

The Community Leader

Redlands

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LET'S CELEBRATE A CHEERY CHRISTMAS ON THE REDLANDS COAST!

Christmas is a time for creating memories, slowing down and taking stock of the year gone, catching up with those we love and taking a break from routine. And while the lead-up to the big day can be hectic, it's our community's Christmas spirit that makes this busy time of the year joyful.

So, thank you to the people who decorate their homes and gardens with twinkling lights – you're all legends! Thank you to the local performers who bring cherished Christmas carols to life. Thank you to the volunteers who make the festive season a little less lonely for those who would otherwise be alone. And thank you to the local traders and our essential workers who do the hard slog during the festive season so we can enjoy Christmas and all its trimmings.

This year, Redlands Coast residents can wrap themselves in Christmas cheer and community spirit with a menu of events organised by Council. From Christmas light displays spanning Raby Bay to Victoria Point, to an Augmented Reality Christmas Trail that will have elves and Santa dancing before your eyes, there's something everyone can enjoy. Take a look at page 9 for more details.

Whatever you're doing this Christmas – whether it's backyard cricket and snags on the barbie, prawns on the patio, or a full roast lunch in the air-con – we wish you a very Merry Christmas!

Pictured: Local children welcoming Santa and his helper to Cleveland's CBD.



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WELLINGTON POINT'S COMMUNITY CHRISTMAS ON THE VILLAGE GREEN

In the spirit of Christmas, Wellington Point traders and community groups will be pulling out the stops and putting up the stalls in preparation for this year's Wellington Point Village Christmas Festival on the Village Green.

Early risers (6:00am) on December 5 can watch Council and traders going to dizzy heights when they decorate the main pine tree in the village – complete with an intrepid Christmas fairy at the very top. That evening, preparations come down to earth when children will try their talents at decorating conifere trees throughout the green – and the stage is set for the festivities.

There will be a real party atmosphere in the village, with walk-through light installations and ongoing entertainment that includes local choirs, a Street Christmas Dance by Amos Latin Dance School, a vintage car display, and a cornucopia of craft items and food (including Night Ninjas' renowned pancakes) on sale at the market stalls that will line the village's main road. One of those traders is Flair Floral Stylist's Glenys Mercer, and she's enthusiastically started preparing for the event.

"The village has a truly wonderful vibe and we traders really enjoy the opportunity to give back to the community – and have a great time doing it!" Glenys says.

Redland Museum, Birkdale Men's Shed and Redlands Cancer Council will be there; there'll be games with local Rotary clubs and even a pickleball demonstration. A highlight of the evening will be the TS Norfolk Naval Cadets' Guard of Honour for Santa's visit at 6:00pm.

Cr Wendy Boglary says that the evening will be a true celebration of local community.

"Wellington Point promotes such a strong sense of community and giveback to all, while building the economy for local family businesses. This festival will be everyone's chance to enjoy a warm and fuzzy Redlands!"



Photos: Supplied.

MARK YOUR CALENDAR!

Thursday December 5 – decorating the big tree at 6:00am, children decorating small trees 4:00pm to 6:00pm.

Saturday December 7 – the Festival! 4:00pm to 8:00pm. Santa visits at 6:00pm.

All traders will be open on the night for trading. It's best to book if you want to eat at a restaurant!

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HOLDEN A PLACE IN YOUR HEART: FX-FJ NATIONALS COME TO CLEVELAND

The Holden is the car that was part of Australia, that featured in films and TV sitcoms and countless posters in suburban men's dens; its demise as an Australian product was greeted with anger and sorrow, not just for the lost jobs but for the loss of something we'd come to regard as irreplaceably ours. The tenderness still lingers, especially for the iconic FJ and FX models, the snub-nosed, chrome-enhanced, instantly recognisable beauties of the years from 1948 to 1956.

The tenderness has spawned an almost cult-like following, and aficionados will have a chance to feast their eyes – and their memories – on a national gathering of the clan at the 26th biennial FX-FJ Nationals, to be held at the Cleveland Showgrounds from December 28 to 31. The display is supported by the not-for-profit Australian Early Holden Federation Inc. and hosted by the FX-FJ Holden Club of Queensland Inc. and the national secretary, Shane Krueger, is expecting a great turnout.

"It's going to be a great weekend," he says. "We're expecting more than a hundred FJs and FXs and in addition, we've invited more than 50 other car clubs in Southeast Queensland to display their classic, vintage and muscle cars on the adjoining field. The Show & Shine on Sunday December 29 will provide some breathtaking moments for those who love classic cars."

For those who do, \$10 will give entry to the whole day, from 9:30am to 3:30pm. Special attractions will be Lloyd's auction of a no-reserve price Holden and a chance to admire the FX Holden that belonged to Rock 'n Roll George, a well-loved Brisbane character until his death in 2009. Don't forget your cameras!

The 26th biennial FX-FJ Nationals will be held at the Cleveland Showgrounds from December 28 to 31, 2024.



Photo: Supplied.

"We wish all our members and guests a Safe and Happy Christmas"




SANTAS STASH

\$10,000 worth of cash and prizes to be won!

EAT, DRINK OR PLAY TO EARN ENTRIES

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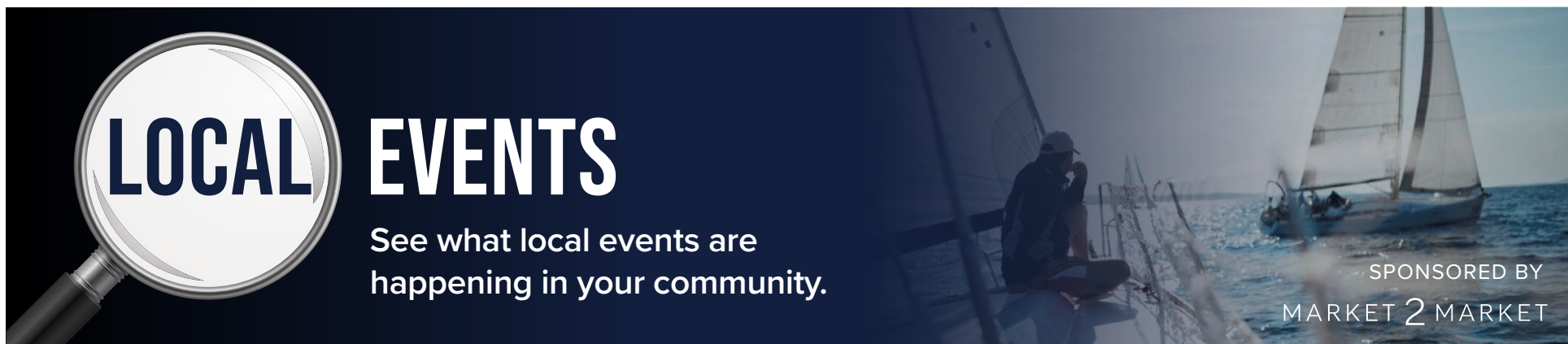
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If you're looking for something to do locally, check out The Community Leader's What's On page here and online.



INDIGISCAPES ECO MARKET

**Saturday December 7, from 8:00am to 12:00pm,
17 Runnymede Road, Capalaba**

Enjoy a fun morning at IndigiScapes' beautiful Eco Market. Stroll through stalls featuring unique, sustainable products and fresh artisan treats. Stop by IndigiScapes Native Nursery from 8:00am for native plants and expert advice (great for Christmas gifts), relax under the trees with family entertainment led by Ranger Stacey, and enjoy carols from Redlands Rhapsody at 10:00am. Browse pre-loved treasures at the Suitcase Rummage, with a pop-up parade for style inspo! Fairy Raine's face painting, free eco-friendly activities and outdoor play mean the kids will have a blast!



REDLANDS COAST CHRISTMAS MARKETS

**Sunday December 8 from 7:00am to 12:00pm,
Faith Lutheran College, 1-15 Beveridge Road, Thornlands**

Fancy a fuss-free Christmas shopping experience that supports small business? Come along to Redlands Coast Christmas Markets, where you can browse a range of stalls showcasing pre-loved fashion, handmade items, arts and crafts and homewares, all in one lovely outdoor location. Chat with local artisans and makers, and discover unique gifts to spoil your friends and family. Entry is free!



CLEVELAND MARKETS' CHRISTMAS MARKET

**Sunday December 15 and 22, from 7:00am to 1:00pm,
Bloomfield Street, Cleveland**

Regular visitors to the Cleveland Markets keep coming back for the sensational range of fresh produce, gourmet goodies and artisan delights. If you're stuck for gift ideas or you need a little festive menu inspiration, come along and meet the friendly stall holders – you're sure to find all the ingredients you need to make this Christmas truly special and absolutely delicious!



THE HOARDERCULTURALIST

Thursday December 19 to Saturday December 21, various performances, Redland Performing Arts Centre, Cleveland

Join Mr. Barley, a quirky farmer, on a magical journey through his whimsical garden in *The Hoarderculturalist*, inspired by *A Christmas Carol*. Watch as his stubborn refusal to share his garden's bounty leads to hilarious mishaps and a heart-warming lesson in generosity. This interactive family-friendly adventure incorporates games, garden strolls and a festive light and sound show after the performance. Enjoy gluten/dairy/nut-free snacks at the end of the show. For tickets scan the QR code or phone (07) 3829 8131.



CHRISTMAS HUB FEATURING SANTA'S HOTLINE

Until Sunday December 22, Redlands Coast Visitor Information Centre, 50 Middle Street, Cleveland

Did you know you can call Santa and leave him a message from Cleveland? Share the magic and wonder of Christmas with the kids, and come down to the Redlands Coast Visitor Centre, where you can meet the team and make a special call to Santa from the dedicated Santa phone booth! It's your chance to tell Santa how good you've been this year, and you can even get a copy of your message sent to your phone!



