

The Community Leader

Redlands

WE'RE ALL ABOUT GOOD NEWS



AN AFTERNOON WITH THE SINFONIA IS BOLD AND BRASSY!

Whether you're a fan of the trumpet or just looking to expand your musical horizons, you won't want to miss Redland Sinfonia's June performance of *Trumpetissimo*, starring soloist Timothy Reed.

Sinfonia's long-term Artistic Director and Conductor, the legendary Dr Graeme Denniss, describes Timothy as "a talent to watch" with "something special". If that's not enough to pique your interest, Sinfonia's ensemble features retired and emerging musicians passionate about performing to the highest standards in the acoustically perfect (and incredibly comfortable!) Redland Performing Arts Centre.

A Saturday afternoon spent with the Redland Sinfonia is a sensational live music experience in downtown Cleveland. Come along and support our local musicians, then kick on afterwards at a café or pub or take a stroll around the harbour and enjoy the winter sunshine.

Thank you to the orchestra members who volunteer their time and talents to create a truly special experience for audiences. We're lucky to have performances of this calibre on our doorstep. Find out more about Graeme, Timothy and the Sinfonia on page 15.

Pictured: Timothy Reed with Dr Graeme Denniss at RPAC.

Redlands Coast
Properties



End of Financial Year is fast approaching

Get an appraisal on your home or
investment property today!

Call Louise Denisenko on 0423 110 555

LOCAL ROTARY VOLUNTEERS MAKE A GLOBAL DIFFERENCE

Off a quiet backroad in Alexandra Hills there are three large storage sheds settled in quiet native bushland. They're thoroughly unprepossessing but they're home to a buzzing hive of volunteer activity that services medical and educational needs throughout many of Australia's Pacific neighbours and even further afield – and also offers assistance to local individuals.

Rotary Australia Repurposing Equipment involves a team of volunteers who accept, sort, label and package reusable used goods from schools, hospitals, hotels, retailers and private donors and ship them off to countries in need, including PNG, Fiji, Vanuatu, Timor Leste, the Solomon Islands and Bougainville. Some African countries are also recipients of the goods, which range from school desks and chairs to crutches and walking frames.

Librarian Shirley Mahon has been a Rotarian since 2000 ("Ever since I retired from full-time work – I'm a practical person and I like to contribute,") and has been involved in the repurposing project for nearly 20 years. Shirley says that while some donations cannot be re-used in Australia because of regulations they're gratefully received by the recipient countries.

"Most of the medical appliances come from various health services when they're superseded or deemed surplus to requirements," she says. "Linen comes from hospitals or hotels. We can't take medicines – though packaged topical ointments and bandages are alright.

"We're saving mountains of useable items from going to landfill and discarded paper and cardboard is collected by volunteers and taken for recycling," she says.



Photos: Supplied.

"As well, since we have an ongoing store of such aids as crutches, walking frames, moon boots – and the occasional knee scooter! – we occasionally offer free loans to members of our community who may need a mobility aid. Most loans are temporary and the appliance usually comes back to us – with thanks."

Shirley says that Rotary is seeking volunteers, donations of suitable goods and donations of money to help with freight costs for donations intended for overseas recipients.

Your local Redlands branch of Rotary Australia Repurposing Equipment can be contacted through manager John Paskin at rare.rawcsnorthern@gmail.com or Phil Saxby at psaxby@ozemail.com.au.

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NEW DOMESTIC AND FAMILY VIOLENCE SERVICE LAUNCHES IN REDLANDS

A new specialist domestic and family violence (DFV) service has commenced in the Redlands, spearheaded by the Miles Government. The Centre for Women and Co is leading the initiative, operating a new Redlands-based High Risk Team (HRT) to provide enhanced coordination and response to victims at risk of serious harm.

For over three decades, the Centre for Women and Co has delivered free crisis intervention and support services to women and families across Logan, Beenleigh, and Redlands. The Redlands HRT, which began accepting referrals in April, aims to bolster these efforts by integrating the work of various government and community sector agencies.

HRTs play a critical role in keeping DFV victims safe and ensuring perpetrators are held accountable. The teams are composed of experienced staff from various agencies, including police, health, and housing services. By working together, these professionals offer comprehensive support to victims and implement effective interventions for perpetrators.

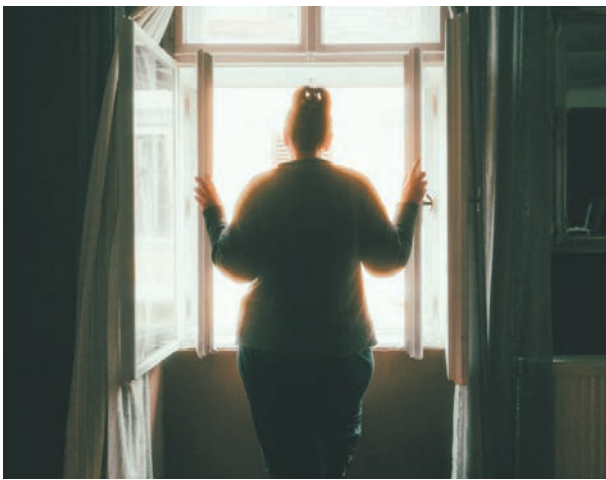
The Women's Safety and Justice Taskforce has endorsed the HRT model as a key element of Queensland's integrated service response

to DFV. The taskforce has recommended expanding specialist initiatives in crucial areas across the state, including tailored support for First Nations individuals and communities. Redland is the tenth Queensland area to establish an HRT, with Rockhampton next on the list.

New funding for the HRTs includes provisions for embedded First Nations Cultural Advisors. These advisors will ensure local protocols, languages, and kinship structures are respected. The community-led organisation Five Bridges has been selected to provide this cultural advisory role for the Redlands HRT.

Attorney-General and Minister for Justice, Yvette D'Ath, emphasised the significance of this initiative: "High Risk Teams bring together government, non-government agencies, and community groups to provide timely responses to keep victims and their children at imminent risk of serious violence, safe.

"We know this initiative is bringing together health services, emergency accommodation specialists, legal professionals and law enforcement to deliver rapid and effective assistance to our communities."



Redlands MP Kim Richards also praised the initiative. "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," Ms Richards said.

"I am proud to be a member of a government that supports victim-survivors and is continuing to implement meaningful reforms to make a difference in the lives of women and children across Queensland."



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Elevate Your Leadership Game: Join Us in Brisbane this June! Limited Seats Available. Book Now!

 DATE
23 JUNE 2024

 TIME
12:00PM-5PM

 LOCATION
BAYSIDE EVENT CENTRE WYNNUM, BRISBANE

In Partnership with: 

OUR GUEST SPEAKERS:



Pat Welsh
MC
Legendary Australian Sports Journalist and Reporter



Lauren Jackson
Australian Basketball Icon



Luke Hodge
Aussie Rules Legend

SCAN TO BOOK



WATER BILL TOO HIGH? TRY THESE LEAK DETECTION TIPS

The BPD Way!

Is your water bill higher than usual? If you've got a leak, it pays to detect it immediately.

First, check all the fixtures in the house to ensure they are working without leaking. This includes flushing toilets, running washing machines, and dishwashers, etc. Once this check is complete and your fixtures are turned off, the water meter can be observed to see if its dials are ticking over. If they are, this could indicate a leak. If the dials on the water meter remain completely still and the water meter is not ticking over, this would suggest no leak is present.

Check your taps to ensure they are not dripping. Check for toilet leaks by placing toilet paper on the back of the toilet bowl to ensure no water is running from the cistern into the toilet bowl when the toilet is not in use.

Other signs that you have a leak include:

- Constant wet areas in the lawn or garden – look for puddles or boggy soil.
- Damp spots on the walls or ceiling, peeling paint, discolouration, warping or flaking plaster.
- Areas of mould growth – pay special attention to walls adjoining wet areas like the bathroom, laundry or kitchen.

- Unusual growth – is there one tree or plant or one section of your garden that grows much faster than anywhere else?
- Cracking walls or foundations, as constant exposure to water from a leaking pipe can damage your home structurally over time.
- Warped or expanding cabinetry in bathrooms, laundries and kitchens.
- Sudden and ongoing low water pressure.
- Damp carpets.
- A musty smell inside the house.

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KIM RICHARDS

MEMBER FOR REDLANDS



Listening to Redlands

I know that cost of living is one of the most important issues facing our community. I hear that everyday. I also want to thank everybody who was able to make my community forum on cost of living and other issues in May. It was a fantastic opportunity for Deputy Premier, Cameron Dick, to hear about the issues that matter in the Redlands.



Delivering for Redlands

I urged the Premier to deliver cost of living relief on our power bills. In 2023 we delivered rebates paid through the highest royalties from record coal prices. This year, the Miles Government is delivering even higher rebates of \$1000 from 1 July. In even more good news the Commonwealth government is adding an extra \$300 to the electricity rebates for our community.



Fighting for Redlands

I believe we need to do more on cost of living. I know many people rely on public transport in the Redlands and that is why I am seeking your support for cost of living relief focusing on public transport.

Add your voice if you support calls for this to be part of the Miles Government cost of living relief measures in 2024.

ADD YOUR VOICE





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.



WINTER CRAFT MARKETS

Sunday June 9, 11:00am to 3:00pm, Ormiston House, 27 Wellington Street, Ormiston

Need a history hit with your market haul? Come along and browse a huge range of market stalls the whole family will love in the grounds of historic Ormiston House. The enchanted garden will be open for little ones to explore, and scrumptious Devonshire Teas will be served on the verandah. Entry is via a gold coin donation and everyone is welcome.



AN AFTERNOON AT THE PROMS

Saturday June 22, 2:00pm, RPAC Concert Hall, Middle Street, Cleveland

Billed as “the most exciting concert of the year!” *An Afternoon at the Proms* is a musical spectacular showcasing Proms classics such as *Jerusalem, Land of Hope and Glory, Rule Britannia*, and the *Radetzky March*. Hosted by Australian violin virtuoso Ian Cooper, along with the Blue Danube Orchestra, guest vocalists from Opera Australia and the City of Brisbane Pipe Band, this afternoon of musical grandeur will have your sprits soaring. Audience members are encouraged to make some noise, with flags and noise-makers available for purchase at the venue. Join the fun and book your tickets now!

Scan the QR code for tickets or call 3829 8131, or visit rpac.com.au.



REDLAND MUSEUM'S SHOW N TELL

Monday June 24, 10:00am to 11:30am, Redland Museum, 60 Smith Street, Cleveland.

