

# The Community Leader

WE'RE ALL ABOUT GOOD NEWS

## Redlands



### LITTLE SHIP CLUB'S SUMMER SEAFOOD SHOWCASE WILL BE SPECTACULAR!

Summer is synonymous with seafood, and we're spoilt for choice with the blue waters of Moreton Bay on our doorstep. But if you don't fancy dropping a line or a crab pot yourself, come along to the Little Ship Club's Seafood Spectacular this month, where a veritable Neptune's feast will be on offer.

It's all for a good cause, to raise money to repair the club's much-used pontoon. Seafood lovers can indulge in fresh-caught prawns, bugs, fish, oysters and calamari while listening to live music and enjoying the bay breezes from this iconic island location. If you haven't visited the Little Ship

Club before, you're in for a treat because it's a really sweet spot with lawns overlooking the bay, hosted by an incredibly friendly crew.

Catch a ferry or water taxi from Cleveland to the island paradise of Dunwich with friends and family on January 18 to join the party. Check out page 3 for more details.

*Pictured: Little Ship Club members with fresh seafood platters on the club's lawn at Dunwich.*

Redlands Coast Properties

## Happy New Year!

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# CONGRATULATIONS TO THE 2024 REDLAND ART AWARDS WINNERS

FROM REDLAND CITY COUNCIL

Redland City Council and Redland Art Gallery (RAG) are thrilled to announce the winners of the Redland Art Awards for 2024.

- First prize (\$20,000): Mirra Whale, *Seafood Still Life for Margaret*, 2023, Oil, NSW (Note: this artwork will be acquired for the Redland Art Gallery Collection).
- Second prize (\$6,000): Joanne Currie Nalingu, *I dropped a stone in our river*, 2024, Acrylic, Qld.
- Third prize (\$3,000): Pat HOFFIE, *Balancing Rocks*, 2023-24, Oil, Qld.
- RAMP Member's Choice award (\$500): Penelope Oates, *Mist Settling*, 2024, Mixed Media: Acrylic, ink and heated soldering iron, NSW.

Highly Commended mentions to: Ashlee Becks, *Junk*, 2024, Oil, Qld; Kathryn Blumke, *Wellington Point Quilt 6*, 2024, Watercolour, Qld; Julie Cane, *1920s A Cup of Tea and a Chat*, 2024, Oil, Qld; Karla Marchesi, *Plato's Cave*, 2023, Oil, Qld; Rosella Namok, *Young gals yarnin' into the night II*, 2024, Acrylic, Qld; Ann Thomson, *Land Sea Series*, 2023, Acrylic, NSW.

Redland Art Awards 2024 received more than 400 entries from across Australia, from which 55 finalists were selected. The biennial awards are a unique platform that celebrates the diversity and depth of contemporary painting in Australia.

The winners and all finalists will have their work exhibited at (RAG) Cleveland until Tuesday 28 January, 2025.

Voting for the Meredith Foxton People's Choice Award (\$1000) will be open to the public throughout the exhibition.



Awards finalist judge Steven Alderton with the winning artwork by Mirra Whale. Photo: Supplied.

The winner will be announced on 28 January by committee members of the Redland Yurara Art Society who have generously sponsored this award.

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# SHIP CLUB SPECTACULAR: VIEWS, BREWS AND THE VERY BEST SEAFOOD!

The Little Ship Club in Dunwich began as a Volunteer Coastal Patrol (VCP) and a Naval Auxiliary Patrol (NAP) In World War 2. Nestled on Minjerribah's foreshore at Dunwich, just a minute away from the water transport jetty, over its 73 years, it has become a regular eatery for a lot of mainland visitors as well as locals.

Club Manager Tracey Rore says that visitors are welcome, club membership is open to all, and that ship ownership isn't a condition. "Our members have ships that range from six-foot rowboats to 65-footers – which I think is pretty big for a small ship!"

The club has been described as a little piece of paradise, but even an earthly paradise needs maintenance. The club's pontoon needs some serious repair work that will take some serious money, so the club is throwing its best effort into its 2025 Seafood Spectacular.

Held on January 18, the fundraiser will run from 10:30am until 8:30pm with no cover charge. Tracey says attendance for the Spectacular is usually between 400 to 600. The day will feature live music, crab races, and a sumptuous selection of local seafood, including fresh-caught prawns, oysters, calamari, fish, bugs and crabs – though Tracey is quick to point out that the racing crabs are usually released after their sprint around the track. Straddie Brewing will be there with a marquee, and the view will be exquisite, so all that will remain is for the day to provide classic Minjerribah sunshine and breezes – and there's your slice of paradise.



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A well-maintained roof and gutter system promotes proper drainage, keeping water away from the home's foundation. This is particularly important in regions like Brisbane, where heavy rainfall can lead to serious flooding and erosion. Homeowners can significantly reduce the risk of water pooling around their property by ensuring that gutters are free from debris and functioning correctly.

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**Happy New Year Redlands! I hope you all enjoyed a wonderful Christmas with family, friends and loved ones.**

The holiday season can be a relaxing time for many of us who enjoy some time off, however I know for many of our essential workers, this can be the busiest time of year. To all our frontline workers in health and emergency services, to the service industry, retailers and others who keep our community moving, thank you.

Just before Christmas I was privileged to deliver my maiden speech to Parliament after being elected as your new Member for Redlands.

I used this opportunity to reiterate the commitments I made to our community during the election campaign. This includes our support of the Top Blokes program, to support and guide our young people, delivering a conservation management plan on Coochimudlo Island, resolving infrastructure challenges such as getting Cleveland-Redland Bay Road back on track, and delivering the long-awaited multilevel carpark at Weinham Creek.

Our island community will receive parking relief with 50 per cent subsidy on vehicle barge travel, and we will be keeping the 50-cent ferry fare to ensure affordable and accessible transport.

I also reiterated my commitment to the \$12 million relocation of the RSPCA Wildlife Hospital to Redlands, as well as establishing a Russell Island training centre of excellence.

I look forward to sharing updates on these commitments over the coming months, and meeting with you soon to discuss the issues that matter most to you. If you would like to sign up to my regular e-news to stay up to date with what's happening in the Redlands, as well as Parliament, email [redlands@parliament.qld.gov.au](mailto:redlands@parliament.qld.gov.au)

Stay safe

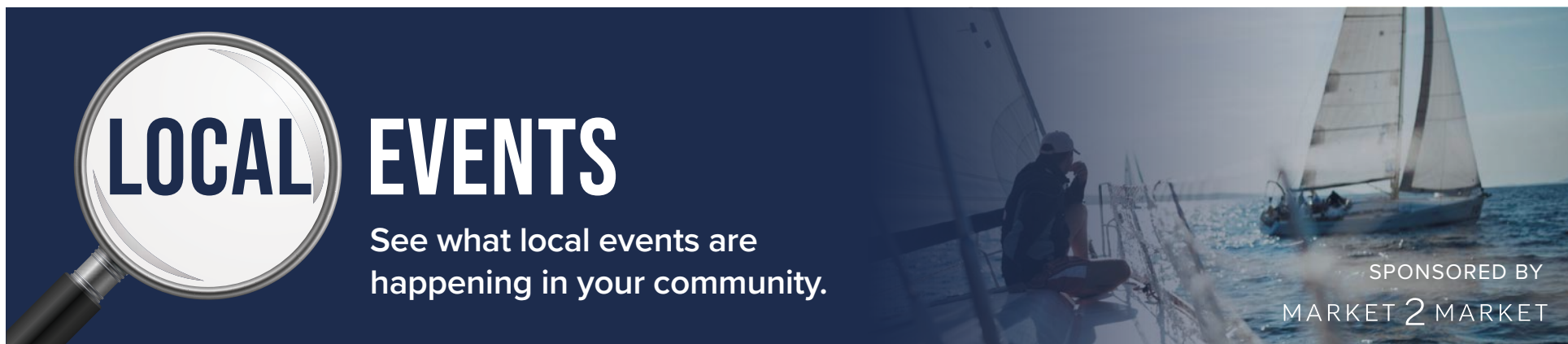
**Rebecca Young MP**  
Member for Redlands



Rebecca  
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MEMBER FOR **REDLANDS**

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☎ 07 3446 0100  [facebook.com/RebeccaYoungMP](https://facebook.com/RebeccaYoungMP)



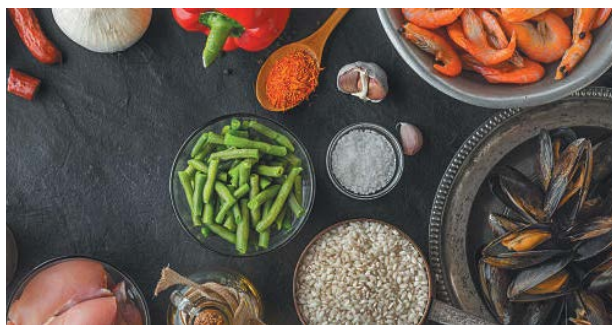
If you're looking for something to do locally, check out The Community Leader's What's On page here and online.



