

The Community Leader

Redlands

WE'RE ALL ABOUT GOOD NEWS



COMMUNITY CHIC — JOIN THE FUN REVOLUTION IN LOCAL SLOW FASHION

You've probably heard of the 'slow food' movement, where we're encouraged to eat food grown and prepared locally. But have you considered slow fashion? In today's fast and furious world of throw-away threads, perhaps it's time to slow down and think: can we do better for the planet and our wellbeing?

Minjerribah resident and founder of Textile Beat, Jane Milburn OAM, is on a mission to change how we dress for the better.

Jane's philosophy encourages us to make ethical, creative and sustainable fashion choices by supporting local makers, recycling and upcycling, and embracing natural fibres over synthetics. Her take on fashion is fun, and she has inspired people, one at a time, to explore their creativity through her teachings.

Jane is one of the fantastic people in our community making

a difference through her passion for change. Find out more about Jane on page 7.

We hope you love getting to know all the locals featured in this edition of The Community Leader, and next time you're making a purchase, please support your local makers and retailers!

Pictured: Jane Milburn OAM at Cleveland wearing one of her creations.



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MODERN COUNTRY'S MAKING MUSIC IN THE REDLANDS — AND YOU'RE INVITED!



Go to any folk or country music festival and you're bound to get embroiled in at least one discussion about what qualifies as 'folk' or as 'country' and what doesn't.

Debbie Brand is the President of Redland's Modern Country Music Club; her singer/songwriter husband Garth says that if a song moves the heart and tells a story, it doesn't matter what it is, it's worth singing. Debbie's approach is musically diplomatic.

"Much of what makes country 'country' is the subject matter and the storytelling; there's a lot of overlap with folk and some of our members also perform at the Redland Folk Club," she says.

"The country way of life is a common theme; older writers tend to write about memories and outstanding characters while young writers focus more on love and loss — but it's all material that everyone can relate to.

"Someone once argued with Garth that a certain song couldn't be country because it didn't have a blue dog or a horse in it."

Debbie says that the Association embraces recently-penned modern country, as well as traditional country, country rock and Australian ballads, as long as they have that unmistakable country feel. It also embraces a wide range of instruments — acoustic and electric guitar, bass, saxophone, banjo, fiddle, and harmonica — instruments that Debbie says are generally easy to pick up and travel with. "Country musicians travel a lot; there are clubs and festivals scattered all across Australia, all family or community-based," she says.

"That's one of the benefits of country; the involvement of whole families, so you'll have kids five or six years old starting to learn the songs from 80-year-olds and all ages in between. Our Association's membership currently ranges from 14 to 90, and some of our young past performers are now making their mark on national stages."



Photo: Supplied.

And the sense of family care doesn't stop at the music. The Association has a record of stepping up with a benefit concert when they become aware of someone local in need of a helping hand. That's the country way.

For more information, visit www.redlandscountry.asn.au.

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ISLAND VIBE FESTIVAL 2024: A FUSION OF MUSIC, CULTURE, AND ISLAND SPIRIT

Island Vibe Festival returns from October 25 to 27, 2024, at Home Beach Oval, Point Lookout, Minjerribah (North Stradbroke Island). Celebrating its 18th year, this vibrant festival kicks off the Australian summer with a diverse lineup of music, workshops, and cultural events.

The festival offers something for everyone across three music stages and two workshop zones. Families can enjoy kid-friendly activities, while adults can explore craft stalls, an expanded art gallery, and a boutique bar serving local brews. From toddlers to elders, everyone can enjoy the festival's friendly, relaxed vibe.

This year's lineup includes a mix of international and local talent. Headlining is Skarramucci, a Jamaican-born reggae star with a career spanning 20 years. Also featured is Emily Wurramara, a powerful voice from Groote Eylandt, blending English and Anindilyakwa in her award-winning blues and roots music. Dancefloor maestro JStar, world music fusionist Mista Savona, and reggae collective The Pad Boys, showcasing their Djabugay heritage, will also bring energy to the event.


Other acts include Minjerribah's own Sachem, Australian reggae stars Kingfisha, and a variety of local and international artists like Byron Bay's 2BiRD and Brazilian crew Batukanum.

Island Vibe Festival is family-friendly, with free entry for kids under 12. Local residents of Cleveland and North Stradbroke Island are eligible for discounted tickets. Come along and soak up this unique blend of music, art, and culture in a relaxed island setting.

For more information and tickets, visit www.islandvibe.com.au.



Photos: Supplied.



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NOTHING LASTS FOREVER, INCLUDING FLEXI HOSES!

The BPD Way!

We've all heard the saying, "Nothing lasts forever," and this is especially true for the flexible hoses in our homes. These seemingly insignificant items are one of the leading causes of water damage in Australian homes. While your insurance might cover the repairs, it won't replace sentimental items, or prevent the stress and inconvenience of water damage. This is why checking and replacing your flexible hoses regularly is not just important, it's crucial!

It's easy to overlook, but a braided flexible hose has the potential to unleash a disaster. A burst hose can release a deluge of water, wreaking havoc in your home within hours, destroying belongings and creating chaos.

So, what is a flexible hose? Often called a "flexi hose," this rubber pipe, wrapped in stainless steel, connects appliances like sinks, toilets, and washing machines. They typically cost around \$10. However, they have a lifespan of just five to 10 years, and ignoring a damaged or faulty hose can lead to flooding. A

burst hose can dump the equivalent of a suburban swimming pool of water into your home within 24 hours!

Imagine returning from work or vacation to find your home flooded. Water can quickly spread from a second-floor bathroom to other areas, soaking floors, ceilings, and furniture and potentially damaging your neighbours' homes.

If you're planning a holiday, take a moment to check those flexi hoses. It's a good idea to turn off your home's water at the mains while you're away for extra peace of mind.

To check if your hoses need replacing, look under your sinks. Check for expiry date tags; if one's expired or missing, it's time to call a professional plumber. Check for any kinks and dark marks. This should be part of your regular home maintenance.

It's also a good idea not to store chemicals in cupboards that have flexi hoses.



Never attempt to install these hoses yourself. By hiring a qualified plumber and keeping harsh chemicals away from them, you can prevent premature wear and ensure your home's safety.

NEXT MONTH, LOOK OUT FOR OUR NEXT ARTICLE ON MAKING SURE YOUR DRAINAGE IS SUMMER-READY.



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KIM RICHARDS MP STATE MEMBER FOR REDLANDS



#LoveRedlands

COMMUNITY UPDATE



50 CENT FARES WILL BE PERMANENT

50 cent fares have been going down a treat across the Redlands! Premier Steven Miles has announced that if elected in October, our government will deliver 50 cent fares – permanently. After more than a month trialling our 50 cent fares, the evidence is clear: we've reduced congestion, increased public transport use and eased cost of living pressures on Queenslanders. This is part of our vision for Queensland: making it easier for Queenslanders to use public transport by making services cheaper and more convenient.



\$95M FOR WEINAM CREEK

I'm proud to announce that our government, if re-elected, will deliver an extra \$80 million dollars to build a multi-storey carpark at Weinam Creek. This announcement comes in addition to the \$15 million I have already committed to the project and will ensure Redland City Council can get on with delivering the much needed parking solution for our community. This builds on my strong record in investing in public transport for our island communities. We've completed the \$48 new SMBI Ferry Terminals and have delivered free inter-island ferry fares when Council stepped away.



REDLANDS HOSTED COMMUNITY CABINET

It was wonderful to host the Miles Government Community Cabinet in the Redlands recently. It was a wonderful opportunity to showcase our region to the Premier and Ministers. Many local residents and organisations took the opportunity to have meetings with Ministers which was followed by a Town Hall Q&A session with the Premier and Ministers. It was extraordinarily valuable and has resulted in a number of positive outcomes already, including the commitment of an additional \$80M to Weinam Creek if re-elected. A highlight of the visit was a commitment to Coochie receiving 50 cent ferry fares, and also meeting up with the incredible team from Skippy's Fresh Frootz.

WE NEED A SOUTHERN SENIOR SCHOOL

As our Southern Redlands continues to grow, it is now time to be planning for a second high school for our region. Earlier this year we opened the brand new Scenic Shores State School catering for Prep to Year 6. The school has the potential to grow into a Prep to Year 12 and I'm seeking community views on supporting this potential. If you are interested in providing feedback we would love to hear from you either by showing your support and scanning the QR Code, or by emailing our office at redlands@parliament.qld.gov.au

Sign Here!

WE NEED A SOUTHERN REDLANDS SENIOR SCHOOL



Kim RICHARDS MP



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



VICTORIA POINT PROBUS CLUB'S OPEN DAY MORNING TEA

Tuesday October 8, 10:00am to 11:30am, Victoria Point Bowls Club, Poinciana Avenue, Victoria Point

Are you retired, or about to retire, and looking to meet like-minded people, have fun and enjoy group activities? Then why not join the Victoria Point Probus Club? The club's open day morning tea is your chance to listen to guest speakers and meet club members to find out about the great activities on offer, and enjoy a complimentary morning tea. Contact vice president Tony Bell on 0414 767 660 or membership officer Monica Maxwell on 0427 578 130 or email vppc.exec@outlook.com to attend.



GAGE ROADS STRADDIE INVITATIONAL

October 18 to 20, Minjerribah (North Stradbroke Island)

Take a seat on the beach and watch some of Australia's best surfers battle it out at the annual Gage Roads Straddie Invitational. Twenty board riders clubs will compete in the team event, including local surfers from Point Lookout Board Riders, who are the defending champions. Catch the ferry from Cleveland, then jump on the connecting bus, and make a weekend of it. Minjerribah has so much to offer, from cool cafes to nature walks where you're certain to see wallabies, turtles and dolphins in their natural habitat.