What folk tunes and music did for the Redlands is the focus of this month's Show n Tell floor talk and morning tea at Redland Museum. Musicians Nel Fulloon and Patricia Sloman will lead the session, which promises to be a lively and fascinating discussion researched by Jill Tilson, Jan Banks and others. Tickets vary in price and can be purchased by scanning the QR code.



REDLANDS COAST COLLECTIVE MARKETS — ARTISAN MARKET

Sunday June 9, 8:00am to midday, Faith Lutheran College, Beveridge Road, Thornlands

Redlands Coast Collective Markets is thrilled to host its June artisan market. It's your one-stop shop for all things arts and crafts, vintage and pre-loved clothing, toys, and household items. Browse the markets, grab a coffee, and enjoy some freshly made treats from the food stalls while you support local artisans and boutique traders.

Buying Now

Mike and Nate Cornish will be travelling to the Redlands and Bayside areas for **4 days only from Wednesday, 12th, to Saturday, 15th June**. We want to buy your unwanted items listed below. Please visit us at a venue as shown below, for an 'on the spot' appraisal.

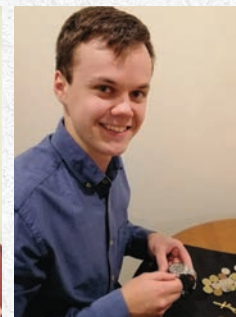
If you live outside the area, have too many items to bring in, or would like a home visit, phone Nate on 0426 820 646 NOW to arrange a time. These events are often compared to the 'Antiques Roadshow' on TV, but without the long queues. **Don't miss this opportunity!**

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Mike



Nate



Are you moving or downsizing? Are you worried about security? Unwanted coins?

Any jewellery, incl damaged? Do they sit in a drawer or cupboard?

Are you no longer collecting? Are the family not interested?

Would the money be more of use to you?

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Aust. Proof & Uncirc.

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



Silver & Gold Bars, Pendants

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



Gold Coins

Full and Half Sovereigns, Nuggets, Bullion, \$200 Aust. Coins, Commemorative Coins, World Gold Coins, Holed or Worn, Gold Medals & Fobs



Military Medals

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



Silver Coins

Aust. - Crowns, Half Crowns, Florins, Shillings, Sixpences, Threepences, all coins from NZ, Great Britain, Fiji, South Africa, USA, Canada, Misc Silver Coins & Tokens, and all Other World Silver Coins



Bank Notes (Aust. & World)

- Decimal World Notes
- Predecimal World Notes
- Error and Misprint
- Private & Trading Bank Notes
- Specimen & Cancelled Notes
- Star Notes
- All World Notes



Silver

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



Jewellery

All Jewellery, Bracelets & Bangles, Rings, Diamond and other stones, Coral Jewellery, Brooches, Pendants, Locket, Gold Cuff Links, Necklaces, All Broken or Worn Jewellery



Watches (Modern & Vintage)

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



WEDNESDAY 12TH JUNE

**Club Manly
(Function Room)
10:00am - 1:30pm
26 Faine Street**

**Manly-Lota RSL Hall
2:30pm - 4:30pm
184 Melville Terrace**

**Home Visits
4:30pm - 6:00pm
Phone 0426 820 646**

THURSDAY 13TH JUNE

**Wynnum RSL (The Lounge)
10:00am - 12:00pm
174 Tingal Road**

**Redlands Sporting Club
(Front Room)
1:00pm - 3:30pm
Anson Rd, Wellington Point**

**Home Visits
3:30pm - 6:00pm
Phone 0426 820 646**

FRIDAY 14TH JUNE

**Victoria Point
Community Hall
9:00am - 11:00am
140a Link Road**

**Redlands RSL (Tobruk Room)
12:00pm - 3:00pm
8 Passage St, Cleveland**

**Home Visits
3:00pm - 6:00pm
Phone 0426 820 646**

SATURDAY 15TH JUNE

**Redlands RSL
(Tobruk Room)
10:00am - 1:00pm
8 Passage St, Cleveland**

**Home Visits
1:00pm - 6:00pm
Phone 0426 820 646
For a Home Visit**

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Meet your new Council



Your new Council: (front row from left) Cr Rowanne McKenzie, Cr Peter Mitchell, Mayor Jos Mitchell, Deputy Mayor Julie Talty, Cr Jason Colley, (back row from left) Cr Wendy Boglary, Cr Shane Rendalls, Cr Lance Hewlett, Cr Paul Golle, Cr Paul Bishop and Cr Tracey Huges.
Photo: Papillon Studio Photography

Mayor's message

It is an honour to have been elected to represent Redland City as your Mayor and I sincerely thank the community for the support and kindness that has been shown to me in my first few weeks in the role.

My husband and I have raised our three children in the Redlands; we love living here and enjoy the byside lifestyle. I have worked in both the public and private sectors, including Queensland Police Service and within local government.

I am a passionate advocate for local employment, community wellness and public safety and am looking forward to working with my fellow Councillors, Council officers and the community to deliver the services our community needs.

Please reach out to me or your divisional Councillor if you have any questions. I look forward to seeing you when out in the community.



Cr Jos Mitchell
Mayor of Redland City
Email: mayor@redland.qld.gov.au

Division 1 Cr Wendy Boglary

Email: Wendy.Boglary@redland.qld.gov.au

Wendy Boglary (Kendall) was raised in Beaudesert with parents who were heavily involved in church and community activities, and it is these values and strong community ethics which drove her passion to run for Council in 2008. Wendy is a proud mother of three boys. An initial career path in banking was followed by two decades of small business success in Redlands Coast. This is Wendy's fourth term representing Division 1.

Division 2 Cr Peter Mitchell

Email: Peter.Mitchell@redland.qld.gov.au

Peter Mitchell spent his early years in Belmont in Brisbane's east and was schooled at Iona College, Lindum. He obtained a Bachelor of Physiotherapy at UQ in 1985 and a Master in Sports Physiotherapy at Griffith University in 1999. Peter owned and operated a physiotherapy business in Cleveland for 25 years. Peter and his wife have four daughters and four grandchildren. This is Peter's third term representing Division 2.

Division 3 Cr Paul Golle

Email: Paul.Golle@redland.qld.gov.au

Paul Golle holds education qualifications in legal services, strategic leadership, risk management, human and physical resource supervision and workplace training and assessment. Prior to his position of Councillor, Paul was managing director of Sectac Pty Ltd, specialising in international projects where risk management was the primary factor. Paul was also a commander in the Australian Defence Force. This is Paul's third term representing Division 3.

Division 4 Cr Lance Hewlett

Email: Lance.Hewlett@redland.qld.gov.au

Lance Hewlett was born in Brisbane and grew up in the southside suburbs of Holland Park and Mount Gravatt. He attended school at Seville Road SS followed by Cavendish Road SHS. Lance was very interested in music and was the lead singer of a band in the 1980s. Lance and his wife Sheena were married in 1988 and settled in Victoria Point in 1992. This is Lance's fourth term representing Division 4.

Division 5 Cr Shane Rendalls

Email: Shane.Rendalls@redland.qld.gov.au

Shane Rendalls has a professional background in corporate advisory services and has worked across both government and private sectors. He holds a Bachelor of Social Studies degree and was awarded the Frances Mary Gillespie Prize for Medical Social Work. As custodian of one of the original farms on Russell Island (Canaipa), Shane has an understanding of local history and the importance of our environment. This is Shane's first term representing Division 5.

Division 6 Cr Julie Talty

Email: Julie.Talty@redland.qld.gov.au

Julie Talty's family have lived on Redlands Coast for many years and she is involved with numerous community and sporting organisations. She has a broad life experience having worked locally as a teacher, owned and operated small businesses, and worked for large corporate entities. Julie ranks Redlands Coast as a desirable place to live and raise a family. This is Julie's fourth term representing Division 6.

Division 7 Cr Rowanne McKenzie

Email: Rowanne.McKenzie@redland.qld.gov.au

Rowanne McKenzie and her husband owned and operated a small business on Redlands Coast for 13 years. She has previously worked as a finance officer within Queensland Health. Rowanne has been a Redfest Strawberry Festival volunteer, Exousia Australia treasurer and board member, and a Compassion Australia advocate. Rowanne has three children in local schools. This is Rowanne's second term representing Division 7.

Division 8 Cr Tracey Huges

Email: Tracey.Huges@redland.qld.gov.au

Tracey Huges is a long-term resident of Redlands Coast and lived in Victoria Point for nine years before moving to Wellington Point in 1999. Tracey has always been a committed volunteer within the community, being involved in many church, school, sporting, community groups and events. She thrives on helping others, supporting and promoting our city, and has strong organisational skills and empathy. This is Tracey's third term representing Division 8.

Division 9 Cr Jason Colley

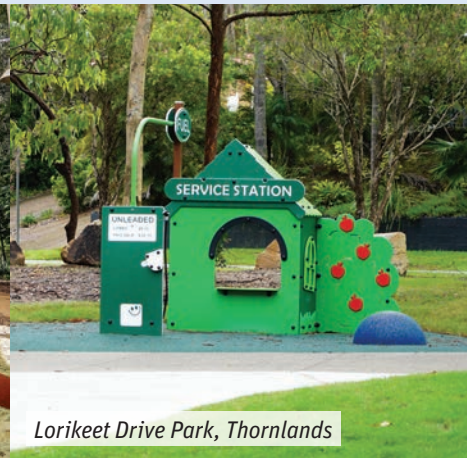
Email: Jason.Colley@redland.qld.gov.au

Jason Colley is a proud husband, father, and Capalaba local who believes Redlands Coast's unique, environment, location and access to desired amenities make it the best place to live and raise a family. Jason has a broad range of professional experience working across the corporate sector, with startup businesses and local government. He is a regular participant and volunteer with several local community groups. This is Jason's first term representing Division 9.

Division 10 Cr Paul Bishop

Email: Paul.Bishop@redland.qld.gov.au

Paul Bishop is a husband, father, actor, facilitator and community representative as well as company director of Arts Evolution Pty Ltd. He was raised in Wynnum/Redlands and went to Brisbane State High and QUT (Drama). He spent 30 years working as an award-winning actor, then came home in 2004 and diversified his skills. He learned the artful practice of group facilitation, co-design, collective impact and applied democracy. This is Paul's fourth term representing Division 10.



Inner ninjas are winners at upgraded Redlands Coast parks

It's not all swings and roundabouts. It's also a whole heap of new forms of playground equipment that are being enjoyed in parks and open spaces across Redlands Coast.