### SEAFOOD SPECTACULAR

Saturday January 18, 10:30am to 8:30pm, Little Ship Club, 1 Yabby St, Dunwich

The annual Seafood Spectacular is back this month, where you can enjoy a fabulously fresh feast of locally sourced seafood, including prawns, oysters, crabs, calamari, bugs, and fish. Pull up a chair by the sea, enjoy a beer from Straddie Brewing and listen to live music. As the Little Ship Club's major annual fundraiser, proceeds will contribute to vital repairs on the club's main pontoon.



### PAELLA COOKING CLASS

Saturday January 18, 1:30pm to 3:30pm, Blue Tongue Kitchen, 100 Mooroondu Road, Thorneside

Join this fun and interactive two-hour cooking class, starting with complimentary sangria on arrival. You'll learn all the tips and tricks to create a sizzling seafood paella using a traditional Spanish paella pan. The workshop includes time to sit down and enjoy your paella at the end of the class, and you'll receive recipe cards to take home. For bookings, go to <https://www.bluetonguekitchen.com.au/workshops>.



### KIDS' ZUCCHINI FRITTERS COOKING CLASS

Saturday January 18, 10:00am to 11:30am, Blue Tongue Kitchen, 100 Mooroondu Road, Thorneside

Kids will love this fun and interactive cooking class, where they'll learn how to make delicious zucchini fritters! A friendly and experienced chef will guide them step-by-step, from prepping the ingredients to frying up their tasty creations. This hands-on experience is a fantastic way to introduce young chefs to healthy eating and essential cooking skills. They'll have a blast creating their own snacks while building confidence in the kitchen! For bookings, go to <https://www.bluetonguekitchen.com.au/workshops>.



### 2025 AUSTRALIA DAY PLAY – THE EULOGY & TRAINING WHEELS

Friday January 24 to Saturday February 1, various evening performances, Redland Museum, 60 Smith Street, Cleveland

Theatre Redlands will present two plays as part of its Australia Day series. The *Eulogy*, written by John Cundill and directed by Raymond Noonan, and *Training Wheels*, directed by Jan Nary and adapted by her from Lillian M. Pyke's *Camp Kiddies*, will take centre stage at Redland Museum. Tickets for the evening performances include a two-course meal and general admission to the Redland Museum. For more information, scan the QR code.



### TAHIR – COMEDY, CHAOS AND COMPO CLAIMS

Friday January 31, 7:30pm, RPAC Concert Hall Stage, Middle Street, Cleveland

You know him from TV hits like *Fat Pizza*, *Housos*, and *Here Come The Habibs*, and this January, Tahir comes to RPAC. Tahir has been through it all – immigration hurdles, TV fame, and now, he's ready to bring the madness to the stage! This isn't just stand-up; it's a wild comedy ride packed with world-class jokes, sketches, improvised chaos, and hilariously low-budget magic tricks. Get ready for a night of unscripted laughs, audience antics, and surprises that'll leave you in stitches. For bookings, go to [rpac.com.au](http://rpac.com.au) or phone 3829 8131.



### SCHOOL HOLIDAY CLASS – MOVIE SOUND EFFECTS

Thursday January 16, 11:30am to 1:00pm, Capalaba Library, Capalaba Central Shopping Centre

Young, aspiring sound designers will revel in this school holiday workshop. Come along to Capalaba Library for a free workshop to explore the art of creating unique sound effects for movies using everyday objects. All materials are provided, and the workshop is suitable for children aged eight and up (children under 12 are to be supervised by an adult/carer at all times). Scan the QR code to sign up.



# THE TOURISM BUSINESS IS BOOMING AT REDLAND MUSEUM!

BY JAN NARY

The Redlands Business Excellence Awards has announced Redland Museum as the proud winner of the 2024 Champions of Tourism. In its 52 years, the museum has gathered an enviable collection of more than 20,000 artefacts and has compiled impressive archives of local history. The material gathered has been put to work educating and entertaining visitors and the local community through exhibitions, floor talks, school tours, cultural and multicultural events, interactive exhibits and theatre.

Past president Bruce Smith, himself a recent recipient of Life Membership of the museum, crafted the award-winning submission. Museum Operations Manager Belinda Hayes says that the museum's submission was supported by its obtaining accreditation as an Accessible & Inclusive Host and Quality Tourism Business in 2024, as well as winning the Best of Qld Experience award for the third year running.

"We have been working on projects focused on enhancing visitor experience and positioning ourselves as a leader within the sustainable and accessible tourism sector," she says.

Belinda says that volunteer input is one of the most valuable of the museum's assets.

"We couldn't do it without our incredible volunteers and members. We currently have a team of 100, and 27 active volunteers, with the longest serving volunteer having been assisting here for over 43 years! We're passionate about this community."



Bruce Smith, Immediate Past President (left) with Belinda Hayes, Operations Manager, and Doug Alexander, President (right). Photo: Supplied.

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# Local stories from **Redland City**



## Are you ready, Redlands Coast?

Living on naturally wonderful Redlands Coast means many of us have bushland, creeks and coastline as a neighbour.

This also means that natural disasters are a reality. Local bushfires, storms and flooding have happened, and will happen again.



## Mayor's summer safety message

Summer has arrived, and so too has the potential for severe weather on Redlands Coast.

Recent thunderstorms and heavy rain in our city have highlighted the need for everyone to be prepared for whatever the remainder of the season may throw at us. Simple steps you can take to protect yourself and your family include preparing an evacuation plan, getting an emergency kit together, and familiarising yourself with the disaster information for your suburb or island.

The reality of Queensland's climate is that a natural disaster could strike anywhere and at any time, whether it be flash flooding, a severe thunderstorm, heavy and extended periods of rainfall, or bushfires.

Council plays an important role in the city's disaster management processes, working year-round with members of the Local Disaster Management Group (LDMG) including Queensland Police, Queensland Fire Department (QFD) and the State Emergency Service (SES) to ensure the city is adequately prepared for every scenario.

A dedicated team of disaster management officers operates within Council, managing day-to-day operations; conducting simulation exercises for cyclones, floods and bushfires; coordinating the Community Champions program across the mainland and islands and, managing the Local Disaster



Coordination Centre (LDCC) when it is stood up by the LDMG. Their work is year-round and spans not only disaster preparedness but also prevention, response and recovery.

Council also conducts planned burns in bushland areas to improve fire resilience and operates permanent and temporary sandbagging stations to help residents in the event of flooding.

As Chair of the Redland City LDMG, I have seen firsthand the time, dedication, skills and expertise that go into ensuring every corner of Redlands Coast and every community is prepared for the worst.

The message on Redlands Coast is clear: get ready, know your risk, and check in on your neighbour.

I encourage all residents to opt in for Council's free emergency messaging service, Redlands Coast Alerts, and to stay up to date with the latest emergency information on the Redlands Coast Disaster Dashboard.

Take care and enjoy the rest of your summer.

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





# Resilience – our role and yours

Council's Disaster Management Team coordinates a year-round program of community education and disaster training and planning in conjunction with other emergency agencies.

This includes managing the Local Disaster Coordination Centre (LDCC), a team of disaster-response-trained Council officers who 'stand up' during emergencies to assist the community.

The LDCC has played a key role in local responses to events including large bushfires on our islands, and flooding from ex-tropical cyclones.

They've seen firsthand when things go wrong.

The team's key piece of advice? Don't wait for raindrops or smoke on the horizon. Disasters unfold quickly and minutes can make a difference.

Simple things like knowing where to get emergency updates, and having an emergency plan and kit are great starting points.

If you live in a bushfire risk area, a Bushfire Survival Plan is an essential. If your home is in a flood-prone area and you think you'll need sandbags, have them on hand in advance.

For detailed advice on getting ready, head to [getready.qld.gov.au](http://getready.qld.gov.au)



## Local champions

Redlands Coast Community Champions are evidence that nothing beats having local connections.

Set up after the 2016 Russell Island bushfires, this program sees community volunteers receive comprehensive training to provide support in times of disaster.

Often first in place, particularly on the islands, the Champions can quickly set up evacuation centres, as well as being 'local eyes' and a source of knowledge for emergency agencies.

In between activations, they are also out and about educating the community on how to be prepared.

Coordinated by Council, this dedicated bunch of volunteers are an invaluable addition to disaster management efforts, working hard to ensure the safety of all on Redlands Coast.

Could you be a community champ? For details, head to [redland.qld.gov.au/CommunityChampions](http://redland.qld.gov.au/CommunityChampions)



## Weather doesn't plan, but you can

### 1. Know your risk

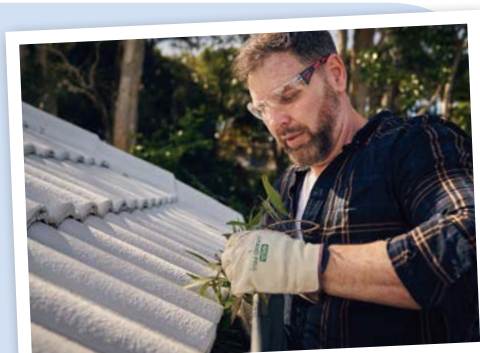
Head to the Redlands Coast Disaster Dashboard to learn about your area and view hazard mapping.