COME FLY WITH ME

Saturday October 26, 2:00pm, RPAC, Middle Street, Cleveland

Celebrate the timeless magic of swing music with an exciting performance by the 12-piece Come Fly Swing Band. Featuring vocalists Greg and Katey Aspeling, along with special guest Vincent Nowell, this event showcases iconic hits from the swing era. Enjoy classic tunes like *New York, New York*, *My Way*, Bobby Darin's *Mack the Knife*, and Tony Bennett's *I Left My Heart in San Francisco*. For tickets go to rpac.com.au or phone (07) 3829 8131.



OVER 50'S FITNESS CLASS

Monday October 21, 9:30am to 10:30am Cleveland Scouts Hall, 26 Bainbridge Street, Ormiston

This fun fitness class combines cardio, toning, stretching, and finishes with a soothing relaxation session. Participants are encouraged to move at their own pace, free from pressure, in a welcoming environment. The class offers a great way to get fit while having fun, followed by a casual cuppa and a chance to connect with others. The cost is \$15 per class. For more information, contact Penny at 0407 789 745 or penny@mindbodyharmonycoach.com.au.



LIVE MUSIC WITH COOPER FLICK

Saturday October 26, 7:00pm to 10:00pm, Craft Brew House, 190 Birkdale Road, Birkdale

Get out of the house and get down to Craft Brew House, where the ever-popular Cooper Flick will perform live. A crowd favourite on the local gig circuit, Cooper is an independent singer/songwriter who's always in demand. Add Craft Brew House's exceptional lineup of craft beers and fantastic food to the mix, and you've got a great night out in downtown Birkdale!



2024 AMPOL WYNNUM HALLOWEEN PARADE

Sunday October 27, from 12:00pm, Bay Terrace, Wynnum

On October 27, Wynnum's CBD will transform into a spooky and spectacular meeting place where you're encouraged to dress for Halloween! There will be markets and food trucks, and Wynnum's restaurants and bars will be open for a fun afternoon of Halloween celebrations. The parade will roll down Bay Terrace at 5:30pm. Judging of best costumes will take place at the main stage at 3:00pm. For more event details, go to wynnumnow.com/wynnum-halloween-parade/

SLOW FASHION: WHEN FROCKING DOWN MEANS FROCKING UP

BY JAN NARY

Qualifications in agricultural science, ABC rural reporting and journalism may seem an unlikely background for a woman driving a revolution in fashion but that's Jane Milburn's story. Founder of Textile Beat, Jane's work aligns with the United Nations' Sustainable Development Goals. Her initiative in the "slow clothing" movement won Jane a 2019 Churchill Fellowship investigating ways of being more hands-on with our clothes to help reduce textile waste and enhance wellbeing.

"We need to take agency over what we wear," she says. "We are all conditioned by big fashion to strive for a certain look, to be in fashion – when in fact that's impossible, because it keeps being changed and we'll never catch up. Planned obsolescence started with the fashion industry, and because we wear clothes, it's immediately obvious whether we're in or out of the fashion club. We need to jump off the treadmill and do our own thing, create our own style by experimenting and playing with clothing."

Jane says that while domestic science classes may be a thing of the past, we could all benefit from learning life skills, how to make and mend and restyle clothes.

"Some people may feel that they're too busy; that it's so much easier to order online and wait for delivery," she says. "That's a shame because we're being de-skilled; making and creating things by hand is an essential part of our psycho-social makeup."

Jane observes that there are many parallels between slow food and slow fashion and that concern about the future welfare of the environment depends largely on our food and fabric consumption patterns.

"Slow fashion reflects many permaculture values," she says. "The '60s saw a wave of concern about food ingredients, production methods and environmental contamination. We should be as concerned about fabrics and make every purchase a considered decision. So many issues are layered into this; clothes, food, the environment, social manipulation, exploitation of garment workers... it's a big issue!"

"Sixty per cent of our clothes are synthetics made of plastic. We're better off buying natural fibres like cotton and wool; even though their production is not perfect, they're improving. There have been processes developed to reconstitute potato greens, orange peel, milk, and banana skins into fabric, but as part of the food system, it's better that they stay on the farm as fertilisers and soil improvers."

"The first step for change is to unhook ourselves from the concept of having to look a certain way to be acceptable; basically, that's a lot of baloney."

At Point Lookout Hall on Wednesday, October 9, at 10:30am, Jane will hold a 90-minute talk and discussion about the options and choices for purchasing clothes.



SUNDAY 27TH OCTOBER | 12PM START | 1PM TRICK OR TREAT | 5:30PM PARADE

2024 AMPOL WYNNUM

Halloween Parade

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SPOOKTACULAR DAY IN WYNNUM

Wynnum Commerce Inc is proud to present the 3rd Annual Ampol Wynnum Halloween Parade, is a free family event not to be missed.

We'll have **FOOD TRUCKS & MARKETS** from 12-7pm. **TRICK or TREAT** and **ENTERTAINMENT** starts at 1pm. The **PARADE** begins at 5:30pm on Bay Terrace as the event's finale. The community are welcome to join the parade. Our **BEST DRESSED COMPETITION** will be judged **BEFORE** the parade this year and all contestants must **REGISTER** prior to judging, including those who just wish to walk in the parade. Unfortunately **NO Side Show Alley** this year.

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Mayor's message

Green thumbs keeping city lush for wildlife

Our city is a naturally wonderful place to live and we want to keep it that way, which is why Redland City Council undertakes a program of vegetation plantings across the city to protect both the natural environment and local wildlife populations.

Over the past 20 years, more than 1.4 million plantings have been completed by Council's Parks and Conservation teams and community volunteers, including about 91,000 koala food trees. That's an average of about 70,000 new plants per year. These plantings take place in the city's wildlife corridors and catchment areas, such as Hilliards, Coolnwynpin and Moogurrapum creeks, to increase bushland habitat where it is needed most.

Council is also committed to supporting sustainable offset plantings in instances where vegetation is required to be removed for essential city works. A recent example of this is Council's contribution of almost \$200,000 for rejuvenation efforts in land adjacent to the Koala Bushland Coordinated Conservation Area at Mount Cotton to offset vegetation that had to be removed to enable landfill remediation works at Judy Holt Recreation Reserve in Birkdale.

The trees tagged for removal as part of this project went through a stringent environmental assessment process and received clearance through the

Department of Environment, Science and Innovation.

Council has also put a range of wildlife protection measures in place for the works, including having a koala spotter on site to safely relocate any animals encountered during the clearing and construction process. This is a regular Council practice in circumstances where vegetation needs to be removed.

There are so many reasons to treasure and nurture our green spaces. They help shape the natural beauty of Redlands Coast, have great historical, cultural and horticultural value, and provide vital habitat and protection for our city's wildlife. We are privileged to live in an area where so much of this natural beauty is positioned right on our doorsteps.

I encourage all residents to consider picking up a spade, donning a wide-brim hat and joining one of our Community Bushcare groups in their mission to dig in (literally) for local wildlife and ensure the naturally wonderful areas of our city can be enjoyed for generations to come.



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



Keep your dog on leash to avoid new statewide fines.

Take the lead on responsible pet ownership

Responsible pet ownership is a non-negotiable on Redlands Coast.

Whether you are a cat or dog owner, there are several conditions and requirements you must follow to keep your pet, the community, wildlife and other pets safe.

The Queensland Government has recently introduced statewide amendments to animal management laws, including increased penalties for dogs off-leash in public areas.

The stronger laws are being rolled out under the *Animal Management (Cats and Dogs) Act 2008* following a government review into regulated dog provisions.

The first changes came into effect on 31 July 2024 and include increased penalties for general off-leash offences from \$322 to \$806.

The Queensland Government has also introduced an increased penalty for declared dangerous or menacing dogs that are exercised off-leash.

Local governments such as Redland City Council are responsible, under the Act, for enforcing the amendments.

The new fines are a reminder to ensure you are doing the right thing while in public spaces with your dog.

Dogs must be on a leash at all times except on private property and in designated off-leash areas.

Being a responsible pet owner also means picking up your dog's droppings in public areas and preventing your dog

from attacking or causing fear to people or other animals.

There are about 30 designated areas in Council parks and open spaces across the city where dogs can run off-leash.

Most of these facilities are equipped with bins, water taps, shaded areas and seating, making it easy to have a safe and enjoyable day out with your pet.

Responsible pet ownership extends to all furry family members on Redlands Coast, including cats.

Straying cats can get injured or impact native wildlife, so for their safety and your peace of mind, cats must be contained to their property either indoors or within an enclosure.

Council also requires cats and dogs to be registered and microchipped, with no more than two cats and two dogs allowed to be kept on a property except where Council issues an approval.

Key services that are funded through cat and dog registration fees include:

- Conducting patrols across the city
- Responding to complaints about animals, such as dog attacks, barking and registration
- Responding to straying cats and dogs
- After hours service for dog-related matters
- Management of Council's Animal Shelter.

To learn more about responsible pet ownership on Redlands Coast, visit Council's website at redland.qld.gov.au



A planting recently undertaken along Coolnwynpin Creek.

Bird is the word at refurbished Council sportsfield

Is there a better view on Redlands Coast? Perhaps not.

This osprey chose a lighting tower at the recently refurbished Charlie Buckler Memorial Sporting Fields in Redland Bay to raise its young.

Perched high above the cricket and rugby fields, the bird has a great view of the bay, nearby bushland ... and the new sports facilities.

Council was made aware of the nesting osprey in July and is investigating options for a nest platform to be constructed nearby for safe relocation before the next breeding season.

The sports club has kept the floodlights switched off while the bird is nesting, with people urged to keep clear of areas under the nest in case of falling debris. Ospreys have adapted to urban environments by using objects such as power pylons, lighting towers and bridges as nesting locations.



