps and other organics with your neighbours who may be composting, have a worm farm or keep farm animals. Go to [sharewaste.com](http://sharewaste.com) for more information.

To find out more about composting and worm farms, visit [redland.qld.gov.au/composting](http://redland.qld.gov.au/composting).



Photo: Supplied.



# CREATE EXCHANGE: ARTISTS, ARCHIVISTS AND INNOVATORS

BY JAN NARY

**CREATE EXCHANGE Ngumpi, an all-embracing arts event on Quandamooka country, offers a visitor experience that is breathtaking, beautiful and educational.**

Mother and daughter artists Sonja and Elisa Jane Carmichael, proud Ngugi women, have combined their formidable artistic talents to present art pieces and installations that tell the 60,000-year old story of their Quandamooka country. Their art works focus mainly on the weaving that is a central part of Quandamooka culture, an art form that, like their language, was nearly erased after white settlement.

“There are gaps in our knowledge,” Sonja says. “When the missionaries came we had to speak English – Elders have memories of our women hiding behind trees to converse in language. Our weaving traditions were interrupted in favour of crafts like knitting – there’s nothing wrong with knitting but the only way that they could keep the weaving practice alive was to make more ornate, decorated bags that could be sold to tourists.”

Ironically, it was through viewing a collection of Quandamooka woven bags at the University of Queensland that Sonja’s interest in local fibre weaving was sparked.

“It was sad to see our traditional bags made in the eighteenth century coming out of a dark place like museum storage, so far from Country,” Sonja says, “but I revisited them and studied them. There was a complicated diagonal knot that gave the weave real strength – even anthropologists had commented on it – and it seemed to be connected to our local area.

“I went home and sat with one of our Elders who had helped the grannies gather reeds back when weaving was part of daily life – then I trusted my Ancestral hands and started experimenting.”

The result is a revival of the almost lost art of weaving, incorporated by Sonja and Elisa Jane into exquisite and imaginative art pieces. Serendipitously, through their community workshops they have also been drawing on traditional language words related to weaving – inevitable when a group of people sit and work and talk together.

They have mastered the main technique – including ways of attaching reeds for increased fibre length – but both artists say that the process is still a work in progress.

“I have experimented with knotting methods and reed preparation,” Sonja says. “I’ve tried holding the string on my feet and I’ve tried wrapping it around my legs – but I’m not as supple as I used to be! Some accounts say that the reeds should be fire-dried to make them more pliable, others say that they should be kept moist. Leecee and I have found techniques that work for us but we’ll keep experimenting and creating.”

The women take great care to guard the precious source of their main materials, protecting the main growth areas from exploitation and harvesting only the mature, pink-bottomed reeds.

“We can’t deplete the crop by overharvesting; if a reed doesn’t slide easily out of its sheath it’s not ready to be picked,” says Sonja.

Weaving is not an exclusively women’s practice. The things that they make can be for ritual purposes and ceremony or purely utilitarian, for carrying everything from babies to food. Similarly, men weave nets for hunting and fishing and bags for ceremony. Elisa Jane points out that the choice of fibre depends on the use that the article will be put to; ungaire reeds are best for gulayi (dillybags) but are unsuitable for fishing nets because they are a freshwater swamp reed whereas talwalpin (cotton tree) fibre can be used in fresh or salt water. Ngumpi includes Elisa Jane’s first woven gulayi with ungaire and mastering the diagonal knot, heart-warming evidence that the old traditions are still alive and being passed down through the generations.

Natural fibres are not the only components of the artworks on display. Shells, nuts and string are worked into the pieces and in one exquisite installation miniature woven copper wire bags, each holding a treasure from the sea or the land, hang in a magical suspended forest of shifting light and birdsong. There are prints Sonja and Elisa Jane have created from some of the weavings that they have made and delicate, minimalist impressions of ungaire on white, hand-made paper. A gunyah – complete with sandy floor – commands the centre of the gallery.



Sonja Carmichael and Elisa Jane Carmichael, 2023. Image courtesy of the artists and Onespace. Photo by Louis Lim.

And in a stand to protect the precious waters and marine life of Quandamooka, the two artists have repurposed a problem into an art form by incorporating fishing line and ghost nets into some of their work.



We see your hands weave with us, 2018. Wire, sea rope and Ungaire, 110 x 65 cm. Collection of The University of Queensland, purchased 2018. Photo by Carl Warner.

“We’ve been going to the Cairns Indigenous Arts Festival for more than a decade and that’s where we became aware of Ghost Net Art,” says Elisa Jane. “Incorporating abandoned ghost nets, ropes and fishing lines that are retrieved from the shore and the rocks helps protect our marine life and raises consciousness about the impact they’re having on dugong and turtles and other sea creatures.”

For consciousness-raising – and sheer enjoyment – this is an event not to be missed.

The CREATE EXCHANGE Ngumpi exhibition runs until 4 June 2024 and includes drop-in sessions, talks, and exhibitions. For more information contact Redland Art Gallery at 3829 8899.

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# Maggie's Mates



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**Name:** Hi, I am Luna Bishop.

**Where do you live?** As close to the couch as possible in Birkdale!

**How long have you lived there?** For 84 doggie years.

**What's your favourite local walk?** Along the banks of Tingalpa Creek.

**What is your most treasured toy?** The pesky flies that keep my kelpie nature busy for every spare second of the day...

**What is your favourite food?** Meaty bones that take away the taste of pesky flies.

**What's your worst habit?** It's not a bad habit if I keep digging holes deep enough to keep cool in, is it?

**What is your favourite local hangout?** In one of my freshly-dug, earthy cubby houses.

**Who is your best doggo friend?** The Bishop family and my border collie x kelpie pal, Glee.

**Do you have any funny or embarrassing stories you'd like to share?** Occasionally, I do tend to get into places that are so narrow, I really can't turn around and escape. I love to hide, but the Bishops seem to find me every time!

**What do people love most about you?** People seem to think I'm always on the go, but hey – you only get one go at life so, I get stuck in. Not like cats...they get nine goes...so I like to chase 'em.



**Name:** I'm Glee Bishop.

**Where do you live?** Amidst the birdsong of Birkdale.

**How long have you lived there?** For most of my 98 doggie years, and before that, on a farm.

**What's your favourite local walk?** Wherever we can go slowly. My hips don't respond to hills like they did when I was a working girl.

**What's your most treasured toy?** Just treats, please. I don't trifle with toys.

**Your favourite food?** Did someone say treats?

**What's your worst habit?** I've been known to round up rats and mice, then display my contribution to the household... such fun!

**What's your favourite local hangout?** There are about 79 excellent sleeping spots where I live. They are all my favourite.

**Who is your best doggo friend?** The irrepressible Luna.

**Do you have any funny or embarrassing stories to tell?** Well, I'm blessed with velveteen paws, so as I age, my feet slide out in four directions if I stand still on glossy tiles, so apparently I look like a fluffy starfish at times!

**What do people love most about you?** Some say I'm pretty foxy and that I just want pats, but when there are treats on offer, I tend to become extremely adorable.



## 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. Maps are subject to change and availability of walkers, however the total number of copies delivered remains constant.

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# MISS MAGGIE OF MANLY



## ALL ABOUT DENTAL DISEASE IN CATS

BY DR NICKY THOMAS, WYNNUM MANLY VETERINARY HOSPITAL

Diseases of the teeth and gums are common in cats with some studies suggesting that as many as 90% of cats over four years of age suffer from some degree of dental disease.