BMX pump tracks, fitness equipment, multi-sport half courts and maritime-themed play spaces are all part of the fun.

In a first for Redlands Coast, an Omni Warrior obstacle course has been installed at the popular Crotona Road West Park in Capalaba.

Inspired by the TV show *Ninja Warrior*, the course is an exciting new addition to the park and features a variety of activities

that are designed to encourage fun and fitness.

Crotona Road West Park, which backs on to Coolnwynpin Creek, also has a declared "sun smart" playground and a basketball half court.

The obstacle course was added as part of Redland City Council parks upgrade program worth \$13 million. Works have been finalised at 10 local parks and open spaces that were budgeted for upgrades in the 2023-24 financial year, with a further two scheduled for completion before the end of June.

Thousands of residents are benefitting from the upgrades as the works span eight

mainland suburbs and include some of the most popular parks on Redlands Coast.

The upgrades are just one way to maintain the naturally wonderful lifestyle on Redlands Coast while helping to get more people active and enjoying the great outdoors.

Improvements being rolled out this financial year include new playground equipment, the obstacle course, landscaping works, drainage, footpaths, seating, shade structures and park signage. Minor works also have been completed, including bollard removal and replacement, fencing works, and the installation of new table settings.

Whether you are a family with young kids or a couple looking to spend some quality time outdoors, there is something for everyone at Redlands Coast's parks and open spaces. For a map of open spaces and parks on Redlands Coast, visit the Council website.

FAST FACT

During the 2023-24 financial year, a total of \$13 in every \$100 of community rates revenue went towards the upkeep and management of the city's open spaces, conservation and sporting venues.

Your rates at work ... WHERE THE MONEY GOES\$

As well as the city's much-loved parks and reserves, Redland City Council uses the community's rates to pay for a range of services and facilities that enhance the naturally wonderful lifestyle we enjoy on Redlands Coast.

These include road works, waste and recycling services, car parks, boat ramps, libraries, street lighting, community health and sporting facilities, and amenities such as toilets and barbecues in local parks.

Unlike some regions where water charges are issued by separate water providers rather than the local Council, you may have noticed water charges on your rates notice. These fund the delivery of clean drinking water and wastewater services across Redland City through our City Water Unit.

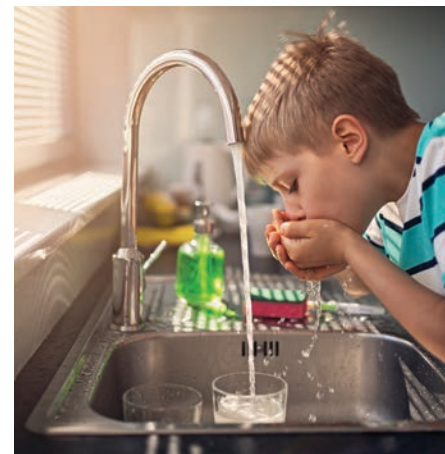
Council issues a rates notice each quarter, which provides a detailed account of what

is payable for the local services provided to you and your property along with any eligible concessions.

Keep an eye on Council's social media channels and the Redlands Coast Today website over the coming month for more information about how your rates are used to enhance our city's enviable lifestyle.

DID YOU KNOW?

Redland City Council provides a suite of services to 166,873 residents and more than 63,000 residential households across Redlands Coast. Our naturally wonderful city on Quandamooka Country is home to more than 335 kilometres of coastline, six island communities and 12 mainland suburbs.



Want more Council news?

Subscribe to *Our Redlands Coast* newsletter – straight to your inbox each month.

redland.qld.gov.au/ouredlandscoast

Scan to sign up





Maggie's Mates



SPONSORED BY MARKET 2 MARKET 24 YEARS

Name: Hi, my name is Emma.

Suburb: I am from Cleveland.

How long have you lived there?
I've lived in Cleveland for two years.

What's your favourite local hangout?
I go to work with Dad and I love the workshop, which is based at Cleveland.

What is your most treasured toy?
My squeaky ball!

What's your favourite food? Anything stuffed in a Kong with peanut butter is a winner.

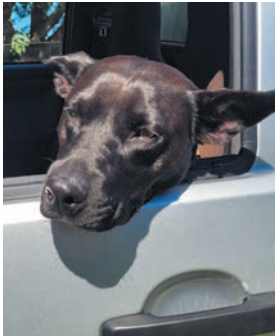
Your worst habit? I talk too much.

What's your favourite local walk? To the beach at Cleveland.

Who is your best doggo friend? My best friend is a labrador.

Any funny or embarrassing stories you'd like to share? I was sitting in Dad's car at the traffic lights and someone tried to chat me up!

What do people love most about you? I am very friendly.



Name: My name is Safi. Most people think it's short for Saffron, but I was named in Swahili and it's short for 'Safi Sana' which is a term used to describe a girl who is 'very nice/so nice'. Safi also means 'pure' in lots of other languages...sometimes I'm pure joy and sometimes pure nightmare.

Where do you live? I live in Wellington Point in a house with a nice big garden.

How long have you lived there? I have lived here for about four years.

What's your favourite local walk? I love to go for a walk down by Hilliard's Creek.

Your most treasured toy? I am completely and utterly ball obsessed. If you throw a ball for me expect to keep doing it for a very long time.

Your favourite food? A nice, tasty chicken neck is always a treat!

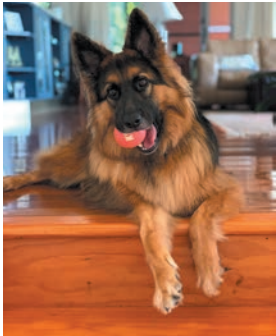
What's your worst habit? Plenty to choose from...Trashing my human mum's plants as I run around the garden chasing things. Repeatedly saying 'hello' to the Blue Tongue lizards in our garden, no matter how many times I've been bitten by them. Putting my ball wherever you are, or in/on whatever is near you including the clean washing as it's pulled out of the washer, your lunch bag, the bath and the toilet – so you know I'd like it thrown.

What is your favourite local hangout? I'm a sea dog and I love a trip on the tinnie to Straddie to run along the beach and chase my ball.

Who's your best doggo friend? Kia and Jazz. I get very excited when I hear I'm going to visit them.

Do you have any funny or embarrassing stories? I'm a very tiny German Shepherd. This breed of dog should be described as 'majestic' or 'magnificent', but people think I'm 'pretty' or 'cute', and even though I'm nearly five years old they still think I'm a puppy. I'm also a complete wuss...pull my hair while brushing me and I scream like I have been severely injured.

What do people love most about you? Everyone says I have a very happy face and lovely markings, and what I lack in size I make up for in character.



The Community Leader

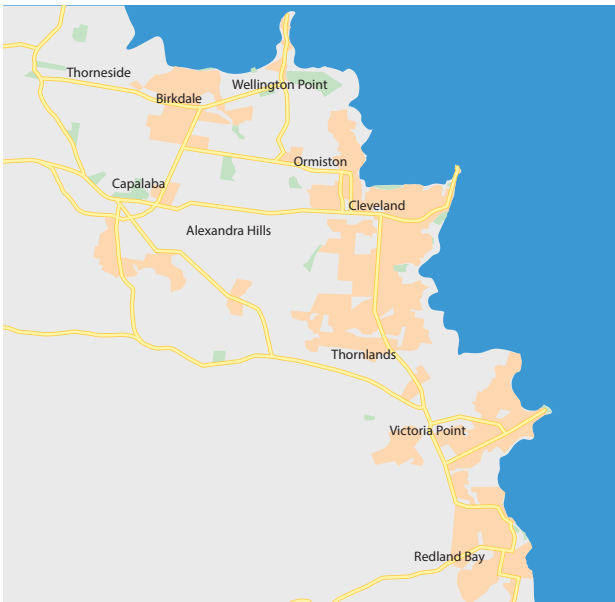
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Any submissions can be emailed to sales@market2market.com.au for consideration.

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Various shopping centres, cafes, clubs and local businesses.



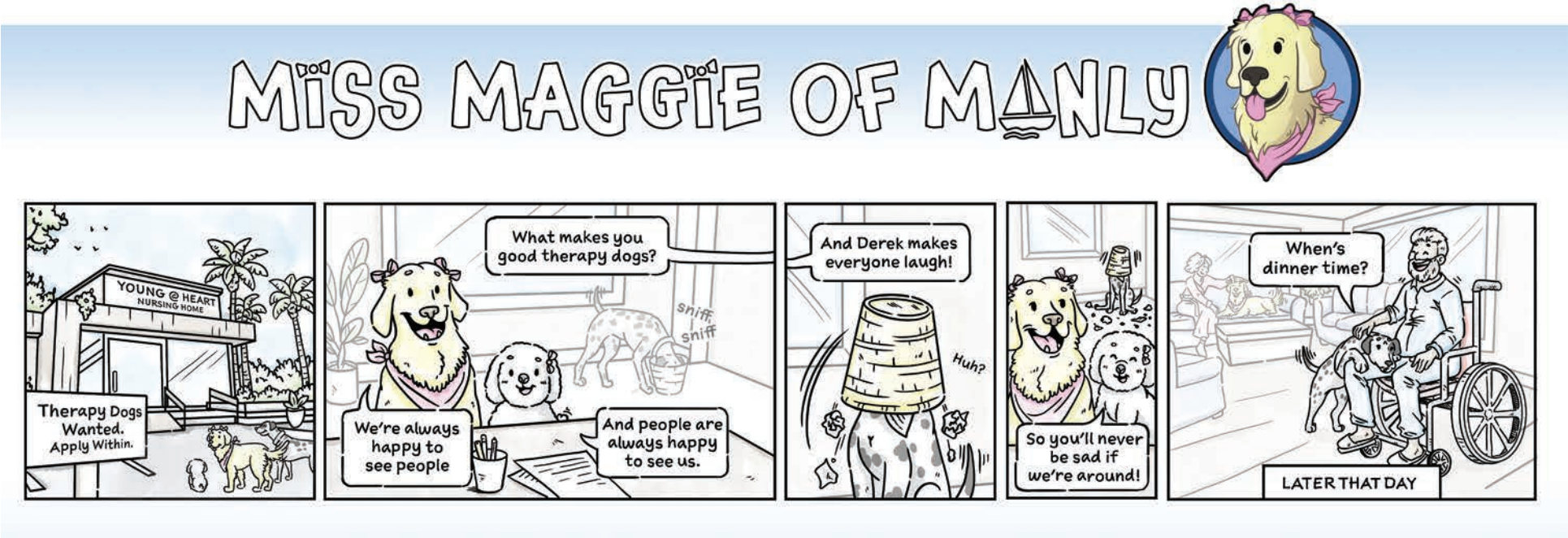
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- Distribution 2nd of July
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WHAT IS CUSHING’S DISEASE (HYPERADRENOCORTICISM)?