Check out the view. An osprey takes up residence high above Charlie Buckler Memorial Sporting Fields in Redland Bay.

Council has installed several purpose-built nesting platforms in coastal areas across the city to help these birds nest safely and raise their young.

You can help protect local osprey populations by keeping waterways free of rubbish, discarding used fish bait and hooks in a bin, and preserving habitat around the city's waterways and wetlands.

Did you know?

- Osprey average size: 50–65cm length
- Wingspan: 1.7m
- Average weight: 1.25kg
- Breeding season: April–November
- Clutch size: 2–3 eggs.

How to help koalas survive in suburbia

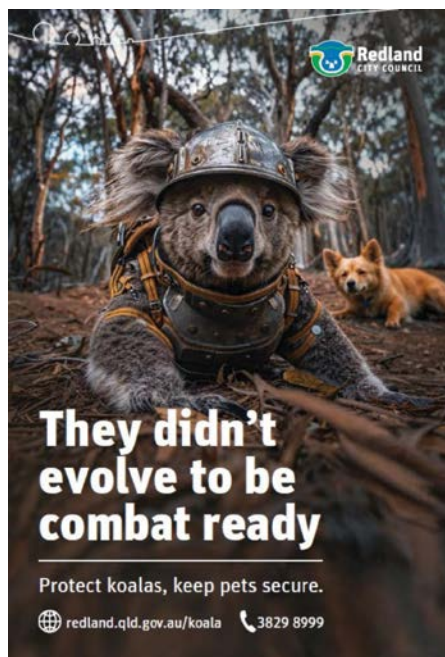
With the koala breeding season underway and running through into December, the furry marsupials will be more active in our neighbourhoods as they move around looking for love.

Koalas are mostly active at night but they will be out and about during the day if they are disturbed, if they are too hot, too cold or simply to find a new feed tree.

Redland City Council has launched a new campaign to raise awareness of koalas and the issues they face during the breeding season. It is based on the message that koalas have not evolved to be able to deal with dogs, diseases, dangerous roads, or the drowning threat of backyard swimming pools.

You can help our local koalas by:

- Making your backyard koala friendly by planting trees and putting wildlife escapes on your fence and in your pool



- Slowing down and keeping an eye out when driving, particularly at night
- Ensuring your pet is secured at night and when out walking
- Keeping your distance and letting the koalas move about freely if they are not in immediate danger

For more information go to redland.qld.gov.au/koala

Snakes in a drain

Redlands Coast is home to all manner of wildlife.

It means unexpected visitors will show up in unexpected places from time-to-time.

Redland City Council crews experienced this recently when three freshwater snakes were found in a wet well at one of the city's sewage pumping stations.

The snakes had to be extracted from their not-so-freshwater hiding place by a professional snake catcher and were safely relocated to a new home in another part of the city.

The close encounter is a timely reminder about the importance of taking steps to protect yourself and your family from any unexpected visitors to your property during the warmer months.

Living in such a beautifully lush part of south-east Queensland has many perks, but it also means we share our home with various species of snakes – some of which are venomous.



Snakes removed from a Redlands Coast sewage pumping station.

Snakes will be particularly active over the next few months as they make their way out of hibernation and begin breeding.

To avoid close contact with snakes:

- Snake-proof your home by screening doors and windows and keeping them closed
- Avoid attracting rodents by keeping your yard tidy and securing food scraps
- Prevent access to aviaries by using solid materials around the base of the cage
- Be aware of first aid for snake bites and learn how to apply a pressure immobilisation bandage.

It's raining cats and dogs at animal shelter

Hundreds and hundreds of local pets find themselves spending a little time at the Redland Animal Shelter each year.

Whether they are cats that have wandered from home, or naughty dogs that have burrowed under the fence, these lost animals often find themselves impounded at the shelter.

On a typical day, there can be between 30 to 60 animals at the Redland City Council-run shelter in South Street, Thornlands.

While most of the animals are successfully reunited with their owners, there are also some there who have been surrendered, and the shelter runs an adoption program to find these animals a loving home.

In April this year, the shelter had a record-breaking 30 puppies from three different litters surrendered to the facility at the same time, with all eventually adopted out to new homes.



One of the cats that has spent time at Redland Animal Shelter recently and has now found a new home.

The shelter has a long history of animal management on Redlands Coast but has only been rehoming animals since 2015. Next year marks the 10th anniversary of the shelter's highly successful animal adoption program.

The shelter took over the responsibility for rehoming Redlands Coast's unclaimed and abandoned animals in May 2015 after the RSPCA advised it was unable to continue a long-standing agreement to accept the city's animals.

Redland Animal Shelter is located at 240 South Street, Thornlands. Animals currently available for adoption are featured on its Facebook page, [RedlandAnimalShelter](https://www.facebook.com/RedlandAnimalShelter)

Maggie's Mates

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Name: Hi, my name is Merlo, like the coffee!

Where do you live? I live in Cleveland.

How long have you lived there? I've lived in Cleveland since 2017.

What's your favourite local walk? Bah! Humbug! There shall be no exercise. I only need to inspect the perimeter of my abode.

What is your most treasured toy? My human, Greg.

What is your favourite food? Steak. Oh, and do make it organic and grass-fed, please!

What's your worst habit? Shame on you! I have no bad habits, though Greg may disagree. He clearly doesn't understand that me waking him up at 11pm, midnight, 1am, 2am, etc., etc., etc., is just a sign that I love him. A blind man would see how obvious my love is when I smack him on the face when he pretends to be asleep.

What is your favourite local hangout? Anywhere there is a sleeping opportunity is my favourite hangout.

Your best animal friend? I am a free-ranging feline; I do not need another animal in my world. Though I tolerate my mother's sister's dog.

Do you have any funny or embarrassing stories to share with us? I might sleep an inordinately large amount, but if there is an opportunity, I cross the road and visit the neighbours – whoosh! I am there. And all you will see is a flash of glorious white at lightning speed. The grass truly is greener.

What do people love most about you? Let me count the ways...



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VICTORIA POINT BOWLS CLUB Free Girls' Day on the Greens

Ladies, bring your girlfriends or your families along to Victoria Point Bowls Club to experience the joy of Lawn Bowls followed by a free BBQ lunch. Coaching/assistance will be available on the day. Proudly supported by the Queensland Government supporting Active Women and Girls in Sport.

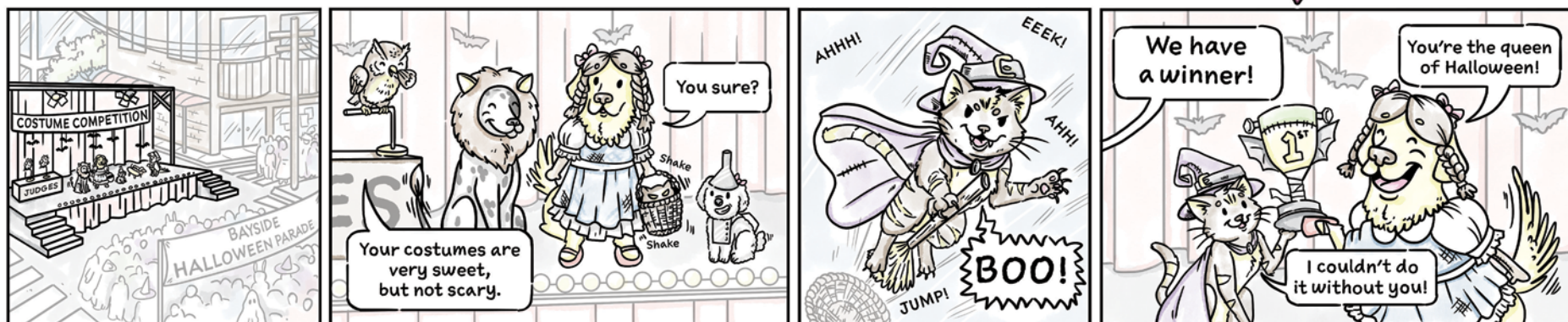
Event details

Sunday 20th of October • 9.30am to 2.00pm • 3 Poinciana Ave, Victoria Point



SCAN QR CODE FOR MORE INFORMATION

MISS MAGGIE OF MANLY



WHAT YOU NEED TO KNOW ABOUT ITCHING AND ALLERGIES IN CATS

BY DR NICKY THOMAS, WYNNUM MANLY VETERINARY HOSPITAL

Itching and allergies in cats occur commonly and can be frustrating to manage and treat. Itchy cats will often demonstrate persistent scratching and chewing, which can result in open wounds and pain, in addition to the irritation caused by the itch.

What are the most common causes of itching?

Itching in cats is commonly caused by external parasites such as fleas and mites, allergies and the fungal infection ringworm. Cats will show signs of itching, including scratching, licking, or chewing on the affected area. The skin may become red and inflamed with fur loss and scabbing secondary to self-trauma or secondary infection.

What are the most common types of allergies in cats?

The most common allergies in cats are flea allergy dermatitis, food allergy and atopic dermatitis. Secondary infection with bacteria or yeast can increase the level of itching.

- Flea allergy dermatitis is caused by flea saliva – one bite from a flea is enough to trigger a reaction in affected animals. Regular use of a flea control product on all pets in the house, and treatment of infected environments with regular pest control can reduce the risk of flea allergy.

- Food allergy is the result of a reaction to protein, carbohydrates or preservatives in food. Your vet will advise you on options for hypoallergenic or anallergenic foods for your cat to try. These foods often contain “novel” proteins – these are proteins which your cat has not been exposed to previously so is less likely to have a reaction to.
- Atopic dermatitis is similar to hay fever in people – cats may be allergic to pollen, dust mites and mould spores. Veterinary dermatologists can test your cat for allergens and develop a vaccine to desensitise against allergens.

How do we treat allergies in cats?

