

The Community Leader

WE'RE ALL ABOUT GOOD NEWS

Redlands



JOIN THE TEAM! CLUBS ARE THE HEART OF OUR COMMUNITY

Why is sport so important to our community?

Sport builds character, and the camaraderie and sense of community it fosters connects players for life. It's the excitement of catching up with mates at training, the buzz of game days, and the lessons learned in winning and losing. It's tribal, yet it's all in good fun, and it makes our community better.

Hockey is a multi-generational sport with a strong and supportive community, which is why Redlands Hockey continues to attract players of all ages and abilities. And when it comes to community

spirit and nurturing youngsters, they're hitting all the right shots! Their club sign-on takes place on February 23, so if you or anyone in your family is keen to have a hit and join a team for the upcoming season, mark your calendar. More info is on page 3.

Whether you're arty, sporty, or just looking for social connections, there's a diverse range of clubs and organisations in the Redlands just waiting to welcome new members. We can't wait to share some of these with you in upcoming editions!

Pictured: Redlands Hockey players, who are looking forward to another season of fun and friendship on the field.

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REDLANDS CAMERA CLUB CAPTURES INTERNATIONAL ATTENTION

FROM REDLANDS CAMERA CLUB



Registan Square by Mike Hennessy. Photos: Supplied.



Sass by Pia Jessen.



Cruising Sunrise by Charlotte Carter.

Redlands Camera Club members knocked the ball out of the park in the first round of the PSA International Interclub Competition, securing three out of a possible six awards in two categories. This achievement highlights the club's dedication and skill in a highly competitive arena.

This fierce event, organised by the Photographic Society of America, sees camera clubs from around the world vying for top honours in categories such as Open Colour and Monochrome. With three rounds in total, the competition offers numerous opportunities for clubs to showcase their photographic expertise and creative vision.

The early success of the Redlands Camera Club underscores its members' talents, setting a high standard for the upcoming rounds. This accomplishment inspires its members to continue pushing the boundaries of their craft.

The PSA International Interclub Competition provides a platform for photographers to showcase their work and gain recognition and fosters a spirit of collaboration and camaraderie among photography enthusiasts from countries all over the world including Australia, Canada, Ireland, Scotland, the UK and the USA.

Redlands Camera Club president Pia Jessen said that competing in international competitions challenges photographers to refine their techniques and improve their craft because they're motivated to submit their best work. Being involved in these competitions provides the opportunity for members to view diverse works from photographers worldwide, which can inspire new ideas and creative approaches, broadening members' artistic perspectives. Overall, participating is a rewarding experience that contributes to personal growth for camera club members.



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BE PART OF A WELCOMING, FAMILY-ORIENTED COMMUNITY AT REDLANDS HOCKEY!

FROM REDLANDS HOCKEY

Redlands Hockey is a thriving hub for players of all ages and abilities, offering an inclusive and family-oriented environment.

With over 300 members and around 25 teams across various divisions, there truly is a place for everyone. From Rookies under seven years old to J1s in junior competitions (all mixed teams) and senior men's and women's teams, Redlands Hockey provides an opportunity for the whole family to participate. It's not uncommon to see fathers and sons or mothers and daughters playing together in the senior divisions, emphasising the club's strong family focus.

The association offers a wide range of opportunities for development, including skills clinics and representative hockey at state championships and carnivals. The Umpire Mentor program ensures junior and new umpires are supported by experienced mentors, fostering confidence and leadership. Many members have also achieved coaching and umpiring accreditations at state and national levels through Redlands.

With themed events like Crazy Sock Day, Top of the Table Clash, and junior trivia nights, Redlands Hockey brings the community together on and off the field.

For those looking to try hockey, Redlands Hockey will host 'Come Try/Sign-On' days on Sunday, February 23 and March 2, from 1:30pm to 3:00pm at Henry Ziegenfusz Park, Fitzroy Street, Cleveland. A fun-filled 'Welcome Day' follows on March 9, with games, a BBQ, and a chance to meet the Redlands Hockey family. Pre-season training kicks off on February 26 and is held weekly, with the season running from March 29 to September 13 at Henry Ziegenfusz Park, Cleveland.



Whether you're a beginner or an experienced player, Redlands is the perfect place to have fun, stay fit, and be part of a vibrant hockey family. For more information, call 0459 389 511 or email info@redlandshockey.com.au.

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WHEN 'GOING DOWN THE DRAIN' IS A GOOD THING!

FROM BRISBANE PLUMBING AND DRAINAGE

Drains. They're an integral part of our properties and our streetscapes. We've got indoor and outdoor drains, and we rarely give them a thought, because they do their jobs in the background of our busy lives, working to keep our homes safe from water. But what happens when drains don't work as they should? That's when we notice them!

Many people only think about a drain when it gets blocked or broken. The consequences can be dire – the amount of water that can enter a property through a cracked drain or clogged gutter is staggering. Water damage is no joke – it can destroy valued personal possessions and affect the integrity of the building that houses them. And the aftermath of water damage can linger long after the water stops flowing – mould is detrimental to our health and wellbeing, and can be challenging to eradicate.

Don't let your money go down the drain because of poor maintenance. Well-maintained properties rely on functioning drainage systems to extend their lifespans. Prevention is better than cure, so it's worth looking at your roof, drains and gutters, and keeping them in good repair.

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 flooding and erosion. You can significantly reduce the risk of water pooling around your property by ensuring that gutters are cleaned regularly and functioning correctly.

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Most water damage originates from the roof, and roof and guttering issues are often exacerbated when the weather is poor. Brisbane Plumbing and Drainage has a specialised roofing team to ensure top quality workmanship with roof and gutter repairs.

KEEP AN EYE OUT FOR MORE TIPS, TRICKS AND SPECIALS IN NEXT MONTH'S PAPER.



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What a busy start of the year it has been as I get around our amazing community, visiting the islands, our emergency services and volunteers who make our region the great place it is.

Recently I spent an inspiring morning on Russell Island with the amazing Women of Trades and Industry for their Empower Her program. The program focuses on goal setting, resume writing, job engagement and more. It was fantastic to meet with so many aspirational women investing in themselves.

On that note, I was very pleased to share with three local organisations, their success in receiving *Skilling Queenslanders for Work* funding.

Y-Care (South East Queensland) Inc at Victoria Point, *Skill 360 Australia Ltd* at Russell Island and *Running Wild Youth Conservation Culture Inc* which services the Bay islands, will be running programs that deliver accredited training to jobseekers and those looking to upskill in our community.

These initiatives will empower our community and help shape a brighter future for our young people. I recently dropped in to the YMCA Community Centre to meet their Facilities Manager Chris Richards (pictured).

The work Chris and the team are doing to engage our young people, provide a space for them to be creative, learn new skills and have fun, is phenomenal. This funding will further that great work.



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, visit my website www.rebeccayoungmp.com.au

Stay safe

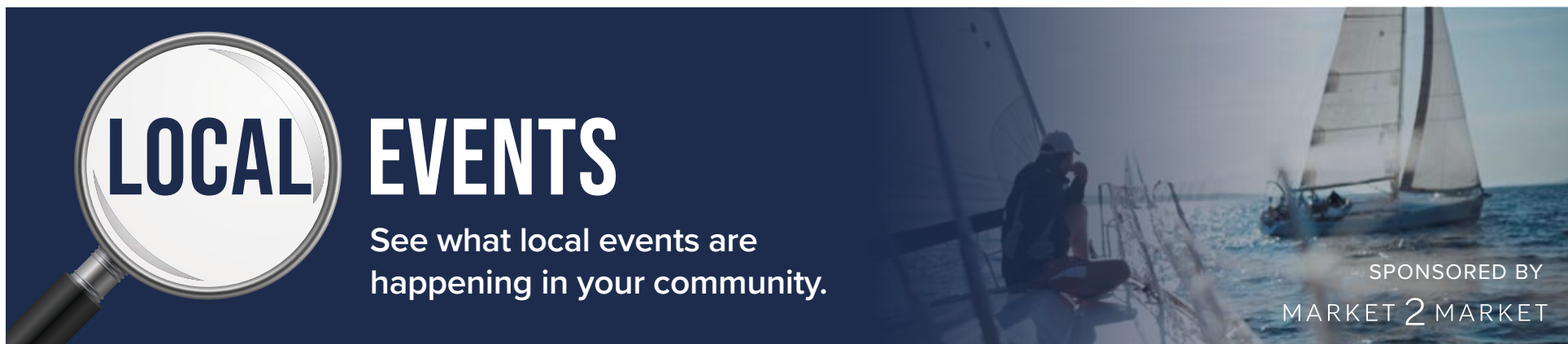
Rebecca Young MP
Member for Redlands



Rebecca
YOUNG MP
MEMBER FOR **REDLANDS**

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☎ 07 3446 0100  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.



INTERNATIONAL DAY OF WOMEN AND GIRLS IN SCIENCE BREAKFAST

Tuesday February 11, 7:00am to 9:30am, IndigiScapes, 17 Runnymede Road, Capalaba

Celebrate women and girls in STEM at IndigiScapes. Hosted by Ranger Stacey, this inspiring event features remarkable speakers who've made a positive impact on the environment through science. They'll explore the UN's 2025 theme, *Unpacking STEM Careers: Her Voice in Science*, empowering future scientists. Enjoy a delicious breakfast, thought-provoking discussions, and stories that break barriers and pave the way for more women and girls in science. For bookings, scan the QR code.