JUNIOR LAWN BOWLS COME & TRY SESSION

Friday December 13, 3:30pm to 4:30pm, Wellington Point Bowls Club, Redlands Sporting Club, Anson Road, Wellington Point

Looking for a fun, safe sport for your kids? Join the volunteers at Wellington Point Bowls Club every Friday (except the first Friday of each month) for their Junior Lawn Bowls Come & Try session. Lawn bowls is a sport enjoyed by players of all ages, and free training is provided, along with all the equipment needed, at these sessions. The club's friendly coaches and dedicated volunteers will ensure your child has a great time learning and playing in a supportive, team-focused environment. Come along and see how much fun lawn bowls can be! For more information, call Leanne, the club's bowls coordinator, on 0433 431 248.

FEEL-GOOD CHRISTMAS GIFTING FROM BLUE TONGUE ADVENTURE!

CONTRIBUTED BY BLUE TONGUE ADVENTURE, THORNESIDE

If you're looking for unique and socially conscious gift ideas this festive season, the crew at Blue Tongue Adventure Disability Support Services has been working on a range of artisan creations that are perfect for placing under your tree for someone special.

The Blue Tongue crew has whipped up a range of delicious pickles, chutneys and relishes as part of their capacity-building cooking workshops at the award-winning Blue Tongue Kitchen cooking school under the expert guidance of Chef Allan. These preserves are ideal for festive season charcuterie platters, thoughtful gifts, or even for adding extra flavour to those post-Christmas leftovers!

If you're shopping for someone who deserves a luxurious treat, browse the Blue Tongue Industries range of home, bath and body products. The range includes candles, soaps, scrubs, body washes and lotions, all crafted and packaged by the Blue Tongue crew.

The Cooking and Industries workshops are just some of the activities at Blue Tongue Adventure's disability support day programs for young adults. These workshops help to hone skills such as reading recipes and following procedures. Proceeds from the sale of the products are re-invested in the programs.

Check out the range of gifts on the shelves at Blue Tongue Pantry Cafe, 100 Mooroondu Road Thorneside, opposite Beth Boyd Park.



Photo: Supplied.

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Local stories from **Redland City**



Right in our own back yards

For those times when you need a break but don't want to travel far, then a staycation on Redlands Coast is the way to go.

It's the perfect opportunity to enjoy some of the holiday activities listed here you have been meaning to try.

Plan your days off as if you are a tourist in another city or country, that way you'll get a great experience without being distracted by the day-to-day.

Of course, a staycation doesn't strictly mean you have to stay at home. There are some great hotels and guest houses right across the city.

A bit of glamping, a secluded bushland retreat, or a laidback holiday home on one of the Southern Moreton Bay islands – there's plenty to choose from.



Mayor's Christmas message



The festive season is almost here and there is excitement in the air. The end of one year, and the welcoming of another, is a time of celebration – recognition of what's been and hope for what's to come.

As we approach Christmas, I hope everyone finds time for the important things – our families, our friends and finding joy in simple pleasures and meaningful pursuits.

We are very fortunate to live in a unique part of the world. South-east Queensland offers amazing day trip opportunities and Redlands Coast is at the forefront of those visits. We are a diverse local government area with beautiful islands, relaxed lifestyle, thriving creativity, an array of business interests and a great deal of opportunity.



Redlands Coast has a thriving tourism economy and our city not only attracts day trippers, we host interstate and international visitors as well. As I've continued to talk to residents, community organisations, sporting and service clubs and business owners, I've heard wonderful stories of the strength and support in our community.

Stay safe this holiday season. Let's look out for each other. If you see me out and about, please stop to say 'Hello'.

Wishing everyone a wonderful Christmas and New Year. I hope 2025 brings positive opportunities for all of us and our city.

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



Visitor information centre relocates

Whether you're a local or simply passing through on holidays, the best place to get the low-down on everything Redlands Coast is the VIC.

The VIC – or more formally, the Redlands Coast Visitor Information Centre – recently relocated from Raby Bay Harbour to brand new digs (pictured), next to the Cleveland Library.

It is a great source of information for things to see and do on Redlands Coast, either by speaking with one of Council's friendly staff or picking up a copy of the new Redlands Coast Visitor Guide.

As well as providing local maps, Wi-Fi and device charging, the VIC also sells a diverse range of locally produced merchandise that could well be the ideal Christmas gift for someone special.

Find us now at: 50 Middle Street, Cleveland.

Opening times: 9am to 4pm daily (except Good Friday, Easter Sunday, Anzac Day, Christmas and Boxing Day).

1300 667 386

Santa's hotline Limited time only at the VIC

Pop into the VIC with your little ones until 20 December for a magical experience. Santa loves to know what is on the wish list!



Minjerribah is a star attraction

North Stradbroke Island (Minjerribah) truly is a star of Moreton Bay.

In terms of stunning natural assets it's outstanding. In terms of being a holiday destination it's five-star.

The island will also be one of the star locations for Redland City Council's proposed Redlands Coast AdventureFest being held in May 2025.

And now Minjerribah has a starring role on international TV.

Global television series *Adventure All Stars* filmed on the island for a week in late October, with Minjerribah to headline the show's second episode of season five.

The series is a socially conscious TV travel show with a difference, with cast members travelling to spectacular

locations to uncover the best and most exciting activities on the planet.

While on the island, they experienced sandboarding, kayaking, Traditional Owners cultural tours, four-wheel driving, sailing and surfing.

It will be great exposure for Minjerribah with *Adventure All Stars* screening in 195 countries to an audience approaching 200 million people.

Five great adventures for your must-do list

We know these great places and adventures exist in our city, but we don't always get around to seeing or doing them. So it's time to make a list and stick it on the fridge. Here are our top five day-trip ideas from right here on Redlands Coast for you to get out and get into:

1. Head to Wellington Point for the 2km-return walk to King Island. At low tide, you can follow the emerging sandbar that creates a natural bridge from the point to the island.
2. Delve into the fascinating displays at the North Stradbroke Island Museum in Welsby Street Dunwich and learn more about the island's Quandamooka culture.
3. Walk or cycle the part of the Moreton Bay Regional Cycleway that extends through our city, as it passes koala-spotting areas, Raby Bay foreshore and dining precinct, and the Point Halloran Conservation Area.
4. Take a quick 50 cent ferry ride over to Coochiemudlo Island and enjoy a walk, a cycle, a picnic – or all three!
5. Take a drive along the 78km Southern Moreton Bay Tourist Drive as it weaves in and out of the shoreline through Wellington Point, Cleveland, Victoria Point, Redland Bay and over to scenic Mount Cotton.



Find out more at Redlands Coast Visitor Information Centre or head to visitredlandscoast.com.au

Christmas on Redlands Coast

Our series of community events and fun interactive activities continues right up until Christmas eve.

Scan here or visit redland.qld.gov.au/Christmas to uncover the full festive coastal Christmas program.



Maggie's Mates

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Name: Hi, my name is Elvis.

Where do you live? I live in Birkdale.

How long have you lived there? For nine years.

What's your favourite activity? Sleeping!

Do you have a favourite toy? A piece of string.

What is your favourite food? I will eat everything. My meds make me hungry!

What is your worst habit? Being a bully to the other cat, Tidum. I will swat him if he comes near me.

What's your favourite place to hang out? I like sitting on the back of the couch.

Do you have a bestie? Not really. I'm forced to share the home with Tidum. I don't care that he is older and was here first; I'm the boss.

Do you have any funny stories to share? I have to be rolled up like a burrito for the vet to take my bloods. Going near my neck is a no-no. They are forced to take it from my arm, which is less than ideal, but I don't care.

What do people love most about you? People love that I'm so chilled and relaxed. And I am such a good boy when taking my meds. I will let my human pop a pill in my mouth and I don't even attempt to spit it out!



Would you like your best mate to be featured in Maggie's Mates? Email us at sales@market2market.com.au and we'll send you a questionnaire. From January 2025, we will donate \$50 to a registered animal charity of your choice for each profile published in The Community Leader.

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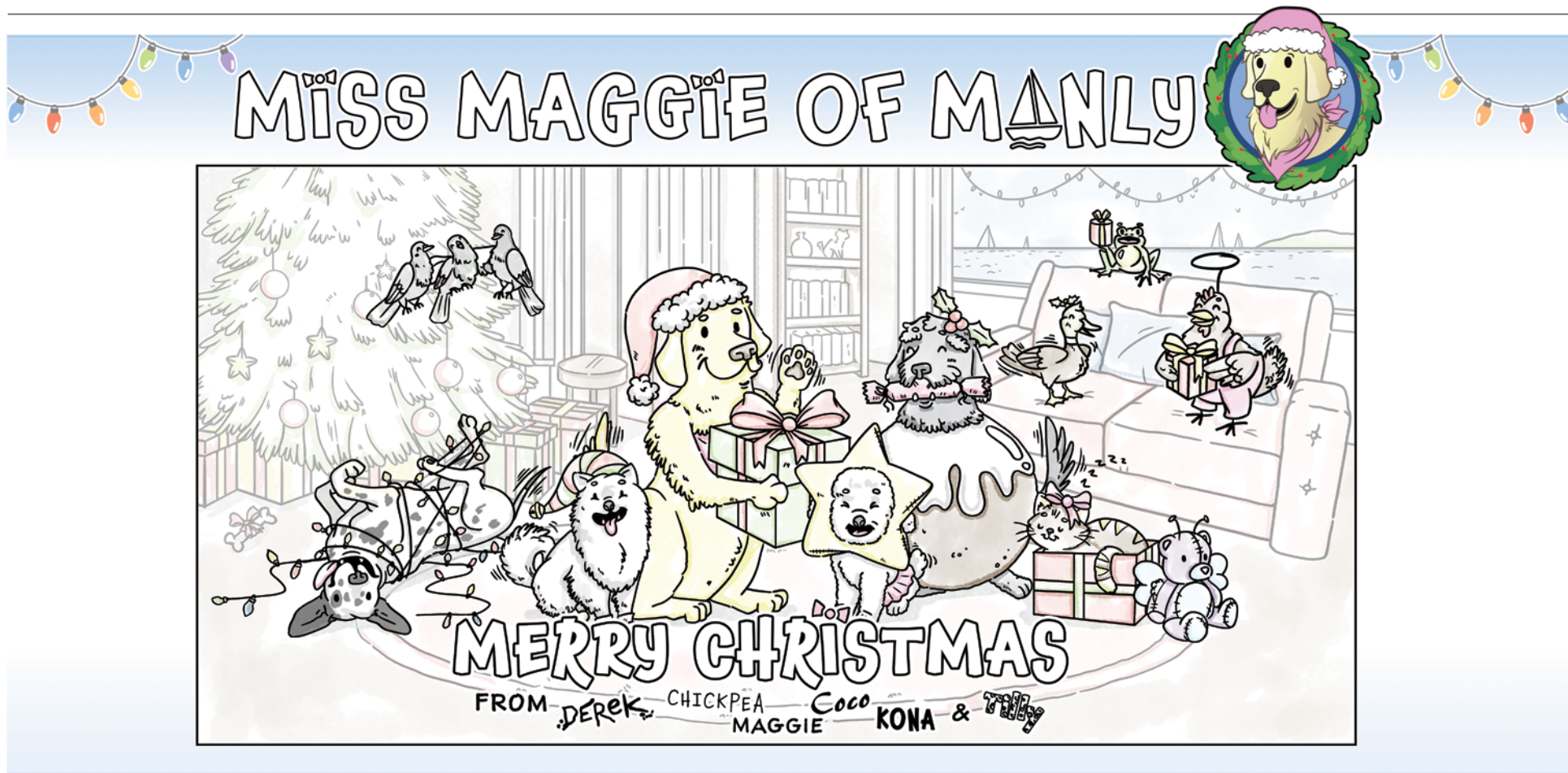
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SUN SAFETY IN PETS