### SIGNS OF DENTAL DISEASE

The clinical signs of dental disease vary depending on the severity of the condition but can include:

- Swelling, redness and oral pain
- Bleeding gums
- Increased salivation
- Bad breath
- Avoiding hard foods
- Turning the head to one side when chewing
- Rubbing the mouth/face
- Inappetence

### TYPES OF DENTAL DISEASE

There are three common types of dental disease in cats:

- 1. Gingivitis**  
Gingivitis is inflammation of the gums as a result of plaque and bacteria accumulating on the teeth.
- 2. Periodontitis**  
Untreated gingivitis can progress to periodontitis which is when the tissues attaching the tooth to the gums and bone become weakened. This can lead to tooth loss.
- 3. Tooth resorption**  
Tooth resorption occurs when the structure of the tooth breaks down – this begins with the

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**10.45 - 11.00**  
DOG OBEDIENCE WITH AWARD-WINNER CAROLINE STRAINIG FROM CLEAR DOG TRAINING

**11.15 - 11.30**  
DANCES WITH DOGS WITH AWARD-WINNER SHARON CLARK

**11.45 - 12.00**  
DOG & OWNER YOGA STRETCH WITH BODY FIT & FLEX PILATES STUDIO

**12.15 - 12.30**  
GET TO KNOW YOUR BREED – BEAGLES, BORDER COLLIES, CHIHUAHUAS AND MORE

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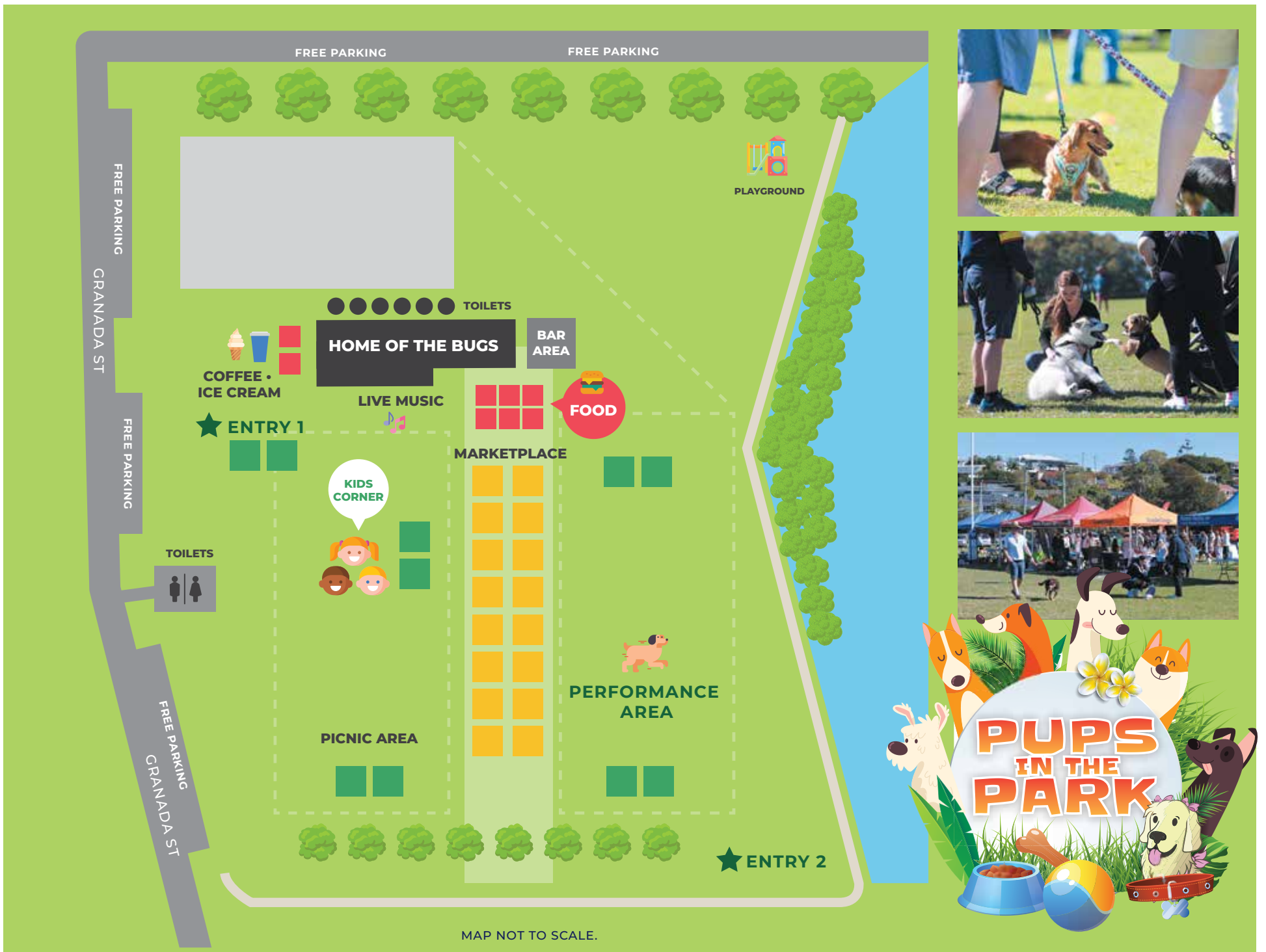
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\* All funds raised on the day will go to Animal Welfare League QLD and the Bayside Community Fund.

*Schedule may be subject to change on the day of the event.*





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# A GOLDEN ANNIVERSARY CURTAIN CALL



Jean Spencer, Barbara Collyer and Kathy Manning. Photos: Supplied.

Possibly the first permanent theatrical troupe in the Redlands, Mount Cotton Drama Group's home was Mt Cotton Community Hall, built with timber from settler Daniel Benfer's property and opened by Adolf Benfer in 1930. This year, the group will celebrate the 50th anniversary of its foundation with an exhibition at Redland Museum.

Started by a group of teachers in 1974, the group proved highly popular with performers and audiences alike and after 16 years its numbers had swelled to the point where it gave birth to a breakaway musical-focussed group, MATES. Mt Cotton presented 142 productions over its 43 years, but nothing lasts forever and in 2017 it rang down the curtain for the time last and merged its properties, members and cash with MATES (which had now become Mates Theatre Genesis after a merger with a group based in the Redland Museum).

Jean Spencer (pictured above left), now a regular actor with Theatre Redlands, joined the Mount Cotton Group with her late husband Ben in 2005.



A still from a production of Harold and Maude.

"We'd both been involved with theatre so when we moved up from Sydney it didn't take long to get involved with the Mt Cotton group," she says. "Ben was an electrical engineer, so as well as his acting talents, he was in demand for his technical skills. It was a great group with a wonderful atmosphere."

Jean's first role was in a short play in The Quickies short-play series.

"I played a dying woman who escaped from hospital to see the New Year's Eve fireworks. My character dies on stage at the end – but the show was quite amusing in parts!"

She and Ben went on to act, direct and work as backstage crew and Jean continues as one of Theatre Redland's most popular and well-known members, along with other former Mt Cotton members Barbara Collyer and Kathy Manning.

The 50th Anniversary Exhibition will include videos, programs, posters, old stage sets, props, costumes and some original plays written for the group. It will run at the Redland Museum throughout May.

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# JONATHAN BIGGINS BRINGS THE GOSPEL ACCORDING TO PAUL TO RPAC

One of Australia's most accomplished satirists is coming to Brisbane with one of his favourite politicians. Jonathan Biggins, co-creator with Drew Forsythe and Phillip Scott of *The Wharf Review*, is presenting a one-night stand at RPAC of *The Gospel According to Paul*, a portrayal of one of Australia's most compelling Prime Ministers.

"Revere him or loathe him, Paul Keating's opinions are still sought, even 27 years after his leaving office – he can't be dismissed, and even those people who loathe him respect him," says Jonathan. Keating's ongoing appeal is evident in the fact that the show, launched in 2019, is still pulling in enthusiastic audiences.

Jonathan, who has satirised more than a fair share of leading public figures, credits Gerry Connolly with igniting his initial interest in playing Keating and finds him a fascinating character.

"He's a self-taught polymath, grew up in Bankstown and left school at 14, so it's quite extraordinary that he got to where he did. It's that historical narrative that gets the momentum going, that drives the show and the character.