### 2. Make an emergency plan

Make sure your family knows what to do in extreme weather.

### 3. Pack an emergency kit

Have essentials ready, in case you lose power, become isolated at home, or need to evacuate.



## Get your gutters ready

Redland City's award-winning State Emergency Service (SES) unit heads out during some of the worst weather conditions, often up onto roofs, to help residents in need.

One of the biggest culprits for emergency calls to SES might surprise you - blocked roof gutters and drains causing interior flooding and ceiling collapse.

You can help our SES volunteers, and reduce the risk of major preventable damage to your home, by undertaking simple maintenance.

**On a clear day, safely check your gutters and downpipes are 'good to go' for the next summer downpour.**

## Sign up for Redlands Coast Alerts

Council's FREE emergency notification messaging service

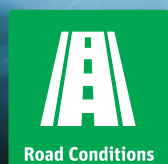
- Visit [disaster.redland.qld.gov.au](http://disaster.redland.qld.gov.au)
- Click 'Sign up for Redlands Coast Alerts'
- Create an account
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# Maggie's Mates

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**Name:** Hi, my name is Chisel, but Mum calls me Chissy!

**Where do you live?** I live in Wellington Point.

**How long have you lived there?** I've lived in Wellington Point for about six years.

**What's your favourite local walk?** I don't walk. It's too scary! But I do like nosework, though. I'm really good at it.

**What is your most treasured toy?** I don't play with toys. Toys are too scary.

**What is your favourite food?** Oooh! I like lots of foods! But chicken nuggets are my absolute favourite.

**What's your worst habit?** Screaming my head off when Mummy gets home.

**What is your favourite local hangout?** Mummy's lap.

**Who is your best doggo friend?** Marlo, I suppose.

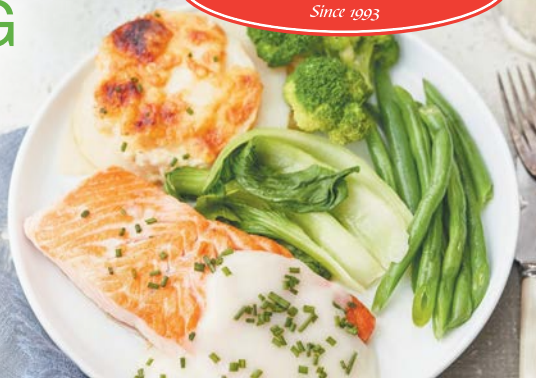
**Do you have any funny or embarrassing stories to share with us?** So embarrassing! Once, when I was asleep, I spooned the cat, Tabs. We don't like each other.

**What do people love most about you?** That I'm an anxious little soul who has come such a long way to be braver.



Would you like your best mate to be featured in Maggie's Mates? Email us at [sales@market2market.com.au](mailto: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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## REDLAND MUSEUM



### 2025 AUSTRALIA DAY PLAY

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## THE EULOGY



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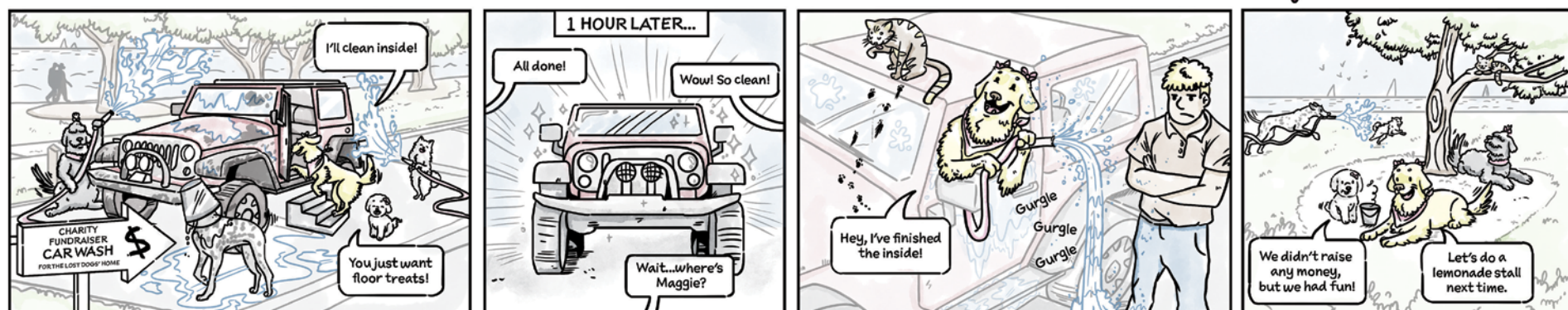


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[www.redlandmuseum.org.au](http://www.redlandmuseum.org.au)



BOOKINGS ESSENTIAL

# MISS MAGGIE OF MANLY



## WHAT YOU NEED TO KNOW ABOUT PARVOVIRUS IN DOGS AND CATS

BY DR NICKY THOMAS, WYNNUM MANLY VETERINARY HOSPITAL

There have been a number of reports in the last couple of months of increased cases of both canine and feline parvovirus (also known as panleucopaenia in cats). Puppies and kittens are most at risk of contracting these diseases, and the treatment can be expensive. Infection with these serious diseases may result in death. Prevention is the best approach – it is time to make sure that your dogs and cats are up to date with their vaccinations.



pass from mother to offspring in the uterus, which provide them with some protection from diseases while their own body matures to a stage where it can mount an immune response. Vaccination after the period of maternal antibody protection is essential to ensure ongoing immunity – puppies and kittens then develop their own protective antibodies to disease, which provides ongoing protection.

Adult dogs and cats should be vaccinated regularly (yearly to three yearly) as advised by your veterinarian to maintain immunity.

### SIGNS OF PARVOVIRUS

The most common symptoms of parvovirus include:

- Fever
- Lethargy
- Vomiting
- Diarrhoea, often bloody
- Loss of appetite
- Dehydration
- Abdominal pain

If your pet is demonstrating any of these signs it is important to seek veterinary attention.

### PREVENTING DISEASE

- Vaccination is the most effective means of protecting your pet from these deadly diseases.
- Parvovirus is extremely contagious and can persist in the environment for extended periods. Avoid areas where large numbers of animals congregate (off-lead parks, beaches etc.) and prevent your pets coming in contact with other animals' faeces.
- Puppies and kittens should not be in contact with unvaccinated animals.
- Disinfection of environments where diseased animals have lived is essential – contact your vet for advice on the best options.

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# GOLF FOR A CAUSE: ROTARY RAISES THOUSANDS FOR LOCAL CHARITIES

CONTRIBUTED BY GAVIN BECKER, CLEVELAND ROTARY

Cleveland Rotary's annual charity golf day, our 23rd consecutive event, has again been a great success, thanks to the wonderful support of our generous corporate sponsors, individual participants, the Redland Bay Golf Club team and the tireless efforts of the members of Cleveland Rotary.

The sun shone, the storm clouds kept their distance, the beer was cold, and the array of prizes was excellent. The golf was largely forgettable, but no one seemed to care!

Thanks to the generous financial support of so many local businesses and individuals, the nominated local charities (Redlands Mater Hospital Auxiliary, the Redland Foundation and Rotary's campaign against domestic violence) will benefit to the tune of almost \$29,000! As with all of Rotary's efforts in your local community, all profits will be distributed since there are no overheads or administration costs.

Cleveland Rotary's sincere thanks go to all who supported this event with sponsorship, donations, raffle tickets and participation. We will do it all again on 17 October 2025, so please mark your calendar.

To learn more about Rotary, go to <https://www.rotary.org/en/about-rotary>.



Photos: Supplied.

# REDLAND HOSPITAL DOCTORS ENTER PRESTIGIOUS TRAINING PROGRAM

**Two Principal House Officers from Redland Hospital, Dr Celeste Bloomfield and Dr Salih Ibn Mohamed, have been accepted into the highly competitive Queensland Anaesthetics Rotational Training Scheme (QARTS).**

The pair was selected from hundreds of applicants across the state to take on the important role of keeping patients well-sedated during surgery or other medical procedures. Dr Bloomfield said being accepted into the training scheme was exciting and a culmination of years of work.

"It has been a lot of hard work for both of us," said Dr Bloomfield. "We've been working towards this for the last two or three years. We're both really excited to start next year and see what the future holds."

SMO Anaesthetics Dr Nicholas Pawula said both doctors had been dedicated in their efforts to get onto the highly sought-after QARTS program.

"I predict they will be future leaders in this field," Dr Pawula said. "They have been reliable and enthusiastic members of a hard-working junior doctor cohort in the anaesthetic department this year. I trust they will maintain their strong patient advocacy throughout their training and keep their community-mindedness, which I think is a key experience of working at Redland Hospital."

Dr Ibn Mohamed said he appreciated the opportunity to work in anaesthetics.

"Anaesthetics as a specialty really appeals to me because we get to play a big role in a patient's perioperative experience. They put a lot of trust in us, and that's a big privilege."

In addition to their clinical duties, both doctors are actively involved in research that will be showcased at the upcoming Bayside Health Service Research Symposium.