BY DR NICKY THOMAS, WYNNUM MANLY VETERINARY HOSPITAL

Cushing’s disease is caused by an overproduction of the hormone cortisol. Cortisol is produced by the adrenal glands which are located close to the kidneys. The adrenal glands are stimulated to produce cortisol by the pituitary gland which is located in the base of the brain.

CLINICAL SIGNS

Cushing’s disease is more commonly seen in middle aged to older dogs and only rarely in cats. The signs of Cushing’s disease may include:

- Increased drinking and urination
- Increased appetite
- A “pot belly” appearance may develop
- Lethargy and weakness due to muscle breakdown

- Panting
- Fur loss
- Skin changes such as hyperpigmentation, thinning skin and recurrent skin infections

DIAGNOSIS

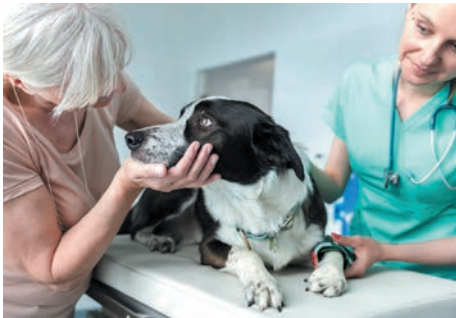
Diagnosis of Cushing’s disease may be challenging, especially in early stages of the disease. A number of tests may be required to definitively diagnose Cushing’s disease including:

- Complete blood count
- Biochemistry – there are a number of changes in liver enzymes which may alert your vet to the possibility of Cushing’s disease

- Urinalysis – urine is often very dilute and higher in protein
- ACTH stimulation test which requires two blood tests performed one hour apart
- Low dose dexamethasone suppression test, which is a series of three blood tests performed over an eight-hour period
- Radiographs, abdominal ultrasounds and CT scans may be recommended to determine whether the disease is a result of the adrenal gland or the pituitary gland becoming abnormal

TREATMENT

Treatment of Cushing’s disease is based on



controlling the cortisol overproduction. There are medications which may be prescribed to reduce the adrenal gland’s cortisol output, or in some cases surgery may be required. Your vet will discuss the best option for your pet.

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LOCAL GARDENING WITH KAT

LEMON TREE VERY PRETTY

BY KAT PEARSON, GIRL IN THE GREEN

Ah, the backyard lemon tree (*Citrus limon*), found all over the suburbs in varying forms and levels of health.

These days, with smaller courtyards and even balcony gardens, many opt for a potted variety such as “Lots A Lemons”, which is a Meyer lemon (*Citrus × meyeri*) and technically a cross between a mandarin and a lemon – I’m not a purist though, so we’ll let that slide.

If you are lucky enough to have space for an in-ground specimen, you might have a Eureka (thick-skinned, long fruiting season) or a Lisbon (hardier tree but thorny and a relatively shorter fruiting season). Many are grafted to produce a smaller tree and a hardy root system. Should you not have looked after it, the rootstock may have taken over and you could even have a knobbly bush lemon!

Many a garden talkback radio program has discussed the “what’s wrong with my lemon tree” quandary. Google (or my website) should give you a variety of common problems and their fixes, but the key to avoiding most of them is having a

healthy tree to start with. Luckily, caring for lemon trees (and most other citrus) is largely the same.

Citrus are big feeders, so fertilise regularly. I give mine a handful of organic chicken pellets once a month (ish – hey, I’m a busy girl!). They like free-draining soil (no wet feet please), but a deep soaking is greatly appreciated when it’s been dry. And as always, don’t forget to mulch! The dead variety, not living. Citrus has shallow roots and a weak constitution when faced with competition, so keep ground covers (including grass) out past the edge of the leaf canopy.

If a regular ol’ lemon tree is a little too ordinary for you, there are lots of others you could try – what about a Buddah’s hand (*Citrus medica* var. *sarcodactylis*) or a variegated Eureka lemon or even a Japanese Yuzu (*Citrus junos*)?

If you’re interested in learning more about looking after your soil and growing healthy plants, I’m talking at the Redlands Organic Growers Inc (ROGI) meeting on the 13th June – come say ‘hello’!

ABOUT KAT

I love gardening, and 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.



Top: Eureka lemons, bottom left: Buddah’s Hand, bottom right: Lemon Blossom. Photos by Kat Pearson.

COMPOST BIN SUBSIDY SAVINGS!

It’s now more affordable to nurture your garden and keep food waste from going to landfill with Council’s new compost bin subsidy.

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Go to redland.qld.gov.au/CompostSubsidy to order online.

*To receive subsidy, products must be ordered online from Compost Revolution. Subsidy is limited to one kit per Redland City Council household. All products are subject to price change, availability, and subsidy limits. Not available for businesses. Order fulfillment by Compost Revolution. Please allow up to 3 weeks for delivery.

The illustration features a green and black compost bin on the left with a smiling face and a 'SAVE!' speech bubble. To its right is a larger black compost bin, also with a smiling face. In the foreground, there's a pile of brown soil with various food scraps (a banana peel, a tomato, a piece of apple) and a cartoon worm. A yellow flower with a smiling face grows from the soil. The Redland City Council logo is in the top right corner.

THEATRE BEYOND THE SPOKEN WORD: *SAND* PREMIERES AT RPAC



Photo: Supplied.

Combining Indigenous Australian culture, Japanese drums, dance, and projection sounds like a mighty undertaking, but that's what audiences will experience at *SAND*'s world-premiere performance at RPAC.

Sydney-based Taikoz have mesmerised audiences around the world with their dynamic drumming performances. As one reviewer said, "You don't just listen to this music. You see it and feel it, too. It's totally compelling."

And now they're coming to Redlands to work with Belloo Creative on the world premiere of *SAND*.

Acclaimed playwright Katherine Lyall-Watson, co-founder of Belloo, has crafted a narrative that she says draws its inspiration from stories of Quandamooka Country and ancient Japan.

"The inspiration for *SAND* came from a few different sources: the stunning book *Woman in the Dunes* by Kobo Abe, *Wail/Whale Rock* at Point Lookout, which has always drawn me to it (when Wesley and Uncle Norman spoke about its significance for Quandamooka people, it just seemed so pertinent for this piece) and the impermanence of our world. Even mountains and rocks that we think are permanent features are whittled down by time and weather and eventually become sand. It made me

reflect on our place in the world, as individuals and as a species."

Wesley Enoch, internationally acclaimed Quandamooka playwright, artistic director and Indigenous consultant, is the dramaturg for this production. He sees *SAND* as a meditation on connection to place.

"This production takes theatre beyond just the spoken word," he says. "Contemporary theatre can bring into play a whole mix of media to engage the audience. You get to learn something more about yourself and the world you live in; the experience isn't just intellectual, it's deeply emotional."

Wesley says that braiding the various strands of the production is an exciting process that highlights the universality of human sensibility.

"I've been to Japan a number of times and I'm fascinated by their spiritual sense of connection to landscape and health practices like 'forest bathing', spending time in a forest to make that connection with land. Uncle Norman and I have been working on the way that it links in with cultural roots in Quandamooka country.

"Redland Performing Arts Centre has provided us with a wonderful opportunity to hear stories and

perspectives about us in our own country and to reflect on who and where we are – and that's really a role for all arts centres."

The title, *SAND*, is an intuitive choice.

"I think sand as an element has different resonances in different places," says Katherine.

"We discovered in Japan that people really related to the theme of impermanence, rising seas and shifting sands. But it's hard to find anywhere as beautiful as Minjerribah's pristine beaches; we are so lucky to have this magical island so close to us and are so grateful to Uncle Norman and

other Quandamooka elders for sharing its stories with us."

Wesley feels that the piece is more about connections than differences.

"I think of sand as a metaphor, a moving thing in our lives that ebbs and flows and is as numerous as the stars. Contemplation of that can help us figure out where we fit in the world."

SAND will take the stage on Friday June 21 at 7:30pm in the RPAC Concert Hall. To book or for more information on the program call 3829 8131 or visit rpac.com.au.

Redland Performing Arts Centre,
Belloo & Taikoz present

SAND

Taikoz craft sonic landscapes into a breathtaking tapestry of wonder.

Inspired by the rich narratives of Quandamooka Country, *SAND* will take you on a mesmerising and poetic journey to the heart of Straddie.

Fri 21 June, 7:30pm
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THE CLATTER OF THE CLOGS AND THE JOY OF THE DANCE

BY JAN NARY

What's the image that springs to mind when you read Jacaranda Morris? A lavender-ducoed little car? A subspecies of the iconic Brisbane flowering tree? Try again...

Jacaranda Morris is the name of Queensland's newest Morris dancing side (or team), midwifed into life under the loving care of Birkdale's Jackie Wiley, who is the side's Squire.

A microbiologist by profession, whose ancestral roots are in Scotland, Ireland and England, Jackie admits to a life-long love of Morris dancing. She started dancing with a Cotswald side, Belswagger Morris, but her favourite style of Morris is North-West dancing (think Lancashire) and last November Jacaranda Morris – complete with bib-and-brace pinafores the colour of jacaranda blossoms – was born.

"Each Morris style has its own kit of costume and accessories and I love the North-West style, its powerful feminine energy and the dances that have all the processional precision of a military parade. Back in the day the mill workers were given a week off and their dance side accompanied the rush cart that brought fresh rushes for the church floor."

As was often the way, the work-a-day life of the dancers became incorporated into the dance. Mill workers traditionally wore wooden-soled clogs – durable, affordable and thick-soled enough to raise the wearer above the water when it rained, a frequent occurrence in north England. The clatter of the clogs on the cobbles, a clatter enhanced by irons nailed to them to protect the wood from wear, became an additional percussion accompaniment to the dance, which necessitates the dancers having a spot-on sense of rhythm.

"You have to really have mastered the rhythm before you're 'clog fit' and that takes a lot of practice and expertise," says Jackie, whose own clogs are an iconic part of her kit.

