

# The Community Leader

## Redlands

WE'RE ALL ABOUT GOOD NEWS



## WHY BUYING THAT RAFFLE TICKET CAN BE A GAME-CHANGER FOR KIDS!

Sometimes, there's a pivotal moment in a young person's life that can change their future. It might come in the form of an inspiring mentor, offering a glimpse of new possibilities, or trying an activity that sparks a passion, forever. Our local clubs and associations are where leaders are developed and community connections forged, and they help our young people to thrive.

Developing leadership qualities and life skills in youngsters benefits all of us, which is why organisations like Scouts are so important. But everything has a cost. That's why local mum Kate Shelby is applying all her gusto in organising Cleveland Scouts' inaugural Christmas

Extravaganza. Funds raised will allow more children to participate in Scouting who would otherwise miss out. More about that on page 3.

So, if you do see happy young faces running a sausage sizzle or selling raffle tickets, show your support. The funds raised could change the course of someone's life.

We hope you enjoy this edition of The Community Leader, and make the most of everything the Redlands has to offer!

*Pictured: Cleveland Scouts and Cubs in the grounds of their den.*



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# BAYSIDE MUMS GET SOCIAL TO BEAT LONELINESS AND ISOLATION

Moving from New Zealand to Wynnum was an eye-opener for Kirsty Foster. With a husband in the air force she was no stranger to moving and with three boys in kindergarten and playgroups, establishing a circle of friends had never been a problem – but now things were different.

“As your children get older and more independent you don’t have the contact with other parents that you once had, particularly when you’re in a new city – and COVID restrictions didn’t help!”

Kirsty tackled the feeling of isolation by setting up a Social Mum’s Facebook group. Within a day she had 200 members and it just kept growing, to the extent that it ceased to be a hobby and became a fulltime job.

“There was obviously a demand for it so I turned it into a ‘side hustle’ – then I gave up teaching and it became a fulltime job, and very quickly grew into a family business,” she says.

“It’s understandable when you look at the research indicating that one in three Australians are lonely – it’s an epidemic. The membership grew to the extent that we couldn’t do it on our own. I was getting a lot of interest from mums in the Redlands and I thought that franchising – what we now call ‘friendchising’ – would be a good idea.

“Social Mum’s Club organises social events and outings for mums of all ages and cultures and we’re supported by local businesses that

recognise the value of looking after mums and supporting the club,” says Kirsty.

“Most of our events are free, there’s no membership fee or age restrictions. We organise outings to suit working mums, mums with babies and mums with older children. We have grandmothers and young mothers in the group and a lot of lasting friendships and support networks have grown from club contacts.

“We now have a south-east Queensland membership of 13,000 – and with our new Redland business we’re expecting that number to grow!”

Talia Read is the owner of the Redlands franchise. After decades of a career at the top end of fundraising, sales, business management and marketing, recently having her second child dropped Talia into an isolated space. She knew no other mature mothers with toddlers, eighteen months of maternity leave had distanced her from her work colleagues and her high-level personal work skills were sorely under-utilised.

“I met Kirsty at a dinner and the concept of her Social Mum’s Club really caught my imagination,” she says. “Being part of a team, getting to use my professional skills again, having a purpose outside home and family, the flexibility of working as a franchisee – it was a perfect fit.”



Photo: Supplied.

The evidence certainly points that way. In four weeks, the existing 2,000 Redlands membership has grown by 100 and Talia has expanded the core of enthusiastic business partners.

“It’s such a warm and welcoming community,” says Talia. “If you see me out and about please come and say hello!”

For more information visit <https://www.facebook.com/groups/socialmumsclubredlands> or [www.socialmumsclub.com](http://www.socialmumsclub.com) and for events, go to [www.socialmumsclub.com/events](http://www.socialmumsclub.com/events).



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# SCOUTS' CHRISTMAS EXTRAVAGANZA NEEDS YOUR SUPPORT!

Kate Shelby has a background in marketing, management and social media – but as Chair of the Scouts Cleveland Fundraising Committee she's boldly going where no-one has before, organising their first Christmas Extravaganza.

"It's the first time the Scouts have done a fundraiser like this," she says, "and it's a fundraiser for a very special purpose – to enable young people, in hard financial times, to continue their membership of Scouts."

Kate says that the current straitened finances for many families means cutting costs where possible, and for some families, that could mean reluctantly discontinuing Scout membership.

"Scouting is probably one of the most affordable activities for young people, but it's still a cost," she says. "Paying for uniforms, equipment, and outings is proving really difficult for some, and we're hoping that this fundraiser will make the difference for some kids to reap the very real benefits of Scouting."

Kate says that being a Scout made a massive difference to her daughter, who was anxious about moving into high school, being able to make new friends and dealing with possible bullying.

"When she became a member of the local Scouts, the mentoring and support of the leaders – adults and older adolescents – made the world of difference to her confidence. She went into high school excited at meeting up with friends she'd made in Scouts and hasn't looked back. Scouting provides such valuable life lessons for young people."

The fundraiser will be an afternoon of market stalls, carefully selected; originality, small local businesses, handmade goods and eco-friendliness are some of the benchmarks.

Kate says that food sales from the Scouts barbecue will be a major part of the fundraising, as will raffles held throughout the day.



"We're seeking generous donations from local businesses, philanthropists and individuals to really make these raffles worth winning," Kate says. "If you're a potential donor please get in touch!"

**The Scouts Cleveland Christmas Extravaganza will be held at 26 Bainbridge St, Ormiston QLD 4160 on November 30 from 2:00pm to 6:30pm. Kate can be contacted at [hello@kateshelby.com](mailto:hello@kateshelby.com).**

## CAPALABA SPORTS CLUB



113 Ney Road, Capalaba  
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# UNDERSTANDING AND MAINTAINING FLEXI HOSES IN YOUR HOME

## *The BPD Way!*

In our October edition, we talked about flexi hoses, but the issues surrounding them are so important we wanted to highlight them again this month, just in case you missed it.

### **The Risks of Aging Flexi Hoses**

At Brisbane Plumbing and Drainage, we often encounter issues related to flexi hoses that can lead to significant water damage and costly insurance claims for homeowners. Flexi hoses are commonly used in plumbing systems due to their flexibility and ease of installation. However, these hoses can deteriorate over time, making them vulnerable to leaks and bursts, which can be devastating.

### **Common Causes of Hose Failure**

One of the main reasons flexi hoses fail is due to age and wear. Most hoses have a lifespan of about five to 10 years, and factors like pressure fluctuations, extreme temperatures, and poor installation can significantly shorten this lifespan. A common problem arises when the rubber around the wire inside the hose begins to degrade, which can go unnoticed until a significant leak occurs. When the hose breaks, the resulting water damage can be extensive, often requiring homeowners to file insurance claims that can be both stressful and

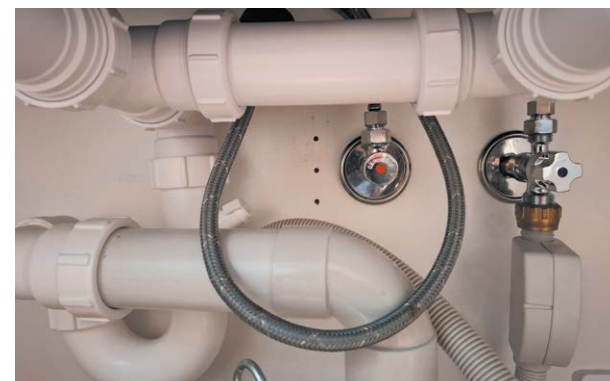
costly. At Brisbane Plumbing and Drainage, we've seen first-hand how these incidents can disrupt lives and finances.

### **Preventative Maintenance and Inspections**

To prevent these issues, regular inspections and maintenance are essential. Our experienced team at Brisbane Plumbing and Drainage recommends that homeowners proactively replace older flexi hoses, especially if they're approaching the ten-year mark. During inspections, we look for signs of wear such as cracks, discoloration, kinks, rust spots, and frayed wires. These indicators can help us identify potential problems before they escalate. We offer comprehensive inspection services designed to keep your plumbing system in top shape.

### **The Importance of Professional Installation**

Additionally, ensuring proper installation is vital. Hiring qualified professionals like those at Brisbane Plumbing and Drainage to install plumbing fixtures can significantly mitigate risks. We emphasise the importance of using high-quality hoses that meet industry standards, as they tend to be more durable and resistant to wear. Our team is dedicated to providing top-notch installations that prioritise your home's safety.



### **Protecting Your Home and Wallet**

Ultimately, taking these preventative steps can save you the headaches of unexpected repairs and insurance claims. If you have concerns about your flexi hoses or would like to schedule an inspection, don't hesitate to reach out to Brisbane Plumbing and Drainage. Our knowledgeable team is here to help ensure your plumbing system remains safe and efficient, protecting both your home and your wallet.