Dr Salih Ibn Mohamed and Dr Celeste Bloomfield. Photo: Supplied.

# LOCAL GARDENING WITH KAT

## KEEP CALM AND STAY SHADY!

BY KAT PEARSON, GIRL IN THE GREEN

I'm writing this in early December, although it will be January now you're reading it, and I'm sure it hasn't gotten any cooler! The humidity levels are so high I expect I wouldn't look significantly different had I just climbed out of the pool (except perhaps less red in the face). If you can find a breeze and a shady spot to sit (very still) though, summer days are rather enjoyable. The best shady spot to sit, in my opinion, is under a tree. Although cliché, trees really are nature's air conditioners, and if your garden lacks any greenery over two feet tall, then I have a tree for you!

Native gardenias, *Atractocarpus fitzalanii*, are loosely related to gardenias (same family, Rubiaceae) and grow naturally in coastal and dry rainforest regions of northern Queensland. They boast big glossy leaves, fragrant white star-shaped flowers, and (in theory) edible fruit – at the very least, they're decorative when they turn yellow.

The trees are reasonably speedy growers if you want to grow some shade quickly and are a good size for a suburban block. They can grow to around six metres tall and three metres

wide but are easily pruned to keep them more compact. They naturally have a bushy habit, so I find removing some of the lower branches improves their shape and 'shade tree' qualities.

I have yet to see one suffer any pests or diseases, and once established, they will grow quite happily unattended. Brisbane City Council also have them listed on their 'approved street tree' list – so if your house doesn't have a street tree, consider asking the council for one!

P.S.: If you are keen to get one for your garden, it's best to wait a few months until it's slightly cooler before planting. If not, make sure you keep the water up to your new baby until the heat has gone!

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



My native gardenia is growing quickly and provides a lovely shady spot in the garden. Photo: 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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# WHAT CAUSES SKIN CANCERS AND MELANOMAS?

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

**Last month, we discovered we all need our skin and sun exposure for a healthy life.**

There is nothing wrong with a gradually acquired tan in Queensland, especially in summer, with no more than 15 to 20 minutes exposure at a time without ultraviolet protection. Do NOT sunbake or get sunburnt.

Races with pigmented skin are protected to a high degree from skin cancer. Skin cancer is uncommon in Africa and India. Skin pigment is a God-given protection against skin cancer, which is why people living in equatorial regions have pigmented skin.

Genetics play a major role in outcomes from sun exposure.

- The strawberry blonde complexion or albinos are much more prone to skin cancer than other Caucasians as they do not have – or are unable to – pigment their skin with gradual exposure to the sun. They need to cover up with clothing.
- People with a family history of skin cancers, especially basal cell cancers, are more prone to develop them.

- A family history of melanoma is the major risk factor for the development of melanoma. Melanoma is not primarily a sun cancer. Why? Sixty-five per cent occur in areas of the body where 'the sun doesn't shine', either due to position or clothing. They can even occur in the gut.



If you have a family history of melanoma, we advise regular skin checks at least every six months from the age of 14 years! A dermoscopy of every pigmented lesion during a thorough skin check is essential. I have found early melanomas as small as 1 mm in size.

It is not a cancer of old age. I have a family in which the mother and three teenage siblings were found to have – unbeknown to them – multiple melanomas and/or dysplastic naevi (pre-melanomas). Melanoma is a potentially lethal disease, but most are curable when found early. Level 1 melanomas are 100% curable, but continued surveillance for life is necessary.

More next time. Have fun, take care, and God bless.





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# RPAC'S FORECOURT STARS IN DAZZLING \$3 MILLION FACELIFT

**An exciting \$3 million transformation of the Redland Performing Arts Centre (RPAC) forecourt is underway.**

Redland City Mayor Jos Mitchell said RPAC continued to deliver on its commitment to a better experience for visitors with work starting this month on the front of the Cleveland facility.

Funded as part of the 2024-2025 Redland City Council budget, the forecourt facelift includes a revitalised entrance, covered alfresco area, permanent seating, a small outdoor performance deck, improved accessibility, increased lighting, new ramp and stair access and beautiful garden areas.

"RPAC provides a much-loved home for Redlands Coast's thriving local arts sector, as well as for artist development, school productions and events," the Mayor said.

"Once completed, this project will provide a wonderful community space and a new gateway to the home of performing arts on Redlands Coast."

Local engineering firm Baroque Group has been engaged to deliver the project that will dramatically improve the customer and visitor experiences for the 60,000-plus people who attend performances

and events at RPAC each year. Detailed designs for this project were prepared by local project management and engineering consultancy company xbuero and Anna O'Gorman Architects.

"While the building works take place, our rich program of performances and events will continue," said Bradley Rush, Redland City Council Service Manager, Creative Arts.

"With our front entrance expected to be out of action during some phases of the project, we look forward to offering visitors a glance behind the curtain with a series of intimate 'Stage Door Sessions', giving loyal guests a completely different view of RPAC and the opportunity to enter the building, like a performer, through the stage door."

Division 2 Councillor Peter Mitchell said the project would provide a more accessible link to Cleveland CBD.

"It will also ensure RPAC remains a valued asset for our Redlands Coast community for many years to come," he said.

During the redevelopment work, from 23 December 2024, the RPAC Box Office will operate from the Redland City Council Customer Service Centre, in the main Council building on Bloomfield Street, Cleveland.



Photo: Supplied.

Box office facilities will be available at RPAC an hour before performances to offer the usual high standard of customer service.

More information about the project can be found at [rpc.com.au](http://rpc.com.au).

# WHO'S AFRAID OF THE SCAREDY HOUSE?

**It's a dark and stormy night...and in the Redland Performing Arts Centre strange things are stirring... the audience is creating the ghosts that are hidden in the crevices, nooks and crannies, ghosts that will be brought to life by the Counterpilot host of the haunting.**

Once through the secret tunnel and into the giant pillow fort, the ghost wrangling – and the fun – really begin. Nathan Sibthorpe, Counterpilot's techno-troublemaker, conceived the idea of *Scaredy House* when commissioned by Metro Arts to make a work for young people. Company-in-Residence at the time, Counterpilot decided on an interactive horror show along the lines of *Escape from Monotony*, which they'd developed and produced at the Museum of Brisbane.

"It's an intergenerational play based on deconstructing a house that scares us and inhabiting it with ghosts so that we scare the house," says Nathan. "It's liberating for adults to be asked to play, and for families to collaborate in that shared space, hands-on together, when we talk about things we're scared of – but everything's OK because we've got each other."

The process involves cameras, projections, light boxes and high-tech shadow puppetry. "While the avatars are ghosts and spiders, our real fears are the ones we don't talk about; fear of what people will think of us, of



Photo: Supplied.

loneliness, of rejection. We worked with a range of local artists and makers to bring this world to life in a big way!"

This interactive haunting is most suitable for young people aged 7 to 10+ and their grown-ups. To be part of the great ghost muster call 3829 8131 or visit [www.rpc.com.au](http://www.rpc.com.au). *Scaredy House* will run from January 23 to 25 for three performances.

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# NATURALLY WONDERFUL ... WITH RANGER STACEY

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

**Happy New Year! Have you made a resolution for the year that's about to unfold? And will you stick to it? Only time will tell! Good luck.**

The tradition began around 4,000 years ago with the ancient Babylonians, and to this day, many of us continue to make new year's resolutions, with the best of intentions. But honestly, some goals are way too unrealistic and difficult to endure. In fact, many resolutions fade away in the first few weeks. I know, I've been there.

My approach is simple: pick resolutions that are achievable and make a real difference.

If you're yet to decide, why not choose an eco-friendly resolution? It could be as simple as purchasing a beautiful re-usable cup for your morning takeaway coffee; buying sustainable gifts, fashion, and food; re-using and recycling; transforming your garden to create a sanctuary for wildlife; or joining your local community bushcare group. Redlands IndigiScapes Centre at Capalaba can guide you to success with all these goals and more.

I reckon an excellent resolution is to spend more time in nature. It's so easy, yet too often indoor activities (yes, I'm talking screentime) prevail over outside adventures. You'll often find me at IndigiScapes, and while there's an office component to my job, I take every opportunity to step outside into the natural bush surrounds to share my love of the environment with visitors.

Each month I host "Joey Club", a fun-filled nature activity for young children. It's about igniting that spark of wonder through connection with the environment. It's learning about what makes our wildlife unique through stories, play, and discovery.

My greatest satisfaction comes from the happy engaged faces that look back at me as I hop like a frog or attempt to bellow like a koala – book through Eventbrite to join in the fun!



Photo: Supplied.

In 2025, while I'll attempt the popular resolutions of exercising more, learning something new, and eating healthier, my go-to is to spend more time in nature. Because that's achievable, meaningful, and enjoyable!

Until next time ... Stay Wild!