"One of my very dearest teachers at high school set up a cat rescue centre when she retired. I'm a cat-lover so I visited her and during that visit she gave me her mother's 1930 vintage clogs. They still have the original irons on the heels but replacement hard rubber on the toes. They're the most precious part of my costume and I love wearing them; I'm sure she left some dances in them!"

As well as the clogs, the musicians are a vital part of each side. Jacaranda Morris has a first-rate group of musicians, some of whom are dancers but prefer to play for the side on concertina, melodeon (also known as a box, a little type of concertina), fiddle and drums. The male musicians have a choice of costume – either cream pants, shirt and purple waistcoat – or the same pinafore as the women. In a splendid sweep of free will and whimsy some of the chaps have opted for the pinafore and it must be said they carry it well.

Jacaranda's repertoire, mostly traditional and including dances such as Four Hand Reel, was brought to the group by Andrea Skerritt, the Jacaranda Fore (the Fore is responsible for teaching the dances and setting the standards).



Photo: Supplied.

"If members change groups they will often bring dances with them, ensuring that they won't be lost to the ongoing Morris lexicon," Jackie says. "As well, members will write and contribute new material – such as Andrea's Abbotsleigh (the original working title was *Donkey's Wedding*) – so it's definitely a living tradition."

MORRIS DANCING – WHAT'S YOUR TASTE?

Morris is purported to originally have been "Moorish" dancing brought back to England by the crusaders. Different regions have developed different styles.

Cotswald dancing is perhaps the most-recognised style; crossed baldrics (sashes) on the upper body, twirling hankies and clashing sticks.

Border dancing also has sticks and dancers usually wear brightly-coloured tatter coats. The dancers can also have painted faces, traditionally to disguise their alleged identity as illegal beggars.

North-West rejoice in pinafores or skirts and blouses; flowers in the hair or flower-covered hats; flower-covered arches and hoops; short beribboned and belled sticks and slings, which are bobbins from the cotton mills on cotton ropes. Men's and mixed teams also commonly have brightly coloured sashes around the waist and/or a single sash across the chest. Waistcoats in men's/women's/mixed teams are also common.

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EXCITING HIGH BRASS: REDLAND SINFONIA'S *TRUMPETISSIMO*

For those who rejoice in the glorious, golden song of trumpet RPAC has just the show for you, the Redland Sinfonia's *Trumpetissimo*, devised and conducted by multi award-winning Dr Graeme Denniss and featuring soloist Timothy Reed.

Redland Sinfonia (originally the Cleveland Symphony Orchestra) was founded in 1986 by flower farmer and Shire President Merv Genrich, who wanted Redland locals to be able to enjoy quality music without having to travel to Brisbane. Graeme, Sinfonia's Artistic Director and Conductor since 2014, brings with him a wealth of knowledge, experience and a passion for orchestral music.

"I've been hooked on it since I was 11," he says. "My grandfather was a church organist with a wide range of musical skills and one of my uncles was an internationally recognised concert pianist, so perhaps it's inherited."

A musical polymath in his own right, Graeme's career has seen him in demand for his many professional skills; pianist, French horn player, conductor, composer, arranger, teacher, adjudicator, artistic director, lecturer and presenter, but he says that his real joy is working with the Sinfonia.

"It brings together my entire skill set; the joy is two hours on stage four times a year in our concerts, getting the best out of the musicians who have been entrusted to my care," he says.

"Being the Artistic Director is a huge job; administration and finding musicians are ongoing

tasks. Then for each concert there's deciding the theme, doing the research, selecting and arranging the music to suit the strengths of the orchestra sections and individual musicians, and finding quirky little 'bonbons' to plant as surprises in the program. Then there's the work of preparing the introductory notes; I typically do about ten drafts before I'm completely happy with them."

Graeme, who is largely driven by narrative, is a natural communicator, whether for adult or youth concerts or in rehearsals.

"I've learned the value of a well-placed joke and often find that a concept can be most easily described by relating it to a lived experience," he says. "If you start with something familiar that people understand you can then move on to something less known, bringing them with you. I just love talking about music."

Judging from the commitment of the orchestra members, they get as much out of the experience as their maestro does.

"The Sinfonia offers retired and emerging musicians a very special experience. An orchestra is a complete musical ensemble that combines brass, woodwind, strings, percussion so we can play any style of music. Also, different attitudes come in with different instruments so we're constantly learning from each other and senior orchestra members give me valuable feedback from their experiences. Members come for the social contact and for the joy of working to a common goal – a performance in a professional, ticketed environment."



Dr Graeme Denniss.

For that goal to be met, Graeme demands a professional standard of presentation.

"The performances may not always be perfect but the presentation must be," he says. "I'm a dictator, albeit a benevolent one; it's the only way this can work."

"If musicians become distressed about a mistake they've made I remind them that next to their chair there's a little pile of broken notes that will be swept away after the performance – swept away and gone."

Of the soloist Timothy Reed, a performer and teacher who holds several degrees in music,



Timothy Reed. Photos: Supplied.

Graeme says he has something special.

"It's the sound he creates and his ability to project it. For each of the four pieces he will be playing he creates a different sound – this is a talent to watch!"

Trumpetissimo will make the rafters ring on Saturday 15 June 2:00pm in the RPAC Concert Hall.

To book or for more information on the program call 3829 8131 or visit rpac.com.au.

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NATURALLY WONDERFUL...WITH RANGER STACEY

BY RANGER STACEY THOMSON, PRINCIPAL ADVISER – COMMUNITY EDUCATION, REDLAND CITY COUNCIL

Native animals...furry, feathered, scaly, and even spiny, are on the move! It's happening now, right across Redlands Coast and beyond, with peak activity around dawn and dusk.

Each evening under the cover of darkness, nocturnal animals like koalas and possums, head out for a wild night in the forest, including the urban environment.

We've all seen the impressive tightrope skills of possums on powerlines and branches, but did you know these marsupials use five or six nest sites within their home range?

The koala sleeps 18 to 20 hours a day, yet these bulbous-nosed Aussie icons also have an established home range. They move about in search of gourmet gum leaves, or a mate in breeding season. They achieve a lot in the short time they're awake!

Before the sun comes up, the party animals embark on their journey home for shelter and a daytime snooze.

Sounds idyllic, doesn't it?

However, native animals often need to cross over roads, and the tree-dwelling animals must descend to the ground. It's dangerous ... even for swift wallabies and kangaroos.

The next few months is an especially dangerous time of year for many species, as more cars are on the roads, in low light given shorter daylight hours, when wildlife are on the move.

Sadly, records show that birds, possums, echidnas, wallabies, koalas, and reptiles are the most common species impacted on our roads. On average about thirty koalas are struck by cars each year across the Redlands Coast, and right now, joeys that are around one-year old are preparing to disperse from mum to begin an independent life.



Photo: Supplied.

For you and me, crossing a busy road can be challenging, so spare a thought for animals.

Heed the wildlife warning signs, don't exceed the speed limit, keep an eye out for movement by the roadside, and pay attention to social media posts.

For emergencies call Redlands 24-hour Wildlife Rescue Service 3833 4031.

It could just save a life! Until next time ... Stay Wild!

Ranger Stacey



LOCAL POETRY REACHING FOR THE SKIES

BY GEOFF SMILEY

Seven cranes working,
reaching for the skies.
Seven cranes bringing
change into our lives.

With mansions on hillsides
life can't stay the same.
And boats harbourside
our location facing change.

May our bayside be secure,
in this end-point where
no drive-throughs pressure,
to disrupt or to impair.

Safe in chosen unity
we can absorb risk,
accepting a new identity,
our history on the cusp.

Seven cranes bringing
futures for our choosing.
© Geoff Smiley



Auction Lemons

By Neil Jenman

Last week, 1,559 properties were listed for auction across Australia. Of these, 690 were sold.

As any school-child will attest, this is a clearance rate of 44 per cent.

The official (fake) clearance rate released to the public was 62 per cent - at least.

In Victoria, there were 801 properties listed for auction with 393 being sold, a clearance rate of 49 percent. According to the REIV the clearance rate was 79 percent.

Anyone who knows anything about the Australian real estate industry knows that auction rates are deliberately inflated to make them appear successful. Such misinformation continues week after week in every capital city where auctions are held.

Most home sellers are blissfully unaware that selling by public auction is the worst way to sell - especially if their home fails to sell at the auction.

WHEN HOMES FAIL TO SELL AT AUCTION

If you are considering selling by auction, consider this: With auction, you will, at best, have a 50 percent chance of selling your home. Most homes listed for auction fail at auction. They become auction lemons.

There is nothing more damaging to a home's value than the 'lemon' label.

When buyers know that a home has failed to sell at auction, two thoughts can enter their minds: 'What is wrong with the home?' And: 'It must be over-priced.'

Both thoughts lead to the home being devalued. The sellers, who now appear desperate, will likely be under huge stress. As an auction lemon, low offers will pour in. Buyers sense desperation and act accordingly.

Meanwhile agents look on gleefully. They know the formula for selling real estate: "The lower the price, the easier the sale". They also know that, regardless of whether a home sells for a high price or a low price, their commission is always high.

BEHIND THE SCENES

If home-sellers were privy to how agents talk behind their backs, they would never sign-up to sell by public auction.

Contrary to what the public is told, auctions are not about selling for the best price, they are about selling at any price. And, of course, the lower the price, the easier a home is to sell.

The way inspections are conducted, and the pre-qualifying of a buyer is a critical link for a skilled agent to obtain the buyer's highest price.

The challenge for agents is convincing sellers to lower the price of their homes. This is done by a process called "conditioning" - which means hitting sellers with a barrage of bad (and often fake) news - under the guise of "market

feedback". As real estate institute training states, "Auction is the fastest and best conditioning method".

Recently, a bloke who calls himself "Australia's number one real estate trainer" (but some call "the foul-mouthed real estate trainer") was boasting to his "students" how auctions get sellers down in price.

At the conclusion of a failed auction - when a home had just been turned into an auction lemon, the foul-mouthed trainer-come-auctioneer, said to the highest bidder: "I want to thank you a lot; our vendors, they were up in the clouds until you came along. Your negotiation has got them down a hundred grand."

As his audience of agents chuckle at the sellers' plight, the foul-mouthed trainer snaps his fingers at how easily the home will now be sold.

And presto, the agents get paid.

And that's what agents call "success".

But success for agents often means a monumental loss for home-sellers, most of whom have no idea just how deliberately and callously they have been manipulated.

Auctions are the best way for agents to get the biggest commission. They are the worst way for sellers to get the biggest price.

Especially - as happens more than half the time - when homes become auction lemons.