Treatment of allergic skin disease in cats includes aiming to reduce exposure to allergens and reducing itching. There are topical, oral and injectable treatments that may be utilised to control your itchy cat's signs. Your vet will be able to help you develop the appropriate treatment plan for your pet.



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REDLANDS BUSINESS OWNERS RECOGNISED IN NATIONAL SMALL BUSINESS AWARDS

With a total of six finalists in the prestigious 2024 Australian Women’s Small Business Champion Awards, the Redlands is clearly a great place for female-led businesses.

The awards recognise the outstanding achievements of female small business leaders across Australia.

Local finalists include:

Janet Camilleri, Front Page SEO – Marketing category

Jing Liu, Bayside Website Design – Marketing category

Sam Beckmann, 2 Bent Rods – Children’s Services

Chantelle Elbadaou, Attain Education – Educational Services category

Shan Fitzgerald, Wild Spark Copy – Sole Operator category

Claire Wilson, The Alternative Board – Business Coaching category

“It’s a huge honour to be acknowledged for my work helping small businesses across Brisbane, and Australia, succeed through our proven SEO strategies,” said Janet, from Front Page SEO. “But this recognition is not just mine – it is also due to the exceptional work of my team who support me here at Front Page SEO.

“We’ve got some serious competition in the marketing category! I’m so proud to be acknowledged alongside these incredibly strong female leaders.

“It’s just so important to celebrate women in business – to lift each other up and inspire younger women and female entrepreneurs to know that they can achieve excellence in small business. This nomination has inspired me to continue pushing the boundaries of success in SEO!”



Pictured: Jing Liu, Cr Wendy Boglary, Janet Camilleri and Samantha Beckmann. Photo courtesy of Judy from Iris Faith Photography.

REDLAND CITY HAS A NEW GREENS TEAM



DONNA WESTON
FOR CAPALABA

KRISTIE LOCKHART
FOR REDLANDS

CALLEN SORENSEN-KARKLIS
FOR OODGEROO

The Greens care deeply about our Redlands. We will make sure the community is represented and the environment is protected.

We will oppose the Birkdale White Water proposal, revoke the Toondah Harbour PDA and we advocate for affordable housing. The Greens plan to cap grocery prices; provide rental relief; universal free healthcare; and put a stop to big corporations profiting from wealth inequality.

Together we can create a better future for our Redlands!



Authorised by K Carra for The Greens, 47 Park Road, Milton, 4064 - AN2024/0924

BUILDING TRUST AND CULTURAL SUPPORT AT BAYSIDE HEALTH SERVICE

Redland Hospital has welcomed Leesa Peck as its new Aboriginal and Torres Strait Islander Nurse Navigator.

A proud Mununjali/Yuggera and Gurang Aboriginal and South Sea Islander woman, Leesa's role will help in building trust and providing cultural support for First Nations people accessing healthcare.

Leesa said her nursing journey began with her Bachelor of Nursing, which she completed in 2016 before she immediately started working with Aboriginal medical services, driven by her passion for Indigenous health.

"I've always been in Aboriginal and Torres Strait Islander Health. It's my passion and I will never leave," she said.

As a Nurse Navigator, Leesa said her role involved assisting patients with chronic diseases or complex medical concerns by helping them navigate their health journey including developing care plans, providing support and advocacy, and overcoming barriers to accessing care.

"A typical referral may be someone who has discharged themselves against medical advice or someone who's failed to attend their medical appointments.

"I also help refer people to the right services when they have been discharged and they require community support. We help patients make informed choices about their healthcare."

Leesa acknowledged the distrust some Indigenous people had towards the health system, stemming from historical injustices such as the Stolen Generations and inter-generational trauma.

"It's important to see these issues have caused mistrust, for example, understanding a family's cultural values and child rearing beliefs; you look at things through a different lens."



Leesa Peck joins the team at Bayside Health Service. Photo: Supplied.

"Seeing an Indigenous healthcare professional when they arrive at the hospital will make a significant difference for Indigenous patients," she said. "I think it's a lived experience. I can see them and understand family and my community.

"I think I am in this job because I was shown how to care for my community by my Elders, family and community. It's our job as the next generation to keep the fire burning."



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LOCAL GARDENING WITH KAT

EAT YOUR GREENS! (PART 1)

BY KAT PEARSON, *GIRL IN THE GREEN*

If you've been around edible gardening talks in Brisbane, you may have heard many "spinach alternative" suggestions – those leafy greens that tolerate our hot and humid summers better than more traditional lettuces. There are heaps of options out there, but as always, just because they are edible doesn't mean they taste good. Some of them are gross. But like everyone else, I'm going to share my top list of the leafy greens I voluntarily and even preferably eat from my garden over summer. I also want to give you a little info on growing each of them (and I tend to ramble), so I'll split this topic over two months!

A lot of the leafy green alternatives have higher levels of oxalates or oxalic acid. It's a natural compound that your body can process, but if you consume too much, it's not fabulous for your kidneys, so it's generally recommended to lightly cook them, which breaks them down. That being said, I've heard lots of people tell me they've eaten such and such every day since they were a kid and are fine, so I think a lot of it comes down to predisposition and erring on the side of caution. Personal choice. The problem is that cooked greens are not always what you want in summer – a replacement for silverbeet in your soup is great, but what about crisp, fresh summer delights?

Now, I should point out that I am not a salad fan. If it's full of roast pumpkin, feta, nuts and bacon, sure, but your typical lettuce, carrot, tomato, cucumber garden salad...c'mon peeps, I'm not a rabbit! I do, however, like a few crunchy fresh green leaves to add to my taco or burger, so I still have a handful of recommendations of leaves that can be eaten raw without any worries.

First up, Okinawa spinach (*Gynura bicolor*). Some people tell me they find this a bit slimy and prefer Malabar spinach (*Basella alba*), so it must be personal, but I picked out EVERY TINY LITTLE SLIMY MALABAR SPINACH LEAF from my last dish and ripped the plant out after I tried it. Disgusting. Back to Okinawa spinach: it's a low, sprawling plant that looks infinitely better with regular pruning and grows ridiculously easily from a cutting. I find part shade keeps it looking nicer, but it will tolerate full sun with water. The underside of the leaf is a beautiful purple colour and if you let it flower, the nectar-rich orange pompom flowers attract all the butterflies. Its close relative, longevity spinach (*Gynura procumbens*), is also ok to eat, but the leaves are a bit hairier and plain green.

Next up, Brazilian spinach (*Alternanthera sissoo*). This little guy has CRUNCH. It is quite drought-hardy, too, and loves full sun, although tastes MUCH better if you water it. It's also a low-growing plant but is quite compact, making a very low-maintenance ground cover perfect for edges, even in ornamental gardens.

If you're in the Redlands area, I recommend you check out www.littleislandorganics.com.au. Rod sells Rocky Point products (which I personally love) and delivers locally for free! Let them do the heavy lifting and leave you to the fun stuff. Use the code GITG to get \$1 off each product!

Part 2 of this article will be published in the November edition of *The Community Leader*.



Left: Okinawan spinach (*Gynura bicolor*). Right: Brazilian spinach (*Alternanthera sissoo*). Photos by Kat Pearson.

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.



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LETTING THE GENIE OUT OF THE BOTTLE

The room in the Cleveland library is quiet, but the volunteer workers in there are as industrious as bees, unfolding family histories, discovering unknown connections, following trails of immigration and settlement, heartbreak and celebration. The Genie Room is the nickname given by its members to the headquarters of the Redland Genealogical Society, the research centre where, for more than 40 years, family links have been found – and family genies let out of bottles.

Yvonne Weston, the Society's treasurer, offers an insight into the complexities of genealogical research.

"I'm a first-generation Australian, my family is from the Netherlands – I thought!" she says. "In fact, I've found them in the Netherlands, Italy, Switzerland and possibly Scandinavia. And family trees don't always go in straight lines – mine certainly doesn't. My siblings are also my sixth cousins, my father is my fifth cousin once removed, his mother – my grandmother – is my fourth cousin twice removed; my great grandfathers are also my third cousins three times removed. My family tree is like a great big ball of tangled wool."

Helen Veivers, President of the Society, who lays claim to a relatively straightforward family tree, says that old European family customs, often involving several children, contributed to crossed lines.

"If a husband or wife died it wasn't uncommon for the widow or widower to marry a sibling of the deceased and go on to create an extended family through the new union," she says. "Mass emigration could be triggered by events like the Irish potato famine or the Australian gold rush, which saw people transplanted all over the world and made for even more complications."

Helen says that most people who approach the Society for help with tracing their family history are in their 60s.

"They can pay to have it done, but we prefer that they do it for themselves with help from our volunteers. Our resources include books, computers, microfiche and CDs, programs that can access world-wide records and, of course, a collective knowledge of what to do and how to do it."

"We love it when people bring in official certificates – birth, death or marriage – because that gives us something definite to start with. The rule is ALWAYS start with yourself, or you might end up going up someone else's family tree."

Yvonne points out that most people like doing their own research, for the joy of that aha! moment.

"The surprise of that unexpected, illegitimate child or the surreptitious



Sandra Pawluk and Eddie Richards in "The Genie Room". Photo: Supplied.

love affair that just jumps out and gets you so excited that you have to talk to someone about it – that's the genie!"

For more information or membership queries go to rgs.net.au or email redlandgs@gmail.com.



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AN EVENING WITH VIKA AND LINDA

BY JAN NARY

Vika and Linda Bull probably learned to sing almost as soon as they learned to talk. Surrounded by their mother's Tongan community at regular singing gatherings and encouraged by their father to go to church and listen to the choir, they were deeply immersed in song at an early age.

"Mum realised early that we had our own vocal qualities – Linda with a deep voice, my voice higher – and she taught us the principals of harmony, the musical intervals and the need to hold a strong melody line. Harmony is part theory and part instinct and we practised all the time, singing along with songs on the radio and singing with the TV commercials," says Vika.