SIP, SPARKLE, SKULL

Friday February 14, 7:30pm to 9:00pm, Redlands Performing Arts Centre, Middle Street, Cleveland

Need some romance in your life? Join internationally acclaimed jazz-cabaret performer Melissa Western for a cosy Valentine's night of music and drinks! With her world-class band, Melissa will perform a mix of blues, jazz, cabaret, pop, and rock, featuring songs like *Black Coffee*, *Peel Me a Grape*, and *Red Red Wine*. Whether you're nursing a broken heart or celebrating love, there's something for everyone on this menu. Enjoy a cheeky, sophisticated night out – just remember to visit the bar before the show! To book, go to rpac.com.au or phone (07) 3829 8131.



TWILIGHT MAKERS MARKET

Saturday February 15, 4:00pm to 8:00pm, Raby Bay Harbour Park, Shore Street West, Cleveland

Pack a picnic blanket and gather your market-loving pals for a relaxing evening at Raby Bay Harbour Park. With over 60 unique stalls, tasty food trucks, and live tunes, you'll have plenty to explore. If you're in the mood for a sit-down meal, the nearby restaurants offer great options. The market is also dog-friendly, so feel free to bring your well-behaved pets (on a leash, please). It's the perfect spot to unwind, enjoy the atmosphere, and take in the beautiful harbour views!



CREATE AND CONNECT: MINIATURE COTTAGE GARDEN WORKSHOP

Tuesday February 25, 9:30am to 11:00am, Capalaba Library

Unleash your creativity at this hands-on workshop for adults, where you'll decorate a terracotta pot with pebbles, 3D-printed miniature doors, and whimsical touches to craft your own pebble pot cottage. Participants will receive a small plant to bring their creation to life. No previous experience is needed, and all materials are provided. Bookings are essential, and can be made by scanning the QR code, or by visiting redland.qld.gov.au.



JOE CAMILLERI & THE BLACK SORROWS LIVE

Friday February 28, 8:00pm, Cleveland Sands Hotel, Bloomfield St & Middle St, Cleveland

The legendary Black Sorrows are back, celebrating the release of their new album, *The Way We Do Business*. This marks 40 years of the iconic band and Joe Camilleri's incredible 55th career release. Known for his tireless passion, Joe has cemented his place as an Australian music legend, with sold-out shows, ARIA and APRA awards, and over a million albums sold worldwide. Catch Joe and the band live at the Cleveland Sands this February. For tickets, scan the QR code.




CYCLONES Sign on Day!

Sunday 9th February 2025
10am -2pm

Charlie Buckler Sportsfield
BoundarySt, Redland Bay

REDLANDS' CANCER COUNCIL VOLUNTEERS ARE READY FOR ANOTHER HUGE YEAR!

FROM THE CANCER COUNCIL QLD – REDLANDS BRANCH

In 2024, the incredible volunteers at the Cancer Council Queensland – Redlands Branch – truly outdid themselves, displaying remarkable dedication and raising an impressive \$107,395!

This outstanding achievement was fuelled by our ever-popular craft and plant stalls, which continue to delight crowds at local shopping centres, markets, and fairs. But that's just the beginning – we also raised funds through morning teas and lunches, cent auctions, raffles, festive Christmas events, trivia nights, the 2024 Redlands Chicks in Pink Fun Run, the FX-FJ Holden Nationals, generous donations from local schools and businesses, and our active participation in Cancer Council Queensland campaigns throughout the year.

We are proud to announce that our Redlands branch achieved the highest fundraising total among Queensland branches for the 2024

Do It For Cancer campaign – a true testament to the passion and dedication of everyone involved. Three cheers for our amazing volunteers, loyal supporters, and wonderful families – your energy and commitment drive our mission forward and make it all possible.


Most importantly, our greatest triumph is knowing that these efforts bring hope and support to those courageously facing cancer. Together, we are creating brighter days and inspiring change.

We welcome new volunteers, fresh ideas, and boundless enthusiasm to keep the momentum going. If you're passionate about making a difference and supporting this vital cause, join us – together, we can achieve even greater things in the year ahead!

For more information about the branch and to find out how you can get involved, call 0493 722 397 or email CCQRedlands@gmail.com.



Photo: Supplied.



Interested in Hockey? Come and Try!


Sunday February 23rd & March 2nd


1:30-3pm
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Local stories from Redland City



Farmhouse restoration revealed

The first stage of Birkdale Community Precinct is taking shape following completion of restoration works on the Willards Farm Homestead and outbuildings.

Redland City Council expects to provide opportunities for the community to see the restoration once all works, including landscaping, are completed.

The circa 1870s farming property is a key hub of the 62 ha precinct, which will become an exciting intergenerational community destination.

Willards Farm Food Hub will celebrate farming heritage and include a classic Victorian garden with space for outdoor food markets.

Designed for and by the Redlands Coast community, Birkdale Community Precinct will feature a total of seven hubs, including Cultural, Innovation, Entertainment, Communications, Conservation and Recreation, Resilience and Adventure Sports spaces.



Mayor's message Evolving precincts

Redlands is a unique part of the world and we have the opportunity to develop exciting precincts within our community.

The balance of valuing our natural assets and providing engagement and value for our growing community is important – and planned precincts can play a role in achieving that.

These spaces are planned to help create more livable neighbourhoods, boost our tourism credentials, stimulate the local economy, enhance conservation outcomes and deliver a variety of new experiences for residents.

Among the projects Redland City Council currently has under way is the Birkdale Community Precinct (BCP), a city-shaping community development planned to showcase the very best of Redlands Coast.

Situated off Old Cleveland Road East in the growing northern corridor, and featuring experience hubs, BCP will be the largest community precinct ever delivered by Council. The masterplan can be found on Council's website.

A catalyst of the 62 hectare development will be the historic Willards Farm Homestead and outbuildings, which are being restored by Council to showcase the farming history of our region.

Council is also progressing plans for the Redlands Coast Eco Precinct in Capalaba which will feature Council's premier



environmental education hub, the popular IndigiScapes Centre, and RSPCA Queensland's new state-of-the-art Wildlife Hospital and Centre of Excellence.

Once completed, the precinct will become the largest ecotourism attraction on Redlands Coast and will help showcase our environmental protection and conservation practices to a wider audience, plus improve the care of injured local wildlife.

You can stay up to date on these projects throughout their development and read more about other emerging local projects by visiting the Council website.

See you out and about in the Redlands.

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



Focus on creating ecotourism precinct

The Redlands Coast Eco Precinct is on track to become a leading south east Queensland ecotourism attraction.

The precinct at Redland Bay and Runnymede roads, Capalaba, will become the home of RSPCA Queensland's purpose-built Wildlife Hospital and Centre of Excellence – expected to cost in excess of \$20 million.

The 16.7 ha site already features Redland City Council's environment centre IndigiScapes as its centrepiece. It is also home to community disability support organisation Myhorizon's main facility.

Late last year Council announced it would provide a 1 ha site directly north of the IndigiScapes Native Nursery to RSPCA Queensland for the wildlife hospital project.

Council has proposed several million dollars worth of supporting infrastructure, including car parks, walkways, road connections, pedestrian mobility enhancements and landscaping, with a strong focus on all-abilities access to ensure inclusivity and accessibility.

The IndigiScapes outdoor play space will also be enhanced with a significant upgrade, encouraging visitors to explore and connect with nature.

The precinct is expected to bring significant environmental and community benefits to the city through its educational and practical focus on caring for habitat and wildlife.

Transforming gateway to Redlands Coast

Construction on the multimillion-dollar Capalaba Town Centre Revitalisation Project is on track to start this year following relocation of Capalaba Library in late 2024.

The \$250 million project is set to transform the 1.55 ha site into the urban heart of Capalaba, creating a day/night economy and bringing much-needed infrastructure and connectivity to the area.

Redland City Council is working with subsidiary company Redland Investment Corporation (RIC) and preferred development partner Shayher Group to deliver the masterplanned precinct.

Stage one includes a new Council library and customer service centre,



contemporary arts facility and three levels of office space.

The precinct will also include a community hall, an enhanced entertainment and dining precinct featuring a village green with a large

screen, an employment hub, new retail and commercial areas and a mixed-use residential development.

To facilitate the project, Capalaba Library and Customer Service Centre has been temporarily moved from Noeleen St to Capalaba Central Shopping Centre. Library books and other resources, programs and events remain available, along with over-the-counter rates payments and pet registrations.

The new venue offers study spaces, bookable meeting rooms, public computers and printers, plus dedicated areas for teenagers and children.

Council adopted the Capalaba Centre Master Plan in 2010, identifying key potential for creating a vibrant gateway into Redlands Coast.

RPAC continues Cleveland revitalisation

A refurbishment of the Redland Performing Arts Centre (RPAC) forecourt is the latest project transforming Cleveland as part of a 20-year Central Business District revitalisation program.

The Cleveland Centre Master Plan project was adopted by Redland City Council to drive new customers, business and investment to the CBD through to the year 2031.