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PROPERTY MATTERS

A Bright Horizon: The Resilient Real Estate Market in Redland City

BY SAMARA BEDWELL

In recent times, Redland City's real estate market has demonstrated remarkable resilience and growth, reflecting a vibrant community and a promising future for property owners and investors alike. Here's why our local housing market is thriving:

Community and Connectivity: Redland City is uniquely positioned with excellent connectivity to Brisbane and the picturesque bayside areas, making it a perfect blend of urban accessibility and scenic tranquility. This balance attracts a diverse range of residents, from young professionals to families, all looking for a place to call home.

Sustained Demand: The demand for homes in Redland City remains robust. Our community's ongoing developments and enhancements ensure that whether you're buying or renting, you're investing in a lifestyle that values both nature and modern amenities. This sustained demand has contributed to stable property values, providing reassurance to homeowners and investors.

Diverse Property Options: Our real estate market boasts a variety of property types, catering to different preferences and budgets. From charming townhouses to spacious family homes, the diversity in housing ensures that everyone can

find their ideal property. This variety supports a dynamic market environment and opportunities for personalization and upgrades.

Investment in Infrastructure: Significant investments in local infrastructure, including improvements to parks, schools, and public transport, have bolstered the appeal of our area. These enhancements not only improve the quality of life but also drive property values upward, making Redland City a wise choice for long-term investment.

A Close-Knit Community: Lastly, the spirit of our community is a pivotal part of what makes living in Redland City so special. Active local schools, vibrant community events, and a thriving business sector foster a sense of belonging and community pride that is truly priceless.

As we look forward, the outlook for Redland City's real estate market is optimistic. With its blend of natural beauty, strong community, and continuous development, Redland City is not just a place to live but a place to thrive. Whether you're looking to buy your first home, invest in property, or simply enjoy a quality lifestyle, Redland City offers an opportunity that is hard to match elsewhere.



The real estate market here is more than just transactions; it's about the community and the endless possibilities that come with living in such a dynamic and supportive environment. We invite you to explore what makes Redland City truly a gem in Queensland's crown.

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Council subsidy makes composting more affordable for residents

FROM REDLAND CITY COUNCIL

Composting has become more affordable for Redlands Coast residents following the introduction of a compost bin subsidy by Redland City Council.

Mayor Jos Mitchell said the subsidy would not only help residents generate compost for their gardens but would also divert organic waste from landfill.

“Waste audits on Redlands Coast indicate about 7800 tonnes of food waste ends up in kerbside general waste bins each year, making up about 17 per cent of what is sent to landfill,” she said.

“Council, along with the Queensland Government, has a vision for a zero waste future and composting is one of the biggest things the community can do to achieve this vision.

“Council has developed an Organics Transformation Roadmap to address this issue and to support the community in learning about the benefits of composting.

“This includes the implementation of a compost bin subsidy to help residents set up their own composting system.”

Council has partnered with Compost Revolution to provide a subsidy of up to 80 per cent off the retail price for compost bins, worm farms and bokashi bins.

Compost Revolution will also provide training on how to compost and how to choose the right system and will offer post-purchase support and troubleshooting.

The Mayor said the subsidy aligned with community feedback during consultation for Council’s Waste Reduction and Recycling Plan 2021-2030.

“The responses to that plan demonstrated strong support for composting at home and in the community and suggestions to facilitate this included the introduction of a compost equipment subsidy scheme,” she said.

“I encourage residents to support this initiative and convert their food waste into valuable compost for their gardens.

“Composting is a fun activity to do with children and has the added benefits of removing smells from kerbside bins and reducing methane and carbon dioxide emissions in landfill.”



The subsidy is limited to one item per household and all products are subject to price change, availability and subsidy limits.

For more information, visit redland.qld.gov.au/CompostSubsidy



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What do I need to know about installing an EV charger at home?

FROM JARIC ELECTRICAL

Tips for getting the right solution for your electrical vehicle

If you're thinking about buying a Tesla or any other Electrical Vehicle (EV), the next question that may occur to you is how to charge the vehicle at your home.

And while you certainly can charge an EV through your standard wall outlet, it's much faster to charge your car using a manufacturer or third party EV charger.

Let's take a look at the various types of EV charger available, and what you should consider when installing one in your home.

What to think about when choosing an EV charger

Of course, it's much cheaper to charge your EV at home overnight than it is when you're "out and about". That's because currently, public EV charging infrastructure is expensive to use. And having a home charger will allow you to use solar panels to reduce your costs even further.

To ensure you don't suffer from "range anxiety", remember that the maximum size

outlet is limited to 20 amps for residential homes. While you can go up to 40 amps, this is only available on an off-peak tariff – which may only give you five to six km of driving overnight.

What size EV charger can I install in my home?

There are three basic tiers of EV charging to consider:

- Utilise one circuit for the electric car, which won't knock off a power circuit elsewhere in your home
- Install a large dedicated circuit, or
- Upgrade to 3-phase power with a large charger.

Comparing hybrid vehicle charging to fully electric cars

The main difference between hybrid cars and fully electric vehicles is their battery size. Plugin hybrid cars have a much bigger battery, which means you might not need to install a very large charger at home.

What electrical protection is needed for your Electric Vehicle?

Storms are commonplace in South East Queensland's summers – and you certainly don't want your electrical vehicle destroyed by a lightning strike on your home. Even if the car is only damaged, who wants to be without an EV for weeks while it's repaired? Fortunately, there are some steps you can take to protect it.

Install surge protection

For protection against lightning strikes during storms, install surge protection on the circuit you'll use for your EV. This needn't be pricey – in fact, surge protection costs around \$600-\$1,200.

Upgrade your home's switchboard

Have your electrician check that your current switchboard is sufficient before installing an EV charger.

Install heat alarms

We've all seen the nightmare stories of EVs bursting into flames while being charged. Unfortunately, in Queensland you cannot install smoke alarms in a garage. Instead, ask your electrician about heat alarms,

which detect the presence of emissions in the space.

Upgrade to three phase power

Because you'll only achieve around 40 to 50 km of range per hour of charging, you may want to consider installing three phase power at your home. Your EV will charge much faster – plus you can put the car onto an off-peak tariff to save money.

Contact Jaric Air Conditioning for expert advice on EV charging

When you're thinking about the right EV charger for your situation, remember that any solution shouldn't be too small for your needs, or too large so that you get a fine from Energex!

For the right advice and expert assistance that will help you be completely confident in the arrangement of your car charger, call Jaric Electrical & Air Conditioning on 1300 452 742 or contact us online at jaricgroup.com.au.



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THE OLD SCHOOLHOUSE GALLERY PRESENTS *AROUND EVERY CORNER*

FROM THE OLD SCHOOLHOUSE GALLERY

You never know what you will find or what will happen... just around the corner! Christine Earthrowl and Caroline Ness of the Old SchoolHouse Gallery have teamed up with special guest Louise Saunders OAM to showcase their artworks depicting what they have discovered around the corners of their lives.

Caroline says there's always something fascinating, beautiful or elusive to see if you are looking. You might discover a red-eyed figbird in a tree around the corner from the laundry, a wonderful landscape around a curve of the Cunningham Highway, or a beacon crowded with pied cormorants around the waters of Hope Banks on Moreton Bay. Sometimes, it will be fleeting, like sunsets, or an outlook that is usually taken for granted until it is just caught in the right light.

Christine feels you never know what you will find, see, or experience on your journey or when you travel around this beautiful country of ours. There is always the unexpected, a

surprise, or something that stops you in your tracks and takes your breath away, like clouds over the waters, raindrops on petals, or an egret on a lagoon preening itself in the sun.

It is exciting for our gallery to have Louise and her beautiful botanical artworks of the treasures she finds in her journeys. Louise, a keen lover of nature, enjoys the challenge of working with a number of mediums, including watercolour, fine art colour pencils, acrylic and pastels and tackling a diverse range of subject matter. Botanical art is Louise's passion, but both fauna and flora can be found in her paintings.

The exhibition *Around Every Corner* runs from June 6 to 30 with a special opening night on Saturday June 8 from 4:30pm where you can meet the artists. The gallery is open Thursdays to Sundays from 9:30am to 4:30pm.

When the world is determined to drive us around the bend, it can be reassuring to see what we will find around our next corner.



Christine Earthrowl, Louise Saunders OAM and Caroline Ness. Photo: Supplied.

RESILIENCE TRAINING — THROUGH LAUGHTER



Photo: Supplied.

“Connecting with others and connecting with who we really are, finding our own rhythms and giving ourselves permission to laugh is a wonderful process – and it can teach us resilience when times are tough.”

Clint Bolster has been a professional clown for more than 20 years and he knows what he's talking about; he's speaking from experience. A survivor of childhood violence and trauma, as a young adult he nursed two much-loved grandparents through terminal cancer. He credits school teachers with helping him to connect and to laugh, a process that has led him to become one of our most popular clowns.

“Through the clown characters I've created it's as if I've found a way to give myself, as an adult, the childhood that I never had,” he says.

Even better, he shares his hard-won wisdom with others, through productions featuring such characters as

Booff, the Mask Family, Sean, and the Knock 'em Downs. He also runs Resilience Training Through Laughter workshops, which he'll present at Redland Museum on June 21.

For part of the workshop participants will interact, with guidance, while wearing full-head masks which Clint says is a wonderfully liberating experience.

“Initially some folk will resist, but with support most of them will put on the mask and the reaction afterwards is usually something like, oh my gosh! I can do it! I DID it!” he says.

“The anonymity of being masked makes it so much easier to relax and laugh and connect with others. Even without talking we can learn to read each other's body language. One of the joys of learning this way is that we work as a group but carry away with us some individual self-knowledge. It may not be an instant epiphany, it may take a few weeks to unpack it all, but we can all learn.”

Clint says that he would particularly welcome an older age group to the workshop “because they often miss out and aren't sufficiently supported, particularly those going through pain, physical or emotional. I want people to celebrate their bodies on stage, with whatever limitations they have.

“For some, just getting the confidence to come along is a big win. To get up there, have a go and get other people laughing – that's a win. Laughing at someone else's performance is a win – it's not about ticking boxes, it's about making authentic connections and exploring the possibilities. The lunch break is crucial, that's when people can talk about what they've opened in the previous hours and come up with ideas for the next session. Then at the end of the day we can unpack all that we've discovered – and have another laugh.”

While no acting experience is necessary to benefit from the workshop, actors will find ways of bringing themselves and their own passion to their work and channelling it into their performances.