The sisters were destined to be singers. Vika went straight into the industry, originally as a receptionist, and Linda opted for arts and arts teaching at university. They kept singing. The big break came when a backing vocalist booked to record at Vika's workplace lost her voice and Vika was asked to step in.

"Your opportunity comes along and you've just got to grab it – helped by a bit of supportive nudging from your friends!" she says.

That was the beginning of a career that saw the duo working with such front-liners as Iggy Pop, Billy Joel, Johnny Farnham, Paul Kelly and the late Archie Roach. They also played and toured internationally for seven years with Joe Camilleri, an association that proved invaluable.

"Those years taught us a lot," says Vika. "Joe's a really hard worker and that instilled a good work ethic into us and taught us showmanship, onstage and offstage. He was a really good boss but on stage we were a team. They were great years though working in pubs was hard because people smoked back then, we'd lose our voices, spend the next day getting them back, then move on the next town to do it all over again."

Other highlights were singing for the King of Tonga's 75th birthday, "... with Mum looking on to make sure we didn't stuff up – the protocol was nerve wracking!", singing for the 2016 AFL Grand Final and being inducted into the Victorian Music Hall of Fame in 2023. They put much of their success down to their unique sound; "We're sisters and we come as a team."

Their November 2 show at RPAC, with Cameron Bruce on grand piano, will be an intimate and memorable evening of songs and stories.



Photo: Supplied.

RDCOTA SENIORS MONTH WALK

FROM RDCOTA

Redland District Committee on the Ageing (RDCOTA) is celebrating Seniors Month with a "Seniors Walk", commencing at 7:00am on Sunday, October 13, 2024, from the RDCOTA office at 57 Wynyard Street, Cleveland.

Registrations are now available from the RDCOTA office for a cost of \$5 between the hours of 9:30am and 2:30pm on weekdays. On the day, a warm-up session will be provided by Cr. Peter Mitchell. The 5km walk will have marshals guiding participants along the planned route. Toilets will be located midway and at the turn-around point.

Seniors are advised to walk at their own pace as far or as little as fitness levels allow, and to wear comfortable footwear. On return, there will be light refreshments. Yellow caps and t-shirts are available from the RDCOTA office for \$5 each.



CAPALABA SPORTS CLUB CLOCKS UP 40 YEARS OF COMMUNITY SPIRIT

FROM CAPALABA SPORTS CLUB

Four decades ago, in 1984, the vision of a bowls club for the Capalaba community was born through the initiative of Lions Club members. Over time, with the dedication of local volunteers, a humble shed has been transformed into the much-loved Capalaba Sports Club we know today.

Through relentless fundraising efforts and a commitment to growth, the club evolved into a true community hub. Renamed Capalaba Sports Club in 2001, it now offers modern amenities including a restaurant, bars, gaming room, and state-of-the-art sun-smart undercover bowling greens.

In a recent celebration of its 40th anniversary, the club hosted a bowls day and BBQ, raising \$1,215 for the Lions Club of Capalaba as a token of gratitude for their historical contribution to the club's beginnings. The club looks forward to continuing to bring the community together and welcoming a new generation of members in the years to come.

The photos on this page show the progress of the club over the last 40 years.

Photos: Supplied.



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NATURALLY WONDERFUL ... WITH RANGER STACEY

BY RANGER STACEY THOMSON, PRINCIPAL ADVISER - COMMUNITY EDUCATION (REDLAND CITY COUNCIL)

I love this time of year as daylight hours increase and local backyard birds perform their early morning symphony, to inform us it's time to rise and shine.

With spring well and truly upon us, have you noticed the arrival of a new generation of feathered friends?

It's baby bird season ... an exciting time in nature's calendar! The season when nests are carefully constructed, eggs are laid and incubated, and tiny chicks hatch, grow and eventually fledge. Generally, this all happens without a hitch, but sometimes a baby bird is found on the ground - alone.



Photo: Supplied.

For wildlife officers, one of the most common wildlife questions is, "What should I do if I find a baby bird, with no sight of mum or dad?"

The answer depends on a few things. If the youngster is visibly injured, a trip to the nearest vet is the best thing you can do to give it a second chance at life.

But for a bird with no obvious injuries, check out the plumage! A baby bird with no feathers or fluffy down needs its parents. So, get creative and make a makeshift nest. Then pop it in a tree or shrub, as high as you can reach. Walk away, watch, and wait out of sight for up to half an hour to see if a parent appears ... 99 per cent of the time mum or dad will return.

If the baby bird is a little older with feathers but not yet able to fly, it's a fledgling. The advice is similar - place it gently in a tree, wait and watch. After about 30 minutes, if the parents don't appear, a trip to the vet is the way to go.

If the chick is a plover or a curlew, they live on the ground and their parents will be close by. Look out for them and leave the chick alone.

Remember, we don't want to remove a perfectly healthy chick from its family unnecessarily - that's like kidnapping (or chick-napping). If in doubt, contact Redlands 24-hour Wildlife Rescue Service for advice.

Baby bird season is a special time of year, so let's enjoy it.

Until next time ... Stay Wild!

Ranger Stacey

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FINALLY, A REAL ESTATE AGENT THAT WORKS FOR THE SELLER



When it came time for Mrs Comer (pictured) from Cleveland to sell her Topatig Street property, she knew that she was sitting on a valuable piece of land. The 1970's built home was on a 925m2 block in an elevated street, close to amenities. Achieving a sale and receiving the very best possible price was her goal, and she only had one shot at it, so the choice of agent and the method of sale was crucial.

The property was sure to have multiple buyers in this hot market, and Mrs Comer knows when there are multiple buyers it is not necessarily the same outcome for many sellers, and she had heard the stories of buyers willing to pay more after the property had sold.

False Success

In multiple offer situations, most agents go back and forth between each buyer and reveal the other buyer's offer and ask them to pay just a little more, until they eliminate all buyers and are left with just one (similar to an auction). But how would you feel if you found out later the buyer who bought your property for \$840,000 was willing to pay \$875,000? That's \$35,000 more!! Would you consider the sale a success? As happens so often, the buyer who secured the property left with the seller's money still in their pocket. With multiple buyers, a competitive (rather than comparative) negotiation strategy is essential. Any method that allows a buyer to see, or even have an indication of another's offer, guarantees the property will be undersold.



The Outcome

As it happens, Mrs Comer's property received 12 offers by the appointed agency Tidbold Real Estate. The offers were facilitated by the agency's team from multiple inspections that were carried out over a two-week period. The agency has a strategic process that means the first offer on the table will not be considered the best until all possible buyers are discovered and given an opportunity.

The Buyer's Price Declaration

In this case, each willing buyer was given a genuine opportunity to make an offer and compete for the property. The offers from each buyer were kept confidential.

This strategy meant all buyers declared their highest price and best terms. To demonstrate each buyer's sincerity, they all signed a Contract of Sale and a Buyer's Price Declaration Form. The Buyer's Price Declaration Form is exclusive to Tidbold Real Estate and is recognised by experts as the most ethical and transparent way to strategically achieve the highest price.

BUYER'S PRICE DECLARATION

1. We have inspected the property located at:
Address of Property

.....
2. Following discussions with the seller's agent, we advise that we are interested in buying the property subject to any further independent advice which we may seek.
3. The HIGHEST price we are prepared to pay for the property is:
Price to be written in words as well as in numbers \$
4. We also advise that should someone else offer a price for this property that is HIGHER than the price stated above (in Point 3), we will NOT increase our price. The price stated is the **Highest Price** we are prepared to pay.
5. In order to demonstrate both the sincerity and the FINALITY of our price, we declare that we do NOT require notification should another buyer offer a price higher than that offered by us. In such event, we understand that the property may be **immediately sold to the other buyer**. We will NOT pay more than the price already stated, therefore we do not require an opportunity to increase our price.
6. This declaration does not place any legal obligation upon us to purchase the property, even at the price stated above. **Until such time as a formal contract has been signed by both the seller and us, there is no legal obligation for us to buy or for the seller to sell.** We also understand that the amount of our maximum price will not be revealed to any persons other than the agent and the seller.

Name:
 Signature: Date:

By signing this declaration, I acknowledge that it does not form a legal part of a contract, and that I have been advised to seek independent advice.

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True Success

Mrs Comer was shocked when presented with so many offers that exceeded her price expectations. The offers ranged from \$985,000 to \$1,040,000. Mrs Comer said, 'I am delighted with the way the sale of my property was handled. The Tidbold team were professional and just made everything run so smoothly'.

The Tidbold Real Estate Team aim to remove the risk of under-selling a property. Their strategy is to ensure each interested party in a multiple buyer scenario pays their maximum price, ensuring that a property is never undersold. Their quality marketing and inspection strategies ensure there are no buyers that don't discover, and then inspect, the property.



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ENCLAVE UNVEILED: Premier Residences Open in Central Cleveland, Offering Stunning Bay Views and Top-Tier Amenities

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Enclave is the latest instalment of several residential apartment developments by prominent developer, AFT. In prime position in the centre of Cleveland, Enclave is within walking distance of the central retail and entertainment area and provides easy access to all the offerings of Moreton Bay.

This boutique development of 36 units combines the ease, security, and convenience of apartment living with superior quality finishes. It boasts a range of amenities, including a fully equipped gym, sauna, workshop/hobby room, swimming pool, residents' function room, caravan/RV parking, and a five-star foyer with a meeting room.

On levels one to five are a mix of two and three-bedroom units with studies and break out balconies, incorporating modern design with all the finishes expected of a premium apartment.