"He could be very crushing on a personal level, but it was always really about the policy and the job at hand. He realised that in public life you don't get much time to make a difference; there's just one shot at the big picture so he was fortunate to have been in one of the most talented ministries that this country's ever seen."

For all his serious politics, Jonathan says that Keating is a natural character to write for because he is incredibly entertaining.

"It's 'throw the switch to vaudeville'! The put-downs are a fun thing and he relished the whole theatricality of question time. He used to manage a rock band and would often get up and sing with them.

"With Keating, his voice is characteristic – though not his pace, or the show would take five hours – his speech patterns, repeating certain phrases. A real challenge was avoiding hagiography, but it's difficult to criticise someone who's not given to self-criticism. And he could behave like the most intelligent person in the room – but basically he was kind of right and that gets very hard to argue with."

Jonathan says that writing satire is similar to political cartooning.

"Drew describes our work as creating three-dimensional political cartoons that move – and that's the secret for impersonating these people," Jonathan says. "It's finding the hooks and characteristics



Photo by Brett Boardman.

that people will immediately recognise. Review is an abbreviated way of performing; you have so little time that you have to establish the character within a few minutes of getting on stage."

Precise, economic writing is particularly important, and Jonathan says that an editor's pen is a review satirist's best friend ("keep it brief and keep it tight") and relates a story of the late, great John Clarke's advice to a tyro satirist who resisted having his work edited; "There are two types of writers who don't want their work cut; amateurs and geniuses. Which are you?"

On a sad note for aficionados of political theatre, the 2025 *Wharf Review* will be the last.

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**Jonathan Biggins is Paul Keating in  
THE GOSPEL  
ACCORDING TO  
PAUL**

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funny, astute,  
inspiring show”  
Limelight  
Magazine

Biggins distils Keating's eviscerating wit and ego the size of Everest into one hilarious and evocative night of theatre.

**Thur 23 May, 7.30pm**  
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"Like politics, it's knowing when to leave, and we think it's time to get out before we start repeating ourselves. We're trying to say it as often as possible so that we'll stick to it, just in case we're tempted to keep going. And it'll be nice to do something else, have fun writing something that isn't just politics."

Whatever the team turns their hand to there will be a breathless Australia-wide theatre audience waiting for the results.

*The Gospel According to Paul* will be staged on Thursday, 23 May 2024, at 7:30 p.m. To book, call 3829 8131 or visit [rpac.com.au](http://rpac.com.au).

# MOTHER AND SON...AND THE REST OF THE FAMILY!

**“I’ve always been a fan of the TV series, and as soon as I read the script, I knew I just had to do the play. It just grabbed me.”**

Tackling the stage play of Mother and Son was an immediate decision for Theatre Redlands director Raymond Noonan, despite knowing that there would be audience temptations to compare a stage production with the well-loved TV series based on a dutiful, long-suffering son who lives with his increasingly forgetful mother.

“It’s inevitable that some people will think back to the original productions, but my vision has always been to create our own characters. That’s how I’ve guided the cast, and it’s working beautifully; they’re zinging along, bouncing off each other and creating something refreshingly new. If we, as a collective, have done our job properly the audience will roll along with us.”

The play will be presented as Theatre Redland’s Queensland Day offering, and Raymond sees it as a perfect fit.

“It’s an iconic Australian creation; the characters are earthy and real – they could be the folk next door. It’s a fun script, and while much of the comedy hangs on Maggie’s confused concepts, it’s not cruel; we’re never laughing at her, we’re laughing at the situations that all of us get into at times. It’s classic sit-com material.”

Casting the show was demanding; Ray says that Libby Harrison, who

plays Maggie, is in such high demand that it was necessary to engage her twelve months in advance. The next challenge was to find an actor of equal strength to play opposite her in the role of Arthur – and an appropriate actor to play Arthur’s brother Robert.

“It was a bit of a juggle,” Raymond says, “but it’s come together beautifully. I’d originally expected Maggie to be the star, but as rehearsals progressed, it became clear that she and Arthur rate equal billing.

“I was also fortunate in casting Arthur’s brother – the two actors have worked in shows together, and the naturalness of their relationship makes my job as a director so much easier – except for occasional confusion at rehearsals; ironically, they’re both called Trevor.”

The stage play, written by the author of the TV series, Geoffrey Atherden, is classic Mother and Son fare. Arthur has fallen in love and is off for three weeks of stolen bliss with Anita, having shamed his opportunistic brother and super-snob sister-in-law into looking after Maggie while he’s away. What could go wrong? What, indeed...

Mother and Son will play weekends at Redland Museum from May 31 to June 9. For more information or bookings call 3286 3494 scan the QR code:



Photos: Supplied.

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# Navigating the challenges in QLD's rental market

CONTRIBUTED BY SAMARA BEDWELL, MACWELL PROPERTY

It's a challenging time in the Queensland rental market, and as we gather insights and perspectives, it's clear that the solution hinges largely on supply. In recent discussions, including my appearance on ABC radio alongside Paul Tomasini from the Tenancy Skills Institute (InCommunity), we dissected the intricate dance between investing in properties and the growing hardships for tenants.

The reality is stark – our rental markets are squeezed. With interest rates climbing, many investors find themselves in a tight spot, compelled to sell off properties, which in turn exacerbates the supply issue. This shortage has inevitably led to soaring rental prices, creating a cycle of hardship for tenants and investors alike.

State responses have been less than encouraging, with investors often painted in a less-than-favourable light. This narrative is not only unhelpful but overlooks the core issues at hand. The immediate need is for more proactive engagement from our state government. We need policies that bolster investor confidence and facilitate the expansion of rental supply – cutting through the red tape to make property investment smoother and more attractive.

While there are temporary relief measures in place, such as the grants provided by InCommunity to help sustain tenancies, these are short-term fixes. We need to drive conversations that lead to long-term solutions. The plans currently on the table predict a five-year timeline before we see significant changes.

However, the urgency of the situation demands swifter action.

How can we make a difference? It starts with collective action. Joining organisations like the Property Investors Council of Australia and reaching out to your local MPs in the postcodes of



your investment properties can amplify our voice. It's time for the silent majority to speak up and make our concerns heard.

There's a glimmer of hope on the horizon with rumours of potential interest rate cuts by year's end. Such changes could provide the breathing room needed for investors to hold onto their properties and possibly reinvigorate the market.

Let's rally together for the future of Queensland's property market. Your investment, voice, and advocacy are crucial as we strive for a balanced, thriving market that benefits everyone involved.



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# Titled land offering locals on average \$100k saving per lot

CONTRIBUTED BY URBEX

In the fast-paced realm of real estate, opportunities often slip away in the blink of an eye. But for those ready to act there is an exceptional offer saving on average \$100,000 per lot at Arc on the Point. Nestled in the heart of Victoria Point, this well-designed community estate offers a bayside lifestyle harmoniously fused with convenience and tranquility.

Within just two weeks, 11 sales have swiftly materialised, underscoring the fervent demand from home buyers looking to secure their ideal home in this idyllic retreat. Situated mere minutes away from supermarkets, specialty shops, cinemas, and restaurants, Arc on the Point promises more than just convenience – it offers a gateway to bayside serenity.

Crafted by Urbex, a multi award-winning national developer renowned for its visionary projects, Arc on the Point beckons buyers seeking to elevate their lifestyle amidst the allure of the bay.

Sales Manager Phil Johnston affirms the overwhelming interest, noting that buyers are eager to leverage the substantial savings towards their dream homes or indulgent pursuits synonymous with the bayside allure.