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



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# Buying Now

Mike and Nate Cornish will be travelling to the Redlands and Bayside areas for **5 days only from Monday 25th, to Friday, 29th November**. 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



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## Silver Coins

Aust. - 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



## Silver

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



## Aust. Proof & Uncirc.

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



## Military Medals

- Australian Military Medals
- All Other Military Medals
- Orders & Decorations
- Bravery & Long Service Medals
- Stars & Crosses
- Groups & Accumulations
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**MONDAY**  
**25TH NOV**

**Club Manly**  
**(Function Room)**  
**9:00am - 11:00am**  
26 Faine Street

**Redlands RSL**  
**(Tobruk Room)**  
**12:00pm - 4:00pm**  
8 Passage St, Cleveland

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

**TUESDAY**  
**26TH NOV**

**Wynnum RSL**  
**(The Pandanus**  
**Lounge)**  
**10:00am - 3:00pm**  
174 Tingal Road

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

**WEDNESDAY**  
**27TH NOV**

**Home Visits**  
**9:00am - 1:00pm**  
Phone 0426 820 646  
For a Home Visit

**Redlands Sporting Club**  
**(Front Room)**  
**1:00pm - 4:00pm**  
Anson Road,  
Wellington Point

**THURSDAY**  
**28TH NOV**

**Victoria Point**  
**Sharks Sporting Club**  
**(Sharks Function Room)**  
**10:00am - 2:00pm**  
325 Colburn Avenue

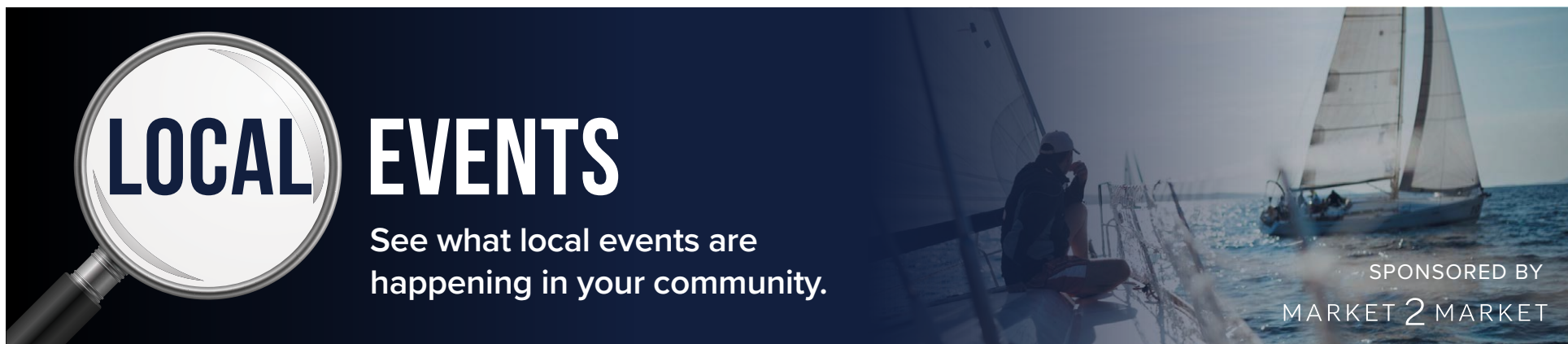
**Home Visits**  
**2:00pm - 6:00pm**  
Phone 0426 820 646  
For a Home Visit

**FRIDAY**  
**29TH NOV**

**Underhill Centre**  
**(Upstairs Room)**  
**9:00am - 12:00pm**  
55-57 Degen Road,  
Capalaba

**Home Visits**  
**12:00pm - 6:00pm**  
Phone 0426 820 646  
For a Home Visit

**No Appointment necessary. No need to sort or clean coins. We'll buy 1-10,000 items. - [www.heritageint.nz](http://www.heritageint.nz)**



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



### ANIME X CLUB

Thursday November 28, 3:30pm to 4:45pm, Cleveland Library

Designed for high-school-aged anime enthusiasts, this monthly club dives into everything anime, from film screenings to artworks. It's a place for young people passionate about the artform to share their ideas and appreciation.



### REDLANDS COAST COLLECTIVE MARKETS

Saturday November 9, 8:00am to midday, Faith Lutheran College, Beveridge Road, Thornlands

Gather your family and friends and come on down to Redlands Coast Collective Markets for a morning of shopping in a beautiful and relaxed setting. Billed as 'Redlands largest pre-loved market', the November market will be a treasure trove of pre-loved items, just waiting for a new lease of life!



### CHRISTMAS ACTUALLY

Saturday November 30, 8:00pm, Redland Performing Arts Centre, Middle Street, Cleveland

It's an enduring festive favourite with millions of fans, and now the music from the beloved film *Love Actually* has been wrapped in one perfect package to create a live show loaded with Christmas cheer! Songs by Mariah Carey, Joni Mitchell, Norah Jones, Eva Cassidy, Kelly Clarkson, The Beach Boys and The Beatles will be performed by a rockstar band made up of Australia's top musicians and vocalists. Add a good dose of comedy (yes, there will be nativity lobsters!) and you've got a joyous night that will have you dancing (and laughing) in your seat. For tickets go to [rpc.com.au](http://rpc.com.au) or phone (07) 3829 8131.



### INSECT POLLINATORS WORKSHOP

Saturday November 9, 1:30pm to 2:30pm, IndigiScapes, 17 Runnymede Road, Capalaba

Delve into the fascinating world of insects at this Insect Pollinators Workshop. During this one-hour workshop, you'll discover how insects interact with plants, and the amazing way that pollination takes place. Led by entomologist Michelle Gleeson from Bugs Ed, the workshop is suitable for adults and children aged seven and over. Registrations are essential and can be made by scanning the QR code or by visiting [www.indigiscapes.redland.qld.gov.au/whatson](http://www.indigiscapes.redland.qld.gov.au/whatson) and following the links.



### TALK: REDUCE TOXINS IN YOUR BODY

Thursday November 14, 7:00pm, Bayside Community Church, MacArthur Street, Alexandra Hills

Naturopath Angela Stafford shares ways to mitigate the burden of environmental toxins on your body coming from food, air, water and personal care and cleaning products, and even the clothes we wear. Arrive at 6:15pm to browse the Redland Organic Growers Inc. (ROGI) library, shop for seeds, plants and local organic produce. Entry for ROGI members is \$2, visitors \$5. To join or renew memberships, visit <https://www.rogi.com.au/membership.php>



# DRIZZLE BOY – A NEW LEVEL OF THEATRE COMES TO RPAC

Autism takes its proud place centre stage in Queensland Theatre’s production of *Drizzle Boy*. Winner of the 2023 Premier’s Play Award and the first Australian play to focus on autism, this radical three-hander boasts an autistic playwright, Ryan Enniss and an autistic actor, Daniel R. Nixon in the lead role.

Despite his widespread and impressive career in theatre, director Dan Evans says the experience was a steep learning curve – for everyone.

“I feel privileged to have directed this production,” says Dan. “Ryan was adamant that a neurodivergent play should have a neurodivergent actor playing the role of *Drizzle Boy* and I was determined that the character, navigating his way through life and relationships, should never have to explain himself; I wanted to bring the audience into his world, to experience the constant need to adapt that neurodivergent people live with.”

On top of the demands of working with the development and decisions demanded by a premiere production, Dan set himself to

understand the special skills, protocols and language necessary for working with such important and sensitive issues.

“I had to expand my creative thesaurus in the best possible way – filtering the language of theatre through a lens of compassion and patience,” he says. “Autism isn’t a graduated scale, it’s a colour palette; if you’ve met one autistic person, you’ve met one autistic person. I was nervous about what was appropriate for the actors but they gave me the best advice; if you don’t know, just ask. The conversation IS the work. Ray and Daniel taught me life-changing skills; the main one is to really listen.”

His research was extensive and thorough. As well as consulting with specialist university professors, autism associations, parents, teachers and supporters and the specialist disability arts organisation, Indelibility Arts, he enlisted the skills of respected dramaturg Saffron Benner to work with him and Ryan in fine-tuning the script.

“Ryan is the fastest writer I’ve ever met; within



Photo: Supplied.

24 hours he’d developed a new version of the script and added 54 new scenes – it was an amazing experience!”

“Working on *Drizzle Boy* has taught me so much. I needed to make sure that the writer and the cast could fly – it just meant paving the runway a little differently.”

(There’s a sweet touch of satire in the play’s name... just think about it...)

***Drizzle Boy* will play at RPAC on Thursday, November 21. For tickets, go to [rpac.com.au](http://rpac.com.au) or phone (07) 3829 8131.**

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## Mayor's message

### Celebrating a community Christmas

Christmas is always a wonderful time to bring people together and I am excited about this year's plans to help our community celebrate the festive season on Redlands Coast.

Instead of holding one big event in one location, Redland City Council has reimagined Christmas 2024 as a series of events over four weeks across both the mainland and islands.

Council has retained many of the traditional events such as the lighting of the Christmas tree, free photos with Santa, carols, and an expanded listing of four free movie in the park nights. There are also a number of exciting additions to this year's program, with the use of a smartphone app allowing families to interact with festive activities, such as the Christmas Trail and colouring-in competition, in innovative ways. The app is a fun use of technology to spread Christmas cheer.