Six penthouse units across levels six and seven form the Enclave 'Residences'. Each penthouse has breathtaking panoramic views across Moreton Bay, accompanied by exceptional features including stone-clad gas fireplaces, custom kitchens, media rooms, studies, vast balcony space, high raked ceilings and three spacious bedrooms, providing a truly luxurious living experience.

Enclave is open for viewing every Saturday from 10am to 3pm and Sunday 10am to 2pm at 230 Middle Street, Cleveland. Come to inspect our latest offering. Midweek inspections are available by appointment.

For enquiries, call Sharon Saul on 0403 384 904 or Nyanda Galvin on 0400 936 236.



Photo: Supplied.



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PROPERTY MATTERS

Understanding Queensland's New Rental Reform Laws: What You Need to Know

FROM SAMARA BEDWELL - MACWELL PROPERTY

Starting September 30, 2024, Queensland tenants and landlords will see significant changes to rental laws, designed to streamline costs and reduce disputes.

Here's a breakdown of what's changing in easy-to-understand terms:

- 1. Rental Bond Cap:** No matter the rental price, the maximum bond that can be charged will be limited to four weeks' rent. This update aims to make move-in costs more affordable across the board, especially since rents have significantly risen in most parts of South East Queensland.
- 2. Bond Claim Requirements:** At the end of a tenancy, if a landlord needs to claim from a tenant's bond, they must provide the tenant with documented evidence of the costs within 14 days. Failure to do so could result in a hefty fine of \$3,226. Note, this rule applies only to bonds lodged after September 30, 2024. Existing tenancies with bonds paid under the old rules remain unaffected.

3. Payment Options: There's now a requirement for at least one free method for tenants to pay their rent. This becomes a bit tricky as society shifts away from cash and as options like cheques and money orders phase out.

4. Break Lease Costs: Perhaps the most contentious change for investors is how break lease costs are handled. Previously, landlords could charge tenants a break lease fee to cover various costs if a tenant left their lease early. Under the new laws, there's a prescribed formula by the state that might leave landlords out of pocket during a break lease situation.

The Real Estate Institute of Queensland (REIQ) has voiced concerns and submitted several proposals against this bill, but it has now been passed into law.

5. Water Consumption Costs: If lessors are charging their tenants water consumption costs they must pass on these costs within four weeks of receiving their bill, and they must supply a copy of the bill with the invoice to the tenant.

For investors, staying informed about these changes is crucial. Ensuring you have a knowledgeable and proactive property management team can make all the difference in keeping your investment profitable and compliant under the new regulations.

Stay tuned to updates and ensure your rental strategies align with the latest legal landscape!



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Don't trash safety on the trip to the tip

FROM REDLAND CITY COUNCIL

All visitors to Redland City Council's Recycling and Waste Centres are urged to be aware of on-site safety requirements when they make a 'trip to the tip'.

Visitors should treat a trip to the tip in the same way as a trip to a construction site or workplace.

Council's mainland Recycling and Waste Centres receive more than 408,000 visitors annually and they share the facilities with trucks, machinery, fellow customers and staff.

In 2023-24, almost 38,000 tonnes of domestic waste was received at Birkdale and Redland Bay Recycling and Waste Centres, with 71 per cent recycled.

Council and Council contractors are committed to keeping everyone safe at these busy sites, however there are reports of an increase in the number of visitors disregarding safety instructions from site staff.

Site staff play an important role in keeping everyone safe, traffic moving and the site operating.

Visitors are urged to follow the instructions of staff and all safety messaging, be patient and avoid aggressive behaviour towards staff.

All visitors should follow the site rules when visiting a Recycling and Waste Centre:

- Follow site staff instructions
- Be respectful to staff and fellow customers – treat staff as you would wish to be treated at your workplace
- Sort your load before you arrive
- Stop at the gatehouse and declare all waste
- Unload waste into the right stockpiles or bins
- No smoking or fires
- No scavenging and do not remove any materials from the site
- Obey road rules, including speed limits of 20km/h within the facilities
- Children and animals must remain in vehicles at all times.



Photo: Supplied.

October is National Safe Work month, and Council is committed to keeping the community and all site staff safe while managing the city's waste and recycling.

For more safety advice when visiting recycling and waste centres, visit Redland City Council's website.

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Information is correct at distribution, and subject to change without notice. No warranty is given in respect of the accuracy of the information in this advertisement & any intending purchasers should make their own enquiries in relation there to. ^AVERAGE LAND PRICE \$674,615. *AVERAGE LAND SIZE 599m².

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NEW HEART FOUNDATION WALKING GROUP STARTS IN CAPALABA

A new Heart Foundation Walking group is starting up at Capalaba Central Shopping Centre, giving residents a fun, free way to become more physically active, in a safe indoor environment, but they need your help!

Become a volunteer Walk Organiser and be part of something special – the first Heart Foundation Walking group at Capalaba Central. You must enjoy walking, meeting new people and shopping! Walk Organisers enjoy all the benefits of a healthier mind and body that come from regular walking, but they're also providing an invaluable opportunity for their community to join in a free, social and fun way to get healthy!

The Capalaba Central Mall Strutters will meet every Monday and Thursday at 7:30am and walk together for up to 60min. Heart Foundation Walking groups are a simple, safe way to be active, and best of all, they're free. Heart Foundation Senior Advisor for Physical Activity, Elizabeth Calleja, encouraged people living in the Capalaba area to join the Capalaba Central Mall Strutters.

"There are many health benefits of regular exercise, and participating in a walking group is also a great way to socialise and meet new people," Ms Calleja said.

The Capalaba Central Mall Strutters is an all-abilities group for all ages, so bring your wheelie walkers, prams, guide dogs or support person for a walk too!

To express interest in joining the Capalaba Central Mall Strutters you can join online:



To review the volunteer Walk Organiser position visit:



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High Tea

Price includes glass of Prosecco on arrival, and guest performers: poet Peter Morley, and tenor Liam Waldock

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2024

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<https://events.humanitix.com/high-tea-for-malaria>

LOCAL PERSONALITY PROFILE

Name: Heather Truman.

Suburb: Victoria Point.

Where do you work? I work at SeaLink SEQ.

Do you have any fun or interesting stories about your job?

The SeaLink vessels make more than 30,000 crossings of Moreton Bay each year!

What's your favourite local dine-in and take-away:

The Courthouse Restaurant at Cleveland.

Best local activity: Going to Straddie (Minjerribah).

What is the last book you read? *Before We Were Yours* by Lisa Wingate.

What was the last TV show or movie you watched? *Fool Me Once* on Netflix.

Is there anything you'd like to see happen in the local area? The opening of more book shops or book/coffee shops.

Is there a local business/community group/club you'd like to give a shout-out to?

Night Ninjas – they do an amazing job.



Photo: Supplied

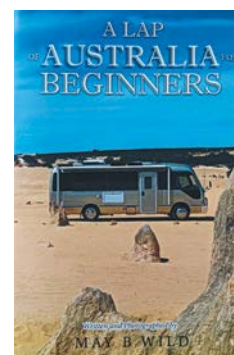
LOCAL AUTHOR PENS MEMOIR/TRAVEL GUIDE FOR AUSSIE EXPLORERS

If you're considering embarking on a road trip around Australia, Cleveland author May B Wild's new book, *A Lap of Australia for Beginners*, could be your ultimate travel companion.

May, her husband Chris, and their dog Watson travelled around Australia for a year in their 20-year-old motorhome lovingly called *The Golden Goose*. The journey of 33,280 kms was May's inspiration to put pen to paper. May says the book is a travel guide, a memoir and a comedy of errors all wrapped into one useful resource.

Packed with travel information and insights, the book outlines how to plan a lap of Australia; details about historical sites; shocking elements of Australia's past, and how to cope with the everyday challenges of being on the road.

For more information, visit May's website maybwild.com.au.



Photos: Supplied.



HISTORY, COMEDY, TRAGEDY: PROPPING IT UP ON STAGE



It started with the donation of a clothes horse and the casual remark, "Wouldn't it be interesting to write a play about a prop?" It came to fruition with *Propping It Up*, a three-vignette play featuring exhibition pieces from the Redland Museum. A gentleman's valet (i.e. a posh vintage clothes stand), an old plug-in telephone switchboard and a lighthorseman with his horse make an odd collection, but they provided the inspiration for *What the Valet Saw*, *Follow the Lead* and *Just One Bullet*.

Theatre Redlands writer and director Jan Nary said that each piece, while based on real history, has imagined characters and situations.

"One of the joys of being the embedded theatre group at the Redland Museum is the wealth of stories in its collections," she says. "The short plays in this production have a mix of history, comedy, tragedy – and there's a little three-minute special, *MATE*, that celebrates our uniquely Australian approach to language."

Each prop will be introduced by the Redland Museum Library's Betty Walker who will share some of the piece's history and provenance.

Propping It Up plays evening shows on 18,19,25,26 October and matinees on 20 and 27 October. For tickets go to redlandmuseum.org.au.



ZONTA ADVOCACY FORUM TO COINCIDE WITH WORLD HOMELESS DAY

FROM THE ZONTA CLUB OF WYNNUM REDLAND

The Zonta Club of Wynnum Redland Inc. will host its annual Advocacy Forum on October 12 at the Cleveland Scout Group's hall at Gordon Street Ormiston from 9:30am to 12 noon.

This date has been chosen as it is close to World Homeless Day, which is October 10. Our topic this year is homelessness in the Wynnum-Redlands district. Attending is free, but donations of non-perishable food or toiletries are welcome. These will be distributed to the participating speakers.

Our objective is to raise awareness of the problem and to share the work of community organisations seeking to alleviate the suffering of those experiencing homelessness.

To this end, we will hear from a panel of four local organisations at the coalface daily. We have also invited two organisations that are offering longer-term solutions.