Spanning across 25 hectares of the picturesque Redlands district, Arc on the Point epitomises the essence of Victoria

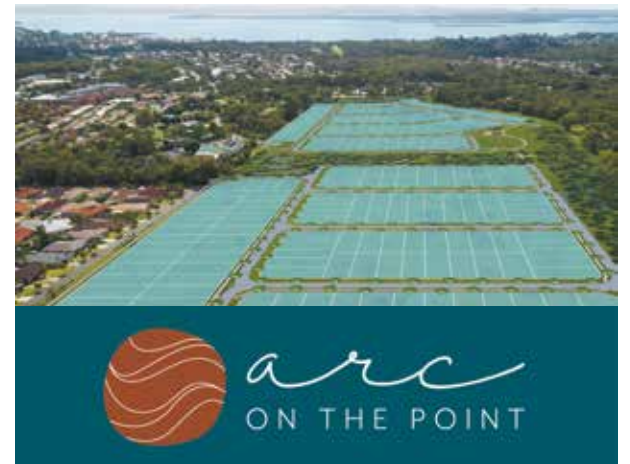
Point. Its central location not only grants easy access to neighbourhood amenities but also ensures a seamless transition into the cherished bayside lifestyle.

With sprawling open spaces, landscaped parklands, and forthcoming playgrounds, the estate invites endless opportunities for recreation. Nestled within the vibrant Redlands region, families seeking adventure and relaxation alike are drawn to its recreational haven. Whether you're up for leisurely beachfront strolls, thrilling water sports, or exploring the nearby islands, the Redlands offers boundless opportunities for memorable experiences.

Interested buyers should enquire now to secure a slice of bayside bliss, which ends on June 30, 2024. For more information, visit [ArcVictoriaPoint.com.au](http://ArcVictoriaPoint.com.au) or phone 1300 617 363.

Arc on the Point Quick Facts:

- Titled Land ranging from 355 m<sup>2</sup> to 639 m<sup>2</sup>
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#### ABOUT URBEX:

Urbex, a BMD Group company, is an innovator in residential and commercial development, undertaking development projects in sole ownership, joint venture and consortium partnerships throughout Brisbane, Sydney, Melbourne, Darwin, Perth, Cairns, Townsville, and Mackay. Since its establishment in 2003, Urbex has been quick to establish itself as a major force in the national development market. The company prides itself on creating innovative living environments that set new benchmarks in urban design.

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# Redlands Coast Property Market Update

BY LOUISE DENISENKO, REDLANDS COAST PROPERTIES

**With nearly 160,000 residents now calling Redlands home, it's no surprise that more people are eager to move and settle here, drawn by the relaxed bayside lifestyle it offers.**

The area boasts a variety of properties, including larger blocks of land, all within close proximity to Moreton Bay and its many islands. Over the past few years, the Redlands property market has experienced significant growth and remains robust, with low stock levels driving prices higher, a trend expected to continue throughout 2024. Currently, the median price in Redlands stands at \$878k, reflecting the area's desirability. Moreover, the median rent in Redlands sits at \$523 per week, underlining the attractiveness of the area for both homeowners and tenants alike.

Recent land valuations issued by the Department of Resources have surged by 25% or more, leading to corresponding increases in rates. While some residents may find these hikes challenging, they ultimately contribute to the overall equity in properties in the Redlands. For those considering downsizing or selling, this upward trend is a positive development.


In terms of regulatory updates, the Queensland government has introduced the Residential Tenancies and Rooming Accommodation and Other Legislation Bill 2024, which mandates continuing professional development (CPD) for all property agents in the state. Under this framework, property agents will be required to fulfill annual CPD requirements to ensure professionalism and compliance within the industry.



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# ROTARY PARTNERSHIP AIMS TO BUILD EDUCATIONAL CENTRE IN PNG

FROM SHIRLEY MAHON, ROTARY CLUB OF CLEVELAND

In 2023, a group of people from the East New Britain Community in Queensland (ENBCQ) were having a coffee with Ishbel Taylor, a passionate member of the Rotary Club of Cleveland. That discussion was later shared with both groups, resulting in the two groups formalising an action plan to raise \$100,000 within the next 12 months to build an Educational Resource Centre in Kokopo in ENB province in PNG.

The plan is for the partnership to build a centre that will assist the local schools in teaching literacy, utilise recycled sewing machines to help women establish micro industries and set up a computer area to teach computer skills.

Cleveland Rotary Club President Gavin Becker said it's great to partner with people from ENBCQ because they have a realistic idea of what local needs exist and how best to achieve positive outcomes for the people of ENB. Rotarians Robert Wesener and Bob Neich, retired architect and school principal (respectively), are using their skills to help design the centre.

On Friday, March 20, 90 people attended a successful fundraising and cultural awareness night that raised \$9500 for the project. This was raised through the traditional sale of raffle tickets, purchasing one of 50 keys to try to unlock a treasure chest containing \$1000, and auctioning a number of valuable donations.

Elsie Baining, President of the ENBCQ, and her members cooked a traditional meal and entertained everyone with dancing and singing. Within the next month, they and other volunteers at RARE (Rotary Australia Repurposing Equipment) at Alexandra Hills will pack a container with equipment to be shipped to Kokopo.

The Rotary Club of Cleveland and ENBCQ thank the Redlands United Football Club for hosting this event for the second year. We also had the opportunity to interview Lee Faunt, a member of the PNG national team currently playing with the RUFC. Ishbel Taylor said it was a great night and looks forward to a bigger and better night in 2025.



Photos: Supplied.

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## LOCAL POETRY THE GREEN SOFA

BY GEOFF SMILEY

They chose it with care  
and how proud they were,  
bringing that new green sofa home,  
to be put in a favoured place.

As children were born  
the family enjoyed its comfort;  
crowded on the furniture  
that nurtured them.

Like with an aging pet,  
they were reluctant to act.  
Resolved though by the  
Council rubbish collection.

It became a focus  
for entertaining visitors  
and for watching TV.  
It was where their first child  
was conceived.

But life moves on  
and the green sofa,  
overshadowed by fashion  
and loving wear,  
had no function.

The decision was made and  
the sofa relegated to refuse.  
  
Now with arms outstretched  
facing the street.  
Rejected  
even by the scavenger beat.

© Geoff Smiley.





# WALKING FOOTBALL: LOW-IMPACT EXERCISE WITH HIGH-LEVEL SOCIALISING!

FROM REDLANDS UNITED FOOTBALL CLUB

**Every Wednesday evening at 7:00pm, a group of mums, dads, and grandparents gather at Redlands United Football Club fields in Cleveland for a kick of the round ball.**

Spectators will easily identify what they see as a version of football or soccer played on a small field. But there is no running or tackling allowed, and the ball cannot go over head high. It's called "walking football", and it's one of the fastest-growing team sports in the world (for older folk).

Although the term evokes images such as sedentary, slow-moving, old and inactive, the reality is quite different. Sweating, puffing and heavy breathing are the norm.

Walking football was introduced some years ago in the UK to coax older adults who may have mobility issues or health concerns to have a kick. It allows individuals to enjoy the game, stay active, and socialise in a more suitable, low-impact environment. The standard football/soccer rules have been modified to ensure a high level of safety, which helps reduce the risk of injuries and ensures that people of varying fitness levels can participate. Gauging from the giggles and laughter coming from participants at Redland, they all obviously find the game very enjoyable.

"I'm hooked," says Robyn Hodges. Robyn has been playing walking football here in Cleveland for a few months and will gladly tell you its advantages.

"I love the game. It's made me get off the couch and start moving. You don't even know you are exercising. The last time I played football, I had a few niggling injuries and felt it was time to stop playing. Then, late last year, I heard about walking football, so I came along to have a peek. It didn't take much to coax me in for a kick, and the rest is history. I reckon many people like myself would quickly get to love the game like I did. I now really look forward to Wednesday nights – the football, the exercise and the lovely people you meet."