Over the next four to seven years, Council's Digital Transformation program will see a progressive move towards more contemporary digital solutions that make it easier to access and interact with Council information and services.



In September, we launched Council's new online venue booking system, so if you're still looking for somewhere to host your Christmas gathering, why not consider a community hall or park space? You can now book, manage and pay for bookings of these Council venues online, from anywhere at any time. Visit Council's website for details.

As an important part of Christmas on Redlands Coast, Council is also supporting community-led festive events across the city.

Since the introduction of the Village Events and Activation Grants program in 2022, Council has allocated funds to help a number of not-for-profit organisations hold community events on Redlands Coast. We added an early round of that grants program this year to give even more community-led event organisers the opportunity to apply for funding of up to \$12,000.

I acknowledge the many local community groups, churches and schools who host Christmas events and traders markets – ensuring there are plenty of opportunities for local families and their friends to come together, celebrate and find a special gift for their loved ones.

These events are also wonderful ways we can all support our local community, our villages and each other. Make sure you check out the what's on calendar on Council's website for details on all the events being held as part of this year's Christmas on Redlands Coast.



**Cr Jos Mitchell**  
 Mayor of Redland City  
 Email: [mayor@redland.qld.gov.au](mailto:mayor@redland.qld.gov.au)



## Hark! Christmas is coming to Redlands Coast

Forget the 12 days of Christmas – Redland City Council is celebrating the festive season with a four-week city-wide festival of activities.

Christmas on Redlands Coast will provide a range of traditional and new festive activities to enjoy, with Christmas activations across the city.

### Lighting of the Christmas Tree

The Christmas program will be launched at a free community event at Raby Bay Harbour Park on Friday 22 November. This event will include the annual lighting of the Christmas tree, carols, free Santa photos, roving performers, craft activities, food vendors, and the screening of a Christmas movie *The Santa Claus*.

### Festive Friday Flicks

The free Christmas movie in the park events continue weekly until 13 December, including roving performers, free Santa photos, lighting and food vendors. Festive Friday Flicks will be held at Capalaba Regional Park on 29 November – *Arthur Christmas*; Ron Stark Oval, North Stradbroke Island (Minjerrabah) on 6 December – *Elf*; and Thornlands Community Park on 13 December – *Home Alone 2*.

### Augmented Reality Christmas Trail

A Christmas Trail with a digital twist will run from 22 November to 13 December, featuring colourful floor decals of Santa, elves and snowmen at nine locations. If you download the free app on your smartphone and hold it over the artwork it will come to life, providing a great photo opportunity. See map for locations.



### Lighting Installations

Enjoy dazzling light displays across four locations from 22 November. These magical spots will be lit up nightly, perfect for families to enjoy or snap a festive family photo.

### Santa's Hotline

A special festive Santa Hotline will be located within Redlands Coast Visitor Information Centre at 50 Middle Street, Cleveland from 22 November to 20 December – ideal for anyone wanting to give Santa their Christmas wish list or just to reassure him you should definitely be on the good list.

### Interactive Colouring-in Competition and Santa's mailbox

There is also an interactive festive colouring competition for a chance to win one of eight \$50 Cineplex gift cards. If you scan your completed entry you can watch it magically come to life. Colouring-in sheets can be downloaded and submitted from Council's website or collected from one of seven designated locations, which also have Santa's Mailboxes to post your entries.

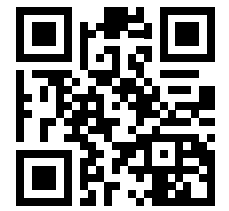
For more information about Christmas on Redlands Coast visit [redland.qld.gov.au/christmas](http://redland.qld.gov.au/christmas)



# Christmas on Redlands Coast

From signature Council and community events to dazzling lights and fun interactive activities for all ages, uncover the magic of Christmas on Redlands Coast.

Scan here or visit [redland.qld.gov.au/christmas](http://redland.qld.gov.au/christmas) to uncover the full festive coastal Christmas program.



**North Coast**

- THORNESIDE (Cullen Cullen)
- WELLINGTON POINT (Cullen Cullen)
- BIRKDALE (Cullen Cullen)
- ORMISTON (Nandeebie/Indillie)
- RABY BAY
- ALEXANDRA HILLS (Nandeebie/Indillie)
- CLEVELAND (Nandeebie/Indillie)

**Central Coast**

- CAPALABA (Kapallaba)
- THORNLANDS (Nandeebie/Indillie)
- SHELDON (Joonggabbín)
- MOUNT COTTON (Jungalpin/Tungipin)

**Hinterland**

- REDLAND BAY (Talwalpin)

**South Coast**

- VICTORIA POINT (Warrer Warrer)

**Southern Moreton Bay Islands**

- PEEL ISLAND (Teerk Roo Ra)
- COOCHIEMUDLO ISLAND (Goochie Mudlo)
- MACLEAY ISLAND (Jencoomercha)
- LAMB ISLAND (Ngudooroo)
- KARRAGARRA ISLAND
- RUSSELL ISLAND (Canaipa)

**North Stradbroke Island (Minjerribah)**

- AMITY POINT (Pulan)
- DUNWICH (Goompi)
- POINT LOOKOUT (Mulumba)

**Activities Legend:**

- LIGHTING INSTALLATIONS:** Wellington Point Village Green, Cleveland Point, Victoria Point Library Square, Raby Bay Harbour Boardwalk, Raby Bay Harbour Park
- AUGMENTED REALITY CHRISTMAS TRAIL:** Raby Bay Harbour Park, Russell Island, IGA Mount Cotton, IndigiScapes Capalaba, Foreshore Park Coochiemudlo Island, Headland Park Point Lookout, Beth Boyd Park Thorneside, Bailey Road Park Birkdale, Stradbroke Street Redland Bay
- INTERACTIVE COLOURING COMPETITION AND SANTA'S MAILBOX:** Redlands Coast Visitor Information Centre – Cleveland, IndigiScapes Capalaba, Victoria Point Library, Cleveland Library, Capalaba Library, Redland Performing Arts Centre – Cleveland, Redland Art Gallery – Cleveland
- LIGHTING OF THE CHRISTMAS TREE:** Lighting of the Christmas Tree – Cleveland
- SANTA'S HOTLINE:** Redlands Coast Visitor Information Centre – Cleveland
- FESTIVE FRIDAY FLICKS:** Capalaba, Cleveland, Thornlands, Dunwich
- SPONSORED COMMUNITY EVENTS:** Mount Cotton, Redland Bay, Wellington Point Village Green



# Maggie's Mates

SPONSORED BY MARKET 2 MARKET



**Name:** My name is Ayla, and I am 13 years old.

**Where do you live?** I originally lived at the RSPCA, until I was rescued by my new 'forever family' as a gift for Hunter Hayes on his first birthday. We now all live at Thornlands.

**How long have you lived there?** Two years in Thornlands, but I have lived all over the Redlands, including Ormiston, Birkdale and Cleveland.

**What's your favourite daily activity?** I have many interesting activities I love to do every day, including lounging in the sun, exploring the local drains, and of course, visiting my neighbours (I even befriended the neighbour's Staffy and used to visit him every day), although Mum gets cranky at me if I wander out of our yard!

**What is your most treasured toy?** My mum. Whenever Mum attempts to sit down and a lap is created, I am immediately upon it, be it on the lounge, at the dinner table, on the floor, as she sits on the side of her bed, on the back patio – anywhere!

**What is your favourite food?** Friskies Meaty Cat Biscuits – yes, I will ONLY eat Friskies (I know what I like). This is not a paid commercial.

**What's your worst habit?** I personally don't think I have any bad habits as I am a perfect princess, but Mum would likely say that my worst habit is thinking I am a dog and needing to act as a security guard. I have discovered that the best way to score food is to hang around humans, especially during a BBQ!

**What is your favourite place?** Definitely on my mum's lap or her shoulder, or her face, or her back or laying across her foot – oh, and on my own sun lounger in the front room at home.

**Who is your best friend?** My mum (and I guess my younger brother Jax, too).



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# MISS MAGGIE OF MANLY



## INSECT BITES IN PETS

BY DR NICKY THOMAS, WYNNUM MANLY VETERINARY HOSPITAL

Dogs can be bitten and stung by a number of different insects – in some cases the bite may cause minor irritation only but some animals may develop a severe reaction which requires veterinary attention.

### FLEAS

Flea bites cause itching which may result in hair loss and self-trauma, leading to the development of wounds and secondary infection. Flea infestation can be diagnosed by finding live fleas or flea dirt in the fur.

There are a number of different options available for preventing flea infestation including oral, top spot or injectable medications.

### MOSQUITOES

Mosquitoes and sandflies are common in our bayside suburbs and our pets are just as sensitive as us when it comes to being bitten. Mosquito bites can cause raised, red lesions (“itchy bites”) most often in poorly furred regions such as the ears, belly and groin. Cats may develop a hypersensitivity to mosquito bites and demonstrate severe raised pink lesions commonly affecting the nose and paw pads.