BY DR NICKY THOMAS, WYNNUM MANLY VETERINARY HOSPITAL

Living in Queensland, we all grow up knowing the risks of sun exposure – sunburn and the development of skin cancers are very common. Did you know that our pets are also at risk of damage from the sun? Animals may develop a skin condition called actinic (solar) dermatitis or skin cancers.

ANIMALS AT RISK

A good fur coat usually provides good protection from the sun. Dogs and cats with a lighter-coloured coat and short fur are more at risk from sun exposure. Bull terriers, Staffordshire bull terriers, Dalmatians and Greyhounds and white cats are prone to sun damage on their skin. Some dogs like to sunbathe, exposing their belly, which generally has less fur – this area is often affected by sun exposure.



WHAT DOES SUN DAMAGE LOOK LIKE?

Actinic dermatitis starts on white fur, which may become patchy, and the underlying skin becomes red and irritated. A secondary bacterial infection may occur, which results in a pimply, red rash.

Haemangiomas and haemangiosarcomas are blood vessel tumours that can develop on the less furred areas – the belly and inside of the back legs are common sites.

The ear tips and noses of white cats are common sites for the development of squamous cell carcinomas – an aggressive skin cancer. Lesions may initially appear as a non-healing scab but can progress to become very destructive, resulting in loss of underlying tissue.

TREATMENT

Skin cancer requires surgical treatment – it can be difficult as there are often multiple tumours spread across a large area. Cats with squamous cell carcinoma may be treated with a combination of surgery, radiation and chemotherapy.



Antibiotics and topical steroids may be used to control infection and inflammation associated with actinic dermatitis.

PREVENTION

The key to prevention is reducing sun exposure. If possible, pets should be kept inside through the hottest part of the day when UV rays are at their most dangerous. There are specific pet sunscreens available which may be applied to the less furred areas of the body. Sunsuits are like wet suits and are designed to protect the whole body. These products may all be sourced online.

BIG AND BRASSY CHRISTMAS CELEBRATION COMES TO RPAC

In classic Christmas iconography, angels are playing trumpets, so a big, brassy Christmas celebration seems quite in order for RPAC – courtesy of the Excelsior Brass Band.

Australia's reigning National Champions and winners of 10 Australian and three New Zealand National Championships, Excelsior offers a smorgasbord of yuletide classics that range from *Silent Night*, *Jingle Bells*, and *Sleigh Ride* to the *Nutcracker Suite* à la Duke Ellington.

Ross Moloney, president of the band and baritone horn player, says that flexibility is part of the magic of a brass band.

"A brass band's unique ability is being able to turn on any genre of music – orchestral, jazz, pop, choral music – its instruments offer so many tones and colours and pitches, from bass to soprano."

The band, based on the traditional British brass band, includes trombones (essential for a brass band), cornets (smaller, darker and mellower than trumpets), flugelhorn, tenor and baritone horns, euphoniums and tubas (basses, which provide the foundation of the sound).

Ross says that the opportunity for such variety has resulted in brass band music that is frequently technically challenging, and the musicians can become 'chopped', which is essentially suffering embouchure fatigue. The embouchure is the way that the mouth must be applied to the instrument's mouthpiece, and it can become demanding when competitive events are at their peak, and extra rehearsals keep the musicians 'match fit'.

Special guest conductor for the RPAC concert is world-acclaimed David Bremner, Principal Trombone of the New Zealand Symphony Orchestra, who led the band to success as conductor at the Nationals in Adelaide earlier this year.

Audiences will have a chance to enjoy the exquisite sound and join in sing-alongs at Excelsior Brass Band's big brassy Christmas at RPAC. To book or for more information, call 3829 8131 or visit rpac.com.au.



Photo: Supplied.

Redland Performing Arts Centre presents

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WHY IS SKIN SO IMPORTANT?

BY DR ROGER DOWN, MBBS, FRCS, FRACS, MD(LOND)

Skin care is at the epicentre of beauty all over the world. But why? Skin is the first thing we all see, making each of us so special and unique.

Many myths about skin have evolved in our culture, including:

- The sun is bad for your skin;
- All skin cancers are due to UV and sun exposure;
- Skin cancers only occur when you are old.

Yes, we need to care about our skin as much as we do our diet. Without our skin, we would not survive.

The skin has several major functions:

- It 'wraps us in' to prevent water loss; after all, we are 85 per cent water!
- It is the major controller to keep our body temperature between 36.5 to 37 degrees Celsius.
- It is the major source of Vitamin D with sun exposure.

- It is covered with friendly symbiotic bacteria to protect us from disease – no need for antiseptics/sanitiser, which would kill the good bugs and leave us vulnerable to attack.
- It produces natural moisturisers to keep itself healthy.
- When skin is penetrated (as occurs with a wound), it rapidly heals itself to become impervious to external bugs within two to four hours.



Dr Roger Down is a medical specialist with decades of experience in skin cancer and melanoma diagnosis and treatment, and he has recently established a clinic in Manly, Brisbane.

So, let's look after our skin. It's simple; here are a few tips:

- Only wash with soap and water occasionally, not antiseptics or sanitiser.
- Get regular intermittent, short doses of sunshine.
- If injured, only use a dressing that breathes for the first day. Occlusive dressings trap sweating and encourage infection.



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LOCAL GARDENING WITH KAT

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BY KAT PEARSON, GIRL IN THE GREEN

The daylily season has well and truly commenced and is set to continue all summer long! A fabulous, hardy ornamental plant, daylilies are actually edible* (though apparently not by cats) and not related to lilies at all. They are, however, in the same subfamily as Dianella (fun fact) and in the same family as grass trees (*Xanthorrhoea*)! Who knew?

Daylilies (*Hemerocallis sp.*) originated in Asia, where they have been cultivated for thousands of years for ornamental and medicinal purposes and since being introduced to Europe and eventually America, they have been hybridized to produce the thousands (and thousands) of different colours, shapes and styles we have today – from the simple orange and lemon through to darkest of maroons, multicoloured and ruffled petals.

The genus name *Hemerocallis* is derived from the Greek words ‘Hemera’ for day and ‘Kallos’ for beauty – typically because each (beautiful) bloom only lasts a day – but each stem has multiple flowers to keep the beauty coming.

When they aren’t flowering, daylilies are a somewhat unassuming grassy plant that can take the place of many a strappy-leaved plant in your garden design. They are unfussy in their growing conditions and fairly resistant to pests and diseases, although I do fight rust on them in one garden I manage. Depending on the severity, I either remove the affected leaves or chop the whole plant back. You can also spray with a fungicide if you so desire. As always, prevention is better than cure, so make sure they are healthy, and as with growing many plants in our humid summers – keep good airflow! My husband complains that once summer hits, I never turn off our ceiling fans because I like to keep the air moving. Maybe I should get one installed in the garden for the sticky mornings before the sea breeze kicks in!

*Once again, I have not eaten them and probably don’t intend to, but I’ll keep it in mind for the next pandemic, or should I be in one of those fanciful situations where I am stuck on an island and only allowed to bring one plant...



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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T&C'S APPLY.

VOLUNTEERS MAKE OUR COMMUNITY GREAT, SO LET'S RECOGNISE THEM!

CONTRIBUTED BY SUE HARVEY, HERE'S TO LIFE REDLANDS INC.

Here's to Life Redlands Inc. celebrates the invaluable contributions of volunteers who selflessly dedicate their time and efforts to make a positive impact in their communities.

At Here's to Life, we extend a heartfelt thank you to all the amazing volunteers who have shown unwavering dedication and passion in serving others. Your commitment to helping those in need, supporting important causes, and spreading kindness does not go unnoticed. Your selfless acts of service embody the true spirit of generosity and compassion. Thank you for making a difference and for being the shining light that illuminates the lives of many. Your efforts truly make Here's to Life what it is.

Here's to Life, as a not-for-profit organisation and registered charity, relies on the graciousness of our volunteers. Without these wonderful helpers, the organisation would not be able to operate.