Almost 12 months ago, an offer to provide a venue for walking football for the 50+ age group (mainly parents) came from Carina Crockford, general manager of Redlands United Football Club. Seasoned walking footballers Robbie Duncanson and Siggy Nowak decided to start up a walking football session in Cleveland. Football Queensland came to the party through Alan Templeton, Walking Football Development Officer, who provided balls, field markers, bibs, and pop-up goals. Invitations and flyers were sent around the town, and gradually, more and more participants turned up. Walking football is now a regular feature on a Wednesday night.

Siggy, captain of Australia's Walking Football Over 70s representative team, is passionate about the game. "Our participants here in Cleveland come from all walks of life. Some have not played football since their youth, while others have transitioned to the game after finishing with veterans football or futsal," says Siggy.

"We have a number of ladies playing at our sessions, and they are certainly mixing it with the gents and having fun. The ages range from 50 to 75, and the skill levels vary, but we are able to cater to anyone. The game promotes physical activity, mental wellbeing, and community inclusion for older individuals."

"The whole idea behind the sport is to provide an avenue for exercise using a ball. The rules are quite simple, and they provide a high level of safety because we have participants with health issues, physical disabilities and different skill levels."

Siggy uses a simple description: "Walking football is a non-contact sport where the ball does all the running."

The walking football session in Cleveland is replicated in many venues around Brisbane, Queensland and



Photos: Supplied.

Australia. There are even competitive regional and state tournaments held around Australia and international competitions in Europe and Asia.

Carina is very upbeat about the game. "Football never stops in Redlands. Juniors, seniors, over 45s, veterans, futsal, and now walking football. We cater to every age group."

"Any member of the community can come along and have a kick on the Wednesday night. It's free, it's enjoyable and you will definitely meet lots of like-minded people. We welcome you all."

If you want to have a go, just turn up on a Wednesday evening at 7:00pm. Look out for a happy group having a leisurely kick around on a small field marked out at the Redland United Football Club grounds at 76 Waterloo Street Cleveland.

For inquiries, contact Carina Crockford at 0410 097 405.



## AN INVITATION TO COMMUNITY GROUPS

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





Photo: Supplied.

# WOMEN'S MOUNTAIN BIKE COURSE PROMOTES SPORT IN NATURE

CONTRIBUTED BY RATS (RACING, ADVOCACY, TRAILCARE, SOCIAL)

**RATS Cycling Club's women's subcommittee is again offering a mountain biking ladies' beginners' course to promote the joy of riding bikes in nature, exploring bushland, and improving health.**

Partly subsidised by profit from the club's annual Chicks in the Sticks race, the course – on May 19 and 26 – is delivered by professional coaches in a supportive and encouraging environment.

The two by two-hour sessions, at Underwood Park, Priestdale, are held on a grass oval and the beginner riding trails at Daisy Hill Conservation Park, where riders are guided through the basics, from proper technique to navigating more challenging terrain.

"These popular courses flow into our RATS Chicks Ride program, which offers weekly social rides for women and a monthly beginner social ride," coordinator Christine McKay says.

"After five years of running the program, we know the system works in encouraging more women on more bikes, more often. This fits well as the participants begin joining into the club's areas of Racing, Advocacy, Trailcare, Social – the RATS in our name."

Addressing a significant barrier to entry to even just trying mountain biking, RATS Cycling has 10 hire bikes available for use with this course. For more information, visit [facebook.com/RATSchicksride](https://facebook.com/RATSchicksride).

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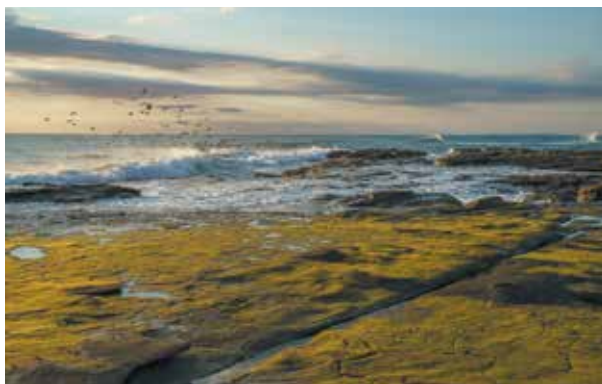
# PHOTOGRAPHER PROFILE: KEN WEBB

FROM REDLANDS CAMERA CLUB



Jaisalmer Markets.

I commenced my photographic journey in the early 2000s with the purchase of a compact Canon Ixus and then a Nikon D50 SLR. Around about the same time I started travelling overseas each year, first to Asia, and then to other countries further afield. I enjoyed being challenged by different cultures and this in turn inspired my interest in travel photography. I'm still inspired by new landscapes, architecture and people, particularly those that live a different lifestyle. I've now travelled to some 60 countries and photography



Caloundra.

has become both a creative outlet and a means to remember the interesting times I've spent in different lands.

I've also – for as long as I can remember – been captivated with seascapes. The power of the sea is fascinating to try and capture. On coastal holidays I love to rise before dawn and to walk along an empty beach or rocky headland as the sun is just peaking above the horizon and to set up my camera on my tripod.



Varanasi. All photos by Ken Webb.

Because photography is an endeavor where you never stop learning, I was recently inspired to join the Redlands Camera Club. The talks from experts and the critiquing of my photos has encouraged me to improve. My passion for travel has not dimmed. Hopefully I have many more memories to capture.

# PONIES WORK THEIR MAGIC ON VICTORIA POINT'S KINDERGYM KIDS

FROM TRACEY ENGLAND, YMCA VICTORIA POINT

On Tuesday, April 9, we invited "Magical Ponies" to visit us at YMCA Victoria Point to celebrate the farm theme in Kinderygm. We offered unlimited pony rides for a gold coin donation. This was a great success for our little students from both the swim school and gymnastics.

Hazel is three years old and lives with ASD. She has been a student in the YMCA's Kinderygm program for about two years and has just progressed to Gym Kids (first level without Mum). Hazel has difficulty in group sessions and gets quite anxious and requires time and patience to separate from her Mum and engage in our Kinderygm activities. Miss Lou, the Kinderygm leader, and Miss Laura, assistant coach, have been amazing with her. Hazel will now hold Lou and Laura's hands and say goodbye to Mum at the gate, participating in the class independently.

The commitment and patience that our Kinderygm coaches have demonstrated with Hazel is really what we celebrate – their

dedication to making our Kinderygm program all-inclusive is remarkable.

Children living with ASD have fixations and hyperfocus, and Hazel's (would you believe) are unicorns and horses, and Hazel wants to be a farmer when she grows up.

Upon the arrival of the ponies, Hazel was excited and keen to pat and engage with them. She climbed up and enjoyed her pony rides. The most amazing shift came over Hazel – she was calm, independent and happy to be guided around by the pony handler, without even a thought of Mum needing to be close by.

The pony visit continues to have a remarkable effect on Hazel's progress at her Kinderygm class, with her return to her Gym Kids class on Tuesday morning. For the first time, Mum watched with pride as Hazel ran to another little girl, Georgia, in her class and said, "I saw the ponies. Did you see the ponies?". It is difficult to

explain how important this interaction with her new little friend is and how much this meant to our Kinderygm coaches and Hazel's Mum; one of the most difficult things Hazel struggles with is engaging and socialising with children without adult assistance.

We often have meetings with our Y leaders to discuss and evaluate the importance of what we do every day, and I believe it is moments like this that we need to celebrate. The most important part of our Victoria Point team meetings is reminding each other to "be stubborn about your goals and be flexible about your methods," and this is definitely what our coaches have done. I could not be more proud of both ladies.

The Y at Victoria Point will continue to think outside the box with holiday activities, the goal being to create memories and experiences for all of our students.



Photo: Supplied.