Apply a pet friendly mosquito repellent to your pets if they are outside at dawn and

dusk when these insects are most likely to be active. Keep your yard free of stagnant water sources to reduce mosquito breeding sites.

Mosquitoes are also responsible for spreading heartworm disease so it is essential that your pet be on regular preventative medication to avoid contracting this potentially deadly disease.

### BEEES, WASPS AND ANTS

Flying insects such as bees and wasps may cause painful stings and a variety of ant species have painful bites. Sudden pain, limping, localised swelling and redness at the site are common signs of stings and bites. If a sting is visible it should be removed and an ice pack may be applied to the affected site.

Some animals may experience an allergic reaction as a result of a bite from these insects. Signs including facial swelling, hives, difficulty breathing, intense itching and vomiting and diarrhoea indicate a serious reaction that needs veterinary attention.

Keeping your yard free of obvious nests can reduce the risk of bites and stings. Avoid walking through areas where there is a large amount of clover and stay on pathways to avoid brushing against flowering plants where bees may be active.



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# COMMUNITY ORGANISATION PROFILE: THE DSC — YOUR MEETING PLACE

CONTRIBUTED BY LARAINÉ DILLON

**In the late 1980s, a group of concerned Redlands citizens could envisage the future – when we would live longer, and loneliness and social isolation would become a serious concern. From their concern, The Donald Simpson Centre (DSC) was born and completed in 1987, with the general public's assistance through purchasing bricks in the building.**

So, who was Donald Simpson?

Donald Simpson (at the time) was an outstanding Shire Clerk and husband of Frances Simpson, who was involved in RDCOTA (Redland District Committee on the Ageing) management. The naming of the Centre was a tribute to his achievements and foresight.

For the past 37 years, the Centre has grown and served people not only from the Redlands, but from areas as far north as Brisbane and south to the Gold Coast.

Never has it been more essential to overcoming social isolation than when Covid hit in 2021. Through care, stringent awareness and caution, the Centre was rebranded The DSC 'Your Meeting Place'.

DSC is a safe place for our 2000-plus members where they

can partake in one of the 95 crafts, courses, indoor activities and entertainment it offers. This also includes a social coffee or meal in our Hub Cafe, operated by valued volunteers.

Often, when you're sitting alone, a woman or gent will walk up and ask, "May I join you?" You get chatting and find they have more than often lost a partner. Or they have relocated here to be near their kids, but the kids have their own agendas and lives. This can be soul-destroying; social isolation is becoming the new epidemic.

The Centre embraces and celebrates longevity with the 90s Club for those who reach this incredible age.

Day excursions, a travel specialist for accompanied overseas adventures, theatricals, special concerts and entertainment are all on offer. Membership is affordable.

The Centre is registered as a charity and as a company of limited liability, governed by a Board elected by the members at its AGM, usually held in September.

For further information, visit the website [www.donaldsimpsoncentre.com.au](http://www.donaldsimpsoncentre.com.au) or go to Facebook or phone 3821 1089.



Photos: Supplied.

## HARRIERS AND HARES IN THE REDLANDS!

**Running through forests at night, using torches to search for a sign, seeking to follow a nearly hidden trail – it sounds like a spy thriller or an undercover police chase but it's probably just a bunch of people having fun.**

The Redlands Hash House Harriers was formed years ago and it's still going strong. Hashing developed in 1938 in Malaysia and was revived at the end of WW2 as a way for members of the military to keep fit and maintain the bonds already created. To overcome any awkwardness of casual sporting association between officers and enlisted men no-one's real names were used; every member was granted – or inflicted – with a nickname, a custom that still exists.

Member Sid Steele, whose Hash name is Ned Kelly (he used to be a bank manager) shared some of the more presentable club names, which include Poo Bear, Captain Bligh, Drillit and MauMau; each one has a story attached.

A Hash takes place every Monday night. A member, designated as the Hare, measures out and marks a trail, usually between Capalaba and Redland Bay. The trail may be marked in chalk or powdered gypsum and includes certain symbols that give information about the direction to take. Members who are Harriers – originally hunting dogs – meet at a designated spot, pay their \$8 fee, then set out on the Hash, walking or running, depending on their level of fitness.

"It's really about enjoying ourselves with friends – and maybe staying fit too," says Sid. "There are no age restrictions – our members range in age from 20 to 80 – and we usually have between 25 and 35 participants. Sometimes parents run with kiddies in prams. The Hare is responsible for providing a meal at



Photo: Supplied.

the end of a run. There is a drink stop during the run and we have a designated member following the pack to make sure no-one gets hurt or left behind. It's really a great night out."

For more information about the Redlands Hash House Harriers scan the QR code.



# REMEMBRANCE DAY AT THE ARMISTICE CENTENARY WAR MEMORIAL

CONTRIBUTED BY IAN ERRINGTON

During the Great War of 1914-18, more than 500 Riflemen, who were members of the Queensland Rifle Association (QRA), made the supreme sacrifice to protect our freedom and way of life. These men came from the cities, towns and pastoral communities of Queensland. Sadly, many of their names were lost forever when the central Brisbane building housing the Honour Rolls was demolished in the 1970s.

As Australia prepared to commemorate the 100th anniversary of the signing of the Armistice, the QRA decided to establish a new memorial at the Belmont Shooting Complex honouring these 500 Riflemen. It was envisaged that this new memorial would also provide a commemorative site for use by people from the local communities to honour their families and friends, and to educate the next generation of young Australians on aspects of our military history.

In addition to formal ceremonies, the memorial's peaceful bushland setting allows for quiet contemplation. The site is guarded by a memorial gate and flanking walls. The memorial itself consists of a central stone, surrounded by 11 plinths, with a further two plinths on either side of the central memorial stone. Each plinth has been adopted by a shooting club or association to acknowledge the past sacrifices of their members in defence of the nation. A flagpole was erected next to the central memorial stone. The national flag flies constantly as a silent sentinel over the memorial and is illuminated at night. A manicured lawn area completes the solemn yet uplifting ambience of the memorial.

The Armistice Centenary War Memorial has been consecrated and accepted as a registered National Memorial.



Photo: Supplied.


The Remembrance Day service will commence at 10:30am, Monday, 11 November 2024, at the Belmont Shooting Complex at 1485 Old Cleveland Road, Belmont. Guests are requested to assemble by 10:15am. Seating is limited, so you may wish to bring a folding chair, and an umbrella and sunscreen.

After the service, you are invited to move to the QRA Café where refreshments will be served. The QRA Museum will be open for visitors, and it has a significant historical collection of the contribution of Queenslanders to Australia's war efforts.


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# LOCAL GARDENING WITH KAT

## EAT YOUR GREENS! (PART 2)

BY KAT PEARSON, GIRL IN THE GREEN

Welcome back to part two of leafy green alternatives. To recap, my fresh alternatives to lettuce (that tolerate our hot humid climate better and won't bolt within a week of planting) are Okinawa spinach (*Gynura bicolor*) and Brazillian spinach (*Alternanthera sissoo*). Although there are other greens you can eat raw, I'll admit there aren't any more I'm a big fan of. But there is one more green I couldn't live without in the garden: sweet potato leaves! (*Ipomoea batatas*).

Unlike actual potato plants (*Solanum tuberosum*), which are entirely unrelated, you can eat all parts of the plant. The leaves are edible raw, but I prefer them lightly stir-fried. They are healthy, full of calcium and vitamins and delicious stir-fried with a bit of chilli, garlic and kecap manis (sweet soy sauce). Sweet potatoes make an excellent (vigorous!) ground cover. I have it growing in my front yard as a living mulch to protect my soil, suppress weeds, and provide a place for the chooks to dig that leaves less obvious holes in the yard. If you don't have the space for it to take over, try growing it in a raised bed or large pot. You might not get the best tuber harvest, but the leaves are worth it. I'll admit I had visions of going out to 'bandicoot' sweet potatoes from the yard whenever I had a hot chip craving, but it's rather dirty work, and they aren't that easy to find off the cuff, as they can grow quite deep!

Speaking of stir-frying with garlic.... Garlic is a little tricky in a humid climate, and there are cultivars that grow better here, but as a quick addition to any stir fry, salad, or curry, why not grow society garlic? (*Tulbaghia violacea*) You know, the one with pretty purple flowers that the council plants on median strips. Yep, it's edible and tastes like garlic. As a bonus, it's also not related to garlic and onions (*Allium* sp.), so it's a great alternative for people who can't eat them.

If you're in the Redlands area, I recommend you check out [www.littleislandorganics.com.au](http://www.littleislandorganics.com.au). Rod sells Rocky Point products (which I 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!



Sweet potato leaves, starring Cherry the chicken. Photo by Kat Pearson.

### ABOUT KAT

I love gardening, growing my own food and plants in general. I've been working on our current garden in subtropical Brisbane for the last six-plus years, but have been gardening for much, 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 brand new puppy (who likes to chase said chickens, and is not averse to helping me dig a hole!).