*Ranger Stacey*

# KANE WINS DOUBLE GOLD ON THE GREEN AT WORLD CHAMPIONSHIPS

FROM CAPALABA SPORTS CLUB

**Kane Nelson recently achieved the remarkable feat of becoming a double gold medallist at the 2024 World Bowls Junior Indoor Championship held in Hong Kong.**

He not only secured a gold medal in the mixed pairs alongside Kira Bourke, but also triumphed later that day in the men's singles against Scotland's Paul Innes. The match against Innes was intense, coming down to the final moments, but Nelson maintained his composure to secure both the victory and his first international medal.

Earlier this year, Kane also won gold in the men's triples and fours at the Australian Championships, and he is currently ranked number one in Australia.

Kane is a proud member of the Capalaba Comets, based at the Capalaba Sports Club on Ney Road, Capalaba. When he's not honing his skills on the undercover greens, he dedicates his time to teaching and mentoring junior players, sharing his knowledge and passion for the sport he loves.



Photo: Supplied.

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# SPUDS ANYONE? MATES' POTATO RACE HITS TOWN

Whether you like your spuds baked, mashed or fried, *The Appleton Ladies' Potato Race* is sure to whet your appetite. Mates Theatre Genesis, affectionately known as MATES, will bring Melanie Tait's warm-hearted script to life, from January 24 to February 1 at the Donald Simpson Centre, Cleveland.

Inspired by a true story, the play follows Dr. Penny Anderson, who returns to her childhood town of Appleton and is outraged to discover the huge disparity in prize money for the town's famous Potato Race – \$1000 for men; only \$200 for women. Penny takes a stand, launching a campaign to bring equality to the Appleton Show.

A fun-filled comedy about community, family, and standing up for what's right, *The Appleton Ladies' Potato Race* portrays a colourful cast of Aussie characters. Directed by Adelle O'Connell and Assistant Director Traci Sumpter, the production features Amanda Lay as Penny, a self-confessed misfit; Peta Townend as her cousin Nikki, the Potato Race champion; Diana Gogulski as the old-fashioned Appleton Show President, Bev; Claire Marchesi as Barb, the town's social lubricant with a secret; Rhea Basha as Rania, a newly arrived Syrian immigrant; and Paul Hynes as the Radio Announcer and commentator who aptly describes the annual event as, "The race that makes heroes out of men. Gods out of potato farmers".

Expect a 'spudtacular' show full of creative and ingenious surprises! Working with a modest production budget, Prop master Diana Gogulski, has turned discarded materials into works of art – harissa cake made from a memory foam pillow, goat curry from polystyrene packaging, and potatoes crafted by stuffing old stockings. One potato, two potato, three potato, four... she'll be stuffing until there's plenty more!

For tickets and more information, visit: [www.matestg.org.au](http://www.matestg.org.au).



Cast members Amanda Lay, Peta Townend, Claire Marchesi, Paul Hynes and Diana Gogulski. Photo by Adelle O'Connell.

# FLYING INTO THE ROLES FOR A MULTI-GENERATIONAL PERFORMANCE

Straight off the plane and onto the stage is pretty well how it happened for two very recent bayside arrivals. Erin and Dylan Tilson, 14 and 11 years old respectively, have taken the giant step with their mum Elaine from Devon in west England to the Redlands, joining Elaine's mother Jill and the cast of Theatre Redlands' (TR) Australia Day production, *Training Wheels*.

Jill, a keen volunteer at Redland Museum, sounded out Theatre Redlands in advance of her family's arrival, keen for her grandchildren's acting talents and experience to help them settle into their new home.

"She didn't actually bring me down in a flying crash tackle, but she did let me know that a couple of very talented young actors would soon be available," says TR's Jan Nary.

"We don't often do plays with young folk in them, but serendipitously, we'd decided on a double bill production for January 2025. Ray Noonan is directing *The Eulogy*, a perceptive and edgy gem of a play, a two-hander, and I'm tackling another premiere, about a family's life in a Queensland railway construction camp. There are children in the family the same age as Dylan and Erin, so it couldn't have worked out better – and Jill's absolutely right about their talent!"

So for the two – and possibly for their mum Elaine, who's been roped in as a third child – it's been unpack, get over jet lag, fluff their feathers and jump straight in at the deep end of a drama style they've never tackled before, a radio play.

A new country, new people, a new school – how are they finding it all? As it is for most UK incomers, Queensland summer weather makes an impression.

"When I came from minus two degrees to 27 degrees and the most incredible humidity," Erin says, "that was a bit of a shock!"

The Australian idiom isn't presenting any problems, as Dylan observes; "We were brought up by an Australian mum so it's really nice now to be able to speak in our natural language. The only expression we had trouble with was buying shoes, remembering to call flip-flops 'thongs' – in England thongs are G-strings – or what we call wedgie-pants."

They hadn't expected to get into their beloved theatre work so quickly, but they're revelling in the experience and the environment.



Erin, Dylan, Jan and Ian in rehearsal. Photo: Supplied.

"The people in the group are so friendly," says Dylan, "and this place – the museum – is just amazing!"

"Being able to do theatre in such a historical place makes the experience so much more real," says Erin. "You know that some actual individual has had the experience that you're acting, it makes you feel more like that real person."

Will they be lining up for more shows with Theatre Redlands? "One-hundred per cent!" was the mutual response.

The Australia Day double bill program will run at Redland Museum from Friday January 24 to Sunday February 2.

For more details and bookings, scan the QR code or go to [redlandmuseum.org.au](http://redlandmuseum.org.au).



# LET'S GET IT SORTED PARTNERSHIP PROGRAM TO BENEFIT REDLANDS

FROM REDLAND CITY COUNCIL

**Redland City Council has been awarded more than \$480,000 in Queensland Government funding through the Let's Get it Sorted Partnership Program to improve waste management practices in the community.**

Mayor Jos Mitchell said the funding would go towards a citywide behaviour change initiative aimed at improving household recycling rates and lowering the amount of waste being sent to landfill.

"To reach the statewide target of establishing a zero-waste society by 2050, we need households and workplaces across the city to be disposing of their waste responsibly," the Mayor said.

"At the moment, about 16 per cent of what is being sent to landfill through kerbside general waste bins could be recycled, with the most common culprits being paper, cardboard and hard plastics.

"We also have seen a rise in non-recyclable items such as soft plastics, bagged waste, bagged recyclables and green waste ending up in yellow-lid bins, which lowers the quality of recycled materials and adds to the costs of processing these goods for re-use.

"By improving education around the importance of residents separating out their household waste, which will be one of the main aims of the initiative, we can not only keep these costs down but also work towards creating a more sustainable future for the city.

"Council is already running a range of waste management programs in the community and the state-funded initiative will be beneficial to the ongoing success of this work, particularly when it comes to boosting recycling and decreasing contamination rates."

Lowering the amount of waste being sent to landfill on Redlands Coast is a critical issue for Council, with an increase in the statewide waste levy estimated to add \$170 per year to the average household bill by 2030.

The initiative, and more specifically the ongoing education around the importance of making sure the right items are going in the right bins, will assist with mitigating the impacts of these rising costs.

Key activities will include audits of Council's yellow-lid bins to assess the level of contamination. Council will then review this data and



Photo: Supplied.

provide targeted feedback to the community through bin tags, letters and educational material.

Redland City Council was one of 26 Queensland councils and two Regional Organisations of Councils to benefit from the first tranche of the program, receiving \$486,855.



# THIS YEAR I WILL ... RECYCLE RIGHT

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# Queensland real estate set to ‘spring’

FROM THE REAL ESTATE INSTITUTE OF QLD

**Queensland’s rapidly rising residential property prices stabilised over the September 2024 quarter (July – September 2024), as a wave of spring sales began settling.**

The latest median sales results released by the Real Estate Institute of Queensland (REIQ) today, reveals a modest 0.26% increase in Queensland’s median house prices for the quarter, lifting to \$772,000.

While annual house price growth remains impressive across the state, some regions saw slight quarter-on-quarter dips, suggesting a slowdown rather than a halt in price growth.

The Gold Coast, Brisbane, and Cairns were among the house markets showing signs of stabilisation, while regional areas like Mackay (8.83%), Noosa (7.37%), Townsville (6%) and Gladstone (4.93%) experienced the most significant quarterly gains.

Noosa held onto the crown for Queensland’s most expensive market, with a remarkable quarterly median house price of \$1.42 million, surpassing Brisbane (\$1.187m), the Gold Coast (\$1.092m) and the Sunshine Coast (\$1.049m), which also posted million-

dollar-medians.

In Greater Brisbane (\$870K), prices continued their steady ascent, with Redlands reaching a median of \$900,000, Moreton Bay at \$820,000, and Ipswich maintaining its reputation for value for money at \$695,000.

Median days on market continue to drop, with Queensland houses now selling in 21 days. The longest annual median days on market were Bundaberg (47 days), Moreton Bay (38) and Rockhampton (29). The fastest were Townsville (13), Mackay (13), and Fraser Coast (14.5).

Meanwhile, units continue to perform strongly while remaining comparatively much more affordable, rising 2.79% over the quarter across Queensland to \$627,000.

Queensland units are now selling in a rapid 18 days. The longest annual days on market for units were in Bundaberg (45 days), Townsville and Fraser Coast (both 29 days). The fastest were ties between Sunshine Coast, Noosa and Cairns (all 13 days), and Brisbane and Toowoomba (both 14 days).