Bookings are available through Trybooking or by contacting the organisers, Marilyn Smith, at dajn382@hotmail.com or Barbara Wills, at barbarawills@aapt.net.au.



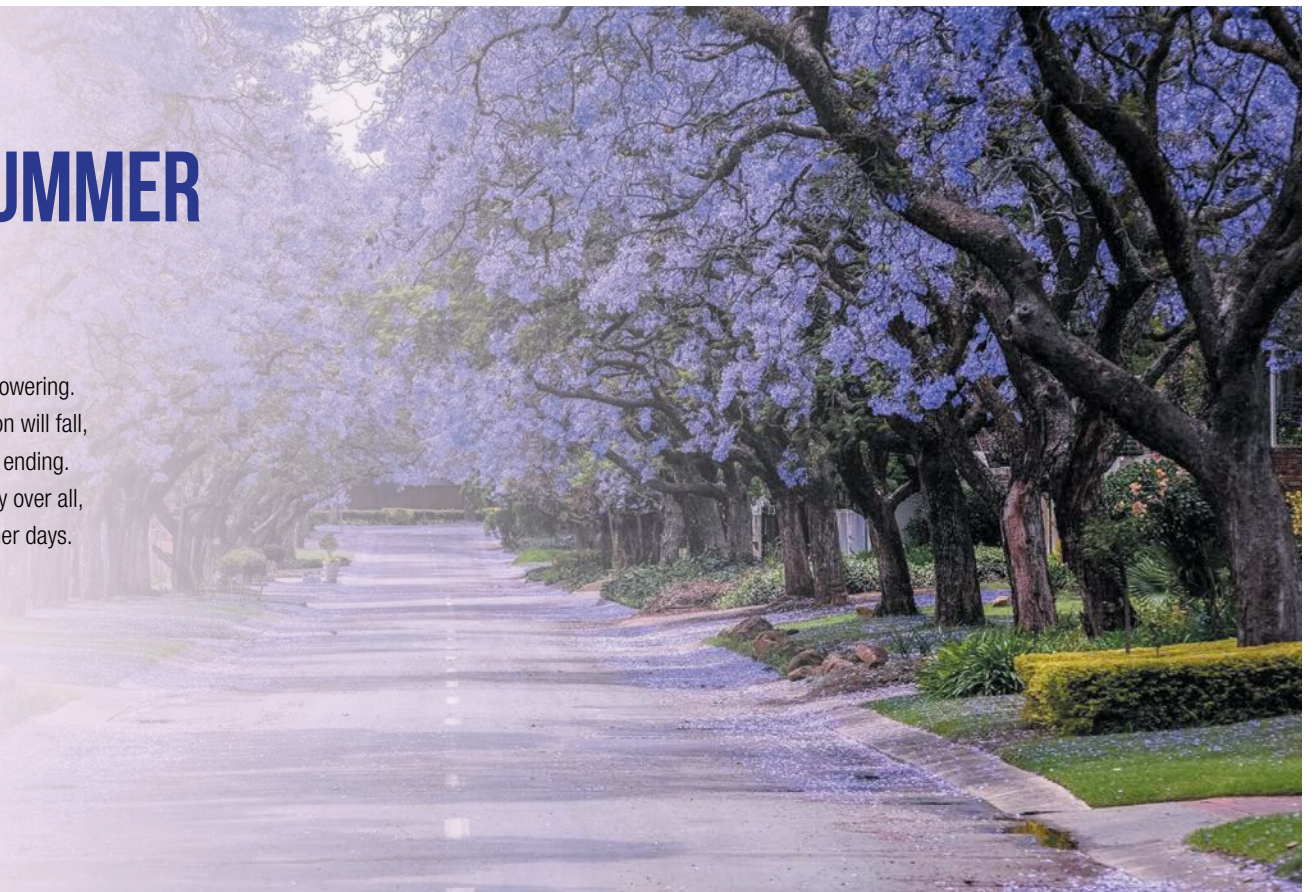
LOCAL POETRY TOWARDS SUMMER

BY GEOFF SMILEY

Jacarandas are changing
and daylight's on the turn.
Winter cold now mellowing,
and we begin to yearn
for summer days.

Jacarandas are yellowing.
Soon leaf will drop and purple
flowers with bell-like blooming
will appear as we, excited, hurtle
towards summer days.

Jacarandas now flowering.
This purple joy soon will fall,
the joyous shower ending.
Then green canopy over all,
announcing summer days.
© Geoff Smiley



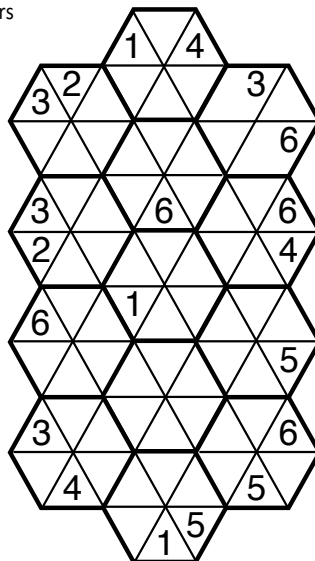
Sudoku

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

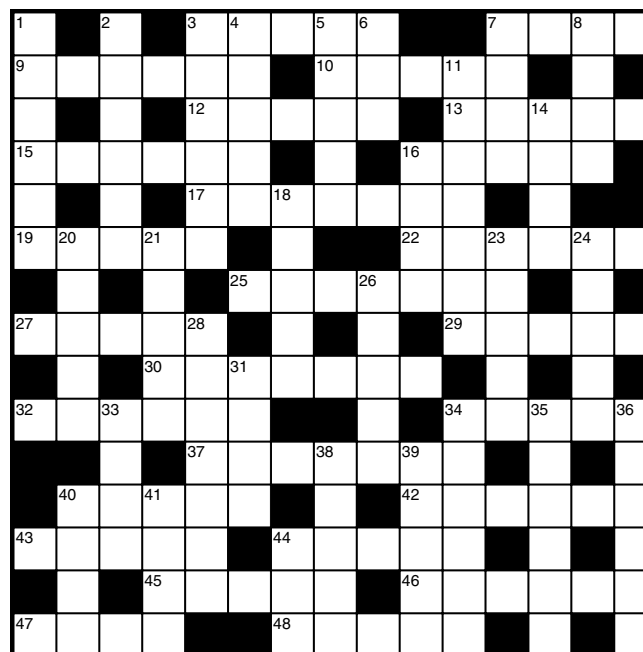
						9	7
		1		5	3		2
	3	8					
						8	
			5	1	4		
				9		2	1
		4	6			1	5
		6					
2		9		7			8

Quick Workout

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



Crossword

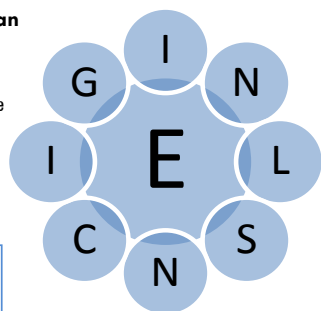


Focus

An All Australian Word Game

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

TODAY'S FOCUS Good: 10 words
Very good: 15 words
Excellent: 27 words



Reference: Macquarie Concise Dictionary
Focus No. 3886

ACROSS

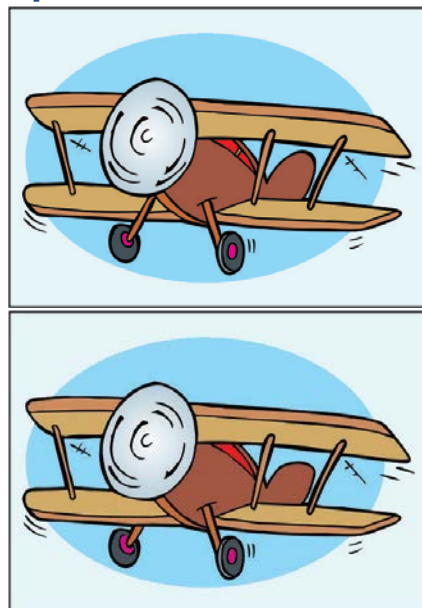
- 3 Radiolocation
- 7 Book of the Bible
- 9 National song
- 10 Thick
- 12 Remedied
- 13 Singer
- 15 Combines
- 16 Sovereign
- 17 Snuggled
- 19 Turn outwards
- 22 Used a sieve
- 25 Bunch
- 27 Weapon
- 29 Of the sun
- 30 Kneecap
- 32 Quickly (mus)
- 34 Lustre
- 37 Storm
- 40 Charges
- 42 Prized fur

DOWN

- 1 Ripe
- 2 Try hard
- 3 Of late origin
- 4 Entertain
- 5 Proficient
- 6 Colour
- 7 Stagger
- 8 Thunder god
- 11 Dens
- 14 Tidy
- 16 Repose
- 18 Healing ointment
- 20 Adder

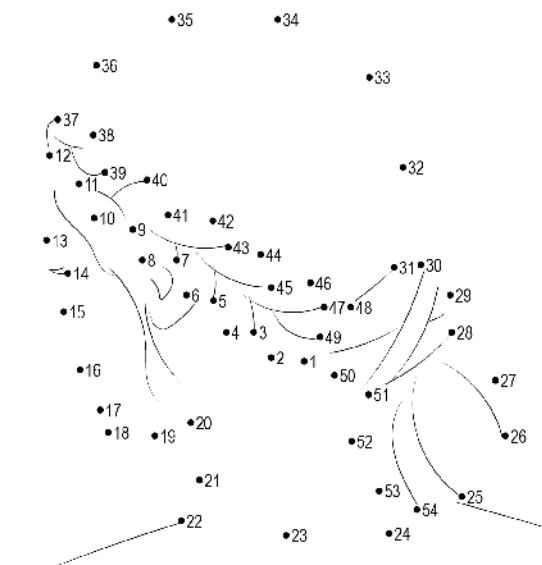
- 21 Harvests
- 23 Cause to foam
- 24 Dodge
- 26 Explain
- 28 Disconcerts
- 31 Digits
- 33 Wicked
- 34 Thoroughfare
- 35 Decrees
- 36 Required
- 38 Money bag
- 39 Sanity
- 40 Festivity
- 41 Heavy substance
- 44 Favourite

Spot the 5 Differences



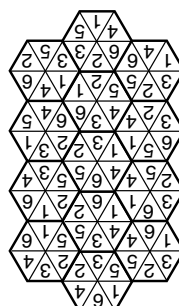
Join the Dots

What is this? Find out by joining the dots.