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# NOMINATIONS OPEN FOR 2025 REDLANDS COAST AUSTRALIA DAY AWARDS

CONTRIBUTED BY REDLAND CITY COUNCIL

**Redlands Coast residents have a special opportunity to celebrate the city's community heroes with the opening of nominations for the 2025 Redlands Coast Australia Day Awards.**

Redland City Mayor Jos Mitchell said the Council-run awards helped shine a light on often-unheralded locals who have given so much to their community, as well as the city's high-achievers.

"Each day there are amazing people out in our community helping to make life better for others, as well as those whose recognised efforts and talents generate such pride in our city," she said.

"They are the heartbeat of our community – some are seldom visible but are always there and are always appreciated, while others are true ambassadors for Redlands Coast.

"All do so much for our community spirit and wellbeing.

"Over the years, our Redlands Coast Australia Day Awards have honoured the efforts and achievements of hundreds of worthy Redlanders, giving them the recognition they deserve.

"So, if you know someone inspirational, whether an individual, a group or a special talent who makes a difference for Redlands Coast, I urge you to nominate them and shine a light on their contributions.

"There are nine award categories recognising contributions that are very important to our community, so have a think about who is deserving in one of these areas, whether they are a volunteer supporting those in need or working for our wildlife or environment, someone dedicated to bringing our community together, an outstanding leader or someone who is excelling in the arts or sport."

Online nominations are open for the following award categories:

- Citizen of the Year (18 years and over)
- Senior Citizen of the Year (60 years of age or older)
- Young Citizen of the Year (30 years of age or younger)
- Local Hero
- Reconciliation
- Community Organisation
- Cultural
- Sports
- Environment and Sustainability

For more information on each category or to make a nomination, visit Council's website.

Nominations will close at 11:59pm on Friday 22 November 2024.

Finalists will be notified and invited to attend the 2025 Redlands Coast Australia Day Awards in January.



Mirusia Louwerse, who was named Citizen of the Year at the 2024 Redlands Coast Australia Day Awards. Photo: Supplied.

## CHERRY RIPE: CHOCOLATE NOSTALGIA AT REDLAND MUSEUM

**Redland Museum's diverse collection includes a wide range of artefacts, from thimbles to vintage cars – and occasionally something as unexpected as a Cherry Ripe display.**

Cherry Ripe, the classic cherry and coconut chocolate-coated bar, was launched 100 years ago by MacRobertson's Steam Confectionary Works, before it was bought out by Cadbury. Named after the old English song, the bar's original wrapper portrayed the owner of the cherry tree, with birch rod and dog, waiting to catch anyone attempting to rob the tree of its fruit, not realising that a young boy had already scaled the wall and was helping himself.

Sandra Davis, museum volunteer, researcher and exhibition developer, has gathered together a whimsical collection of wrappers, 1960s showbags, chocolate bars, song lyrics and other memorabilia to celebrate the iconic confection.

"These days the logo would be considered incorrect, appearing to advocate physical violence," she says, "so the logo has changed – but the Cherry Ripe hasn't!"

It would appear that its popularity hasn't waned either.

"The empty wrappers on the top shelf of the display cabinet change position daily," says Sandra. "That suggests that some visitors are investigating them, hoping to find them full. They live in hope..."

The Cherry Ripe display will be at the Redland Museum until 22nd November.



Photo: Supplied.

# MARK YOUR CALENDARS — CAPALABA CENTRAL TURNS 30!

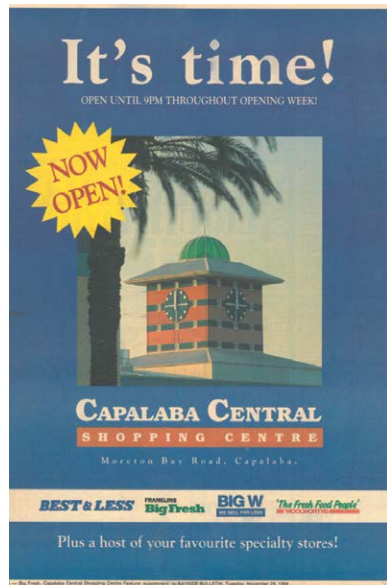
FROM CAPALABA CENTRAL

This year, Capalaba Central Shopping Centre celebrates its 30th birthday! Since the grand opening on November 28, 1994, Woolworths, Best & Less, Mister Minit, KFC, and more of your favourite stores have been at the centre from the beginning.

To celebrate this milestone event, Capalaba Central is giving away over \$20,000 worth of prizes during

November. Customers can expect social media giveaways, goodie giveaways, goodie bags and a 'spend & win' promotion involving a lucky prize wheel.

Set to start on Monday November 4, mark your calendars for the biggest birthday bash the Redlands has ever seen!



Photos of Capalaba Central over the last 30 years. Photos: Supplied.

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# NATURALLY WONDERFUL ... WITH RANGER STACEY

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



I know not everyone likes snakes ... in fact many people are terrified at the mere thought of these graceful, rippling reptiles. However, I believe it helps if we try to understand them. For me, the sight of a snake is fascinating!



These cold-blooded creatures with shiny, scaly streamlined bodies have cool features and adaptations. If you can't bring yourself to look at a real snake, photos are a wonderful way to admire how the scales fit intricately together along the body... pure perfection!

Imagine having the ability to visualise your surroundings by 'tasting the air' with a simple flick of the forked tongue. Or swallowing a meal that's more than 75 per cent larger than your head!

Love them or loathe them, snakes are an integral part of nature's food chain. It is thanks to snakes that rats and mice aren't scurrying out of control.

For almost 40 years I've had close encounters with many snakes while filming educational segments for *Totally Wild* and other programs, and it's always been under controlled conditions, featuring relatively relaxed 'ambassador' snakes – such as Ben, Shaggy and Stretch. Over the decades I've been bitten twice by non-venomous snakes – I admit, not pleasant. But trust me, there are no hard feelings, just a healthy respect for their natural instincts.

Snake awareness is part of our Aussie culture. They inhabit a range of environments, including urban settings. There's a good chance a carpet python may be living the quiet life near you!



Photo: Supplied.

Most snakes will try to avoid humans. Statistics reveal that 90 per cent of snake bite incidents occur when a person attempts to corner, catch, or kill it.

So, my message is simple – if you come across a snake, try not to panic and simply leave it alone. Never assume the identity of a species based on colour, size or pattern, and if it's in your house, call a local snake catcher. For an injured snake or other reptile, Redlands 24-hour Wildlife Rescue Service is a phone call away (3833 4031).

Until next time ... Stay Wild and safe around snakes!

*Ranger Stacey*

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# Do you have unwanted items in your home that you would like to sell?

CONTRIBUTED BY ANTIQUE BUYERS

In today's trend of downsizing and decluttering our homes, it's the perfect time to go through those drawers and cupboards, to turn those unwanted items into cash. Antique Buyers, and father-son duo, Mike and Nate, will be in the Redlands and bayside areas for five days only from November 25 to 29, at a convenient venue near you.

"We are enthusiastic buyers, particularly interested in gold jewellery, whether broken or intact, antique jewellery, gold and silver coins, collectibles including military medals, and banknotes, as well as mechanical watches," says Mike Cornish, the company's chief buyer.

"Everyone has something we want to buy, and nothing is too small for our consideration. We are just as happy to buy one item as we are buying 10,000!". Mike says that if you are in doubt about any items you wish to sell, take them in for an instant appraisal. No appointment is needed. See page 5 for full details.

### Gold and Silver still at high prices

With the gold price still at higher than traditional levels, right now is

an opportune time to explore your jewellery box and dig out those old gold chains, rings, and brooches, to turn them into cash. Mike emphasises, "This is an ideal time to sell. We will buy anything made of gold – old jewellery, coins, virtually anything, even gold teeth! We also need silver in any form, including coins, and bars of any size."

### Old coins can toss up a rarity

Check those drawers and cupboards, you may have a rarity lurking amongst your coins. "We want to see any old foreign coin accumulations. Bags, tins, boxes, folders, however they come, we will be quite happy to go through your coins on the spot and give you an idea of what we can pay. You just never know what can turn up!"

### Rolex and mechanical watches wanted

Mechanical watches are needed urgently by the buyers. "Collectors at this stage want brands such as Rolex, Omega, Patek Philippe, and Seiko, just to mention some. These brands can command good prices depending on the model and condition." Mike explains. "If you are unsure, bring your watches in for an appraisal."



We also offer home visits for those unable to visit us, or those with too much to carry. Refer to our advertisement for home visit times, then call Nate on 0426 820 646 to book your appointment.

For complete details, including venue times and locations, please see the advertisement on page 5.

## AN INVITATION TO COMMUNITY GROUPS

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



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## PROPERTY MATTERS

# Maintaining Rental Properties in QLD: Essential Tips for Landlords

FROM SAMARA BEDWELL, MACWELL PROPERTY

In Queensland, the introduction of minimum housing standards and repair orders sought by tenants have made it more important than ever for landlords to maintain their rental properties. Tenants are no longer willing to put up with ill-repaired homes, especially with rising rents and asking prices. However, we understand that many landlords are 'mum and dad' investors who may struggle to find extra funds for maintenance amid interest rates and the cost of living.