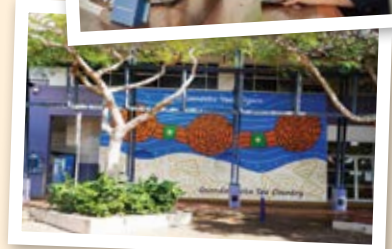
The master plan describes Cleveland as a focus for community life and civic activity, highlighted by a rich mix of shops, offices, pedestrian and cyclist-friendly streets plus a diverse network of parks and plazas providing connection to the Raby Bay harbour restaurants and cafes.

Late last year Council upgraded its Visitor Information Centre, moving it closer to the heart of the CBD.

It also commissioned artwork to transform the Cleveland Library wall fronting Middle Street forecourt. The 4.6m high by 16.8m long Quandamooka First Nations mural was designed by well-known Redlands Coast artists Sandra and Shara Delaney.

Council continues its commitment to the CBD with a number of capital works projects slated in the 2024-2025 Budget.

Along with the work at RPAC, a building renewal project at Cleveland Library is expected to cost \$1.04 million and there are planned upgrades of corporate accommodation in the Cleveland office building. Funding has been allocated for the city's much-loved community facilities, including pedestrian lighting around Raby Bay Harbour and Bloomfield Street.



Waterfront project delivers new recreational boat ramp

Redevelopment of Weinam Creek Priority Development Area continued in 2024 as Redland City Council and Redland Investment Corporation (RIC) work together to deliver a vibrant gateway to the Southern Moreton Bay Islands (SMBI).

The waterfront precinct at Redland Bay reached an important milestone late last year with the opening of a new, three-lane recreational boat ramp and floating pontoon.

Repositioning the ramp to the southern end of Weinam Creek was designed to alleviate parking pressures and assist traffic

flow. Emergency services first-responder vessels now have exclusive access to the old ramp off Banana Street.

Earlier in the year, Council announced Consolidated Properties Group (CPG) as the preferred development partner to deliver the precinct's multi-storey car park and a retail precinct.

To be completed in stages over the next two to three years, the PDA will also deliver travel and transport upgrades, an activated foreshore with more open space, rejuvenated parks, restaurants, cafes and improved road infrastructure to reduce traffic congestion.

Maggie's Mates

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Name: Marlo, but Mum calls me M. Dad calls me Boss Dog.

Where do you live? At Wellington Point.

How long have you lived there? For about nine years. I'm the baby of the family.

What's your favourite local walk? Oh I love our adventure walks. That's where I'm allowed to choose where we go. There are only two rules: it must be safe, and it must be legal. Once, I made Mum and Grandmam climb through all this scrub while I just skipped under, over, and around it all!

What is your most treasured toy? I have lots of them. I most enjoy ones I can play tug with or pull out the insides. My most favourite is my Kong Wobbler – food falls out of it!

What is your favourite food? Roast chicken! I lose my head over it.

What's your worst habit? Chasing magpies.

What's your favourite local hangout? My agility classes and tracking classes. I like to be active.

Who is your best doggo friend? Lizzi – she's so fun!

Do you have any funny or embarrassing stories? Yep. Once we went to a surf beach as a family. Chissy, my brother from another mother, was finally brave enough to let the water touch his feet. A tiny little wave came along and dunked him! Oh, I laughed and laughed. Mummy didn't think it was too funny, though.


What do people love most about you? That I'm energetic, sassy, and super smart.



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. We will donate \$50 to a registered animal charity of your choice for each profile published in The Community Leader.

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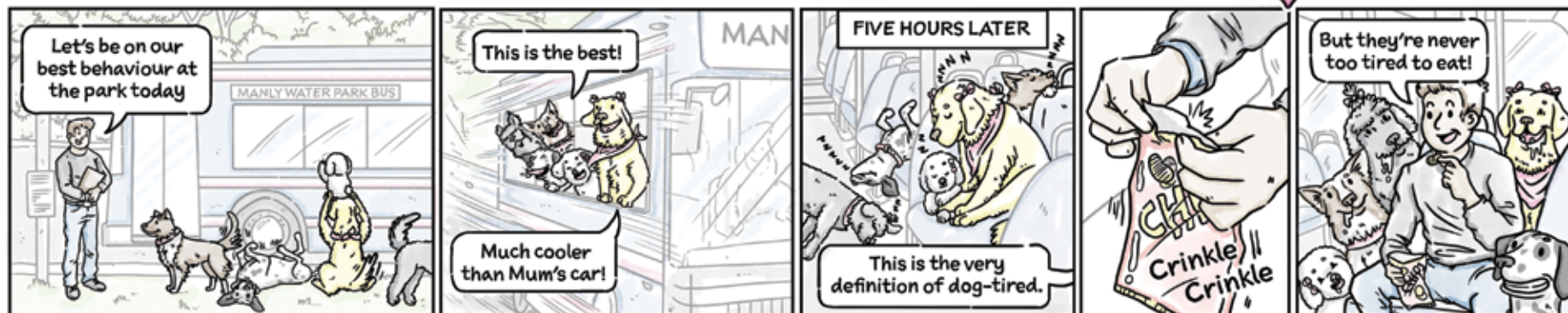


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MISS MAGGIE OF MANLY



WHAT NOT TO FEED YOUR PETS

BY DR NICKY THOMAS, WYNNUM MANLY VETERINARY HOSPITAL

As we enjoy the increased socialising and festivities over summer, there are lots of opportunities for indulging in delicious treats. It is very important to ensure that your pets are not sharing in foods which may make them ill.

FOODS TO BE AVOIDED

Avocado – this is of main concern in birds where cardiovascular damage can occur. Ingestion of avocados may cause vomiting and diarrhoea in household pets.



Chocolate, coffee and caffeine – the compound methylxanthine found in cacao seeds can cause vomiting, diarrhoea, cardiovascular disease, seizures and can be fatal in large amounts.

Grapes and raisins – these fruits can cause kidney failure in cats and dogs.

Macadamia nuts – macadamia nuts can cause weakness, depression, vomiting and tremors. Affected animals may appear to be developing paralysis. Ingestion of the whole nut (including the shell) can cause intestinal obstruction.

Milk and dairy – most pets are not able to digest lactose so may develop diarrhoea if ingesting milk, cheese and other dairy products.

Onions, garlic and chives – these vegetables can cause gastrointestinal irritation and red blood cell damage.

Xylitol – the artificial sweetener is often found in chewing gum, lollies, toothpaste and fat reduced forms of products such as peanut butter. Xylitol causes an increase in insulin which leads to low blood sugar and vomiting, lethargy and liver failure may occur.



Yeast dough – uncooked dough can rise and cause gas to accumulate in the stomach leading to bloat. The fermentation process undergone by yeast results in the production of ethanol as a by-product, which may lead to alcohol intoxication.

If your pet has eaten a food from the above list and is showing signs of illness it is important to contact your vet for advice on treatment. It's safest to feed your pet only known safe foods to avoid any issues.



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- Visit, Nuwara Eliya, Kandy, Galle
- Small group maximum 12 passengers
- Quality accommodation, 17 Breakfasts, 2 Lunches, 13 Dinners

17-night adventure through beautiful Sri Lanka. Explore Galle and the largest fortress in Asia. Enjoy Yala National Park and the opportunity to spot a variety of Antelope species, Leopard, Elephant and the unique Sloth Bear. Marvel at the magnificent bird life and enjoy learning more about the exciting culture of this exotic country.

Travel Dates: 22 September – 9 October 2025



Darwin, Kakadu, Tiwi Islands, Litchfield Park & Katherine

Small Group Tour.

From: \$7,498 per person (twin share), Deposit \$1,150 per person, Single Supplement \$2,040 per person

Inclusions:

- Return Transfers from home to airport
- Economy Airfares, departures from all capital cities
- Fully escorted by one of our team & specialist guides
- Visit Darwin, Kakadu & Katherine
- Day trip to Tiwi Islands
- 10 Breakfasts, 2 Lunches, 6 Dinners
- Small group, maximum 12 passengers

Immerse yourself in the Top End of Australia. Spend time in Darwin discovering the history of this cosmopolitan city. Cruise Darwin Harbour at sunset and take a boat tour down Nitmiluk Gorge (Katherine Gorge). Visit the Tiwi Islands and Litchfield Park. Explore Kakadu, learn more about Aboriginal culture, local mythology and the Yellow Rivers abundant food chain.

Travel Dates: 18 July – 28 July 2025



Cape York Frontier

From: \$7,790 per person (concession), Deposit \$1,500 per person, Single Supplement \$1,900 per person

Inclusions:

- Door to door transfers
- Fully escorted by one of our team and local experts
- Spirit of Queensland Business Class Return
- Kuranda Railways and Skyrail
- Flight Horn Island – Cairns
- Full day excursion to Port Douglas
- Small group, maximum 19 passengers

Cape York Peninsula is one of the last unspoilt frontiers in Australia. It remains a wild sparsely populated wilderness, accessible only in the dry season and then only by 4wd vehicle for most of the way. To travel overland to the Cape is still a true adventure allowing travellers to see the unspoilt and diverse scenery, wildlife and birdlife. Reaching the tip of Cape York is truly an awe-inspiring experience.

Travel dates: 31 May 2025 – 12 June 2025

TERMS AND CONDITIONS

Prices current as of 5 January 2025 and are per person twin share. Single supplement applies. Credit card surcharges may apply. Non refundable deposit required at the time of booking. Non-refundable final payment required at least 90 days prior to departure. Travel insurance purchased from Casino Travel Shoppe is compulsory. Please read our detailed Terms and Conditions PRIOR to booking.