In a world changed by global crises, it is heart-warming to know that we can rely on our members to help out doing any number of odd jobs at Here's to Life from manning reception to setting up equipment before classes; from cataloguing song lyrics to cleaning exercise mats; and from setting up point of sale stands to taking a turn cooking at our annual Bunnings Sausage Sizzle fundraiser and community performances. From the bottom of our hearts, we would like to say 'thank you'. Without you, we wouldn't be here.

Here's to Life offers specialised programs for people living in the community with a disability, and classes for men and women aged 40-plus. Participants can come along to Cleveland any Monday, Wednesday, Thursday or Friday to find an array of exciting classes on offer, including jazz dancing, singing, classical ballet, drumming, bone strength classes, tap dancing, and art. Our motto is 'Fun, Friendship and Fitness'.

If you are at a loose end and have been considering volunteering, or you would just like to come along and join a class, we would love to hear from you. Call Renee 0408 717 342 or email admin@herestolife.org.au for more information.



Photo: Supplied.



LOCAL POETRY LETTER FOUND IN A BOOK

BY GEOFF SMILEY

Will poems be written
about emails in future times?
A found letter
to Mavis from Kevin in '91
though still remains.

It was bookmarked
within a novel located
at a retirement home.

From the letter it seemed
Kevin was a bushie
now living in the city.
And Mavis lived
where they had met.

Of note was
he was keen to show
Mavis his care for her
and she had kept the letter.

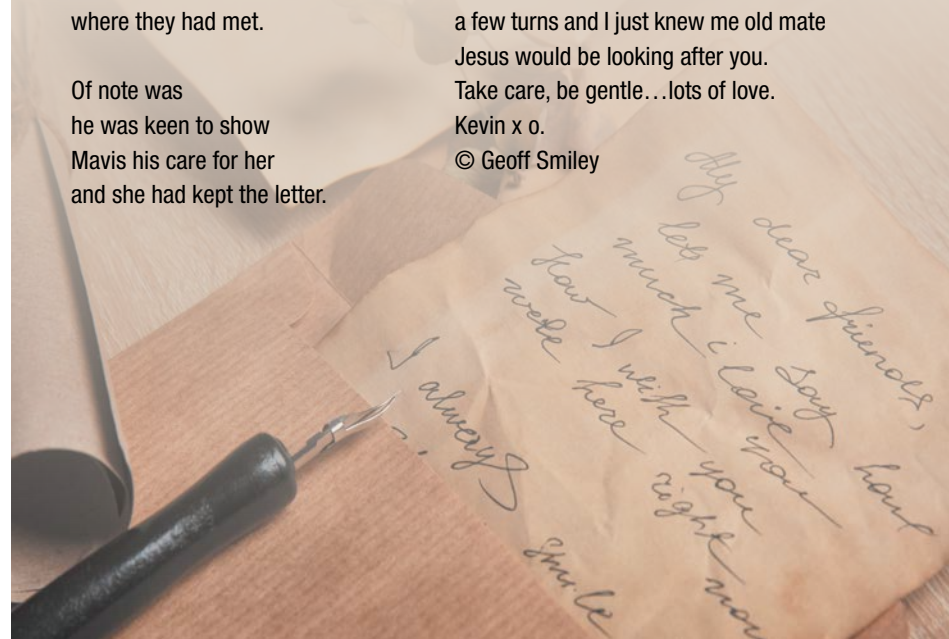
We can't know their
life-stories since.
In thirty-four years,
there would be
many unknown turns.

That letter from earlier days
simply expresses what it says,
a friendship that stands always.

Was there ever a chance for more?

The letter concludes:
Have been giving the old prayer wheel
a few turns and I just knew me old mate
Jesus would be looking after you.
Take care, be gentle...lots of love.
Kevin x o.

© Geoff Smiley



REDLAND MUSEUM

<p>SANTA'S WORKSHOP</p> <p>2-13 Dec 2024 Free Kids Crafts</p>	<p>2025 AUSTRALIA DAY PLAY</p> <p>THE EULOGY</p> <p>TRAINING WHEELS</p> <p>BOOKINGS ESSENTIAL</p>	<p>Evening shows: 24, 25, 31 Jan & 1, Feb 2025 <small>Includes 2 course dinner</small></p> <p>Matinee shows: 26 Jan & 1, 2 Feb 2025 <small>Includes Devonshire tea</small></p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: left;"> <p>Evening</p> </div> <div style="text-align: left;"> <p>Matinee</p> </div> </div>
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www.redlandmuseum.org.au

COLOUR, CULTURE AND CREATIVITY CONVERGE IN NEW ART EXHIBITION

CONTRIBUTED REDLAND ART GALLERY

Music, theatre, dance and comedy have inspired a new exhibition by artists living and working on Redlands Coast, now on show at the Redland Art Gallery RPAC Mezzanine Gallery. The annual *In Focus 2024* exhibition brings diverse artists and art groups together and features works across a range of media.

Redland City Mayor Jos Mitchell said the influence of local performance art in the variety of visual styles and expressions of *In Focus 2024* demonstrates the diversity of talent within the region.

"It's wonderful to see the colour, creativity and culture of our community represented by the artists in this exhibition," she said.

Local artists were invited to explore how they could evoke, reminisce and capture the essence of performance through their work. They were encouraged to visit performances for inspiration.

Artist Lynne Williams took inspiration from the natural performers outside her window, represented in her detailed textile-based creations.

"At daybreak, the resident butcherbirds begin their melodious concert," she said.

"Their beautiful songs are a joy to hear at the start of the day. With mobility challenges, I look to nature for my musical entertainment, and it does not disappoint."

Pamela Daggett's playful painting *Street Theatre* was inspired by the antics of her teacher daughter's Year 12 Drama students.

"She introduced a fun and active segment based around comedy routines," she said.

"My painting is of one such event. These crazy people were mingling among the guests, no spoken word, all mime."

In *Not your typical Nutbush*, artist Ayisha Karabasic invites viewers to appreciate multicultural concepts.

Born in Brisbane, raised by an Australian mother, and then later her Bosnian/Muslim father, Karabasic has a deep appreciation for equality and the concept of 'other'.

Her painting plays on the much-loved 1970s song and dance, *Nutbush City Limits* by Tina Turner, and a traditional Bosnian circle dance called Kolo.



Above: Lynne Williams, *Dawn concert*, 2024. Textile, fabric printing and cotton on canvas. Photograph courtesy of Redland Art Gallery.



Above right: Pamela Daggett, *Street Theatre*, 2024. Acrylic on canvas. Photograph courtesy of Redland Art Gallery.

The viewer is invited to appreciate a yellow and blue scheme inspired by the Bosnian flag and acknowledge parallels between popular Australian and Bosnian dances.

Redland Art Gallery's manager Kerryanne Farrer said the passion and creativity of the local artists featured via *In Focus* captured the essence of 'performance'.

"The artworks are vibrant and varied, and we are excited to showcase our homegrown talent in this annual event, fittingly at the RPAC Mezzanine Gallery, combining the visual and performing arts," Ms Farrer said.

In Focus 2024 runs until Friday 13 December at the Redland Art Gallery RPAC Mezzanine, Redland Performing Arts Centre, 2-16 Middle St, Cleveland.

POPPING OVER TO THE POP-UP FOR CHRISTMAS GIFT INSPIRATION

BY JAN NARY

If wrestling through department stores for Christmas gifts is getting you down, and if you're tired of plodding through endless online shopping websites, a trip to a gallery in Shore Street North in Cleveland could provide inspiration for gifts with an individual, hand-made touch.

The gallery, which started life as the first headmaster's residence in the 1870s, became the Hitching Post, a centre for potters, before the shift to its present location. There, it was chummed up with an old railway siding building, and for the last 34 years, the two have been The Old Schoolhouse Gallery, a display centre for the art of local artisans of all persuasions – paintings, photographs, woodwork, textile art, jewellery; a cornucopia of creativity in five gallery rooms.

Christine Earthrawl, Secretary of the Old Schoolhouse Gallery, is a watercolourist and teacher – and until the 22nd of December, one of the participants in the

gallery's pop-up Christmas shop.

"Some members have created their own little pop-up areas with an extended range of gifts to help with gift shopping," she says. "It's not always easy to find individual hand-crafted gifts at an affordable price, so our artists have brought new ideas to the table. As well as the usual art – which is still on display – visitors can buy hand-made serviettes, table runners, placemats, mugs printed with their artworks, lavender bags, umbrellas, prints, Christmas decorations and cards that are lovely enough to be a gift in themselves."

As well as gently satisfying the retail therapy urge, visitors can chat to the artists, enjoy the ambience, and perhaps sign on for an upcoming workshop or class.

The gallery is open from Thursday to Sunday, 9:30am to 4:30pm; if the big flags are out, come on in!

<https://oldschoolhousegallery.org.au/>



Photos: Supplied.





NATURALLY WONDERFUL ... WITH RANGER STACEY

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

With Christmas just around the corner, that familiar festive vibe is in the air – Christmas trees, decorations in homes and shops, choosing gifts (preferably sustainable), and menu planning for the big day ahead!



between 33 and 38 degrees Celsius. To test that it's just right, he pops his trusty bill into the mound, like an inbuilt thermometer. After 49 days, when the chicks hatch and emerge, they are totally wild and independent, ready to face the big wide world!

As we round out 2024 it's also a good time to reflect on our own achievements, gained through tenacity and hard work.

I'm lucky to be part of Redland City Council's Environment and Education team based at IndigiScapes. Once again, it's been a busy year of nature-based activity. Collectively, we've achieved a lot with native plant propagation and plantings, environment workshops, support and advice for private landowners to enhance native habitat, wildlife protection and research, school programs that engaged more than 3,000 students, koala survey walks and talks, special events, school

holiday fun and eco markets. The Indigi café team served thousands of plates of food created with love and a bush-flavoured twist, including around 2,000 slices of signature Indigi cake!

Thanks to a dedicated bunch of volunteers, the Redlands 24-hour Wildlife Rescue Service responded to almost 10,000 calls for help. Many more volunteer hours were spent at community bushcare events and IndigiScapes native plant nursery.