One suggestion for landlords is to have a dedicated account with the equivalent of one month's rent to cover annual vacancy periods and create a maintenance budget at the start of each year. By doing so, landlords can plan for regular upkeep and address issues promptly without significant financial strain.

Here are some additional tips for landlords when it comes to maintenance:

- Conduct regular property inspections (at least once a year) to identify potential issues early on. Your property manager isn't a licensed building inspector.
- Communicate openly with tenants and encourage them to report any maintenance concerns immediately.
- Prioritise repairs that impact the safety, security, and habitability of the property.
- Research and hire reliable, licensed tradespeople to carry out repairs and maintenance work. The cheapest does not always represent the best value for money.
- Be proactive in addressing maintenance issues and respond to tenant requests promptly.



By following these tips and adopting a proactive approach to maintenance, landlords can ensure their properties remain in good condition, avoid potential legal issues, and maintain positive relationships with their tenants.



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# Fire Risk: Don't Bin Your Batteries!

FROM REDLAND CITY COUNCIL

**Redlands Coast residents are urged to dispose of batteries correctly and not in kerbside bins following a recent fire in a Redland City Council waste collection truck at Redland Bay.**

The suspected cause of the fire is a crushed lithium-ion battery.

Batteries – in particular lithium-ion batteries – can catch fire or, in extreme cases, explode when damaged or exposed to heat sources. They are also harmful to the environment.

Lithium-ion batteries can be found in many powered items including mobile phones, laptops, power tools, electric toothbrushes, vacuums, vapes, children's toys, e-scooters and e-bikes.

Batteries placed in kerbside bins or in bins at Recycling and Waste Centres can cause fires either in the bin or waste collection trucks, at recycling facilities or in landfill.

This poses a risk to the truck drivers, workers at the facilities, emergency services and the community.

In the Redland Bay incident, the driver of the waste collection truck had to eject the load at the Donald Road Sportsfield carpark, where the Queensland Fire Department was called to extinguish the fire.

A skip bin was then delivered for disposal of the waste and the site was cleared.

This follows three similar incidents this year, with the detection of smoke or fire in waste collection trucks at Capalaba and Ormiston, and at Redland Bay Recycling and Waste Centre.

In each instance, Queensland Fire Department was called and the loads needed to be disposed of in a controlled location.

Residents are urged not to bring lithium-ion or electrical vehicle batteries to Council Recycling and Waste Centres as they are not accepted due to the fire risk. The centres do accept normal vehicle batteries.

For information on local drop-off points for all batteries go to the battery recycling webpage at [bcycle.com.au](http://bcycle.com.au)

More information on the risks and safe disposal of lithium-ion batteries is available on the Queensland Fire Department website.

For information on how to dispose of all forms of hazardous waste – including gas bottles, flares, petrol and aerosol cans – visit Council's website.



Photos: Supplied.



# DON'T BIN BATTERIES

Batteries contain hazardous substances and should not be disposed of in kerbside bins. They can cause fires, endangering waste truck drivers, waste facilities, our community and the environment.

Safely dispose of batteries and items containing batteries. Find a nearby battery recycling collection point at [bcycle.com.au](http://bcycle.com.au)

redland hazardous waste

3829 8999



# Charity Dinner Raises More Than \$50,000 For Homeless United

CONTRIBUTED BY LOUISE DENISENKO

*There's No Place Like Home* is an annual charity dinner and auction and is the brainchild of local real estate agent Louise Denisenko from Redlands Coast Properties.

Now in its fourth year, the fundraiser, held at the Alexandra Hills Hotel in September, was a huge success, raising \$50,420 for local charity Homeless United, operated via Redlands Community Centre in Capalaba.

Louise is supported by other community-minded real estate industry ladies, including Bianca Stubbs, Tanya Flood Campbell (First National Cleveland), Julie O'Callaghan (@Realty), Leanne Borjarski and Casey Bridgland (Re/Max) and Emily Denisenko (Redlands Coast Properties), who help coordinate the gala event. Attended by local real estate agents and members of the wider business community representing a diverse range of industries, the event features a seated dinner, drinks, entertainment, auctions, raffles, and a great time all round!

Homeless United is a much-needed service that assists people to access housing and to get their lives back on track and into the workforce. Each year, this event grows in numbers and support.

With housing being in such short supply and the homeless crisis increasing with the cost-of-living pressures and rental prices skyrocketing, we all need to be aware of this issue and support it where possible.

The support of all the businesses and sponsors involved in the event is greatly appreciated and acknowledged, and we look forward to another great evening next year, so save the date for October 11, 2025. Please come along as individuals or to represent the business community and show your support for this important annual fundraiser. Please like our FB page, *There's No Place Like Home*.



Photo: Supplied.

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# ZINGY POTATO SALAD WITH A YOGHURT MUSTARD DRESSING RECIPE



Forget the usual mayonnaise-heavy potato salads and try this ultra-light, zingy salad that swaps out mayo for Greek yoghurt. Mixing mustard and lemon juice with yoghurt and freshly cracked black pepper really elevates this dish, and with barbecue season in full swing, it's a perfect accompaniment to grilled meat. Leftovers also make a fantastic sandwich filling!

## INGREDIENTS

- 500g potatoes, cut into bite-sized cubes
- 1 cup of Greek yoghurt
- 2-3 tablespoons of your favourite mustard – whole grain or English work well
- The juice of half a small lemon
- A handful of fresh dill, chopped
- A handful of baby pickled cucumbers, chopped
- ½ a red onion, finely sliced
- 3 hard-boiled eggs, quartered
- Salt and freshly cracked black pepper to taste

## METHOD

1. Bring a large pot of water to the boil. Put the potatoes in the pot and cook for around 4-5 minutes, checking regularly to see if they're cooked through. Take them off the boil and drain once they're tender, but not falling apart. Let the potatoes cool.
2. In a large bowl, mix the yoghurt, dill, lemon juice and mustard together. Season with salt and pepper. Taste the mixture and add more mustard or lemon juice if you prefer a stronger flavour.
3. Add the potatoes to the bowl, then the pickled cucumbers, red onion and eggs. Stir gently with a wooden spoon to combine. Keep refrigerated and serve chilled.

Optional extras: Stir in a large tin of tuna (drained) or shredded cooked BBQ chicken to turn this into a meal on its own.





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# REPAIR CAFÉ: MAKE AND MEND MAKES AMENDS

BY JAN NARY

**This, regrettably, is the throw-away age. Increased ability in exploitation of resources, production of consumer goods and their accessibility has seen the transition from ‘make and mend’ to ‘throw it away and buy another one’, a trend that Repair Cafés – started in the Netherlands 15 years ago – are pushing against.**

Louise Yearn is the curator of the Wynnum Repair Café, which pops up for two hours every month at the Waterloo Bay Leisure Centre (renowned for its Devonshire Teas). Volunteer ‘fixers’, with skills that cover a wide variety of needs, make themselves available to repair items brought in to them and, when appropriate, show the item owner how to do the repairs. Louise points out that even with such a limited window of time, ‘make and mend’ can have an impact.

“We keep a monthly tally of what we’ve kept out of landfill,” she says. “Last month, we saved 10 items of clothing and a hundred and 47 kilos of hard goods. Our mantra is: if you can carry it in, we’ll probably be able to fix it!”

Household goods given a new lease of life include such items as lamps, toasters, clocks; knives, scissors and garden tools that need sharpening; music boxes, power tools, pieces of furniture – items that

owners may deem too expensive to replace or repair commercially but with life left in them. Louise says the fixers are from all walks of life.

“Many are retired professionals. Electrical goods are always repaired by a qualified electrician; for safety reasons, that’s one area where we can’t teach the owner how to do their own future repairs. It may be something as basic as sewing on a button or rethreading elastic through a skirt waistband.

“We’re always on the lookout for fixers,” she says. “It’s amazing the number of people who think that they have no skills to pass on who turn out to have a wealth of ability they’ve never recognised.

“As well as volunteers, we’d love to see the beginning of new Repair Cafés in other areas. Perhaps there’s a café somewhere in the Redlands that would be happy to host a team of fixers – and their customers – for a short time each month. It really adds excitement to a lunchtime snack or a cuppa!”

Repair Café is held every second Saturday of the month, 2:00pm to 4:00pm. Bookings are preferred, but walk-ins are welcome. For more information, contact [repaircafebaysidebrisbane@gmail.com](mailto:repaircafebaysidebrisbane@gmail.com) or call 0474 095 560.



Photo: Supplied.



## LOCAL POETRY PRAISE

BY GEOFF SMILEY

A child stands  
for an audience  
uncritical and doting.  
Intimates accepting  
of each note maturing.

In time he'll perform  
to those who see him not  
but how he plays.  
Then he'll discern, what  
an audience requires.

Whatever talent he may own,  
when a parent he becomes,  
then is the time  
he too must listen carefully,  
with pride and insincerity.