“Basically, it's about play, abandonment and laughter – the joy of being a child again plus the wisdom we gathered from life.”

REDLANDS LAWN TENNIS CELEBRATES SIX YEARS OF TENNIS

FROM REDLANDS LAWN TENNIS ASSOCIATION, CLEVELAND

Despite the rainy weather, the Redlands Lawn Tennis Association at Cleveland celebrated its annual House Carnival competition recently, with enthusiasm and success. This event, which has been a tradition for six years now, continues to be a highlight for the club and its members.

The House Carnival, conceived by President Will Fraser in 2019 during his tenure on the committee, has become a beloved fixture in the club's calendar. This year, it brought together 64 players, all club members, who were divided into the Red, Blue, Green, and Yellow Houses for a thrilling doubles tournament. In a display of skill and teamwork, Yellow House emerged victorious in 2024, adding to the event's legacy of friendly competition and camaraderie.

Among the notable attendees was Tennis Queensland's Tennis Development Officer, Kellie Melia, who graced the event with her presence and support for grassroots tennis initiatives. President Will Fraser expressed his delight at the event's success despite the inclement weather, highlighting it as a valuable opportunity for community players to come together in a tennis-centric social environment.

"The House Carnival has grown from a humble beginning into a cherished tradition," remarked President Fraser. "It's not just about the games; it's about fostering friendships, building team spirit, and creating lasting memories on the court."

The Redlands Lawn Tennis Association, a non-profit organisation and the oldest and largest club in the Redlands region, boasts nine floodlit synthetic grass courts. Its operations are powered by dedicated



Photo: Supplied.

volunteers and an executive committee, with the assistance and guidance of Club Manager Damian Waddell from Adrenalin Tennis. The club prides itself on its inclusivity, welcoming players of all skill levels to participate in social tennis, singles and doubles competitions, and coaching programs.

As the House Carnival wraps up another successful year, the Redlands Lawn Tennis Association looks forward to continuing its mission of promoting tennis excellence and community engagement, rain or shine. For more information go to www.adrenalintennis.com.au.

REDLANDS RAYS BASEBALL CLUB'S SEASON UPDATE

CONTRIBUTED BY ALI STEPHENS

The Redlands Rays Baseball Club has just concluded a remarkable season across multiple divisions. Well done to our baseball community!

In Division 1, the Rays showcased their prowess, finishing as worthy runners-up for the season. Their stellar performance is a testament to the hard work and dedication of the players, as well as the coaching by Rhys Niit, who relentlessly pursues excellence on the field.

Meanwhile, in Division 6, the Rays emerged as champions, seizing the Gold. It's a moment of immense pride for everyone associated with the club and team. Congratulations to Dennis Fletcher and his team.

The Junior League Division 2 Stingrays, led by Baseball Qld Coach of the Month Scott McLean, also made their mark, securing a commendable second-place finish. Despite falling short of the top spot, their determination and resilience throughout the season set a shining example for aspiring young players within the club and beyond.

In the Master's Division 2, the Roughstails engaged in an epic battle with Pine Hills. They ultimately clinched the silver medal after winning the competition for the south side of the River. Their hard-

fought journey to the podium epitomizes the competitive spirit and camaraderie shaping our baseball community. The Roughstails, led by Matthew Vickers, also competed in the 2024 Masters State Titles held at Surfers Paradise in April, taking out Gold undefeated.

The Queensland School Championship for 12 to 14 years showcased exceptional talent from young baseballers across the region. Among the Rays' standout performers were Patrick Kennedy, Charlie Power, Blake Roberts, Nate Tranter, Xavier Milonas, Harry Stone, Sienna Fens, Amelia Stephens, and Ky Jackson, who represented Met East and secured a commendable bronze medal finish. Seth Lutton (not pictured) represented South Coast with distinction, and his team finished runners-up.

These athletes displayed remarkable skill and determination on the field. Earning recognition for their outstanding efforts, Nate and Ky were awarded MVP honours. Notably, Amelia and Xavier each collected two MVP awards and were selected for the Queensland Merit team, a testament to their consistent excellence and standout performances throughout the tournament.



Photo: Supplied.

LOCAL CLUB PROFILE: REDLANDS TOUCH ASSOCIATION

If you love a game of footy or would like your kids to play but you're worried about knocks, scrapes, possible concussion or breaks, perhaps touch football is the sport to consider.

Touch football is a popular sport in the Redlands and age is no bar; Redlands Touch Association has junior and senior games for all skill and experience levels and players' ages range from five to 75. Started in the Redlands 1978 the volunteer-driven organisation now has 2,000 junior members and 1,500 senior members.

Jason Hemson, who has a full basket of responsibilities as Club Administrator, Junior Coach Developer, Referee and Mini Muddies Co-ordinator and Operations Manager, says that Redlands Touch Association's motto is "putting sportsmanship back into sport".

"Basically it's about the kids – and the seniors – getting out there, playing sport and having fun. The club has a great social feeling and sometimes the mixed teams are made up of three family generations playing together. Touch footy is open to everyone, it's gender inclusive, cross-generational and welcomes all abilities. Thursday nights are dedicated to

Skills and Drills training, for players who have physical or psychological challenges."

Jason says that the players develop a whole range of skills; running, catching, passing, spatial awareness, evasion and team work.

"Even though it is a contact sport the contact is minimal; there's no tackling and no scrums. However, it's not exclusive of other codes and a lot of players are involved in other full-contact football games. The good news for parents is that it's one of the cheapest team sports their kids can play."

The training calendar is a satisfyingly busy one and for junior teams the two annual seasons are formatted to fit school terms and holidays. There are highlight competitions throughout the year – the club has twenty junior representative teams – and in the first week of July it will host the annual Junior State Cup, which will see 260 teams from all over Queensland converge on the Redlands to battle it out – with a minimum of damage.

Interested individuals – or families – are encouraged to contact redlandstouch.com.au, drop an e-mail to admin@redlandstouch.com.au or call 3286 5841.



Photos: Supplied.

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CARERS QUEENSLAND CELEBRATES ANNIVERSARY OF RAINBOW EMAIL

FROM CARERS QUEENSLAND

In the 12 months since launching its dedicated email channel for LGBTQIA+ participants and carers, Carers Queensland has seen an increase in people from those communities being able to access NDIS, community supports and services.

The rainbow responders receive a variety of requests over the working week, with many enquiries about accessing the NDIS or finding community supports in their area. Each request is handled by a dedicated rainbow responder who provides information and linkages.

“We’re able to provide the rainbow responder service because Carers Queensland is a Rainbow Tick accredited organisation,” said Carers Queensland, Regional Manager Rebecca Binyon, who helped guide the rollout of the service.

“We have a culture of inclusion, of respecting people, of valuing diversity. Fourteen per cent of our workforce are LGBTQIA+ – that’s higher than the population base!”

Carers Queensland aims to remove the stigma of people not feeling accepted in society and encourage them to reach out to us in a culturally sensitive way.

“We link people to an LGBTQIA+ team member and if they’ve specified that they would like someone with a particular identity, we really do our best to make that connection. I can’t recall a time when we haven’t been able to do that,” Ms Binyon said.

“The rainbow responders have made significant differences for young people, young trans and nonbinary people in particular, to feel comfortable and to be able to not just gain access to the NDIS where appropriate but to also explore more broadly, supports and services in the community.

“And that’s what we want. We just want LGBTQIA+ people with disability to know it’s safe to get in contact and that we can help connect you to support.”

To connect with a rainbow responder, email rainbow@carersqld.com.au or visit <https://carersqld.com.au/about-us/lgbtqia/>.

You can also contact Carers Queensland on 1300 999 636, or cq.enquiries@ndis.gov.au.



Photos: Supplied.



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MAGGIE AND ARTHUR: MY BOY! MY MUM...

History throws up many great relationships – there's Romeo and Juliet, the Odd Couple, Tweedledum and Tweedledee...and Maggie and Arthur. The lead roles in *Mother & Son*, Theatre Redlands' comedy production at Redland Museum, are complex and intriguing characters. Are we talking co-dependency? A whiff of Oedipus? Mutual enabling? Should we even be laughing as much as we are? What sort of relationship do Maggie and Arthur really have? Let's ask the actors...

Maggie is played by actor and drama coach Libby Harrison. What's her take on the setup?

I'm a very doting and caring mother – The Mummy Bear who wants to take care of everybody, especially Arthur. When my husband died Arthur and his wife – EX-wife – Deidre (dreadful woman) moved in to look after me. I was nice to her – VERY nice, I bent over backwards – but Deidre (dreadful woman) just walked out and dumped him there. He's dating 'whatsaname' at the moment...hmmm. She messages him very late at night and I don't think that's good form, nice young ladies should be asleep by then.

Arthur's a very good boy, too good for his own good sometimes. Arthur fusses around and still tries to help me; his older brother Robert, the dentist, nags Arthur about nagging me but he can't be here too often, he's very busy, (he's a dentist, you know).

Poor Arthur, he went back to being a little boy when Deidre (dreadful woman) walked out. He's lucky to have his Mummy Bear around to look after him...

Arthur, played by Trevor Sammon, has a somewhat different understanding...

Let me preface all of this by saying, I love my mum. I love her but she's a handful.

Between practically giving our money away by believing every scam artist out there, to her (admittedly well-intentioned) getting involved in community programs, to her aversion to cushions, she's driving me round the bend.

When Dad died, I was worried because it was clear she was going to need help. It was Dad's dying wish for me to look after her. So I did. You can't rely on Robert; he only thinks of himself.

She can't be left on her own and she's getting worse. I mean, don't get me wrong, I love Mum – but she does my head in. It's getting to the stage now where I need to tell her things multiple times and leave her a note, and she still forgets stuff. It's a wonder that I have any time to do anything else but chase after her. And if I have to hear about that dolphin one more time...

I need a break. Robert and Liz can look after Mum for a while.

Nothing can go wrong. Right?

Mother & Son will play at Redland Museum until June 9. Visit <https://www.trybooking.com/events/landing/1208548> or call 3286 3494 to purchase tickets.



Photo: Supplied.

REDLAND MUSEUM

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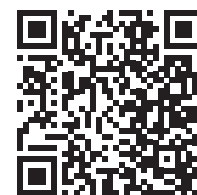
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LOCAL FISHING WITH SPERO

TACKLE THE COLD MORNINGS, BECAUSE THE EARLY BIRD GETS THE FISH!