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SMART TICKETING HAS ROLLED OUT ACROSS REDLANDS

All urban public transport services in the Redlands are now enabled for customers to use their credit card, debit card, smartphone, or smart watch to pay for their journey.

Redlands public transport users now have full access to Smart Ticketing on all Transdev buses and Southern Moreton Bay Island (SMBI) ferry services, enabling customers to use the new ways to pay.

Sealink's SMBI ferries were activated on the same day, completing the roll out of Smart Ticketing on all SEQ public transport ferry services.

With Smart Ticketing already available on all SEQ trains, the activation of the technology on bus and ferry services in the Redlands means all urban public transport services in the region are now offering the new payment system for their customers.

The roll out allows customers using Smart Ticketing to travel seamlessly between local train, bus, and ferry services.

Customer trials on the SEQ bus network continue to be rolled out

with the last three operators on track to be completed early this year. Once these are done, all SEQ public transport services will be Smart Ticketing enabled.

Bus trials follow the previous rollout of the additional payment methods across the SEQ train network, Gold Coast Light Rail, and Brisbane River ferries.

Customers are embracing the new ways to pay with more than 24 million trips taken using the technology since its introduction. More than 26 per cent of customers catching services with Smart Ticketing are now using the technology.

"After positive feedback from customers who have used Smart Ticketing on other public transport modes, SEQ bus users are now experiencing the same level of convenience the technology offers," said Translink's Deborah Hume.

"The expansion of the trial onto Transdev buses and SMBI ferry services means it has never been easier for customers in the Redlands to use public transport, with new payment methods and cheap public transport fares.



Photo: Supplied.

"The number of trips taken using the technology indicates customers are embracing the new payment methods and we're confident this will continue across the Redlands."

For more information about Smart Ticketing visit translink.com.au or call the 24/7 contact centre on 13 12 30.

WOULD YOU LIKE TO VOLUNTEER (OR DONATE) AND MAKE A DIFFERENCE TO OTHERS?

FROM HERE'S TO LIFE

Here's to Life (H2L), a not-for-profit organisation with over 20 years of dedicated service, is seeking to expand its community programs and volunteer training initiatives with the help of grant funding. H2L has been a pillar of support for individuals aged 40 and over, as well as those living with disabilities, by offering enriching activities that promote physical, mental, and social wellbeing.

To continue meeting the needs of the community, H2L aims to enhance its volunteer training programs. These programs will provide vital skills in reception duties, customer service, book work, phone handling, and working with diverse individuals to ensure everyone feels welcome and valued. Additionally, training in first aid essentials, including the use of defibrillators, is a key focus to ensure safety and preparedness across all activities.

H2L also plans to invest in much-needed equipment to support its wide range of programs, including drumming, singing, dancing, Buff Bones (a gentle exercise program), and art and craft classes tailored for all, including disability programs. Funding is also required to maintain existing equipment and upgrade IT resources to keep up with the demands of modern technology. Furthermore, a new website is essential for improving communication and outreach within the community.

We invite the local community and businesses to join us in supporting these initiatives. H2L has Deductible Gift Recipient (DGR) status, meaning all donations are tax-deductible, allowing you to contribute with confidence and ease. Your contributions will enable H2L to provide a welcoming space where people can learn, connect, and thrive. By investing in H2L, you're



Photo: Supplied.

investing in a healthier, happier, and more inclusive community.

We extend our heartfelt thanks to our sponsors, including Redland City Council, Bennetts Flooring, Swift Storage, just to name a few. H2L relies on the generous support of local businesses to continue offering our diverse range of programs.

To learn more about H2L or to get involved, visit our current website www.herestolife.org.au or contact us directly. Together, we can continue to make a lasting impact.

For more information or to discuss how you can support our mission, please reach out to us at 0408 717 342 and chat with Renee.

LOCAL GARDENING WITH KAT

A ROARING SUCCESS

BY KAT PEARSON, *GIRL IN THE GREEN*

This year, I am getting my best crop of dragonfruit ever! They've been in the ground for maybe three years; I got one fruit the first year, two the second and this year I'm lined up for over 10! Although, (in my opinion) they are somewhat ugly climbing cactus plants, with spikes prone to rambling up a tree or through your neighbour's hedge, dragonfruit produce enormous, beautiful blooms and subsequently, refreshing fruit. Due to their inclination to run up trees, they can be a bit of a pest and you might see them untamed in older gardens hanging from trees and rocky cliffs.

Dragonfruit (also known as pitaya) come from Mexico and Central America. As mentioned earlier, they are part of the cactus (Cactaceae) family and different colours are different species in the *Selenicereus* genus (plus all the cultivars!). Despite being a cactus, they are a tropical plant and do like regular water, especially in hot weather. They still need well drained soil, but will happily accept some compost, and of course, love full sun.

They are a night-blooming cactus and each flower only lasts a night, opening late afternoon and closing up the following morning. As with most night-blooming flowers, they are typically pollinated by moths, but bees will sneak their way in there in the early morning too. Some varieties are self-pollinating, while others require a buddy. Most of the flowers are white (quite common in night bloomers – they're easier to see in the dark by their pollinators!) but there are a few varieties with coloured petals.

I have a common white flesh variety and a pink flesh one. Hands down the pink flesh is tastier; the white one is almost grainy, and it's probably only the spines on the plant that are keeping me from binning it (protection from predators of all kinds, haha!). The fruit is best fully ripe, popped in the fridge till cold and enjoyed with a squeeze of fresh lime – delicious on a hot summer's day. Be warned – the pink ones may have a similar effect to eating too much beetroot at your other end. Gave me quite the surprise once!



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!).



Photo: Kat Pearson.

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T&C'S APPLY.

I HAVE AN UNSIGHTLY LUMP. CAN IT BE FIXED?

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

Unfortunately, many of us are born with or develop unsightly moles, skin lesions or lumps. Can they be fixed? The truth is some can and others cannot.

Common lesions which can be removed are:

- *Compound naevi (Moles)* or *hairy naevus* are usually elevated unsightly pigmented non-cancerous (benign) skin lesions. They frequently occur on the face, often called beauty spots.
Some people treasure them, while others regard them as cosmetically unacceptable and prefer to have them removed. For a good cosmetic result, choose a qualified plastic or specialist skin reconstructive surgeon. Remember, straight line scars stand out and are unsightly, so choose wisely.
- *Skin tags* frequently appear around areas of friction like the armpits, neck flank and thighs. They are simple to remove if small, often without anaesthesia. Do not freeze them with cryotherapy!
- *Sebaceous cysts* occur anywhere, and it is recommended they be removed early. If left they will gradually enlarge and – not

infrequently – get infected. This results in a nasty abscess, which antibiotics will not cure. Why? The antibiotic cannot get into the cyst contents to kill the pathogen. Controlled trials have shown that early treatment, with complete excision under antibiotic cover, is effective. Ask your GP for a referral to a surgeon experienced at this procedure. This reduces the period of pain with immediate relief and instantly cures the problem in one hit.

Drainage of the abscess is not acceptable as it requires repetitive dressings and discomfort for three to four weeks with all the complications of antibiotic therapy – then you will still need the cyst removed at a later date!

An experienced surgeon is instantly able to diagnose and manage these common lesions and differentiate these lumps from a hernia. There is no need waste your or taxpayers' money having ultrasounds – it does not alter the management!





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SIP, SPARKLE, SKULL AT THE STAGE DOOR SESSIONS!

BY JAN NARY

If you're looking for something special and cosy and romantic for St Valentine's Day, why not accept Melissa Western's invitation to her parlour for an evening tippie – and not a drop has to pass your lips? Melissa and her band will wrap you up, smooth you out and tickle your taste buds with a selected degustation of songs about the drinks we love. Champagne, still wine, gin, beer, coffee, bourbon, juice, tea – there's a song and a drink for every mood and every occasion, whether it's heartbreak, new-found love, partying or just laying back and chilling out.

Melissa, an internationally acclaimed jazz-cabaret performer, had an original concept for a show about food and drink.

"Once I started putting the show together I

realised that there was enough content to do a full week's worth of shows on drink alone," she says. "Most of the show is couched in jazz-cabaret style – my band is piano, double bass and drums – but there are songs from a really wide range of genres," she says. "You'll hear blues, pop, rock and even a taste of country. And once your ears have been titillated be prepared for other sensory pleasures...no spoilers, just come along and find out!"

Sip, Sparkle Skull is part of RPAC's exciting new Stage Door Sessions, a limited-edition run of shows where the audience has the thrill of entering through the Stage Door rather than through the main entrance and sharing the stage space with the performers in an intimate cabaret-style setting. Stage Door Sessions offers



Photo: Supplied.

a smorgasbord of entertainment – comedy, theatre, and music, music, music! They will run for a limited time, and each show has limited places, so early bookings are recommended. *Sip, Sparkle Skull* premieres on February 14 – but all you romantics knew that.

Redland Performing Arts Centre presents

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WOMEN AMBULANCE DRIVERS STARTING TOUR AT RPAC!

A Queensland tour of the multi-award-winning musical, *A Girl's Guide to World War*, opens at RPAC on – appropriately – International Women's Day.