I'm grateful to work with like-minded people who strive to make a difference every day, encouraging others to tread more lightly on the planet. The recycling station at IndigiScapes received items totalling 1,500 kilograms, everything from old thongs to blister packs, proving small actions by individuals can add up to big results.



Photo: Supplied.

Looking forward to a bigger and better 2025. Hoping 2024 has been happy, healthy, and productive for you!

Until next time ... Stay Wild!

Ranger Stacey

CHILDREN'S ARTWORK BRINGS SMILES TO REDLAND HOSPITAL'S MACLEAY WARD

FROM REDLAND HOSPITAL

To celebrate Grandparents Day during Seniors Month, the Eat Walk Engage team at Redland Hospital organised a special delivery of artwork from local kindergartens and prep students to brighten Macleay Ward.

Patients were given cheerful drawings and bookmarks made by young children to celebrate the day.

Miss Prue from Bayside Park Early Education Centre was joined by Addison (4) and Eddie (5) to deliver artwork to patient Regina.

The children's bookmarks included uplifting messages, with Addison's reading "I am brave" and Eddie's saying "I am helpful".

Eat Walk Engage Macleay Ward's Nurse Unit Manager Amuly Iluri loved hosting Addison and Eddie at their special visit.

"The artwork is cheery and super cute, and just a little touch of home to make life more comfortable for patients on our ward," she said.

The Eat Walk Engage program is designed to improve the health and wellbeing of older patients by promoting nutritious eating, walking, and cognitive engagement.

The artwork initiative is part of the program's efforts to keep patients connected to their community and enhance their hospital experience.

Thanks to all the local schools and kindergartens who took part.



Photo: Supplied.

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REDLANDS GROUNDSMEN RECOGNISED FOR HARD WORK AT SCHOOLS

CONTRIBUTED BY SARAH CLARRY

Groundsmen across the Redlands region are set to receive well-deserved recognition for their hard work in creating beautiful, functional outdoor spaces for students.

A new competition, run by local landscaping yard Rock 'N' Soil, aims to showcase the best school environments and celebrates the contributions of these often-unsung heroes in maintaining safe, inspiring grounds for learning and play.

Wayne Fletcher, principal at Coolynwynpin School, praised groundsmen for their impact, noting, "Groundsmen make our schools beautiful places to work in and ensure our students can play outdoors safely".

The competition features several categories, including *Most Beautiful School*, *Best New Project*, *Best Interactive Student Initiative*, and *Most Needy Oval*. Prizes range from a full oval rescue package, sponsored

by Rock 'n' Soil and Kennards Hire Cleveland, to a robotic mower courtesy of Robot Lawn Mowers Australia. These prizes are designed to help ease the workload of groundsmen and support ongoing projects. Jason Carter, the owner of Robot Lawn Mowers Australia, emphasised how robotic mowers can reduce manual labour and make groundsmen's jobs safer and more efficient.



Photos: Supplied.

David Kitchen, General Manager of Rock 'n' Soil, highlighted the importance of well-maintained grounds, saying, "A beautiful school environment fosters pride, encourages outdoor play, and provides vital learning opportunities".

Schools and parents are invited to nominate their favourite school grounds via the Redlands Beautiful Schools Facebook page or by texting 0483 932 167. Simply text or comment the name of the school to enter them in the competition.

TWO FOR ONE: PERFORMANCE DOUBLE-HEADER FOR AUSTRALIA DAY

BY JAN NARY

Theatre has been a feature of Australia Day at Redland Museum since 2008 when Theatre Genesis staged the popular classic Dick Diamond's *Reedy River*. Theatre Genesis has undergone various iterations since then, but the core group of actors, now members of the museum's embedded company, Theatre Redlands, will bring the magic back to the stage in 2025 with an Australian double feature.

John Cundill's *The Eulogy*, directed by TR's Raymond Noonan, is a deftly crafted piece that dovetails the personal and the public in a crisp two-hander. In a dynamic mother and son encounter, Russell is writing an eulogy for his terminally ill mother who, as well as being the subject of the eulogy, takes on the role of being its editor. Disagreements over style lead to disagreements over shared memories – and relentlessly,

painfully, coverings are stripped away from dark family secrets. Who remembers the Fitzgerald Inquiry...?

The second piece, directed and adapted from Lillian M. Pyke's *Camp Kiddies* by Jan Nary, follows the life of a family when their father's new employment takes them from Melbourne suburbia to a bush camp, established for the construction of Queensland's north-reaching railway line. Set in the early 1900s, *Training Wheels*, adapted as a radio play, features some of John Warner's evocative railway songs to help make the journey truly memorable.

The show will run from 24 January 2024 to 2 February 2025. For more information, visit <https://www.redlandmuseum.org.au/whats-on/events/>

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REAL ESTATE BEHIND THE SCENES REALITY CHECK

If only you knew what goes on behind the scenes in real estate, you would be a lot safer, have a lot less stress, and have a lot more money in your pocket.

What agents say about sellers.

Agents say all sorts of things such as, "Sometimes sellers need a good kick in the guts", and "All sellers want more than a property's worth, so you just need to condition them hard with low price feedback and negative feedback until they cave", or "Once they feel the pinch of the advertising they are spending, their tune will change". Yet, you take a look at an agent's social media profile, and they appear to be real estate angels. That's the power of perception!

The lower the price means more buyers.

A common nasty trick agents are using is telling sellers if we advertise at a lower price we will get more buyers. The agent is right, but it gets buyers at a lower price. They then tell you this is what the market is saying. But they are looking in the wrong market. And deliberately so.

If you want \$1 million dollars, you need buyers who can afford more than \$1 million dollars. By advertising it at \$950k you will get offers well below \$1 million dollars, probably \$850k to \$900k. And here's the obvious point many sellers don't realise until it's too late: If agents suggest tricking buyers, you can be sure agents are tricking sellers. Dishonesty is rarely discriminatory among agents.

The agents say, "I've been doing this for a long time; I know how to attract more buyers. We advertise a lower price, create competition (with the wrong buyers) and then talk the buyers up." Seriously, how often do you think agents find the right buyer and get the buyers to pay the highest price? Never.

Over-quoting and under-quoting are where the trust breaks down.

Agents over-quoting an expected selling price or giving false hope to sellers to get a listing and then turning around and blaming the market is truly an unethical practice, but one that is rampant right now due to agents' desperation to get listings. The double whammy is when the agent lists a property and then goes on to under-quote to attract buyers using one of the bait pricing tactics (offers over, price guides and no price) we commonly see and mentioned above.

Is it legal or unethical.

The gap between legal and ethical is a huge problem for the real estate regulatory bodies. Agents are in situations every day where they can say things honestly, or they can cleverly choose to say and do what it takes to get a sale. The authorities are issuing warnings to consumers and implementing processes to try and prevent agents using deceptive tricks, but agents quickly work their way around them. The warning is to clearly understand the agents' methods when selling and buying a property.

Agents operate like a Jim's mowing franchise.

Because the real estate industry supports employing individual agents on contracts. Agents operate like Jim's mowing franchises; they are self-employed and run their own business under the banner of whichever agency they align themselves with. This is risk free for the agency and the franchise. However, the culture and teamwork are always going to be compromised because every agent can operate on a different set of standards and ethics, even when working for the same agency.

The best agents work for the best businesses.

The word Ethics is derived from the Greek word 'ethos' which means character or conduct. The right people and the right systems based on high moral principles that govern their behaviour and the way they conduct their business will guarantee sellers and buyers peace of mind and the best outcome.

At Tidbold Real Estate, our salespeople are employed on a generous salary and receive performance incentives linked to the results they achieve and the standards they uphold. The Tidbold method of sale we employ is called the SMARTRE SALE. The SMARTRE (Smart Real Estate) SALE was introduced to Australia in 1990 by real estate expert Neil Jenman, and accounts for almost 1,000 sales every month. It has been recognised as the only ethical and effective way to sell a property, whether there is one buyer or multiple buyers. The SMARTRE SALE Strategy guarantees sellers pay nothing upfront, and will not incur any expenses if they do not sell. The SMARTRE SALE is the genuine alternative to auction, no price marketing, VPA (vendor paid advertising) and typical industry methods.

At Tidbold Real Estate, we specialise in selling property in all suburbs of Redland City. We offer free accurate property appraisals to all property owners anytime. The Tidbold's website has loads of free information to help sellers and buyers make the best informed decisions.

Words from Dave Tidbold.

I've been in the industry for 30 years and never have I seen a time where people need to understand how the real estate industry works, and the dangers of how much one can lose financially and emotionally. We will continue to work hard to spread the word about how people can be safer when selling or buying their most valuable asset. We will always welcome your call. Take care.



Dave Tidbold

Principal of Tidbold Real Estate
- established 2003, and
Selling Redlands' real estate since 1994.



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Greg & Debbie Williams

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PROPERTY MATTERS

Preparing for storm season: essential tips for landlords and tenants

CONTRIBUTED BY SAMARA BEDWELL, MACWELL PROPERTY

Storm season in Queensland is an annual event that comes with the potential for severe weather, including heavy rains, high winds, and flooding. As property managers, landlords, and tenants, preparation is key to ensuring safety and minimising property damage. Here are some practical tips to help you prepare for the upcoming storm season.

FOR LANDLORDS: PROTECTING YOUR INVESTMENT

1. Inspect and Maintain Roofs and Gutters

- Ensure the roof is in good condition, with no loose tiles or sheets.
- Clean out gutters and downpipes to prevent blockages that could lead to water damage.

2. Trim Trees and Overhanging Branches

- Engage a professional to prune any large trees or branches near the property. This minimises the risk of damage from falling branches during high winds.

3. Check Drainage Systems

- Inspect drains and ensure water flows away from the property to reduce the risk of flooding.
- If the property is in a flood-prone area, consider installing flood barriers or sandbags.

4. Secure Outdoor Items

- Provide tenants with advice on how to secure outdoor furniture, sheds, and other loose items. These can become projectiles in strong winds.