REIQ CEO Antonia Mercorella said while prices may not be soaring as high as they have in recent years, the steady market reflects sustained demand and resilience in the state.

“The September quarter results demonstrate a stabilisation in Queensland’s residential property market, which is a positive sign of the market finding its rhythm after a period of rapid price escalation,” Ms Mercorella said.

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# New year, new savings with wholesale energy pricing

FROM GOODHEW ELECTRICAL AND SOLAR

As we usher in a new year, many locals are looking for ways to cut costs and reduce their environmental impact. At Goodhew Electrical & Solar, we're proud to help households achieve both by harnessing the power of solar energy and the latest in battery storage technology. Now, through solutions like Amber for Batteries, our customers are taking control of their energy bills like never before.

Wholesale energy pricing and power trading are revolutionising the way households interact with the energy market. Instead of being tied to fixed retail rates, households with battery storage can take advantage of fluctuating wholesale prices, charging their batteries during off-peak times and selling excess power back to the grid during peak demand. It's a game-changer, and one of our Thornlands customers is living proof.

Since switching to wholesale energy pricing in October, our customer – equipped with a state-of-the-art Sungrow hybrid solar system has seen considerable return on investment. Last month alone, they

earned \$465 by trading energy on the wholesale market. Factoring in the elimination of the \$300 monthly bill, they slashed over \$765 from their monthly energy costs. Overall, the customer has averaged a feed-in tariff of 66.7c/kWh through summer. This result underscores the potential of combining solar, battery storage, and wholesale energy pricing to maximise financial and environmental benefits.

When paired with a high-quality solar system, batteries can store excess energy generated during the day, which can then be used during peak times or sold back to the grid when prices are at their highest. For example, through the Amber platform, customers gain real-time insights into energy prices, enabling smarter decisions about when to buy, store, or sell power.

This New Year, why not follow their lead? By partnering with Goodhew Electrical & Solar, you can install a custom-designed solar and battery system tailored to your energy needs. Our award-winning team brings years of expertise, ensuring you'll enjoy reliable, efficient, and future-ready energy solutions. Plus, with programs like Amber for

Batteries, the path to energy independence and significant savings has never been clearer.

Now is the perfect time to join the growing number of Baysiders leveraging the power of renewable energy and wholesale energy pricing. Contact Goodhew Electrical & Solar today to explore how we can help you make 2025 your most energy-savvy year yet.

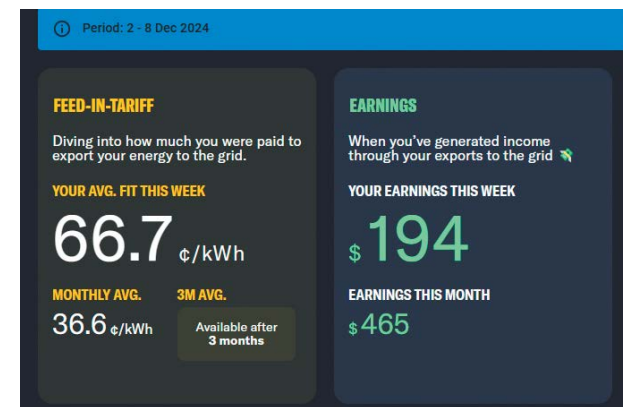


Image showing the weekly earnings for during December.





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# SPARKLING SUMMER RASPBERRY AND PINEAPPLE PUNCH RECIPE



Sunny, warm January days call for cool drinks, and this non-alcoholic punch starring fresh fruit with a fizzy twist is refreshing, making it a perfect summer treat for the whole family.

## INGREDIENTS (SERVES 2-3)

- 1 orange, freshly juiced (about ½ cup)
- ½ cup fresh pineapple juice
- ¼ cup fresh raspberry puree (about 1 cup raspberries blended and strained)
- 1 lime, freshly juiced (about 2 tablespoons)
- 1 teaspoon of honey or agave syrup (optional, for extra sweetness)
- 1 cup of chilled sparkling water or ginger beer
- Ice cubes
- a sprig of rosemary and extra whole raspberries to garnish each drink (optional)

## METHOD

1. Blend the fresh raspberries until they are smooth in a food processor, then strain through a fine-mesh sieve to remove the seeds. Set the puree aside.
2. In a large jug, combine orange juice, pineapple juice, lime juice, and honey/agave syrup (if using) and stir to mix.
3. Fill glasses with ice cubes and pour the juice mixture evenly into each glass, filling the glass to about two-thirds full. Slowly add the sparkling water or ginger beer to top off the drink.
4. Garnish each glass with rosemary sprigs and extra whole raspberries, and serve immediately to enjoy the fizz!





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# A REMARKABLE LIFE: CELEBRATING WENDY TIDBOLD

[3 OCTOBER 1942 – 12 OCTOBER 2024]

Wendy Tidbold's extraordinary life is a story of resilience, ingenuity, and an enduring love for horses. Born in Hobart in 1942, Wendy moved to Brisbane at age six and settled in the Redlands, where she lived for nearly 68 years. Despite leaving school after Grade 7, Wendy's determination made her a trailblazer in multiple fields.



Her lifelong passion for horses began with Lopy, her first horse, and grew into a legacy spanning over 65 years. Wendy became a life member and 11-year president of the Redlands & Southern Districts Equestrian Group and exhibited at the Royal Queensland Show (EKKA) for 13 years. She rode side saddle in period costume to open Ladies Oaks Day at Eagle Farm Racecourse for three consecutive years.

Beyond riding, Wendy's contributions to saddlery were groundbreaking. Her first experience in the trade began at age 18 in Barcardine, and by the 1960s, she had started her own saddlery business from her family home in Capalaba. Over the next 50 years, she operated 'The Sheldon Saddler', which included a boutique side saddle museum. Renowned for her custom-made side saddles,

Wendy catered to riders and horses across Australia and New Zealand, becoming one of a handful of side saddle makers worldwide.

Wendy's expertise earned her membership in the Saddlers & Harness Makers Association of Australia. She further honed her skills with a course at the UK Saddlery Training Centre in 2005, earning a UK Instructor's Certificate for Side Saddle. Her work and dedication were featured in media including Australian Women's Weekly, Discovery Channel, and Totally Wild.

Wendy also showcased her skills on the international stage, participating in Brisbane's first Equitana horse show, where she performed a Pas de Deux riding side saddle over four nights. She judged equestrian events across Australia and New Zealand, solidifying her reputation as a respected figure in the field.

While her professional achievements are remarkable, Wendy's personal life was just as fulfilling. She married Mike in 1968 and together they raised three sons. She was also a proud grandmother and great-grandmother, and cherished her large and loving family.

Wendy's philosophy of life is summed up in her three favourite sayings:

- "You can do anything you want if you really TRY!"
- "If you haven't got a DREAM, how can you have a dream come true!"
- "Never, never GIVE UP!"

Through her faith in God and a tireless work ethic, Wendy Tidbold has created a legacy that continues to inspire all who knew her – a remarkable life lived with purpose, passion, and grace.



Photos: Supplied.

# WELCOME TO 2025 AT THE OLD SCHOOLHOUSE GALLERY

FROM THE OLD SCHOOLHOUSE GALLERY

**Happy New Year from all our members at the Old SchoolHouse Gallery! We trust you had a wonderful Christmas season with family and friends and are looking forward with hopeful anticipation to all that 2025 will bring. The gallery re-opens on January 16 with new work and a new exhibition.**

Photographer Mike Scott, a long-time gallery member, and his guest, artist Catherine Snobohm from Wynnum, will begin our year of exciting monthly exhibitions. Mike, who specialises in landscape photography, said he draws inspiration from the beautiful and diverse nature of the Australian landscape – in particular, the glorious Redlands coastline as depicted in many of his panoramic landscape images.

The official opening night will be the first Saturday in February from 5:00pm. Everyone is welcome to meet the artists and enjoy drinks and refreshments on the verandahs of our wonderful gallery.

Art Markets are on the agenda again this year – one in autumn and one in spring. The first is Sunday, March 30. Please contact us if you would like to participate and have a stall.

Old SchoolHouse Gallery is always looking for new artists to join our creative community – in particular 3D artists at the current time. If you are a 3D artist working in ceramics, leatherwork, fabric, jewellery, glass or any other medium who would like to be part of a community gallery, please contact us at [info@oldschoolhousegallery.org.au](mailto:info@oldschoolhousegallery.org.au) for more information.

We look forward to opening and welcoming you all to our special historic buildings filled with beautiful artwork and artisan gifts. We are open Thursdays to Sundays and public holidays from 9:30am to 4:30pm.



Photographer Mike Scott. Photo: Supplied.