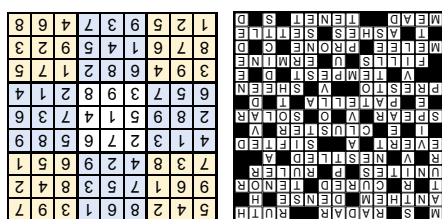
Solutions

Puzzles and pagination supplied by Auspac Media



FOCUS: cell ceiling, line ensign, ensiling, gentile, gentle, incline, incline, lens, lens, lens, licensing, linen, linen, nice, nine, silencing, since, sine, single, single, slice

SPOT THE 5 DIFFERENCES: Propeller missing line, window changed, wheel stem, wing changed, tail smaller



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VERY COOL TOMATO GAZPACHO RECIPE



This cool tomato soup is utterly refreshing, incredibly easy to make, and is a sensational entrée or a colourful addition to a brunch buffet. Get creative by serving the soup in crystal glasses or colourful glass bowls.

INGREDIENTS

- 6 ripe tomatoes, roughly chopped
- 1 continental cucumber, peeled and chopped
- 1 small red capsicum, cored and chopped
- 1 small green capsicum, cored and chopped
- 1 small red onion, chopped
- 1 garlic clove, finely minced
- 3 cups tomato juice (or cold water for a lighter version)
- 2 tablespoons extra virgin olive oil
- 1 tablespoon red wine vinegar
- 1 tablespoon fresh lemon juice
- Salt and freshly cracked black pepper to taste
- Garnish: diced continental cucumber, tomato, fresh basil leaves

METHOD

1. Place the tomatoes, cucumber, capsicums, onion, and garlic in a blender or food processor. Pulse until smooth.
2. Pour in the tomato juice, olive oil, red wine vinegar, and lemon juice. Blend the mixture again until it's combined.
3. Add the salt and pepper to taste. Now's the time to adjust the acidity by adding more vinegar or lemon juice.
4. Put the gazpacho in a large bowl, cover it, and pop it in the fridge to chill for at least two hours or until it's very cold (this intensifies the flavour!).
5. Ladle your soup into pretty glasses or bowls and garnish with basil, chopped cucumber and tomato.





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EXCITEMENT BUILDS AS THE STUNNING NEW MG CYBERSTER ARRIVES IN AUSTRALIA

FROM BARTONS, CAPALABA

MG has traditionally been known for its iconic roadsters, but now the company is applying cutting-edge technology to unleash a new generation roadster: The Cyberster. The two-seater drop top offers true supercar performance with 375Kw of power, head-turning scissor doors, and the efficiency and economic benefits of an electric car.

"We are succeeding in ways that 100 years ago, we never could have imagined," said Giles Belcher, Chief Commercial Officer at MG Motors Australia.

"There's a tremendous transformation happening at MG globally right now and it's the most exciting time, being able to work as a key decision maker for Australasia, alongside the wider MG executive team and our CEO.

"The MG4 EV, Cyberster, new HS headed for our shores, along with new ZS and all-new MG3, are a key part of the next phase of growth for MG."

Mr Belcher said the new Modular Scalable Platform (MSP) has been designed to maximise battery efficiency, with concerted efforts to further reduce weight and allow scalable range and performance for a wide variety of customer requirements, offering enhanced interior space and luggage capacity. This technology will enable MG to offer multiple options for the rapidly expanding Australian and New Zealand electric car market, with all choices reinforcing MG's reputation for outstanding design, market-leading technology, and excellent value for money.

If you'd like to see this traffic-stopping beauty, drop by Bartons' Capalaba showroom from October 9 to 16 where the Cyberster will be on display.



Photo: Supplied.

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FREE MARINE RADIO COURSE COULD SAVE YOUR LIFE

CONTRIBUTED BY VMR RABY BAY

How well do you know your marine radio? Do you know what channels to use when out in Moreton Bay or offshore? Do you know how to use it in an emergency? Did you know you need a marine radio licence to operate a VHF marine radio? These are all the questions and more answered in the free Know Your Marine Radio course, run by the volunteers at the Volunteer Marine Rescue (VMR) Raby Bay.

For a number of years, experienced radio operators have trained hundreds of boaters on the use of their marine radios, even by visiting boating and yachting clubs to run in-house sessions. VMR Raby Bay runs these sessions for free but is happy to accept any donations to help in the running of the VMR Raby Bay base.

The course helps participants understand VHF marine radios and provides hands-on training for those undertaking the marine radio exam through the Australian Maritime College (AMC). James and Lou are the principal deliverers of the course. Lou invigilates the exams at the VMR Raby Bay base at Cleveland on behalf of the AMC in Launceston, Tasmania.

“Whether you are going out for a few hours fishing in the bay, a day’s fishing offshore or a round-the-world sailing adventure, your marine radio is one of the most important safety items you have on board,” said Lou. “The skipper should know all aspects of radio usage and be able to instruct any crew or passengers on the basics of using the radio in case the skipper becomes incapacitated.”

James and Lou are not only experienced radio operators, taking their turns in the VMR Raby Bay radio room, but also experienced boaters and VMR boat crew coxswains, and both have completed accredited search and rescue courses.

“As part of the constant contact with the boating public, either on a rescue boat or through the radio room, we can give many real-life examples of the importance of using a marine radio,” said James.



Photo: Supplied.

“From the time of the Titanic through the invention of international flights, radios have been and continue to be the primary communication tool of operators of boats and planes. While many people believe the mobile phone is all they need, depending on your phone, your carrier or the distance from a tower, the phone can be next to useless. A properly set up marine radio could be your only lifeline in a marine emergency.”



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LOCAL FISHING WITH SPERO

OCTOBER'S SEAFOOD BASKET IS FULL OF WHITING AND MACKEREL!

BY SPERO KARTANOS

There are plenty of days in October when the winds are strong, but there are also those beautiful calm days when fishing is fun for the whole family, so take advantage of them!

This time of the year, the whiting usually are prolific in the Small Boat Channel, the Rous Channel, the Sand Hills and Blue Hole, close in north-east of Darcy Light and on the northern side of the leads at a 6 to 8-ft depth.

The school mackerel will be in close and all the way through to the Naval Banks and east of Ormiston. I recommend trying the Rainbow Channel and the basin at Peel this time of year, but we are lucky to have good fish this close in.

There's also plenty of squire and snapper around this time of year, close to Green, St Helena, Mud and Peel Islands, and the artificial reefs – just find the drop-offs and burly up some scraps, and you should attract a few good fish.

For the family going out for a swim and wanting to enjoy the bay, the whales and calves are on the move, so it's worth spending the time to look for them anywhere from Green Island, to the artificial reef to Peel Island, around Peel and then back to Ormiston – that's the triangle they have been seen in, and they are worth finding; they are magnificent creatures.

Till next month, good fishing, and enjoy the bay and a fresh fish for dinner!



Photos: Spero Kartanos.

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Building in contingencies

BY LAURENCE SMITH, FINANCIAL ADVISER, UEM WEALTH

Despite the legislative and professional obligations placed on financial planners, wealth strategies don't need to be complicated affairs. We work with clients to identify surplus income, allocate it to an appropriate investment solution, and remain mindful of wider considerations such as debts, upcoming expenses, and taxation. A client's income is the central building block of wealth creation. It's so important that it warrants considering contingencies, such as "How long could you survive without your income?"

One of the biggest disrupters to any wealth or retirement strategy is unexpected illness or injury. While in Australia we are lucky to have a great public health system, illnesses can still result in extensive out-of-pocket costs. Public health can fund some treatments through a public hospital but will only cover the cost of some of those treatments, and that's assuming that there is space and capacity at a hospital at the time that treatment is required.

Then there's private health insurance. Policies can be complicated; there is often an excess that will need to be funded for each hospital admission, and again, some treatments are simply not covered completely.

Neither the public health system or private health insurance policies can account for all of the direct and indirect costs of a serious illness. Some of the direct costs that may still need to be funded by an individual are items like medication, diagnostic testing, dressings, or medical equipment. Some of the indirect costs that can be incurred include parking and travel, lost income and superannuation contributions, additional childcare, and additional services that might be needed, like home nursing care, physiotherapy, and several other allied health services.

The additional costs quickly add up. When accounting for excesses, treatments, lost income (which can also be the income lost by a spouse or support person), medications, incidentals, and supporting services, the resulting cost can (and often does) be extensive.

So how can these costs be met? The answer is always "it depends". Are there cash savings that can be accessed? Are there investments that can be sold? Would it mean redrawing down on a mortgage or taking out another loan? Could it be reliance on borrowing money from family or friends?

Financial planners assist clients by asking the challenging questions: How long could you go without your income? How long would it take to sell your investment property? If you needed to sell it quickly, how much of a discount are you prepared to accept? How would your retirement look if you suddenly had to support a child (or a grandchild) through a serious illness?

If asking these questions draws uncomfortable conclusions, an appropriately qualified financial planner can assist with finding an insurance solution that could build more peace of mind. We often don't think twice about insuring our home, and our vehicles, so it's high time we take the same attitude towards insuring our health and financial future, too.

DISCLAIMER

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

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