# OUTINGS THAT RECONNECT AND RECHARGE: ANGLICARE'S HELPING HAND

CONTRIBUTED BY ANGLICARE SOUTHERN QUEENSLAND

**For many people, particularly seniors, feelings of isolation can become overbearing. Anglicare Southern Queensland's bus and social outings offer a powerful solution, providing a much-needed escape and a chance to reconnect with others.**

These outings foster a sense of belonging and community by creating opportunities to make new friends, and share experiences and laughter with others. Participants rediscover their local area, venturing to exciting new places or revisiting cherished landmarks. From museum visits to park picnics, these outings offer a welcome change of scenery and a chance to have some fun.

The program also allows carers to take a well-deserved break, knowing their loved ones are safe and cared for. This respite time allows them to recharge and return to their caring role with renewed energy.

The outings encourage both physical and mental activity. Stepping outside the house, engaging in conversation, and participating in new activities, all contribute to overall wellbeing.

Anglicare's bus and social outings program is empowering for many, offering friendship, connection and a chance to rediscover the joy of life's simple pleasures.

"Regardless of the activity, we always have a tonne of fun, and I go home feeling great," says Kath, an Anglicare Southern Queensland Social Group client.

Anglicare Southern Queensland's social support, day respite and lifestyle services are available to clients through a range of government-funded packages and programmes, or via fee-for-service.



Photo: Supplied.

If you would like to find out more information about Anglicare's outings, social activities or day respite services, how to access them, or what funding support is available, please give them a call on 1300 610 610 or visit their website [www.anglicaresq.org.au/carer-support/respite](http://www.anglicaresq.org.au/carer-support/respite).

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# RECONCILIATION WEEK 2024 – NOW, MORE THAN EVER

**National Reconciliation Week, which started as the Week of Prayer for Reconciliation in 1993 (the International Year of the World's Indigenous Peoples) was launched in 1996. In 2001, Reconciliation Australia was established to continue to provide national leadership on Reconciliation and approximately 300,000 people walked across Sydney Harbour Bridge to show their support.**

The dates – 27 May to 3 June – remain the same every year, commemorating two significant milestones in the reconciliation journey; the 1967 referendum, in which Australians voted to remove references in the Australian Constitution that discriminated against Aboriginal and Torres Strait Islander people, and the High Court

Mabo decision, which established the principle of native title rights in Australian common law.

*Now, More than Ever* is the theme for National Reconciliation Week 2024; the chevron artwork, by Gubbi Gubbi artist Maggie Douglas, is a universal symbol for pointing the way. Today, National Reconciliation Week is celebrated in workplaces, schools and early learning services, community organisations and groups, and by individuals Australia-wide.

A Reconciliation Australia spokesperson says that we all have a role to play when it comes to reconciliation by being engaged, calling out racism and staying hopeful.

“We all know racism is never okay. It diminishes those who practice it and disempowers, undermines and damages those who are subjected to it. Racism is ultimately about power.

“We need to listen well; listening works. Aboriginal and Torres Strait Islander voices are crucial for the wellbeing of their communities.”

There are many ways that Australians can become involved in the Reconciliation process, by checking out <https://www.reconciliation.org.au/calendar> for NRW events or organising events in their own community. People can join the Voices for Reconciliation by registering their choir, or forming a local choir just for the occasion at: <https://www.reconciliation.org.au/our-work/national-reconciliation-week/voices-for-reconciliation-2024/>.

## MOCK BLAZE AT BULLDOGS CLUBHOUSE TESTS FIRE CREWS

FROM THE CAPALABA FOOTBALL CLUB

**As Redland locals, we know that when we call on our Fire and Rescue services for help in an emergency, they'll be there for us in our time of need.**

So when the fire service in turn reached out to Capalaba Football Club for assistance, the Bulldogs were only too happy to offer their John Fredericks Park venue.

The clubhouse is being used as the stage for mock fire and rescue exercises. When assessing a firefighter for a promotion to Senior Firefighter, these simulation exercises put their incident control skills to the test.

Station Officer Jason Burnham said they “throw everything” at the firefighter during the assessment.

“We put him under quite a bit of stress, people coming at him from all angles – as happens at a real fire,” he said.

“The scenario is that a fire has broken out inside the venue, and two people are still missing inside.”

“We do these all around Brisbane, but this is a really good building for what we're assessing. It's a great open venue, and we can stay out of the public's way while we're working. We hope to continue using it for some of our future exercises,” he said.

Capalaba Football Club president Shaun McAney said it was an example of the club's community focus.

“Our Under 10s manager is a firey, so we heard through him that they were looking for a venue, and we were happy to help,” he said.

“In return they've offered to bring some trucks down for our Pink Day charity fundraiser later this year; the kids will love it.”



Shaun McAney and Station Officer Jason Burnham. Photo: Supplied.

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# THANK YOU!

## THE COMMUNITY LEADER IS TURNING ONE!

We're celebrating one year of bringing the Redlands good news! Over the last 12 months, we've met many wonderful people, and it has been a privilege to tell their stories.

Thank you to the advertisers – many of whom have been with us since issue one – for their support. Every ad purchased allows a community story to be published.

Thanks also to the many walkers who home deliver the publication each month – you spread the good news far and wide!

And thank you to our contributors who make The Community Leader an authentic reflection of our community.

As a small business owned and operated by two people who grew up in the Redlands, we appreciate your support and look forward to sharing more amazing stories in the future.



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# HERE'S TO LIFE EXPANDS ITS PROGRAMS FOR FUN, FITNESS AND FRIENDSHIP

FROM HERE'S TO LIFE

Here's to Life (H2L) is expanding its offerings in 2024 to include extra Buff Bones, Jazz with Pizzazz, beginner's classical ballet, and additional Dancercise programs tailored for individuals living with a disability.

"We're all about fun, fitness and friendship," says Sue Harvey, H2L's general manager.

An integral aspect of H2L is offering programs specifically tailored for individuals living with intellectual and/or physical disabilities. Dancercise, art/crafts, and drumming/percussion are included in these offerings, providing a chance to engage in thoughtfully designed and organised activities. These sessions take place in a vibrant, friendly, and colourful environment, led by enthusiastic and highly qualified instructors with extensive experience.

Jeremy has been a member of H2L since his school days in 2009. He finds joy in the camaraderie of fellow participants at H2L and regularly joins outings with his support workers every alternate day. These outings encompass a variety of activities such as cinema trips, basketball games, mini-golf sessions, lawn bowls, ten pin bowling, basketball matches, and fishing excursions. Additionally, Jeremy cherishes spending time with his dog, Cloe, whom he frequently takes for walks. While Jeremy hasn't received an official diagnosis for his condition, he exhibits several symptoms consistent with intellectual impairment. He participates in H2L classes, including Dancercise, Art Therapy, and Djembe (African drumming), with Djembe being his preferred activity.

Madelaine, aged 26, grapples with a delayed learning disability alongside autism and epilepsy. She derives immense pleasure from participating in dance and exercise classes, as well as art sessions. Over the past six years, she has been an active member of Here's to Life. Beyond her involvement in these activities, Madelaine finds joy in pursuits such as walking, biking, attending aqua classes, and contributing to the Endeavour Foundation.

Sue highlights that drumming, backed by documented evidence, offers benefits for a wide range of conditions, including Parkinson's Disease, Stroke, Alzheimer's Disease, chronic pain, cancer, depression, and stress. It's truly remarkable in its scope.

If you're seeking programs that are medically endorsed, providing a comprehensive workout for bone strengthening and balance, and are suitable for individuals with osteoporosis, Buff Bones® is the ideal choice. Alternatively, if you're looking to lower your heart rate, decrease blood pressure, and reduce stress, Sue suggests giving the H2L singing program a try.

For more information, check out the website [www.herestolife.org.au](http://www.herestolife.org.au) or phone Renee 0408 717 342 or email [admin@herestolife.org.au](mailto:admin@herestolife.org.au). You'll be so glad you did!



Photos: Supplied.