Written by celebrated playwright Katy Forde, with music by Aleathea Monsour, the show throws into glorious light a largely forgotten part of women's WW1 history – the establishment and operation of a front-line hospital in war-ravaged and desperate Serbia – complete with its own ambulance service.

Katy says that her interest was sparked by a plaque on The Mansions in Brisbane dedicated to Dr Lillian Cooper, Queensland's first female surgeon.

"I started researching. It was really hard to find stuff, but it was so exciting. Lillian Cooper and her lifetime partner, Miss Josephine Bedford, had unsuccessfully offered their services to the armed forces, so they turned to the volunteer-run Scottish Women's Hospitals, which had set up war-time city hospitals staffed by female medicos from around the world.

"They didn't expect to be working in the first front-line hospital run by women, but that's where they ended up, carrying out care and surgery under bombardment. Sydney-born doctor Agnes Bennett was the Commanding Officer, Dr Lillian Cooper was Chief Surgeon."

Women and suffragette movements from around the world supported them wholeheartedly, and the women managed to obtain a fleet of Model T Fords and



Photo courtesy of Bulimba Studios.

convert them to ambulances, operated under the management of Josephine Bedford. Their hospital boasted an X-ray unit and an amazing level of hygiene; the Army hospitals began sending their surgeons there for training and wounded soldiers bribed ambulance drivers to take them to the Bennett Unit.

Love and conflict, history and humour, an all-woman show (even the Serbian General) woven through with live music from the award-winning all-girl band *Vix and the Slick Chix*.

***A Girl's Guide to World War* will play at RPAC on March 8. For tickets, go to rpac.com.au.**

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WORLD WAR

The true story of Aussie women who defied convention and became decorated war heroes.

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GET RECYCLING WITH CONTAINER EXCHANGE POINTS IN YOUR LOCAL PARK

Trials of an initiative that allows residents to recycle their used drink containers in public areas have been expanded to incorporate more parks, reserves and open spaces across the Redlands Coast mainland.

Mayor Jos Mitchell said Container Exchange Points were helping to reduce litter and improve recycling in these areas while also making it easier for the community to cash in on the 10-cent refund offered through the Containers for Change scheme.

“There are so many benefits to this initiative and we are grateful to be working with Container Exchange (COEX) – the not-for-profit that runs Queensland’s container refund scheme – to trial recycling exchange points in some of our most popular public spaces,” the Mayor said.

“The trial was launched in select areas of Cleveland earlier this year to assist Council with meeting some of its recycling goals and to reduce the frequency and volume of recyclable bottles either being left in public spaces or lost to landfill through general waste bins.

“Since then, four new suburbs have been added to the pilot – Mount Cotton, Victoria Point, Capalaba and Wellington Point – more than doubling the number of exchange points available on the mainland.

“The main public areas in the five participating suburbs experience

some of the highest footfall on Redlands Coast, particularly during the holiday season, so we know these exchange points will make a positive difference for our community.

Container Exchange Points are attached to the outside of Council bins and contain six slots for depositing empty recyclable drink containers such as glass bottles or aluminum cans. Containers placed in the receptacles can be collected by members of the public and cashed in at any Containers for Change refund point, where each bottle and can recycled earns a 10-cent refund.

Container Exchange Points are available in the following locations (multiple units may be available at each site):

Cleveland

- Cleveland Harbour
- Cleveland CBD
- Raby Bay Foreshore
- Cleveland Point Reserve

Victoria Point

- Les Moore Park
- Yeo Park
- Victoria Point Reserve

Capalaba

- Capalaba Regional Park

Mount Cotton

- Mount Cotton Community Park

Wellington Point

- Wellington Point Reserve
- Wellington Point CBD



Photo: Supplied.



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Did you know that on average 17% of our general waste wheelie bins are filled with items that could be recycled?

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BAYSIDE-BORN BALLET DANCER FINDS INTERNATIONAL SUCCESS

FROM ANNETTE ROSELLI DANCE ACADEMY

Amelia Townsend was born to dance. She attended Moreton Bay College and danced at her mother’s studio, Annette Roselli Dance Academy, and today, she’s enthralling audiences as a member of the Royal Ballet Company in London.

Selected by the Australian Ballet School for full-time training at only 12 years old – the youngest ever at that time – Amelia moved to Melbourne to train with the ABS in January 2012. Next came the Royal Ballet School in London, where she trained for three years. The hard work paid off, Amelia was offered a contract with the Royal Ballet Company, Covent Garden – her dream company and one of the best in the world.

Amelia is currently the only Australian female dancer in the company and has recently been promoted to First Artist. She has been selected to dance various soloist roles, and danced the main role in *The Weathering* and *The Statement* in November. In December she performed the role of the Autumn Fairy in Frederick Ashton’s *Cinderella*.



Photo: Supplied.

LOCAL ORGANISATION PROFILE: NIGHT NINJAS INC

CONTRIBUTED BY NIGHT NINJAS INC

Night Ninjas Inc. is a not-for-profit, non-funded charity set up in 2015 to help those in our Redlands community who, at the time, were homeless and needing assistance with food, tents, etc. Over the years since, we have expanded to assist local families struggling with the cost of living and those in emergency accommodation, with food hampers and frozen meals.



Photos: Supplied.



We provide a helping hand-up to people in our community when they need it in their time of crisis, giving them a non-judgemental, human connection throughout that journey. We can only do this because of the amazing generosity of our community. We use all that we are given and give it out again through a well-oiled machine formed by our awesome group of volunteers.

We have a number of teams set up to carry out various duties which include cooking single frozen meals, administration, public speaking, media, organising our storage unit and Christmas hamper program, dropping off hampers each day and others.

We are very excited to have just received a grant for a new van to join our first, which will enable us to hold more Night Feeds and breakfasts. At the moment, we hold a night feed in Cleveland and

one in Birkdale, and two breakfasts for our SMBI students at the Redland Bay Ferry Terminal. The vans are sign-written, so if you see us driving around, give us a wave.

If you'd like to know more about becoming a volunteer, please contact us by email, website (www.nightninjas.com.au), or Facebook message.



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WHAT IS DRIVING MISS DAISY?

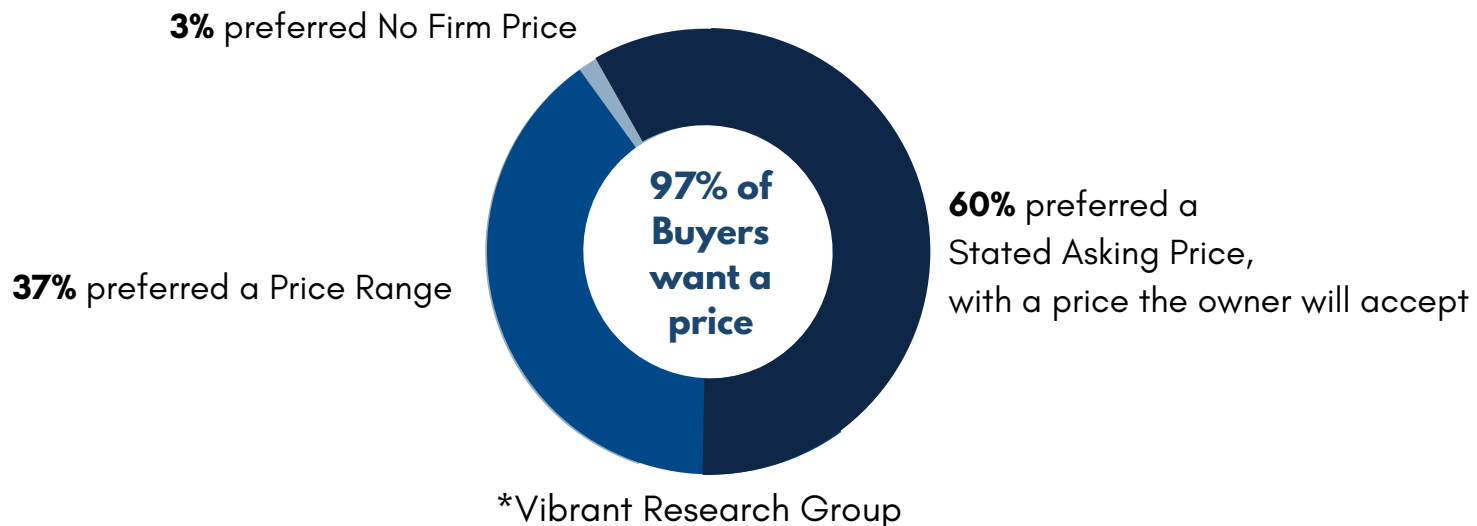
We really care about making every journey a pleasure, and all our drivers are safety checked, licenced and first aid accredited for peace of mind.

Driving Miss Daisy will help with:

- ✓ Trips to the doctor, physio, podiatrist, hairdresser etc.
- ✓ Organising and accompanying on outings - perhaps to a cafe, the movies or museum.
- ✓ Shopping assistance as needed, for groceries, clothes, gifts, etc.
- ✓ Clients with special needs
- ✓ Airport, bus, rail departures and pick ups





About 80% of Real Estate Agents 'Hide' the Property Price from Buyers! Here's What Buyers Think of Agents' No Price Strategies.