5. Update Insurance Policies

- Confirm that your landlord insurance covers storm damage, including flooding and water ingress. If not, update your policy now.

FOR TENANTS: ENSURING SAFETY AND COMFORT

1. Prepare an Emergency Kit

- Have a kit with essentials like a flashlight, batteries, first-aid supplies, drinking water, and non-perishable food.
- Include copies of important documents and emergency contact numbers.

2. Secure Windows and Doors

- Close and lock all windows and doors during a storm. If the property has shutters, use them for extra protection.

3. Keep Communication Open

- Notify your landlord or property manager immediately of any maintenance issues that could be exacerbated during a storm, such as a leaking roof or broken fence.



4. Know the Evacuation Plan

- Familiarise yourself with local emergency evacuation zones and routes. Have a plan for pets if evacuation becomes necessary.

5. Unplug Electronics

- To avoid damage from power surges, unplug appliances and electronic devices during a storm.

A COLLABORATIVE APPROACH

Landlords and tenants should work together to prepare for storm season. A pre-storm inspection is a great opportunity for landlords to address potential issues, while tenants can ensure the home is cared for on a day-to-day basis.



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Make recycling part of your Christmas tradition

FROM REDLAND CITY COUNCIL

Redlands Coast residents are encouraged to ensure they make the nice list this year when it comes to recycling and reducing waste during the festive season.

The December to January period is traditionally the peak time for household waste generation, particularly with packaging materials and food scraps.

More than 4551 tonnes of household waste went to landfill from kerbside waste bins and Council's recycling and waste centres in December 2023, and a further 5353 tonnes of household waste went into landfill in January this year. That means each person on Redlands Coast generated an average of 31 kg waste to landfill each month over this period.

This is 15 per cent more than the average monthly amount over the rest of the year.

Recent audits show that more than half of what

ends up in landfill from household red-lid waste bins can be recycled or composted, so Council also encourages residents to ensure they place their waste in the correct kerbside bins.

Recycling can start before Christmas by choosing items that have less packaging, meal planning, using alternatives to single-use wrapping paper and not over-buying. Households can also reduce garden organics going to landfill by getting a green waste bin and composting food waste at home.

There are a number of resources available to help residents manage waste and recycling, so it becomes just another tradition to follow each Christmas.

Visit Council's online 'A-Z guide of waste and recycling' on Council's website or download the Recycle Mate app (from the Apple App or Google Play store) for a handy pocket guide on how to recycle right.

Twelve tips for festive season recycling:

- Stock up on rechargeable batteries and remember – batteries don't belong in any bin; they only belong in a B-cycle battery recycling bin.
- Compost food scraps from Christmas lunch – Council offers a subsidy for a wide variety of compost bins.
- Wrapping paper (excluding tissue paper and cellophane) can go in the yellow recycling bin, or keep it and reuse next year or for craft activities.
- Use Santa sacks or practise the art of furoshiki to reduce the amount of wrapping paper.
- Cardboard boxes and hard plastic packaging go in the recycling bin.
- Put Christmas cards in the recycling bin or cut up to make gift cards for next year.

- Tinsel, twine, ribbon and string can't be recycled and need to go in your red-lid bin or reuse for future gifts.
- Polystyrene can't be recycled in your yellow lid recycling bin and needs to go in your red-lid bin.
- Cellophane and other soft plastics like bubble wrap cannot be recycled.
- Scrunch up aluminium foil covering leftovers to the size of your fist and put in your recycling bin.
- Empty bottles and cans go in the recycling bin, or take them to a Containers for Change refund point.
- Consider buying a real tree this year instead of a plastic one.



GET TO KNOW YOUR RECYCLE MATES

I'm a box of potential, you CAN recycle me.

Learn how to recycle right.
Download the Recycle Mate app.



redland recycling

3829 8999



What's the best air-conditioner for summer?

CONTRIBUTED BY JARIC ELECTRICAL

A ducted air conditioning system is ideal for cooling your home during summer. Suitable for cooling multiple rooms or an entire home, it uses concealed ducts to distribute cool air evenly throughout your space.

Best of all, ducted air con systems offer central control and zoning options to offer customised comfort for everyone in your home.

We believe the ability to control the temperature of each room in your home means that a ducted system is the best air con for summer in Queensland.

With MyAir added to your ducted air con, you can operate the system remotely to cool your space just in time for you to get home from work!

What other air conditioners are available?

SPLIT SYSTEM AIR CONDITIONERS

Ideal for cooling single rooms or small spaces, split system air cons offer you precise temperature control and good energy efficiency. Plus, their Wi-Fi controls mean you can set the unit's temperature from a touch screen, phone or tablet.

You can also choose to have multi-split system air conditioners installed.

DIY WINDOW INVERTER SYSTEMS

Ideal if you have temporary cooling needs, you can install a window/wall air con (also known as a 'window rattler') yourself! While easy to install and move, they may not be suitable for larger spaces and require regular



maintenance. Despite the potential for window obstruction, their portability makes them convenient if you move house.

The expert team at Jaric can offer you the advice you need for your air conditioning.

Contact Jaric Electrical & Air Conditioning for expert advice on your home air con on 1300 452 742.

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MEGA AQUA CLASS AND BATH CAP COMP BRING SENIORS TOGETHER!

CONTRIBUTED BY CINDY PRIETO

Earlier this year, the Belgravia Foundation and Cleveland Aquatic Centre were successful in their joint application for the Redlands Coast Seniors Month Grant Program to help create opportunities for older adults to embrace a healthy lifestyle and connect with the community. In October 2024, the Active and Healthy Seniors Celebration came to fruition.

The event started with a mega aqua class and a bath cap competition that allowed older adults to participate in a free healthy activity that promotes physical fitness through a welcoming, safe, social and fun experience. Free fitness memberships and passes were given to prize winners.

After the aqua class, breakfast was served, and the participants enjoyed heart-healthy bites, socialised, and engaged with the community.

The Sing Sing Sing Choir performance closed the event. Sing Sing Sing is a choir for people living with dementia and their carers. Choir members shared their love of music and singing with the wider community, allowing the audience to immerse themselves in their performance by singing along to music from the 1920s to the 2020s.

Belgravia Foundation and Cleveland Aquatic Centre want to thank and acknowledge Redland City Council for providing funding to support the health and wellbeing festival as part of the Seniors Week celebrations. The festival welcomed over 150 older adults throughout the event, connecting them with healthy and social activities on the day and encouraging ongoing participation through local community groups.

For more information about Cleveland Aquatic Centre and our programs for older adults, check out the website <https://www.clevelandac.com.au/> or contact Cindy Prieto – Inclusion Coordinator, by calling the venue at 07 3286 2723.



Photo: Supplied.



LET'S REIN IN THE WASTE

Did you know that more than 17% of your general waste wheelie bin is filled with items that could be recycled?

Let's all do our part this festive season to rein in the waste going to landfill by recycling right.

Download the Recycle Mate app.

redland recycling

3829 8999



PRAWN, MANGO AND AVOCADO CREAM BRUSCHETTA RECIPE

Christmas brunch can be simple, yet fancy – just add the freshest Queensland prawns, juicy mango and ripe avocado!

INGREDIENTS

- 15-20 Queensland prawns, peeled and deveined (allow two to three per serve, depending on the size of your bread)
- 2 ripe avocados
- 1 small mango, diced
- 1 handful of cherry tomatoes, chopped or halved
- 2 tablespoons freshly squeezed lime juice
- Salt and pepper, to taste
- Sliced baguette rounds or sliced sourdough loaf (for larger serves, use sliced sourdough, for smaller serves, use baguette rounds)
- Cream cheese (for spreading on bread)
- Olive oil for toasting the bread
- A handful of mixed micro herbs for garnish or whatever in-season herbs you have on hand, e.g. chives, watercress, chopped basil.

METHOD

1. In a bowl, mash the avocado flesh with a fork until it's smooth. Add a squeeze of lime juice, and a pinch of salt and pepper to taste. Mix until it's creamy.
2. Lightly brush the baguette slices with olive oil and toast them in a frying pan over medium heat until they're golden. Remove from heat. Spread with cream cheese.
3. Spread the avocado cream on each piece of toast, then top with a fresh prawn/s, diced mango and a few cherry tomato pieces. Garnish with herbs and add an extra squeeze of lime juice if you'd like more 'zing'.





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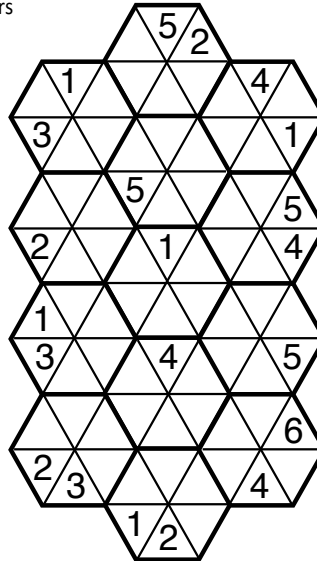
Sudoku

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

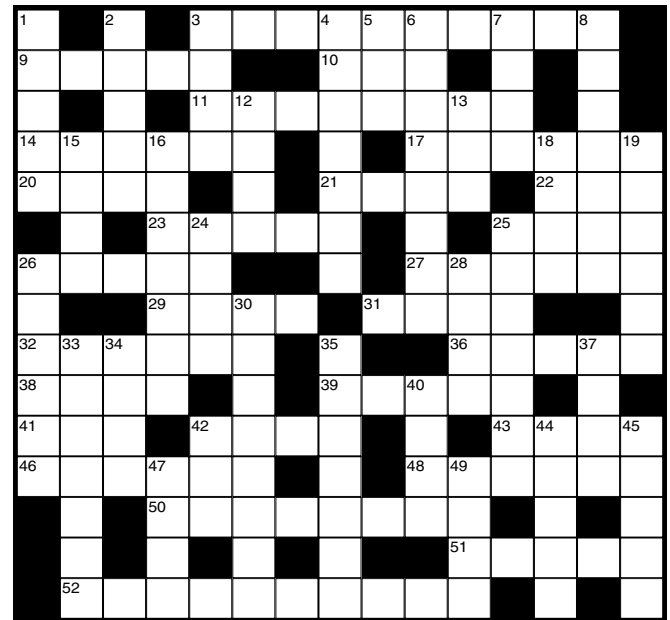
		2		7		1		3
4	3				6			
	9							
	7			1		3		
			5	6				
	8	6	4	9				
		3				5		
	4					7	2	
6					2			8