© Geoff Smiley



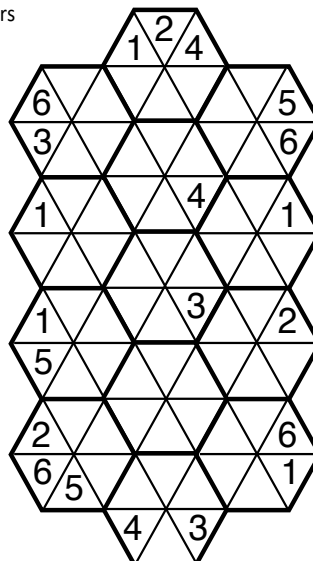
### Sudoku

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

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

### Quick Workout

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



### Crossword

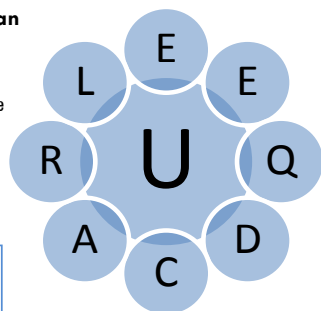
1		2		3		4		5		6		7		8
9														
				10	11									
12							13							
						14								
15	16		17					18		19		20		
			21	22		23				24				
			25					26	27					
28		29					30							
	31										32	33		34
35							36	37		38				
39							40		41					
							42							
											43			
44														

### 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: 13 words  
Very good: 24 words  
Excellent: 38 words




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Reference: Macquarie Concise Dictionary  
Focus No. 3887

#### ACROSS

- 3 Bold undertakings
- 9 Shock
- 10 Zodiac sign
- 12 Small crown
- 13 Try to equal or excel
- 14 Act
- 15 Permits
- 18 Mythical monster
- 21 Opposed
- 24 Fortune-telling card
- 25 Vetch
- 26 Encourage in crime
- 28 Commence
- 30 Refer casually to
- 31 Refused
- 32 Soapy lather
- 36 Factory
- 39 Becomes equal to
- 41 Most deep
- 42 Angry

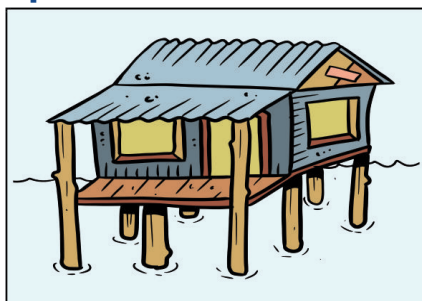
- 43 Low mournful bell sound
- 44 Representative groups

#### DOWN

- 1 Scoundrel
- 2 Ghost
- 3 Large antelope
- 4 Hackneyed
- 5 Flower
- 6 Controlled
- 7 Politician
- 8 Precipitous
- 11 Marijuana cigarette
- 16 Flowed back
- 17 Glossy fabric
- 18 Distribute cards
- 19 Entrances
- 20 Wanderer
- 22 Disappearing
- 23 Peruse print

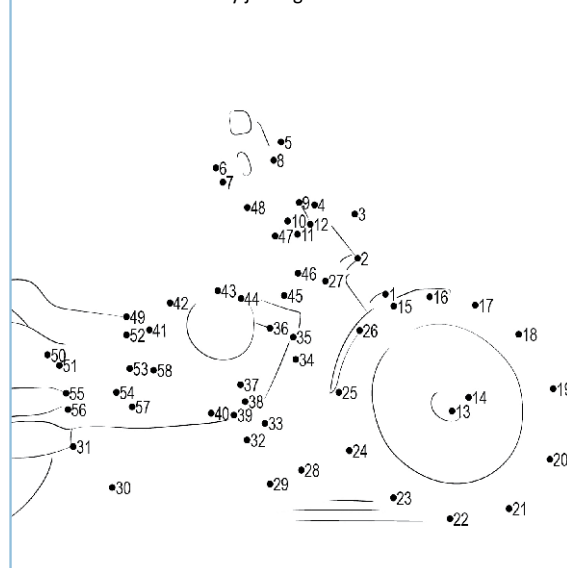
- 27 Small projectile
- 29 Well-bred
- 33 Not level
- 34 Become established
- 35 Correct
- 37 American state
- 38 Vegetables
- 40 Fine sediment

### Spot the 5 Differences



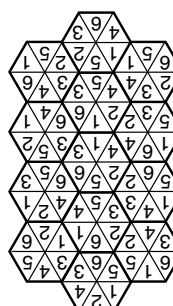
### Join the Dots

What is this? Find out by joining the dots.



### Solutions

Puzzles and pagination supplied by Auspac Media



**FOCUS:** curl, chie, chred, crudel, curd, curd, curdie, cure, einder, equal, lacquer, LACQUERED, laud, lauder, lure, lure, lured, quard, queer, reduce, ruder, ruled, ruler, ulcer, urea, ureal

**SPOT THE 5 DIFFERENCES:** Missing post, Roof patch missing, Extra line on roof, Window reversed, Door smaller.

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

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# ARE YOU LOW IN IRON?

BY ASSUNTA HAMILTON, QUALIFIED NATUROPATH, FLANNERY'S ORGANIC & WHOLEFOOD MARKET, VICTORIA POINT TOWN CENTRE HOMECO

**Iron is a valuable resource that helps our bodies function at optimal levels. We need it to make haemoglobin, a protein in our red blood cells that helps to carry oxygen through our blood vessels.**

A lack of iron means your body's tissues and muscles don't receive enough oxygen to work effectively, leaving you to feel weak, tired, achy and unfocused.

Iron deficiency can happen at any stage of life. It can be caused by stress, hormonal changes (such as menopause and during pregnancy), nutritional deficiency, increased physical exercise as well as illness. Signs and symptoms may include fatigue, lethargy, breathlessness, hair loss, cold hands and feet and bruising easily. Lack of energy and focus can be frustrating but can be explained and helped with an extra boost of iron-rich foods and supplements. Pale skin can also indicate lower iron levels, particularly on the inside of your lower eyelids. Frequent headaches may also be a sign your body is signalling for an iron boost.

Wholefood sources are always the first choice we recommend, and beef liver is a fantastic natural source of iron. Organic leafy greens, red meat, legumes, nuts, seeds, quinoa and dark chocolate (above 70%) are also packed with iron. Where possible, source locally produced and organic to ensure maximum nutrition without the toxic chemicals that can inhibit absorption. Did you know certain foods block the absorption

of iron in your gut? So, limit caffeine (coffee and tea) and calcium-rich foods during your main meals.

Liquid iron supplements are a great addition if diet alone is not enough and you need that extra boost – with kid-friendly options for the fussiest eaters. For extra support in your iron needs, we also recommend a quality protein powder, which contains a high dose of iron per serve. Wonderful for athletes and those who have upped their cardio training or simply to add it to your morning smoothie whilst pregnant or going through hormonal changes.

## OUR TOP IRON SUPPORT PRODUCTS

- Wholefood sources such as beef liver, organic meats and leafy spinach. Ancestral Nutrition Beef Liver Capsules are a great option if you don't like the taste of liver or you're on the go.
- Prana On Protein Powder is packed with fibre, protein and iron for busy lives. An easy option to add to your daily smoothie for an energy boost, helping to keep you feeling full for longer.
- Liquid Iron is readily absorbed by your gut straight into your blood, and we recommend looking for a good quality, wholefood-based brand.

Ensure you speak with a health care professional for iron testing and nutritional deficiencies that could be attributed to your daily iron intake.



Photo: Supplied.

Consuming high levels of iron can be detrimental, so it's important to speak with a qualified professional before consuming supplements about the correct dose for you.

Be patient with yourself, as your iron needs will change throughout your life – we can offer support wherever you are at in your wellness journey, with Qualified Naturopaths and Nutritionists available in store to offer free advice.



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# LOCAL PERSONALITY PROFILE

**Name:** Belinda Hayes.

**Suburb:** Thornlands.

**What's your business?** I am the Operations Manager of the Redland Museum in Cleveland.

**Do you have any fun/interesting stories about your job?** At the museum we have five paid staff and over 130 volunteers! Just incredible...some of whom have been volunteering here for 40+ years, which does make the average volunteering age approximately 70 years. As such, I had a laugh with my mum the other day, who asked me the most different thing about this role compared to my previous roles in other organisations. My response was how often I now hear the word 'colonoscopy' on a daily basis. Haha!

**What's your favourite local dine-in and take-away:** Thai Tamarind at Victoria Point or Sunshine Kebabs in Cleveland.

**Best local activity?** Taking the boat over to Coochiemudlo Island for the day. Having a walk on the beach, a picnic by the water and then a sneaky glass of wine at the Beach Bar & Grill. My favourite way to spend a day!

**The last book you read?** I am a huge avid reader. I would read a new book every week. My most recent was Colleen Hoover's *Heart Bones*.

**The last tv show or movie you watched?** I am not a huge watcher of TV (I would much prefer a book), but I don't mind a good Netflix or Stan series. At the moment though, I am actually rewatching *Dexter*.

**Is there anything you'd like to see happen in the local area?** As the previous Project Manager for Champion Redlands Coast and the Redlands Coast Chamber of Commerce, I am passionate about the Redlands Coast and this community. I would love to see advocacy for some major projects and infrastructure in the area (e.g.: Birkdale precinct area, a local university hub, commercial esplanade creation with a water park etc.) anything that achieves an increase in livability and amenity in the area for my children and grandchildren to be able to continue to reside here in the future.