Not displaying a set asking price is costing property sellers thousands of dollars. The REA Group which owns Australia's biggest real estate website has proven 72% of buyers are ignoring properties if there is no advertised price, causing property sellers to miss the best buyers. Marketing experts say agents are losing the power in the negotiations because buyers fear they will overpay and naturally want the lowest price. Therefore, buyers will offer low and will hold the cards tight to their chest to protect themselves. All the evidence leads to the fact that property sellers should have a set asking price.

Local agency, Tidbold Real Estate commenced over 20 years ago and is the only Redlands' agency to fully support a price strategy that has a set asking price. The agency demonstrates how they understand that property sellers want the highest price and this must not be compromised. Dave Tidbold (owner with 31 years real estate experience) said, "Selling a property for the highest price is more complex than people think. It's proven that setting a stated asking price, along with multiple components working together, will guarantee a property will not undersell. Buyers are also less frustrated and agents can avoid the awkward no price conversation".

Property sellers should really consider this as a genuine alternative to the current narrative which most agents and the real estate industry push.

 <p>TIDBOLD REAL ESTATE</p> <p>3207 6000 Call us 7 days/24 hours</p>	<p>Here's what one of our sellers had to say:</p> <p><i>"Rarely do real estate agents impress me enough to submit a review but I am impressed far beyond my expectations. Dave and the Tidbold Team sold our house in record time and for more than we were expecting with the whole process like clockwork."</i></p> <p>Greg & Debbie Williams.</p> <p>Sell 'Smartre' with Tidbold Real Estate.</p>	 <p>A SMARTRE AGENCY</p> <p><i>The only ethical and effective way to sell your property!</i></p>
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The Benefits of Tinted Windows for Your Home

FROM TINT A CAR, CAPALABA

Incorporating tinted windows into your home can greatly enhance its comfort and aesthetics, making it a worthwhile investment. One of the most significant advantages of window tinting is its ability to maintain a cooler and more comfortable living environment throughout the year. For example, applying window film to glass bi-fold doors in your living/dining area can dramatically reduce the amount of heat that enters the space, creating a more pleasant atmosphere.

Window tinting also plays a crucial role in protecting your family from harmful UV rays. Modern window films can reject up to 99% of UV radiation, safeguarding both your loved ones and your furnishings from potential damage. By reducing these rays, not only do you enhance your family's wellbeing, but you also prevent premature fading of furniture, carpets, and artwork, prolonging their lifespan.

Another considerable benefit of tinted windows is the potential for energy savings. By minimising the need to run your air conditioning

as frequently, window films can lead to reduced energy bills, making your home more efficient. This is especially important during hot summer months when cooling costs can skyrocket.

Additionally, tinted windows help eliminate distracting glare on screens. Whether you're trying to watch a movie or work on your computer, glare can be an annoying hindrance. Tinted films allow you to enjoy entertainment or focus on your tasks without disturbances from bright sunlight.

Finally, window film offers a layer of privacy during the day without sacrificing your view. This balance ensures you can enjoy natural light while shielding the interior of your home from prying eyes!

Overall, tinted windows provide undeniable benefits, enhancing comfort, protecting your family, saving energy, and creating a stylish living space. Consider the advantages of window tinting for a more enjoyable home.



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- Millers Glen, Beaudesert** – Sat, 8 Feb
- Drift, Bargara** – Thur, 13 Feb
- Hervey Bay** – Fri, 14 Feb
- Nature's Edge, Buderim** – Wed, 19 Feb
- Sanctuary, Victoria Point** – Wed, 26 Feb
- Freshwater, Burpengary East** – Thur, 27 Feb

Session Times
 10:30am – 11:30am
 11:30am – 12:30pm

Scan to RSVP



*Price is based on owning your home and leasing the land and is correct at the time of printing and subject to change without notice.

QUICK AND EASY SUMMER QUINOA SALAD RECIPE

This is a super easy, ridiculously refreshing salad that's packed with veggies. Serve it as a side dish or add any protein – fried tofu, cooked chicken, beef or fish, tinned beans or tuna – to make a filling main.

INGREDIENTS

- 1/2 cup quinoa, any colour (uncooked, rinsed in cold water)
- 1 cup of water
- 1 cup of finely chopped kale (use a food processor if you have one)
- 1 cup cherry tomatoes, quartered
- 1 cucumber, diced
- 1 red capsicum, diced
- 1 small red onion, finely diced
- 1/4 cup fresh parsley, finely chopped
- 1/4 cup fresh mint, chopped
- 1 avocado, diced
- 1/2 cup feta cheese, crumbled

DRESSING

- 1/4 cup olive oil
- 3 tbsp lemon juice
- 1 tsp white wine vinegar
- 1 tsp Dijon mustard
- 1 garlic clove, finely minced
- 1/4 tsp salt
- 1/4 tsp black pepper



METHOD

1. In a medium saucepan, combine quinoa and water and bring to a boil, then reduce the heat to low, cover, and simmer for 8 minutes or until water is absorbed. Fluff with a fork and set it aside to cool.
2. Place the tomatoes, kale, cucumber, capsicum, red onion, parsley, and mint in a large bowl.
3. In a small bowl or jar with a lid, combine the olive oil, lemon juice, Dijon mustard, vinegar, garlic, salt, and pepper and give it a shake.
4. Add the cooked quinoa to the bowl of vegetables and toss to combine. Add the dressing and mix well.
5. Top with avocado, sprinkle with feta cheese and serve immediately.



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LOCAL PERSONALITY PROFILE

Name: Russell Dinte.

Suburb: Thornlands.

What's your job? Since 1988, I have been retired. I realised very quickly that in order leave these earthly environs at a respectable age and mind still capable of rational thought, I needed to keep my physical self reasonably active and my mind constantly challenged. Volunteer work satisfied these requirements, and so for the past 36 years, I have been offering my services to the community in whatever constructive opportunity presented itself. Currently I am a member of two car clubs: I am the President of the Queensland American Ford V8 Car Club, and am responsible for the audio/PA equipment of the Bayside Car Club, however the job that keeps me 'challenged' is my role as IT Manager at the Redland Museum. I also look after the sound and lighting for Theatre Redlands – at this rate I should receive a letter from the King before I depart!

Do you have any fun/interesting stories about your job? If my time in the Army is considered a job (it's more a duty), then there is one instance that occurred in Vietnam. Whilst not funny at the time, it has certainly engendered many laughs at our reunions. I was in Service Corps driving a truck, but for one error of judgment, lost my driving license for three months. Lying on my bed all day drinking beer and listening to music was not an option, so I was given the twice-daily job of burning out the 'dunnies'. The toilets were merely a BIG hole with six to eight seats sitting on a framework above – they were definitely



Photo: Supplied.

communal! The procedure was to pour a fair quantity of dieseline into the hole and set it alight. This burnt for an hour or so, and it was amusing to watch some poor soul having to sit on a very hot metal toilet seat. (You will need to use your imagination for this part.). One day I accidentally poured petrol into the hole instead of dieseline and threw in the lighted taper. The resulting explosion blew many of the metal seats into the air and distributed a good deal of the contents from the hole around the area – my license was soon reinstated.

What's your favourite local take-away? Thornlands Seafood and Takeaway.

Best local activity: Going on club runs with the Bayside Car Club.

What was the last book you read? *Rosco*. Ross McGlashan has built an incredible rocket-powered car in Western Australia, and his dream is to set a world land speed record of 1,600Kph (1,000Mph) – I wish him luck.

What was the last TV show or movie you watched? I don't watch much TV, but I do find *Escape to the Country* is easy to watch when I need to wind down.

Is there anything you'd like to see happen in the local area? Actually, I'd like nothing to happen, I loved this area the way it was with its country atmosphere when we moved here in 1966.

Is there a local business/community group/club you'd like to give a shout-out to? I would have to nominate the Redland Museum for being voted Champion of the Redlands Business Excellence Award on more than one occasion.

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NATURALLY WONDERFUL ... WITH RANGER STACEY

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

This month, a slice of paradise on the Redlands Coast turns 25 years old! Redlands IndigiScapes Centre at Capalaba officially opened in February 2000.

Many other significant events happened in 2000. Fun fact: it was a leap year and the first century year since 1600 to have a February 29. For me personally, my first baby girl came into the world, and it was the height of the iconic kids' television show *Totally Wild* when more than 300,000 viewers tuned in each weekday afternoon to learn about the natural environment. Major global events dominated the news... who can forget the Y2K bug that had us all wondering what would happen as 1999 ticked over into the new year, the Sydney Summer Olympic Games, and the first residential crew arrived at The International Space Station.

Closer to home on the Redlands Coast, a new 14.5-hectare native landscapes sanctuary had locals buzzing. Since opening a quarter of a century ago, hundreds of thousands of people have come to connect with nature, marvel at the 400-plus-year-old tallowwood tree, learn about the local environment, volunteer, and make memories to last a lifetime.

The centre has been an important meeting place for community and environment groups and was groundbreaking as Australia's first native garden demonstration centre, inspiring and encouraging us to use endemic plant species in our own backyards.

The centre re-launched in 2020 following a spectacular makeover. Today, the heart of IndigiScapes continues to beat strong... people still come for a fix of nature, to recycle and choose native plants for home gardens, enjoy food with a native flavour twist and discover something new on walking trails.

Over the past 25 years, IndigiScapes has blossomed and evolved, but some things have remained the same... the passion for nature and sustainable living and the giant old tallowwood tree that keeps growing more gnarly each year.