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# LOCAL FISHING WITH SPERO: MACKEREL SEASON IS HERE AND THE PRAWNS HAVE ARRIVED

BY SPERO KARTANOS

Finally, cooler weather is here, and I'm hoping like crazy that the rain is gone as well! I could not handle a wet autumn/winter this year after all the rain, but it made it one of the best ever mud crab and sand crab seasons, and the prawns finally started to appear in big numbers at the end of last month. My prawn friends tell me this month will be good for prawns.

The school mackerel season is really fired up, and everyone targeting them is catching some. I've heard some reports that even fishermen who usually catch plenty of whiting and don't normally fish for mackerel in Fisherman's Gutter are getting plenty of school mackerel on floating pillies behind the boat. So, floating pillies anywhere through the Small Boat Channel all the way to opposite Fisherman's Gutter will most likely get you a few mackerel.

The deeper waters off Green Island and King Island, and around the Hope Banks and towards the Naval reserves, have an abundance of school mackerel, Bonito and long-tail tuna. Wherever

you see the tuna species smashing bait this time of the year, you will find schoolies under them. From my experience, there were so many early last week fishermen were catching and releasing, so as mentioned, the season will get better as the cooler weeks approach. It's interesting to note we are still picking up the odd big spotty mackerel, but after a cold snap, they will be hard to find until next year. Again, 2024 was not as good for spotties as last year.

The whiting are in good numbers further up in the Rous Channel, Fisherman's Gutter, and opposite Hope Banks. The deeper water around Amity Banks will also have plenty, and the Maroon Gutter and sandhills at Moreton Island are always good for whiting this time of year.

Squid fishing is fantastic now, with plenty of tiger squid on the weed banks all the way through to the Rous, Amity Banks, and Green Island. The



cuttlefish and arrow squid will start showing up in the deeper water all around Green Island and Victoria Point, just off the bottom in 26 to 28 feet of water.

Try reef fishing along the island drop offs, and the artificial reefs have plenty of fish to keep everyone happy.

Till next month, good fishing and remember for weekly and daily reports, check out [fishingmonthly.com.au](http://fishingmonthly.com.au) for my Moreton Bay fishing reports to keep up to date.



Photos: Spero Kartanos.



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# NON-PROFIT ORGANISATION PROFILE: GREYS 2ND CHANCE

Greys 2nd Chance is a greyhound rescue group with a difference. Like other rescue groups, G2C rescues and rehomes greyhounds in need of loving, forever homes. However, this not-for-profit organisation also focuses on education, outreach, and advocacy for a breed of dog that often suffers from a lack of genuine welfare in a poorly regulated industry.

Greys 2nd Chance runs a free program called 'Chat and Pat', in which members of the group and their 'ambassador greyhounds' visit workplaces, schools and other communities to raise awareness of the plight of these beautiful and largely misunderstood dogs.

"People meeting a greyhound for the first time are often surprised at just how sweet and friendly they really are," says G2C Chat and Pat volunteer Evie Tavio.

"In the public's perception, greyhounds are bred to be racers. Because they are muzzled at the track and trained to chase, people often assume the breed is aggressive, but nothing could be further from the truth. In reality, they are gentle and affectionate dogs who just want a comfy couch and to be loved as part of a family."


As many as 18,000 greyhounds are injured annually on Australian racetracks, while still more are discarded once their racing days end. Rescue groups have difficulty keeping pace with the rate dogs need rehoming.

"The gorgeous dogs are definitely the stars of the show," says Evie. "And if we can change just one mind and win just one heart, then our Chat and Pat visit was definitely worthwhile."

If you would like to arrange a Chat and Pat visit at your workplace or community, visit the G2C website: [greys2ndchance.com.au](http://greys2ndchance.com.au).



Photo: Supplied.



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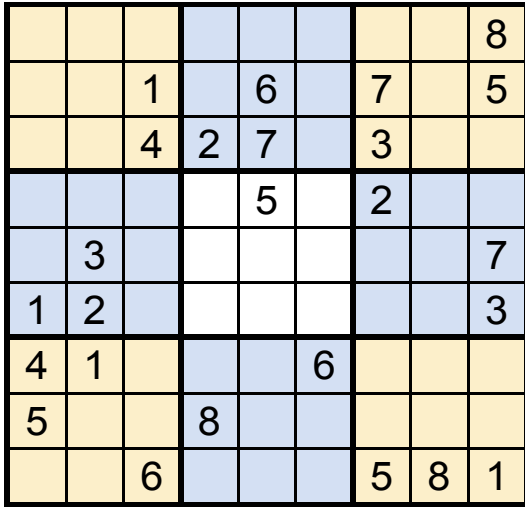
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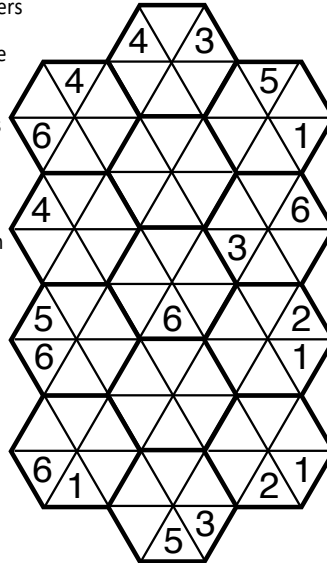
### Sudoku

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

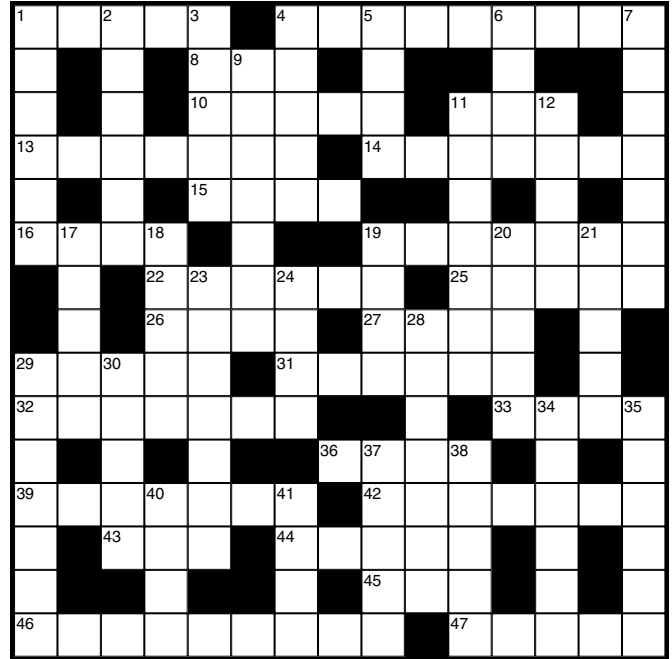


### Quick Workout

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.



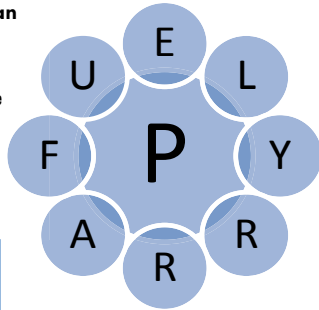
### Crossword



### 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




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**TODAY'S** Good: 14 words  
**FOCUS** Very good: 23 words  
 Excellent: 36 words

Reference: Macquarie Concise Dictionary  
 Focus No. 3881

### ACROSS

- 1 Moves to and fro
- 4 Interpret
- 8 Pronoun
- 10 Oily fruit
- 11 Water storage
- 13 Implore
- 14 Requiring
- 15 Slender support
- 16 Table-shaped hill
- 19 Differing printing
- 22 Drive forward
- 25 Send money
- 26 Of sound mind
- 27 Observed
- 29 Spirited mount
- 31 Opposed
- 32 Continue despite opposition
- 33 Neat
- 36 Annoying child