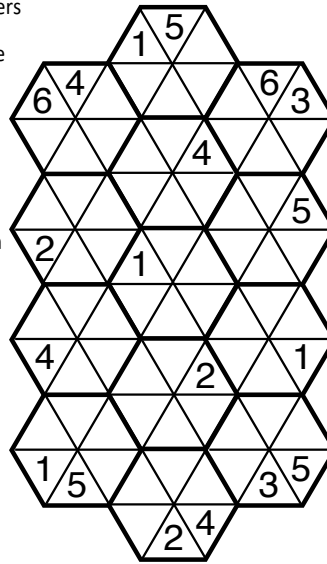
### Sudoku

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

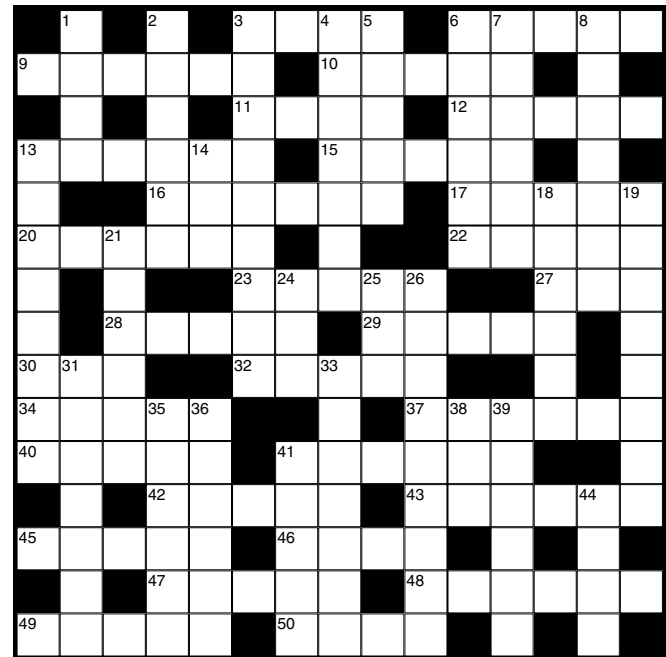
3	7					9	5
						4	3
		1		8	9		
5						6	7
6						3	4
	4	9					
			1			6	
			4	8			1
					2		8

### 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

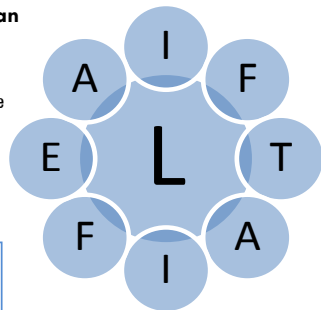


### Focus

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: 19 words  
Excellent: 24 words




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Reference: Macquarie Concise Dictionary  
Focus No. 3889

#### ACROSS

- 3 Coarse file
- 6 Indian relish
- 9 Stick
- 10 Hooked claw
- 11 Amphibian
- 12 Protuberances
- 13 Address abusively
- 15 Garden tools
- 16 Border
- 17 Send money
- 20 Country
- 22 Draw forth
- 23 Cosy retreats
- 27 Used a seat
- 28 With speed
- 29 Character
- 30 Small drink
- 32 Church office holder
- 34 Happening

#### DOWN

- 1 Timber-dressing tool
- 2 Administration
- 3 Written testimonial
- 4 Tales
- 5 Heathen
- 6 Stick together
- 7 As new

#### 8 Copy

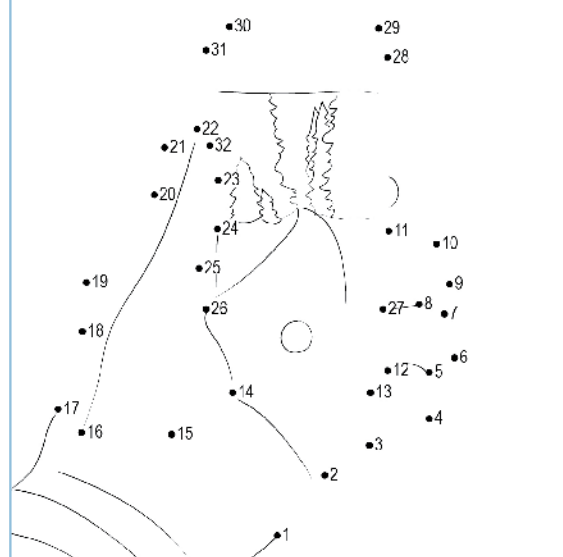
- 13 Record
- 14 Resinous substance
- 18 Shellfish
- 19 Made fast an animal
- 21 In high spirits
- 24 Slippery fish
- 25 Golf mound
- 26 Kitchen utensils
- 31 Enthusiastic applause
- 33 Enter in a diary
- 35 Indigenous
- 36 Merchant
- 38 Born
- 39 For nothing
- 41 Tears
- 44 Way out

### Spot the 5 Differences



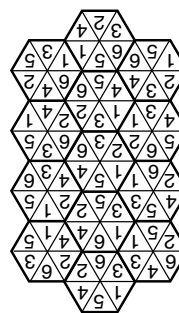
### Join the Dots

What is this? Find out by joining the dots.



### Solutions

Puzzles and pagination supplied by Auspac Media



**FOCUS:** AFFLIATE aiale ailate ailt fall fatal felt file flite flite flea flit  
flite late leaf left life lift lite tail tale tall teal tie

**SPOT THE 5 DIFFERENCES:** Missing snake from headress, Extra stripe on headress, Eyebrows higher, Extra tie on beard, Square shape missing near neck.

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

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# IMPROVING GUT HEALTH AND DIGESTION

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

Many people experience discomfort like bloating or irregularity, which can sometimes signal that their gut health could use some attention. Hormonal imbalances, brain fog, heartburn, sugar cravings, irregular bowel movements, and acne can also be symptoms of gut imbalances.

It's worth noting that stress, food choices, and lifestyle can all influence how we feel. Over-consumption of rich, sugary foods and drinks during the holiday period can also make us feel sluggish – so let's look at ways to debloat and reset for a healthy 2025.

A healthy gut microbiome plays a vital role in our wellbeing and the strength of our immune system. To nurture it, consider incorporating more whole foods into your diet – fresh, organic fruits, vegetables, nuts, seeds, and legumes are great options.

Adding fermented foods like sauerkraut and kefir can be beneficial, as they provide probiotics that support the good bacteria in your gut. Additionally, digestive bitters and a splash of apple cider vinegar

in your water can aid digestion. Celtic salts can also help maintain electrolyte balance.

It's also important to understand the roles of probiotics and prebiotics. Probiotics introduce beneficial bacteria, while prebiotics serve as food for those bacteria. Having both in your diet can help maintain a balanced gut.

Lifestyle choices are equally important. Reducing stress and incorporating gentle exercises like yoga can positively impact your digestion. Remember to eat mindfully – take your time, chew well, and breathe deeply.

For those seeking extra support, there are a variety of supplements our qualified naturopaths recommend:

**Motion Potion** for digestive comfort and healthy bowel movement.

**Quenda Ultimate Fibre** for regularity.

**Ora DeBloat and Digest** is, as the name suggests, assisting with bloating and gas, as well as reflux, heartburn and nutrient absorption. We love digestive enzymes to relieve bloated tummies!

For a great all-in-one, we love **Dayly Gut Health** to help with inflammation, leaky gut, and food sensitivities, as well as providing beneficial pre and probiotics, fibre, digestive enzymes, and slippery elm to soothe gut imbalances.

**Pyewacket's Flora Cider** is useful for gut balance, relieving bloating, cramping, and stomach upsets, as well as supporting liver function and reducing inflammation.

Other options include collagen or gelatin for gut-lining support. Always consult with a healthcare practitioner before starting any new supplements.

It is important to embrace a holistic approach to health. By fostering good gut health, we can enhance our energy levels, lower inflammation, and support overall wellness. If you have specific dietary needs or concerns, such as coeliac disease or food intolerances, it is always a good idea to consult with a qualified professional. Our team is here to help you navigate any questions you may have.



Photo: Supplied.

Quality supplements and a whole-food diet can make a positive difference in your gut health. Let's embrace these changes for a healthier, happier you.



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# LOCAL PERSONALITY PROFILE

**Name:** Vanessa Wells.

**Suburb:** Cleveland.

**What's your business?** Mmm...well, jack of all trades, master of none! Primarily, I am a freelance actor. And like many freelance theatre professionals, I have a part-time customer service role as well. Having recently 'retired' from mentoring and supporting our young, up and coming performers on major touring musicals, I am enjoying being home and getting involved in our local community.

**Do you have any fun/interesting stories about your job?** Oh, so many! But most I couldn't put in print! Travelling to wonderful places, in Australia, and Asia. Watching the creative process unfold in front of me. Seeing how audiences are transported from their everyday experiences and taken on a magical journey. I love interacting with people. Hearing their stories, sharing a laugh, or sometimes a tear. Every 'job' I have ever done, and there have been many, has been about people, their stories and about making a difference, no matter how small. To me, that's the most important thing.

**What's your favourite local dine-in and take-away?** I have a few! Mamma Mia at Raby Bay, Sea Fuel Seafood, and of course, the Lighthouse. That's my go-to for catching up with friends.

**Best local activity:** Theatre! I have to say it! There is so much talent out there! Oh and the markets, and the nature walks, being on or near the water, the islands...the list goes on.