Photo: Supplied.

If you haven't yet visited IndigiScapes, I invite you to pop in soon.

Until next time ... Stay Wild!

Ranger Stacey

THE OLD SCHOOLHOUSE GALLERY INVITES YOU TO *IMAGINE*

FROM THE OLD SCHOOLHOUSE GALLERY

Happy New Year from all the members of 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 reopened on the Thursday January 16 with new work and a new exhibition titled *Imagine*.

Wellington Point photographer, Mike Scott, a long-time gallery member, along with guest artists Catherine Snobohm and Jorgen de Voss from Wynnum, and Kaylene Higgs from Russell Island, will begin the year with an exciting exhibition that encompasses Mike's landscape photography, Catherine's paintings and textile art creations, Jorgen's stunning silver jewellery and Kaylene's hot glass artwork.

Mike said he draws inspiration for his photographs from the beautiful and diverse nature of the Australian landscape, but in particular from the glorious coastline of the Redlands and the Bay Islands as captured in many of his panoramic landscape images.

Catherine uses her vivid imagination to create beautiful paintings and textile artwork, appliqué and collage to delight the senses. She has

held numerous exhibitions in her native Sweden, but also worldwide in countries ranging from the USA through Europe to Japan. Regardless of the art medium however, her artwork never fails to fascinate the observer.

Jorgen specialises in designing unique silver jewellery with loving care and creativity. He has over 50 years' experience as a designer and lecturer in art and craft design at universities in Denmark, Sweden and Australia. He uses his imagination to create unique jewellery in his workshop @Boda Silver, all of which is finished to the highest professional standards.

Kaylene is a Russell Island-based hot glass artist who works from her home studio creating bespoke jewellery and quirky kiln formed glass artwork. She attributes much of her work to her childhood adventures, the colours of the Great Barrier Reef and tropical rainforests.

"The colours I am most attracted to are calming blues and sea colour greens that I call my 'mermaid colours'. I use aqua teal, turquoise, violet, lilac and purple, with a bright splash of pink, gold and magenta to liven things up."

The exhibition will run until Sunday February 23.

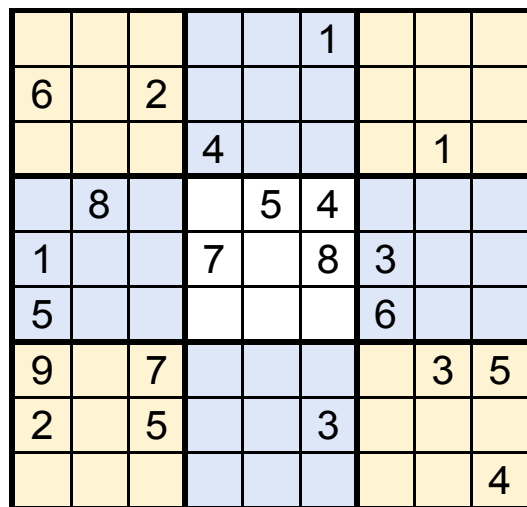
The gallery is open on Thursdays through Sundays and all public holidays from 9:30am to 4:30pm, and there are ample free parking spaces at and around the gallery, located at 124-126 Shore Street North, Cleveland.



Mike Scott, Catherine Snobohm and Jorgen de Voss. Photo: Supplied.

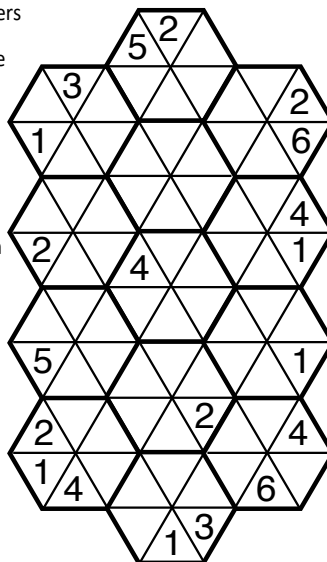
Sudoku

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

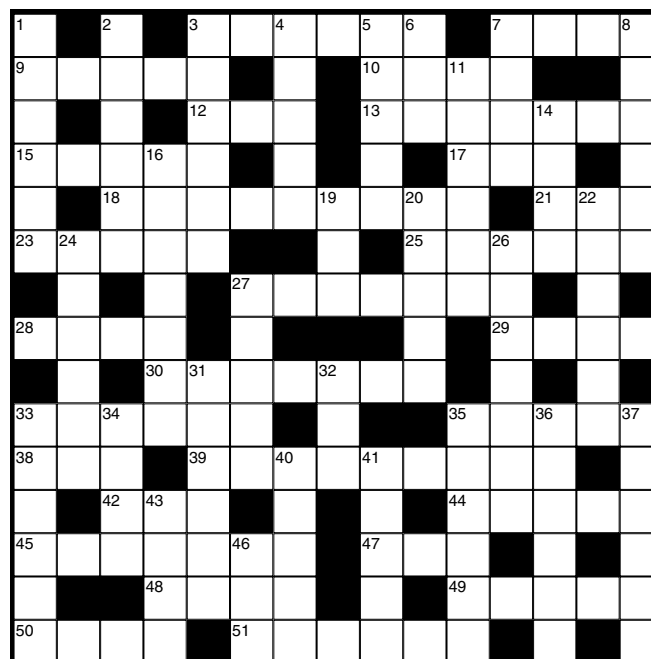


Quick Workout

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

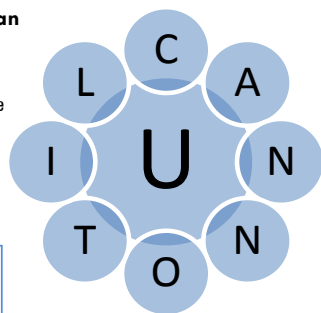


Focus

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: 11 words
Very good: 18 words
Excellent: 32 words



Reference: Macquarie Concise Dictionary
Focus No. 3890

CROSS

- 3 Loathe
- 7 Stern
- 9 Money bag
- 10 Deep sleep
- 12 Enjoyment
- 13 Talismans
- 15 Angry
- 17 Moisture
- 18 Embellished
- 21 Corn spike
- 23 One entertained
- 25 Danger signals
- 27 Handled
- 28 Continent
- 29 Offensive to sight
- 30 Capable of being held
- 33 Buries
- 35 Morass
- 38 Born

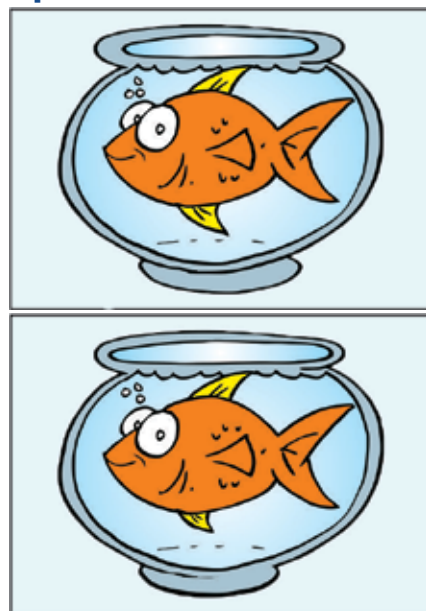
- 39 Unprincipled person
- 42 Greek letter
- 44 Part of flower's calyx
- 45 Nuts
- 47 Distress signal
- 48 Mine entrance
- 49 Banishment
- 50 Look after
- 51 Goes by

DOWN

- 1 Season
- 2 Gallery of shops
- 3 Fault
- 4 Singer
- 5 Inadequate
- 6 Male cat
- 7 Strong wind
- 8 Scrooges
- 11 Confused state
- 14 Water pitcher

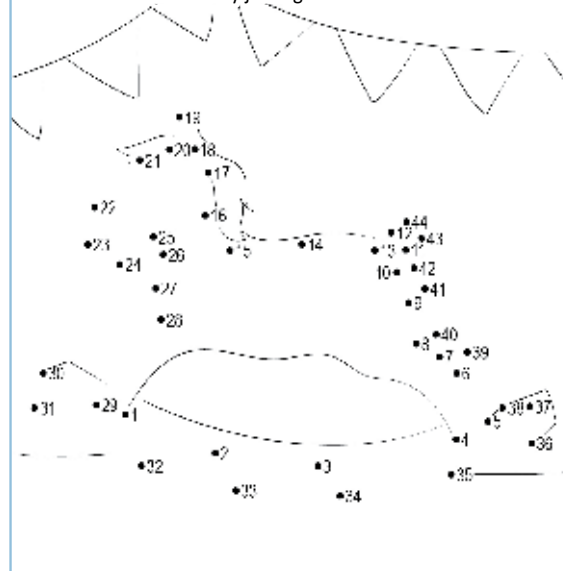
- 16 Having left a will
- 19 Beard of barley
- 20 Bird of prey
- 22 Goes at easy pace
- 24 Bear-like
- 26 Flatter servilely
- 27 Minister's residence
- 31 Message
- 32 Barrier
- 33 Baby
- 34 Rain heavily
- 35 Catholic services
- 36 Mend
- 37 Aided
- 40 Italian food
- 41 Fertile spot
- 43 Ugly amphibian
- 46 Immerse

Spot the 5 Differences



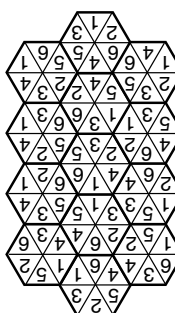
Join the Dots

What is this? Find out by joining the dots.