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

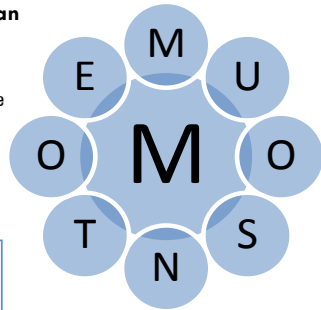


Focus

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: 14 words
Very good: 20 words
Excellent: 30 words



Reference: Macquarie Concise Dictionary
Focus No. 3888

ACROSS

- 3 Self-satisfied
- 9 Perfect
- 10 Disencumber
- 11 Remedy for counteracting poison
- 14 Bring into accord
- 17 Scoundrel
- 20 Tide attaining least height
- 21 Family member
- 22 Lyric poem
- 23 Small fish
- 25 Middle East port
- 26 Condition
- 27 Most recent
- 29 Woe!
- 31 Location of Taj Mahal
- 32 Danger signals
- 36 Mature
- 38 Saucy

DOWN

- 1 Furniture item
- 2 Goddess of the hearth
- 3 Tribe
- 4 Confidential
- 5 Cover
- 6 Embellishing
- 7 Facial features
- 8 Long angry speeches
- 12 At hand
- 13 Make lace

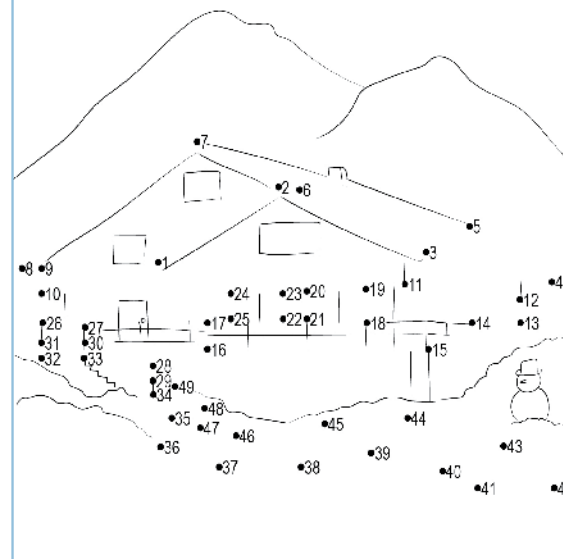
- 15 Biblical quotation
- 16 Parvenu
- 18 Cipher
- 19 Of Lent
- 24 Raw hide
- 25 Was in store for
- 26 Fashions
- 28 Does wrong
- 30 Classified
- 33 Easily read
- 34 Work units
- 35 Foretell
- 37 Poem of heroism
- 40 Wicked giant
- 42 Encountered
- 44 Wall painting
- 45 Irritable
- 47 Stop up
- 49 Biblical garden

Spot the 5 Differences



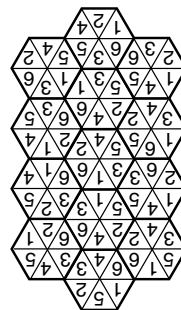
Join the Dots

What is this? Find out by joining the dots.



Solutions

Puzzles and pagination supplied by Auspac Media



FOCUS: memo memo menu meson moment MOMENTOUS
mono monte moon mouse moot most mote mouse mount
mouse moon muse muso must mute omen smote smut
some stem summon sumo tome tomo tomo

SPOT THE 5 DIFFERENCES: red tomato stem moved, label colour on plastic bottle reversed, extra spot of sauce, line missing from glass bottle, Background sauce blotch larger.

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THE INTERTWINED WORLD OF STRESS AND SLEEP

BY ASSUNTA HAMILTON, QUALIFIED NATUROPATH, FLANNERY'S ORGANIC WHOLEFOOD MARKET, VICTORIA POINT TOWN CENTRE HOME CO.

Our sleep health can be greatly affected by the stress our body and mind can be under. Likewise, when we don't get adequate or quality sleep, it can add excess stress to our nervous system. It's an intertwined world that we can rebalance and nurture with lifestyle tweaks, calming herbs and nutrition.

If you have difficulty falling asleep, staying asleep or wake up feeling unrested and exhausted, there's a high chance your body and mind could be functioning in a stressed state. Signs of stress include insomnia, headaches, fatigue, restlessness, changes in libido, unsettled digestion and changes in appetite.

Food is medicine – and when taking a holistic approach, it's best to start here. Try to go about your day focussing on fuelling your body and mind with the vitamins and minerals it needs to function at its best. Quality protein is essential (eggs, meat, fish, nuts, yoghurt), dark leafy greens, lots of hydration (watermelon, coconut water, H₂O), fibre to aid digestion and organic fruits and vegetables. Allow your body to rest and digest – you don't need

to consume large amounts of food multiple times a day. Limit caffeine, alcohol, highly processed foods and excess sugar – if your body is overwhelmed, it doesn't need any more stimulants and toxicity.

There are wonderful herbs and supplements to help your nervous system recover and relax.

ASHWAGANDHA

The Indian ginseng is a favourite of ours as a calming adaptogen (herbal that can help your body adapt to stress). Ashwagandha has been shown to lower cortisol levels (high cortisol = high stress, inflammation and imbalanced nervous system). Traditionally used as a calming nervine, Ashwagandha can be used to aid sleep and assist with lowering stress response, nervous exhaustion, and chronic illness.

MAGNESIUM

An essential mineral we all need, magnesium can help to relax the nervous system, especially during times of stress and fatigue. It also assists in lowering cortisol and balancing out your fight or flight response. If you are reaching for more caffeine and alcohol during times of stress, you

are further depleting your magnesium levels and anything you supplement with – so ensure your diet, water intake, and nutrients are supporting your mineral top-up. Not all magnesium supplements are created equal, so it's important to find one without harmful fillers, stimulants or additives.

CHAGA

Another adaptogenic mushroom that can assist with balancing energy and increase your body's resilience and capacity to respond to stressors. Chaga is considered one of the most protective mushrooms for our cellular health.

HERBAL TEAS AND CACAO

Swap out the afternoon cuppa for herbal tea like Lemon Balm, which supports the nervous system. A warm cup of cacao (naturally high in magnesium) before bed can set you up for a good night's sleep.

EPSOM SALTS/MAGNESIUM FLAKES

Look out for options infused with essential oils such as lavender. If you don't have a bath, try soaking your feet or use magnesium lotion for a foot rub before hitting the pillow.



Photo: Supplied.

SLEEP HYGIENE ROUTINE

Set some sleep hygiene rules, such as turning off all screens at least two hours before bed, trying lighter meals at night time, removing stimulants such as caffeine, alcohol, sugar...and even conversation! Ensure you also get adequate exercise to release tension and stimulate digestion and lymphatic flow.

Pop in and see us in-store to help rebalance any stress or fatigue issues to help set you up for a rested and focused 2025. Please consult your healthcare provider before consuming any supplements.



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DID YOU KNOW THERE ARE NEW LIFEJACKET REGULATIONS FOR QUEENSLAND?

FROM REBECCA MITCHELL, VMR RABY BAY

On 1 December 2024 new lifejacket laws came into effect*. Lifejackets must be worn when:

- Boating alone or only with children under 12 years on an open boat less than 4.8 metres in length whilst underway.
- People boating between sunset and sunrise on an open boat less than 4.8 metres in length whilst underway.
- People crossing a designated coastal bar on an open boat and on an open area (the deck) of a ship of any length.
- Children one year or more and under 12 years on an open boat or an open area (the deck) of a ship of any length whilst underway.

The current standard for lifejackets is AS4758. Lifejackets/PFDs manufactured to AS1512, AS1499 and AS2260 are now outdated. The cut-off date for replacement is 1 September 2025. For more information go to <https://www.msq.qld.gov.au/safety/life-jackets>

*Transport Operations (Marine Safety) Legislation Amendment Regulation 2024

Do you know the VHF channels commonly used in Moreton Bay? The most commonly used are listed below.

- **16:** The main distress frequency, this channel is used for distress calls, urgency calls and calling. It is monitored 24/7 by Maritime Safety Queensland and volunteer marine rescue stations.
- **20:** VHF Repeater working channel at Tangalooma with coverage of northern Moreton Bay.
- **21:** VHF Repeater working channel at northern Moreton Bay and offshore.
- **67:** Secondary distress frequency.
- **72 :** Working channel Northern Moreton Bay.
- **73:** Working channel Central Moreton Bay, preferred for logon at VMR Raby Bay.
- **77:** Working channel.
- **81:** VHF Repeater Northern Moreton Bay.
- **82:** VHF Repeater Southern Moreton Bay.
- **83:** VHF Repeater South Passage Bar and surrounds.



When crossing shipping channels, monitor VHF 16 or:

- **12:** Brisbane VTS covering main shipping channels between Point Cartwright at Mooloolaba and Brett's Wharf at Hamilton Reach on the Brisbane River.
- **13:** Brisbane River upstream from Brett's Wharf and Southern Moreton Bay Islands.