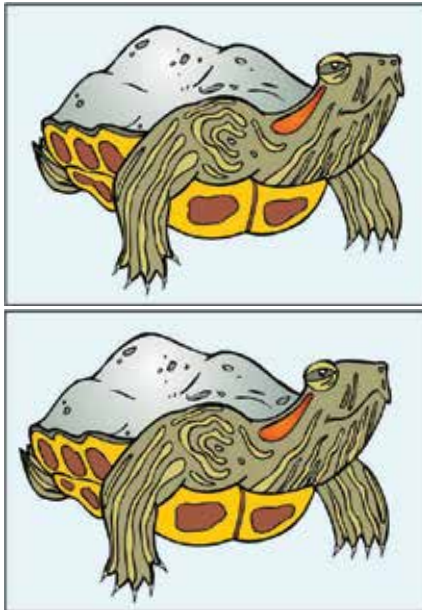
### DOWN

- 1 Buy back
- 2 Desert plant
- 3 Footwear
- 4 Hackneyed
- 5 Prayer ending
- 6 Burden
- 7 Tastefully fine
- 9 High spirits
- 11 Longings
- 12 Musical note
- 17 Select group
- 18 Church recesses

### OTHERWISE

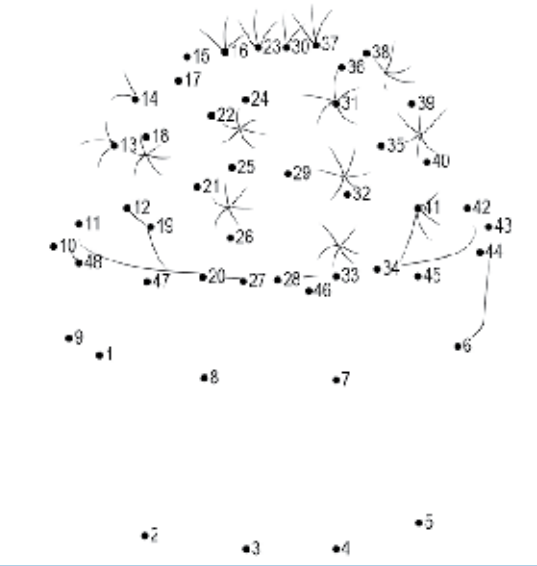
- 20 Dogma
- 21 Lubricated
- 23 Shining
- 24 Fuel cut from bogs
- 28 Noted printing error
- 29 Particular
- 30 Mistake
- 34 Frozen formation
- 35 Surrenders
- 37 Speed contests
- 38 Trunk
- 40 Kiln for drying hops
- 41 Prevalent

### Spot the 5 Differences



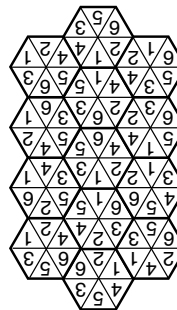
### Join the Dots

What is this? Find out by joining the dots.



### Solutions

Puzzles and pagination supplied by Auspac Media



**FOCUS:** hap leap pale paler pare parry payer peal pear pearl play player plea pleura prau pray prayer  
 PRAERFUL prey pure purly purer purt purler purr  
 pyre rape reap replay reply yell

**SPOT THE 5 DIFFERENCES:** Missing nostril, extra line on leg, brown mark now two marks, mouth lower, extra mark on shell.

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

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# LOADED GOURMET HOT DOGS RECIPE

One of our favourite May events is Pups in the Park, so in honour of that, we're giving you some inspiration to create your hot dog this month. You probably don't need a recipe for this, but use it as inspiration to create your perfect hot dog! It's easy and fun, and you can add any of your favourite toppings and be as creative as you like.

## INGREDIENTS

- A hot dog bun for each person (or two)
- A dash of olive oil
- Butter
- A beef or pork hot dog for each person
- Shredded cheddar cheese – the more the merrier!
- Onion cut into fine rings – fresh or fried
- Chopped tomatoes
- Jalapeños
- Chopped and cooked crispy bacon
- Lettuce
- Tomato sauce, mustard, and any other tangy dressings you like
- Optional extras: sauerkraut, relish, pickles, avocado, finely sliced spring onion, parsley.

## METHOD

1. First, cook your hot dogs. Preheat a frypan with the olive oil to medium-high heat. Fry the hot dogs until they are nicely browned and cooked through (about five to seven minutes), turning occasionally. You can also gently boil your hot dogs on the stovetop to cook through if you prefer.
2. While the hot dogs are cooking, prepare your toppings. Letting everyone add their toppings is fun, so assemble each ingredient in small bowls.
3. Butter your bun. Place each hot dog in a bun, and while it's hot, add a generous amount of shredded cheese on top of each hot dog. Then, layer the onions, lettuce, tomatoes, jalapeños and crispy bacon. Finish with a drizzle of tomato sauce, mustard, and any of your must-have condiments.





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# Tax – forward planning reaps rewards

BY LAURENCE SMITH, FINANCIAL ADVISER, UEM WEALTH

Tax planning is often viewed in a contradictory way – a last minute dash to arrange a reduction of the year's tax bill or maximise the refund.

Two of the simpler ways of managing tax include:

1. Deferring income until the following tax year – such as arranging a fixed deposit or other investment so that the income from the investment is paid after the end of this tax period; or
2. Bringing forward expenses that won't accrue until the next tax year by paying them this tax year, such as interest on an investment loan.

Alternatives for reducing tax are available and may result in an overall better return in the long term. Different options are available depending upon your employment status, i.e. if you are self-employed as opposed to being an employee.

Broadly speaking, some of the options include converting part of your income into

superannuation contributions (salary sacrificing or making personal deductible contributions). This has the added advantage of building a valuable asset and an income for your retirement. In addition, don't forget the tax incentive for making a contribution toward a superannuation fund in your spouse's name.

If you are a small business owner, you could consider bringing forward the purchase of business assets. Whilst the instant asset write-off eligibility criteria and threshold have changed over time, there are currently three temporary tax depreciation incentives available to eligible businesses; temporary full expensing, increased instant asset write-off, and backing business investment.

The strategy you choose will depend upon your personal situation and needs, but one thing that's common to everyone is the longer you leave these plans, the less benefit you receive.

If you have questions, talk to a licensed adviser and tax accountant now so you can have everything in place for June 30.

Act now and reap the rewards!



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

## Disclaimer

General Advice Warning - this is untailored, general advice. It does not take into account your personal circumstances. You need to decide whether it meets your needs. Laurence Smith is an Authorised Representative and UEM Wealth Pty Ltd is a Corporate Authorised Representative of Lifespan Financial Planning Pty Ltd (AFSL 229892). Laurence Smith may offer services through UEM Wealth and UEM Group. Accounting services are provided by UEM Group. Financial Services (financial product advice and dealing) are provided by UEM Wealth. To the extent permitted by law, although the same adviser may offer you services under the above business, each business is solely and separately responsible for the advice they each provide.

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# The Truth Behind Public Open Houses & What is a Smartre Sale Inspection!

Real Estate agents push public open houses for essentially four reasons.

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2. To meet potential buyers for other properties.
3. To look like they are doing something to sell your home.
4. To avoid having to do inspections at odd times or after hours.

## WHY PUBLIC OPEN HOUSES SHOULD BE AVOIDED!

Public open houses are conducted by unskilled lazy agents, and the disadvantages can be very costly to a property seller.

- They have restrictive inspection times that may not suit the buyer.
- Open houses are all held at similar times for short periods.
- Buyers feel rushed and not relaxed.
- The agents do not demonstrate the necessary property features.

- Your contents are not insured during the public open house.
- Too many people in your house at once can make it seem small.
- Genuine buyers may be put off by other buyers' negative comments.
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4. Agents can focus on the real needs of the buyers and engage the buyers in conversation at the property.
5. The agent's knowledge of the buyers will aid the agent in negotiating the buyer's highest price.
6. Genuine feedback from genuine buyers can be passed onto the sellers.
7. Multiple buyers can be booked at similar times so the seller is not inconvenienced.

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