**The last book you read:** I am currently revisiting play scripts. I inherited my dad's book collection – almost all theatre-related. I have added extensively to it, over the years. So many wonderful stories, waiting to be brought to life. However, I do also love a good mystery or historical fiction.

**What was the last TV show or movie you watched?** *Only Murders In The Building*. Love this series.

**Is there anything you'd like to see happen in the local area?** I would love to see even more local talent be given the chance to expand their skills, onstage and behind the scenes.

**Is there a local business/community group/club you'd like to give a shout-out to?** Theatre Redlands and Redland Museum. Such welcoming and all-inclusive entities providing fun, educational and hugely entertaining theatrical events and exhibitions.



Photo: Supplied.

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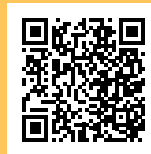
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# TIPS FOR CROSSING THE SOUTH PASSAGE BAR

BY BILL CORTEN, VMR RABY BAY

**The three big things to consider when crossing a coastal bar are wind, swell, and tide.**

For most trailer boats, a wind speed up to about 10 knots is very comfortable for fishing offshore, especially if it is a typical summer easterly.

In winter, the dominant breeze is from the south-west, making coastal bars more pleasant and fishing conditions more enjoyable.

After Christmas is typically the start of the swell season, and anyone considering crossing the bar should take into account swell height and its direction. A challenging day would be an easterly swell coming straight in on to the bar of around 1.5 metres or more. Swells travel at 12 knots around coastal bars and faster when they are off an intense weather system, so be wary on the bigger swell days.

An incoming tide is preferable as the sea is more passive when swells and tidal flow are travelling from the same direction. Higher in the tide cycle gives more depth under the boat and minimises risk.

Conversely, crossing a coastal bar on the outgoing tide is where incoming swells and the outgoing tide oppose each other, increasing the level of risk during crossing, particularly in a small boat.

Lifejackets are now compulsory when crossing all designated coastal bars in Queensland. Make sure yours is suited to the size and weight of the person wearing it and if inflatable, it is within its service date.

It is also a good idea to log on with VMR Raby Bay on VHF channel 83 before and after crossing. The radio room is open from 5:00am to 8:00pm every day.

Keeping the engine trimmed in and maintaining a low planing speed is a good approach heading out, aiming for the deepest water or the area of least surf break.



Don't forget to mark some waypoints as a guide for the run home later.

Coming home, the engine should be slightly trimmed up. Aim for the safest entry point and maintain a speed slightly higher than the swell speed so you don't get caught by a wave travelling behind.

Remember: if in doubt, don't go out.



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## LOCAL FISHING WITH SPERO

# THE WHITING ARE BITING, AND THE BAY'S SWIMMING WITH SQUID!

BY SPERO KARTANOS

Well, my call last month announcing the arrival date of the spotty mackerel proved pretty accurate. A couple of fishermen had caught some a few weeks back, but last month, boats were catching them throughout the bay – not in great numbers or big schools, but enough for most who follow the turns fluttering above the feeding schools to get a few. The only problem (but fantastic for the bay) was the amount of baby school mackerel and spotty mackerel you had to catch and release to get to a few bigger fish, but it was fun. So, January should be our best chance to get a few.

Whiting and squid should be in plentiful supply around the Chain Banks, with the tiger squid being very aggressive this time of year and attacking the squid jigs with purpose. It's fun to watch, catch, and put on the dinner table. I get many emails about getting inked as you bring the squid on the boat, and I've found one of the best ways to deal

with this is when you lift the squid out of the water, hold them between the body and the head and turn them upside down. When you do this, they release all the water, so they can't mix the ink to spurt it out.

If you are after some lovely tasting whitebait, a light on the back of the boat at the western side of Green Island and a butterfly net should get you a feed.

So, the kids are on holidays, and there is nothing like some fishing fun on the bay. Happy New Year to you all, and hope we can do it all again this year! Good fishing.



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Photo: Spero Kartanos.

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# How to eat an elephant

BY LAURENCE SMITH, FINANCIAL ADVISER, UEM WEALTH

One of the privileges of being a financial planner is the opportunity to listen to people share their goals, fears, and aspirations. Lately, a common concern has emerged: “I’m worried whether my kids will ever be able to buy a home.” The dream of home ownership seems increasingly out of reach due to the many hurdles that first-time buyers face.

A lesser-known strategy that can help is the First Home Super Saver Scheme (FHSS). This provision allows individuals to use certain superannuation contributions to help purchase their first home.

The concept is simple: you make extra contributions to your superannuation, and then, when you’re ready to buy a home, you can access those contributions. The amount you can withdraw depends on the contributions made and the length of time they’ve been in the super system. Under the scheme, you can access up to \$15,000 of eligible contributions per year, and a total of up to \$50,000. While the funds are in super, they are also deemed to earn interest, which is calculated at the Australian Tax Office’s Shortfall Interest Charge (SIC) rate – the rate applied to late tax payments. There are conditions and fine print, but that’s the gist of it.

There are three key benefits to using this scheme as part of a first home deposit strategy:

- 1. It’s easy to get started:** Eligible contributions include personal contributions and salary sacrifice contributions. Starting is as simple as arranging with your employer to salary sacrifice part of your income<sup>1</sup>.
- 2. It helps protect you from temptation:** Moving money into superannuation makes it less accessible, so it’s harder to dip into your savings for impulse purchases. The funds are not readily available through your online banking app.

- 3. It reduces tax paid personally:** Interest or earnings on savings in a non-superannuation account are taxed at your marginal tax rate plus Medicare levy. For someone earning between \$45,000 and \$135,000, that rate is 30% plus the 2% Medicare Levy. For example, \$5,000 in a savings account earning 3.5% interest will generate about \$175 in interest per year, which would be taxed at approximately \$56 including Medicare levy. After tax, the effective interest rate drops to about 2.38% per annum. In comparison, contributing the same \$5,000 to super and claiming it as a tax deduction could reduce your annual tax bill by about \$1,600<sup>[2]</sup>. Allowing for the contributions tax of \$750 that will be applied to the contribution, the net tax savings are estimated to be \$850.



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

While this strategy offers some clear advantages, saving for a home deposit is still a challenging task. It remains an ‘elephant’ that can only be eaten one bite at a time. Time, patience, and discipline are still required to reach this goal. However, using strategies like the FHSS can make the journey a little easier by taking advantage of available opportunities.

- <sup>1</sup> Superannuation contributions are subject to an annual cap. Exceeding the cap can result in penalties. You should seek financial advice before making additional contributions to superannuation.
- <sup>2</sup> Based on assumed taxable income of \$135,000 per year.

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One minute there is talk about a real estate bubble and the next minute it's a boom. How do you get accurate information about the market, your suburb - and your property? Tidbold Real Estate can provide you with the latest market information, sales activities and statistics. We have been servicing all Redland suburbs for over 21 years and can provide you with market facts that are relevant to you and your property. We also know the buyers. We have a massive all-in-one company database that has active buyers for all types of Redland property.

**PRICE?** How do I ensure I am getting the best price?

The best prices are firstly achieved when the agent and the seller work collaboratively on the property preparation timetable in advance of the sales and marketing activity. This ensures when prospective buyers first become aware of the property, it is already looking its best. Secondly, the correct marketing strategy combined with the correct inspection method and skilful negotiation all lead to the best price. Sellers need to be reminded that buyers want the lowest price. At Tidbold's we use the 'SMARTRE SALE' to guarantee you do not under-sell your property.

**TIME?** Is now a good time to sell?

While we believe there is no 'bad time' to sell (there are ALWAYS buyers), it is still important to know when the best time is right for you and your circumstances, and when to put your property on the market, and what are the necessary steps to maximise the sale price. Another important factor is understanding what is the best method of sale for you and your property type. We will explain the different methods of sale such as auction, private treaty sale, no price vs. price, tender, public open house, seller paid advertising etc. Tidbold Real Estate has an experienced team with extensive local experience in Redland City and can advise you on the best time, method and marketing options to sell your property and achieve the ideal price.

**WAIT?** If I wait, will prices go up - or down?

If you are buying in the same region, property prices will generally move up, go down or stay level all together. Selling and buying at the same time requires a plan that does not leave you homeless. The Tidbold Team employ the Safe Move Plan whereby you will never sell without firstly knowing where you are going and the settlement dates can be lined up for a smooth transaction. Tidbold Real Estate is here to help you make a seamless move by providing information and helping you with the answers to all your questions. We're here to help!

**WHERE?** Where do I even begin?

So, if this seems like a lot to consider - it is. But only if you try and do it all by yourself. We understand the decision to sell a property is a major life decision. For many, it is the largest financial decision they will make in their lives. Tidbold Real Estate is here to help guide you through the complex maze of questions and decisions. Tidbold Real Estate is led by Dave Tidbold who is one of the longest standing agents in the Redlands with over 30 years experience. He has built a reputation on ethics, honesty, reliability, professionalism, expertise and service. We guarantee you will be delighted with our service and welcome your call to set up a pre-sale meeting where we will provide you with a property appraisal and a pre-sale checklist that will make selling easy.



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