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[#] Terms, conditions & exclusions apply to Mitsubishi's 10 Year Warranty/10 Year Capped Price Servicing. [*] Recommended drive away selling price, for ABN Holders only, including 12 months registration, CTP Insurance Cost Estimate, Stamp Duty and an estimated Dealer Delivery charge. Actual drive away price may vary depending on your state/territory, individual circumstances, choice of insurer and any options/accessories selected. Metallic/pearlescent/premium paint may come at an additional cost. [†] Offer includes \$2,500 Fuel Card across 23MY Triton Cab Chassis variants and MV Triton. Fuel Card is redeemed at point of sale. Lost or stolen cards will not be replaced, refunded or redeemed by Mitsubishi Motors Australia Ltd (MMAL). Excludes used, novated lease and demo vehicles. Private and ABN buyers only. Excludes Fleet and Government Business. Offer available on vehicles delivered between 1/11/2024 and 31/12/2024 from participating Mitsubishi Motors Dealers in Australia. MMAL's decision is final and MMAL will not enter correspondence regarding the Offer. MMAL reserves the right to withdraw, extend or modify this Offer without notice. Offer available while stock lasts. [‡] Loyalty Bonus Offer is open to legal residents of Australia who are aged 18 years or over and are Private/ABN/National Business with Diamond Advantage purchases (Customer) and are existing Mitsubishi owners who have been contacted by Mitsubishi Motors Australia Limited (MMAL) or participating Dealerships. Customers are required to purchase the Triton between 3 and 31 December 2024 (Purchase Period) and take delivery between 3 and 31 December 2024 (Delivery Period). The Offer is for a \$1,000 Loyalty Bonus on Triton GLX, GLX+ and GLX-R models and a \$2,000 Loyalty Bonus on Triton GLS and GSR models. See mitsubishi-motors.com.au for full terms and conditions. BARCB4433_1224

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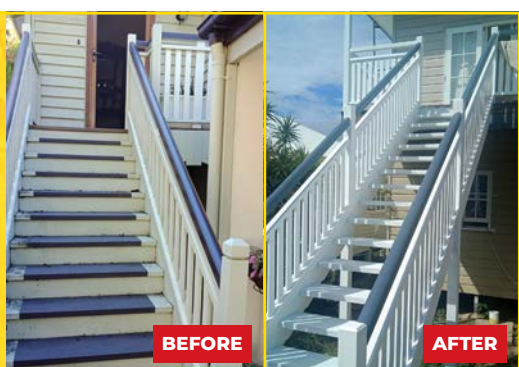
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LOCAL FISHING WITH SPERO

DROP A LINE — HERE'S WHERE YOU'LL FIND THE BEST FISH THIS CHRISTMAS

BY SPERO KARTANOS

Christmas is getting very close, and the festive season is approaching, which means school holidays and family days out on the bay, so please keep an eye on the weather warnings and predictions. It's safer to say, "We are not going out on the bay today" than having an accident on the water in bad weather. BOM forecasts are fantastic most of the time for the bay, and they are the ones that I follow.

Fishing is pretty good this time of year, even with all the extra traffic on the water. There should be whiting and squid over the banks in the bay, and hopefully, the spotty mackerel will make an appearance. My favourite thing this time of year is fishing for Moreton Bay squire/snapper, and you don't have to go far to catch really nice fish (one of the best-tasting fish in the ocean). They don't have to be giants; to me, a 35cm to 40cm squire is as good as it gets! Yes, catching the 65cm and 80cm fish is fun, but I prefer the 40 to 60cm squire for a good table-eating fish.

The fun is also catching these fish on fairly light lines, and as for baits, I have never mastered the plastics for squire. I use a 5.0 to 6.0 red snapper hook on a running rig with a ball sinker (just to get to the bottom), which for me is heaven, and my preferred bait is whole small whiting, garfish, and any small fish and whiting heads. Grinner, mullet and bonito fillets are always worth a try, too – I suggest you burley while fishing for squire, it always helps.

I have always used Alvey reels in the past, but my fingers and thumb always got a pounding, so these days I find bait runner reels fantastic. Penn, Shimano and Daiwa are my favourites; the best size for the bay is the 4000 to 5000 range, with 15lb to 20lb lines, and I prefer any green colour for bay fishing. Tortue and Penn are my favourites. As for mono lines, I don't like the new rope lines at all – there's no stretch.

The areas I tend to fish close to home are near Green Island on the eastern side in around 18 to

20-ft depth, St Helena on the eastern side (just out from the dredging zones of the past and Mud Island outside the sunken reef), and Peel Island of course – especially when the weather forecasters can't make up their minds. So then you can fish the Lazaret Gutter side, the hole in the wall on the eastern corner at south-west rocks, or the western side on the sunken rock wall – and you can easily get out of any kind of wind. You just need a run in the tide, and I prefer the run out, but I have also caught plenty of fish with the incoming tide. The incoming tide tends to make the water a little clearer, which saves you catching catfish and sharks when the water is on the dirty side, and there are plenty of sharks in the bay this time of year.

I hope you all get a fresh fish for dinner over the holidays! Enjoy the holidays, keep safe, and thank you for all the feedback throughout the year. Merry Christmas to you all, and a safe New Year.



Photo: Spero Kartanos.



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NEW WEINAM CREEK BOAT RAMP OPENS TO COMMUNITY

Access to the bay at Weinam Creek has been improved with the opening of a new recreational boat ramp boasting three lanes and a floating pontoon.

Mayor Jos Mitchell said the new ramp, connected to the Moores Road car park, was another welcome piece to the Weinam Creek project.

“The ramp was delivered by Redland Investment Corporation (RIC) and Redland City Council as part of the phased redevelopment of the Weinam Creek Priority Development Area (PDA),” the Mayor said.

“One of the groups that will benefit from the new ramp is the Redlands Sea Dragons, who moved into a new clubhouse on Moores Road last year and will use the ramp for their activities.

“The repositioning of the boat ramp to the southern end of Weinam Creek, away from the ferry terminal, is designed to alleviate parking pressures and assist with the flow of traffic.

“There will also be lifestyle benefits for locals and visitors to Redlands Coast, with the new ramp making it easier to access the islands and experience the city’s expansive coastline and diverse marine life.”

The new ramp has been built with recreational boaties front of mind, featuring three dedicated launching bays and a pontoon designed for smoother and more efficient queuing.

“The works also included 40 new 72-hour trailer parking bays and the construction of a rock seawall on the shoulders of the ramp to protect users as they launch their vessels,” the Mayor said.

“A further 45 trailer parks will be delivered in the Moores Road parking area when the multi-level car park opens during a future stage of the project, unlocking more space for boaties.

“One of the key considerations for building the new ramp was freeing up space for emergency services, with first-responder vessels being given exclusive access to the old ramp off Banana Street.

“This move is intended to improve emergency response times for residents on the Southern Moreton Bay Islands (SMBI) and will also help Redland Bay Coast Guard respond swiftly to incidents on the water.

Division 5 Councillor Shane Rendalls said the ramp had been built to suit the needs of local boaties and would be a valued community asset for many years to come.

“I’ve no doubt users will appreciate having access to three dedicated lanes and a pontoon, while SMBI residents will benefit from less congestion near the ferry terminal,” Cr Rendalls said.

“Giving emergency vessels exclusive use of the old ramp will also



Pictured: Redland City Mayor Jos Mitchell and Division 5 Councillor Shane Rendalls open the new Weinam Creek boat ramp. Photo: Supplied.

ensure our first responders have streamlined and priority access to the bay in emergency situations.

“This ramp is just one step in the redevelopment of the Weinam Creek precinct, which is an exciting, intergenerational project that will turn the site into a major community hub.

“Being led by RIC, the plans for Marina Redland Bay include more car parks for SMBI commuters, an activated foreshore with more open space, and a range of retail and cafe amenities.”

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More money, please – how to ask for that pay rise

BY LAURENCE SMITH, FINANCIAL ADVISER, UEM WEALTH

Do you feel like you're putting in your best effort at work but not receiving the financial rewards you deserve? Asking for a pay rise can be intimidating, but with the right approach, you can make a compelling case for your value to the company. Here's your guide to articulating your worth, asking for a pay rise, and what to do if you get a big, fat "no".

Know Your Worth: First things first, you need to know your value. Start by evaluating your specific contributions and achievements over the past year. Did you lead a project that saved the company money? Maybe you streamlined a process or boosted team morale. Quantifiable achievements are your best friends here.

Do Your Homework: Research is key. Resources such as Payscale and Seek offer salary research and comparison tools that can help you understand the typical pay range for your position.

Confidence is Everything: If you don't believe in your worth, it will be hard to convince others of it. Confident body language helps to reinforce your message, so make sure to prepare thoroughly, practice your pitch and be positive. Maintain eye contact, sit up straight and use open gestures.

The Big Ask: Let your intentions be known by requesting a meeting with your manager specifically to discuss your salary. Timing your request can make all the difference. Ideal times to ask for a raise

include your work anniversary, after a successful project, or during budget planning periods.

During the Meeting: Thank your manager for their time and highlight what you enjoy about your role and the company. Then, lay out your achievements and explain how they've benefited the organisation. Keep emotions out of it. Approach the conversation with a business-like demeanour and avoid discussing personal reasons for needing a raise. It's all about articulating your worth and value to the company.

How to Handle a "No": Sometimes, despite your best efforts, the answer might be no. But don't let that get you down! If a salary increase isn't possible due to the business's financial limitations, consider negotiating other forms of compensation, such as a performance-based bonus, additional leave (e.g. a 9-day fortnight), or some form of flexible working arrangement.

Seek Feedback: If your manager does not think a pay rise is currently justified, ask what specific goals you need to achieve in order to secure a raise. Then set a follow-up meeting in a few months to revisit the discussion.

Plan Your Next Steps: If there's no room for negotiation, it might be time to evaluate if your current job aligns with your financial goals. Use this as an opportunity to explore other job options where your skills and contributions might be better valued.

Asking for a pay rise can be daunting, but with the right preparation and approach, you can make a compelling case for yourself. Remember, it's all about articulating your worth and value to the company.

And if the answer is no, don't lose heart. There are always other ways to move forward and achieve your financial goals. So, go on – take charge and ask for that raise. After all, you're worth it!



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

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