BY SPERO KARTANOS

Yes, it's June already, but what can you do?! The early mornings will be damn cold, and there will be a little dew on the grass (which usually means no wind overnight). The sun is not rising until an ungodly time, like 6:30am; it's nice and warm in bed, snuggled with the blanket up to the eyebrows. You do want to stay in bed, but Moreton Bay and the fish are calling; there's a light westerly wind, and the eastern side of Green Island, St Helena, Mud Island and Wellington Point will be perfect for a squire fishing session.

So up you get, handling the cold and the frozen bait, getting your feet wet on the way to the boat, then you're on the water as the sun is rising, and freezing your face off as you quickly get to your favourite fishing spot. Thank heavens that in my old age I have a slow old boat that keeps me out of the wind on the way there. Then the anchor's out, and it's time for a fishing session, and the brain is saying, 'It's better fishing before the sun rises', BUT the body is saying, 'Hurry up and rise sun so I can warm up!' Then the bait runner spool starts to

unwind the line, and the rod is bending, and you have your first good fish for the morning, and all is forgotten. The cold, wet rain and the woes of the world have all disappeared, and the only thing in your head is getting that fish to the boat and into a landing net and contemplating how you are going to cook it – tempura, grilled, baked...that's why we go fishing.

So forget the cold and the rain; if it's not too windy, the squire will be in excellent numbers in all the shallow reefs. Whiting will be at Amity Banks, the Rous Channel, Maroon Gutter and the Hole, and Fisherman's Gutter, and the school mackerel should be reeling off yards of line as they hit on the troll. Of course, the cuttlefish and arrow squid will be in full swing east of all the close-in Bay Islands, so get inked. I'm pretty sure it will not be long until we're saying 'Gee it's warm again today'. Maybe that's wishful thinking...until next month, good fishing!



Photos: Spero Kartanos.



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MAJOR SEARCH AND RESCUE EXERCISE WILL SAVE LIVES

BY HARVEY SHORE

Brisbane Water Police ran a major Search and Rescue (SAR) exercise in Moreton Bay recently, using new software.

The ‘target’ was a theoretical light aircraft crash outside the Port, with passengers reported in the water. Water Police immediately tasked a dozen Coast Guard and Volunteer Marine Rescue (VMR) boats from all over Moreton Bay and the Redlands, plus several Water Police vessels, to rush to the area and search for survivors.

The search was controlled by Maritime SAR Coordinator Sergeant Caffery from the Whyte Island Water Police headquarters, assisted by Senior Constable Fox and other officers, using new software installed by Furuno Australia. Sergeant Caffery’s team was joined by volunteers from Coast Guard, VMR and the new Marine Rescue Queensland organisation, who were keen to observe the new software in action.

Within 20 minutes of the SAR being initiated, Sergeant Caffery and his team had rescue vessels at the location of the crash, and began employing them into a line search. Water Police initially used their SARMAP Water Modelling Software to reveal where tides and currents in the area would move survivors and wreckage from the crash site. They then added the new TimeZero Fleet software to the picture on their big screen. This showed where vessels in the search fleet should position themselves for best results. That picture was then transmitted to all vessels engaged in the SAR.

The effect was a near-perfect coverage of the search area, which would have resulted in a quick recovery of all survivors.

Water Police and Coast Guard volunteers were very happy with the results of this major exercise, which will result in lives saved next time there’s a real SAR.



Coast Guard and Marine Rescue volunteers assemble at Water Police HQ for the SAR. Photo: Supplied.



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STEAMY WINTER VEGGIE SOUP RECIPE

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WINTER VEGGIE SOUP

INGREDIENTS

- 2 tablespoons olive oil
- 1 large onion, chopped
- 2 cloves garlic, minced
- 3 carrots, peeled and diced
- 2 stalks celery, diced
- 1 parsnip, peeled and diced
- 1 large white potato, peeled and diced
- 1 small sweet potato, peeled and diced
- 6 cups vegetable or chicken broth
- 1 teaspoon dried thyme
- Salt and pepper to taste
- 1 cup kale or spinach, chopped
- Grated cheese for garnish (optional)

METHOD

1. Heat the oil in a large pot over medium heat. Add chopped onions and garlic, and sauté until soft and translucent (about 3 to 4 minutes).
2. Add carrots, celery, parsnip, potato, and sweet potato to the pot. Cook for another 3 minutes, stirring occasionally.
3. Pour in the vegetable or chicken broth and add dried thyme, salt, and pepper. Bring to a boil, then reduce the heat and let it simmer for about 20 to 25 minutes, or until the vegetables are tender.
4. Add the chopped kale or spinach to the soup and cook for 3 minutes.
5. Taste the soup and add salt and pepper if needed. Garnish with grated cheese.



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Michael Atkinson feels that he cracked the combination. He's now a Dealer Principal at Bartons, only 20 years after starting as an apprentice mechanic, one week out of Grade 12 and 16 years old.

His working day initially included washing cars, cleaning the workshop and opening and closing every day. He later took on the role of mobile mechanic where meeting with large fleet and government agencies taught him the skill of dealing with customers. He also learned how to sell.

By the age of 21, now a qualified mechanic with a good understanding of diagnostics, Michael had successfully completed every Holden factory training course available for technicians.

"Three years later I was offered a job as a Service Advisor, a role that I still believe is one of the hardest jobs in the entire dealership," he says.

"I learned a lot about dealing with the manufacturers and large companies and I ran the front of the service department for six years. I really enjoyed dealing with customers and that enjoyment continued when I moved into the role of car salesperson."

Michael's next move was into the role of Mitsubishi Sales Manager in 2010. It was obviously a good choice; Michael and his team won every award there was to win for the next two years, at which

time he advanced into a general sales manager role and was running the front end of Bartons Wynnum, with responsibility for all sales, finance and Carcare.

In 2014 Michael really hit the straps when he moved out of his comfort zone to Bartons Capalaba as the General Manager.

"I really started to grow. Having a completely new team that I had never worked with and getting in and running all parts of the business was a truly remarkable experience and I'm still friends with almost all of the people from that business today."

Soon after Bartons' 2015 move to its current Capalaba site the business grew to include more makes of car and Michael became the Dealer Principal. And it sounds as if he's still happy.



Michael Atkinson, Dealer Principal, Bartons.

"I'll continue what I'm doing now because I love it; seeing people grow and achieving our success is what drives me."

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REFUGEE SWIMMING PROGRAM COMBINES SAFETY AND FUN

BY LIZ MALONEY, MANAGER AND COACH, DONALD SWIMMING, CLEVELAND

When contacted by Councillor Peter Mitchell, my heart went out to this family of refugees. Further information was provided by a community group working under a Federal Government program to welcome and support approved refugees during their first year in Australia.

The family was forced to leave their home in Syria, then onto Lebanon, and finally arrived in Brisbane in September 2023. The refugees are aged nine, 11, 14 and 20.

Following a discussion with our company, Donald Swimming, we decided to provide a program to ensure, firstly, safety in and around the water.

The children had little water experience apart from paddling in knee-deep water. They were so excited to go into the water; however, it would have been very risky with their current abilities.

Can you imagine our children not having the opportunity to learn to swim? To love and have fun in the water? We are surrounded by water, and we know how to love and enjoy it safely.

Every child in Australia needs to learn how to swim – for safety, exercise and fun. Those children who can't swim are a danger to not only themselves but those who might have to rescue them.

This family has not had the opportunities we have, and were very nervous and anxious on our first meeting. The swimming pool was unknown. Our first priority was comfort and confidence, with a lot of hand-holding and building trust.

The language barrier – our staff and I soon found ways around it, using demonstrations, 'sign language', and phone translation.

Hooray, they started to settle in! Water safety was our next objective, and this they are accomplishing and understanding. We think nothing of floating on our backs, but not for these four – very daunting. 'Is good', 'OK' became their catch cry.



Photo: Supplied.

We moved forward to 'The Swim'. Their understanding is better and their skills greatly improving, with one of the girls, Rahaf, being named Swimmer of the Week, an award presented by Councillor Mitchell.

We at Donald Swimming are humbled and very proud of the opportunity and the work we are able to do in this area.

As Australians, we have a lot to offer. Starting a new life in Australia, particularly in our beautiful Redlands, is a great start.

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Debt Repayment Plan – how to get yours in order

BY LAURENCE SMITH, FINANCIAL ADVISER, UEM WEALTH

Debt can be overwhelming and stressful, but creating a plan to pay it off can help ease that burden. In Australia, household debt is on the rise [1] according to the Australian Bureau of Statistics. If you're struggling with debt, here are some tips and strategies for creating a debt repayment plan.

Create a Budget

The first step in creating a debt repayment plan is to create a budget. This will help you understand where your money is going and where you can cut back on expenses. List all of your income and expenses, including bills, rent or mortgage payments, groceries, and any other expenses. Once you have a clear picture of your finances, you can start to identify areas where you can save money.

Prioritise High-Interest Debt

If you have multiple debts, it's important to prioritise the ones with the highest interest rates. These debts are costing you the most money in interest charges, so paying them off first will save you money in the long run. Make minimum payments on all of your debts, and put any extra money towards the one/s with the highest interest rate.

Automate Payments

Automating your debt payments can help ensure

that you don't miss any payments and incur late fees. Set up automatic payments for the minimum payments on all of your debts, and then add extra payments as you can afford them. This will also help you stay on track with your debt repayment plan.

Case Study

Let's compare two scenarios to see how creating a debt repayment plan can make a difference.

Scenario 1: Sarah has \$10,000 in credit card debt, with an interest rate of 20%. She is making minimum payments of \$200 per month but is struggling to make progress on paying off the debt.

Scenario 2: John has the same amount of credit card debt, but has created a debt repayment plan. He is making minimum payments of \$200 per month, but has also cut back on expenses and is putting an extra \$200 per month towards the debt. He has prioritised paying off the credit card with the highest interest rate of 25%.

After one year, Sarah will still have \$8,360 in credit card debt and will have paid \$1,440 in interest charges. In contrast, John will have paid off \$4,800 of his debt, and will have saved \$1,200 in interest charges.

Creating a debt repayment plan can make a

big difference in your day-to-day and long-term financial situation. By creating a budget, prioritising high-interest debt, and automating payments, you can take control of your debt and work towards becoming debt-free. If you need help creating a debt repayment plan, consider speaking with a financial counsellor who can provide guidance and support.



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.

¹ <https://www.abs.gov.au/> 'Media Release: Average household debt grows by 7.3 per cent' Australian Bureau of Statistics, (13/12/2022)



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