**Is there a local business/community group/club you'd like to give a shout-out to?** The Redland Museum of course! If you are not a member, you should be. And if you have not yet visited us – you are missing out on an incredible day out. Add it to your 'to-do' list immediately, you will not be disappointed.

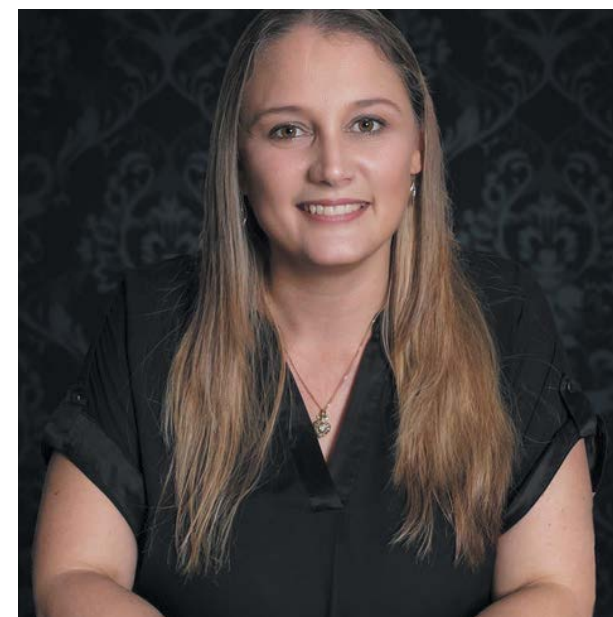


Photo credit: Sam Hunter, Photohunter.



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## LOCAL FISHING WITH SPERO

# GET YOUR POTS READY – THE BAY IS CRAWLING WITH CRABS!

BY SPERO KARTANOS

The weather has warmed up nicely, and it's time to get the crab pots in the water, as there will be plenty of crabs around. You'll be able to tell it's a peak time for crabs because there will be many more crab pots to dodge on the way to your favourite fishing spots, and some folks just drop them anywhere – even in the channels where all the boats have to travel!

You'll find crabs all over the bay, from close to the foreshore and the islands of Green, St Helena and Mud, and all the way in the deep and fast-running water on the eastern side of the Hope Banks and Amity Banks. I personally love to eat crab, but I hate the mess I have to put up with when there are crab pots on the boat, so I'm happy to buy some from the pro-fishermen. Fresh-boiled crabs and chilli crab will be on my menu over the coming summer months.

The whiting fishing will be as good as it gets this month, so try the Rous and Chain Banks, Amity

Banks and Fisherman's Gutter. Squid strips and blood worms top my list for baits, but I have been trying to save a few dollars, and have been salting frozen pippies, which is working a treat and is very economical, and I find the paternoster rig works the best.

The school mackerel are having a break close in, but there are plenty in the shipping channels. I am hoping the spotty mackerel season starts this year as the water is warming up nicely, but we need it to warm to around 74 – the ideal temperature for the spotties to come into the bay. My concern is that it does not get too hot like last year, when the spotties bypassed the bay. All we can do is get the spinning gear and chrome slugs ready and hope for a good season.

The squire and snapper season does not stop because it's summer, and this year should be a very good one, with Mt Cotton Reach in the Rous Channel and Harries artificial reef being two of the best spots

at the moment, and the close-in drop-offs near the islands. Whole whiting is by far the best bait, or whiting heads.

Until next month, good fishing and good luck in the Melbourne Cup (Zardozi is my long-range tip).

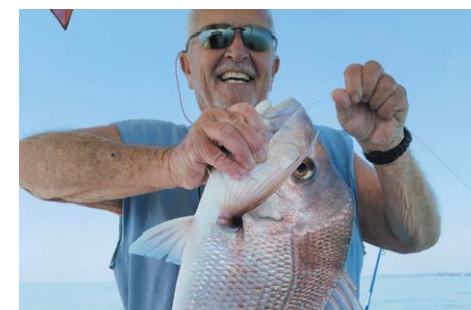
P.S.: What a great month October was for whale watching in Moreton Bay. It was one of the best for many, many years!



Water Tower  
Bait and Tackle



Photos: Spero Kartanos.





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# SUMMER STORM SAFETY ON MORETON BAY

CONTRIBUTED BY REBECCA MITCHELL, VMR RABY BAY

As the weather heats up, so do the chances of storms on the water. Boating during the warmer months can be a lot of fun, but it's important to prioritise safety and avoid dangerous situations. Here are some tips for staying safe during summer storms.

**Tell someone** where you will be going and when to expect you back. If you change your plans, keep them up to date. VMR Raby Bay offers a free log-on service. The radio room is open from 5:00am to 8:00pm every day. Log-on by radio VHF channels 73, 77, 81, 82, 83, intercom at the base, QR code app or phone 3821 2244.

**Stay informed.** Before heading out, check the marine weather forecast. <http://www.bom.gov.au/qld/forecasts/moreton-bay.shtml>

**Pay attention to strong weather warnings and updates.** Consider signing up for BOM alerts on your phone. Many mobile apps can provide real-time weather alerts.

**Plan your route.** Always have a plan. Choose a route that allows for a quick return to shore if conditions worsen. Familiarise yourself with nearby safe havens. Make sure you have a marine chart of the surrounding area in case you need to seek shelter. Beacon to Beacon is now available to download and print for free. <https://www.msq.qld.gov.au/Beacon-to-Beacon-Guides/Moreton-Bay-guides>

**Equip your vessel.** Ensure your boat is equipped with essential safety gear, including life jackets, a first-aid kit, and a working VHF radio. <https://www.msq.qld.gov.au/safety/safety-equipment-recreational-ships>

If things go wrong, a reliable means of communication can be life-saving. There are mobile phone blackspots in the bay. If you are not confident using your radio, VMR Raby Bay offers a free Know Your Marine Radio course. Call 3821 2244 to book.



Photo: Supplied.

**Monitor conditions.** Keep an eye on changing weather. Dark clouds and sudden wind shifts can signal an approaching storm.

**Act quickly.** If a storm is imminent, head back to shore or to a 'safe-haven' immediately. Avoid waiting out the storm on the water, as lightning can pose serious risks.

By prioritising safety and being prepared, you can enjoy summer boating while minimising the dangers posed by unpredictable storms.

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# How much Super is enough?

BY LAURENCE SMITH, FINANCIAL ADVISER, UEM WEALTH

When considering how much super you should have, it's important to understand that the amount you need is deeply intertwined with your unique circumstances. Your age, income, lifestyle expectations, and retirement goals are important in helping determine how much super is sufficient for you. While there are general guidelines available, there's no one-size-fits-all answer.

Your superannuation is purpose-built to help support you during your retirement, so understanding how much you'll need is crucial.

Many people limit their retirement plans to what they think they can afford instead of starting with what they truly desire. So, to accurately answer how much super I should have, use this information as a general guide and take the time to assess your personal needs and circumstances.

How much super you'll need in retirement depends on the lifestyle you want. According to the government's MoneySmart website, if you own your home, the rule of thumb is that you'll need two-thirds (67%) of your current income each year to maintain the same standard of living.

You can also use the Retirement Standard from the Association of Superannuation Funds of Australia (ASFA), which estimates how much the average Australian would need to retire. This standard assumes that you retire at age 67, own your home (no mortgage), and are relatively healthy.

So how much super should you be saving? Understanding average super by age can give you a decent indication of how much you should

have saved at different stages of your life. Information about average superannuation balances by age and gender is available from a variety of sources across the internet. Information is available from the Association of Superannuation Funds of Australia (ASFA), the Australian Bureau of Statistics (ABS), or any number of superannuation funds, so it's relatively easy to start by benchmarking your current balance against an average for your age. For example, one report from the ASFA suggests that an average superannuation balance for men aged 50-54 is \$246,955, and women aged 50-54 is \$182,167 (ASFA - An Update on Superannuation Account Balances, November 2023).

ASFA's Super Guru web site (<https://www.superguru.com.au/>) also provides a number of useful calculators to compare your balance to what you 'should' have. For example, the 'Super Balance Detective' tool indicates that someone born in 1974 should have a super balance of \$296,000 to be on track to achieve a 'comfortable' retirement from when they reach age 65. Projection-based tools like this one are all built around assumptions, so be sure if you access it that you read the information at the bottom of the page that talks about these.

Don't feel bad if your balance is lower than you would like. You can usually do something to improve your finances, such as adding extra money to your super, or receiving the government's co-contribution.

If your balance is 'on track', then congratulations on having a solid super balance already. Of course, how much you should have depends on your personal goals, so you might be able to add a little extra, keeping in

mind your yearly limit for super contributions.

It's all about finding the right balance that fits your financial position and retirement goals. We have helped many individuals like you determine how much super they would need based on their goals and situations.

Working with a financial adviser can help you to get more from your super and investments, so you can feel confident you're on track to live the lifestyle you want in retirement.

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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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