Solutions

Puzzles and pagination supplied by Auspac Media



FOCUS: anitl anmnu! aucton aunt autu calu! caudon clout contuna CONTINUAL count coure cut! INOCULANT! inoucut lout lunatic noun nuncio tou! toucan tuan tuna tunic ulna uncial uncoil uncton unton unit until unto

SPOT THE 5 DIFFERENCES: Top of bowl larger, Air bubble moved, Extra scale, Bottom fin smaller, Base of bowl smaller.

SOLUTIONS: A PERFECT GRIM... (The rest of the crossword solution grid is partially visible and contains various words and numbers.)

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BY PETER RULE, QUALIFIED NATUROPATH, FLANNERY'S ORGANIC & WHOLEFOOD MARKET, SHOP 6/369 COLBURN AVENUE, VICTORIA POINT

Food plays a vital role in our children's wellbeing, with fresh organic fruit and vegetables, plenty of quality water as well as probiotic-rich foods a priority. Cognitive and muscular development, energy, mood management, irritability, and immune health are reliant on good nutrition, plenty of rest and hydration.

SORE TUMMIES

Food intolerances, anxiety, lack of movement, dehydration, as well as an overload of sugar, can contribute to stomach-ache and poor digestion.

Probiotics are essential, and may help balance the gut's good bacteria, which aids in digestion, nutrient absorption, and mood. Whilst food choices are optimal (plenty of yoghurt and fermented foods) we often find it hard to get enough into our little one's daily intake. That's where quality supplements come in – either in live cultures or food-based additions. Nutra Organics Brekkie Hero is easy to add to smoothies and is packed with fibre, vitamins, minerals and probiotics.

PROTEIN

Poor concentration, slowed growth, and lowered

immunity could benefit from additional protein. This helps to keep them feeling full for longer plus the fuel to grow big and strong! If diet alone is not enough, a simple protein powder added to their smoothie or baked muffin can do wonders. Ensure you are choosing a child friendly option or speak to us in store.

OMEGAS AND DHA

Omega 3 fatty acids (found in oily fish, nuts, flaxseed, chia seeds) are incredibly important for cognitive function and muscular development. Omegas are one of the top food groups to get into your child's diet and can assist with ADHD symptoms to help with memory, attention, learning difficulties and hyperactivity. Allergy and asthma sufferers, as well as children experiencing sleep difficulties, could also benefit from increased Omega 3 in their diet. We love the Nordic Naturals Children's DHA, from fresh wild caught fish that comes in a great strawberry flavour.

PARASITE CLEANSE

Something that a lot of people don't talk about enough – we can all have parasites that infect our body's system. Possible symptoms include

irritability, sleep difficulties, itchy bottom, and excessive cravings for sugary foods. Vitaklenz for Kids is a great option, however we recommend consulting your health care practitioner or speaking to us in store

LUNCHBOX INSPO

It can feel like groundhog day putting together the daily lunchbox, ensuring the balance of healthy foods that our kids will eat! Our tips for this year include easy-to-hold veggie sticks in a variety of colours. Why not add a little hummus for dipping, which is packed with protein, fibre, iron and folate.

Pick up some pre-made veggie patties from BiteMe – they are easy to prep and small enough to snack on. Swap out the potato chips for colourful vegetable chips, popcorn or seaweed snacks for iodine. Try wraps instead of bread for sandwiches ... there are plenty of gluten-free and allergen-friendly options.

Jerky sticks are very popular right now and kids will love the iron/energy boost! We want to fuel their minds and bodies to keep them active and happy, without the overstimulation of processed and sugar-loaded foods.



Photo: Supplied.

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RESIDENTS HONOURED AT 2025 REDLANDS COAST AUSTRALIA DAY AWARDS



Mayor Jos Mitchell and Sandy Smith, Citizen of the Year. Photos: Supplied.



Mayor Jos Mitchell and Patricia Ponting, Senior Citizen of the Year.



Mayor Jos Mitchell and Theo Horvatic, Young Citizen of the Year.

A community advocate with a particular interest in supporting women and young people has been named Citizen of the Year at the 2025 Redlands Coast Australia Day Awards.

Redland City Mayor Jos Mitchell said Sandy Smith was a very worthy recipient through her involvement with the National Council of Women of Queensland (NCWQ) and long association with Quota International.

“Sandy’s service to our community includes her advocacy for an Angel’s Corner in the Redlands, a peaceful place for those impacted by domestic and family violence, and regular deliveries of toiletry bags to the local women’s refuge and mental health unit at Redland Hospital,” the Mayor said.

“In her current role as NCWQ president, Sandy established a new advocacy hub to represent the views of women in government policy making.

“She has also been instrumental in raising money for ovarian cancer research, collecting donations for Share the Dignity and coordinating Quota care packs for cancer patients.

“Redlands Coast is very fortunate to have people such as Sandy who are making a real difference in our community.”

Jacky Burkett received a Highly Commended award in the Citizen of the Year category for her volunteering work on Redlands Coast over many years.

“Jacky is passionate about improving the lives of those in our community who have been impacted by domestic and family violence,” the Mayor said.

“She has volunteered with organisations such as Soroptimist International, Maybanke Accommodation and Crisis Support Management Committee and the Diner en Rouge committee.”

Another long-time community volunteer, Patricia Ponting, was named Senior Citizen of the Year.

“Patricia has been volunteering for more than 20 years with a wide range of organisations such as Animal Welfare League, Bay Islanders Community Services, Meals on Wheels, Macleay Island State School, Holy Spirit Church and University of the Third Age,” the Mayor said.

“Many local residents may also have spotted Patricia in various musicals and choirs or at Redland Bay nursing homes, where she has been performing for about 28 years.”

Young Citizen of the Year was awarded to Theo Horvatic for his support of vulnerable children and foster families through fundraising for Anglicare Southern Queensland.

“Theo is only nine but is already making an impact in the community, not only raising funds to support respite camps for foster children and their carers, but also raising awareness of the challenges they face,” the Mayor said.

“All the winners at this year’s Australia Day Awards are deserving of recognition and I thank them for their contributions and for giving their time to help make Redlands Coast such a great place to live.”

Winners of 2025 Redlands Coast Australia Day Awards:

- Citizen of the Year – Sandy Smith, Alexandra Hills
- Citizen of the Year, Highly Commended – Jacky Burkett, Wynnum
- Senior Citizen of the Year – Patricia Ponting, Macleay Island
- Young Citizen of the Year – Theo Horvatic, Thornlands
- Local Hero Award – John Bullion, Birkdale
- Reconciliation Award – Robert Plummer, Cleveland
- Community Organisation Award (joint winners) – Cancer Council Queensland, Redlands Volunteer Branch, Mount Cotton and Donald Simpson Community Centre, Cleveland
- Cultural Award – Louise Brannon, Victoria Point
- Sports Award – North Stradbroke Island Rugby League and Allsports Club Inc, Dunwich
- Environment and Sustainability Award – Pauly Debono, Dunwich

Photos from the awards ceremony will be published online at redland.qld.gov.au/awards

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LOCAL FISHING WITH SPERO

FEBRUARY'S CATCH: MACKEREL, WHITING AND SQUID TOP THE CHARTS

BY SPERO KARTANOS

Well, my call last month announcing the arrival date of the spotty mackerel proved pretty accurate! A few fishermen had caught some in early January, but you should see them throughout the bay over the next few weeks and months, hopefully in good numbers. It doesn't matter if they're in big or small schools – just follow the turns fluttering above the feeding schools to catch a few. The only problem (but fantastic for the bay) was the amount of baby school mackerel and spotty mackerel in January, and this won't change much in February. That means you'll have to catch and release lots of small ones to get to a few bigger fish, but it will be fun, especially in the Rous Channel in the shallower water.

During February, whiting and squid should be plentiful. The tiger squid will be very aggressive and attack the squid jigs with purpose this time of year, so it's fun to watch, catch, and put on

the dinner table. I get many emails about getting inked as you bring the squid onto the boat. I have found one of the best ways to avoid this is when you lift the squid out of the water, hold them between the body and the head and turn them upside down – they will release all the water so they can't mix the ink with water to spurt it out.

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

Hopefully, the wild weather we had in January has gone, and we will get some lovely calm days on the bay in February with good fishing!



Moreton Bay's bounty. Photos: Spero Kartanos.

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Forum Communicators is a Queensland-wide public speaking organisation of long-standing clubs meeting regularly to help members to be confident and effective communicators in their professional and personal lives.

It's a great place to build your self-confidence and engage in entertaining yet educational activities, while achieving that communication edge, all in a supportive group no matter what your stage of life or career. Meetings are held twice each month, with a day club in Cleveland, a night club in Wynnum, and an E-Forum on Zoom once a month.

Each meeting features prepared speaking to a set title, with the upcoming 6th Feb meeting at Cleveland Library (12:30pm to 2:15pm) speech titled *A New Beginning*, sure to bring out many good ideas and experiences. We provide the platform to learn, expand and build your skills.

We welcome anyone who wants to become a better speaker, presenter and communicator while being part of a friendly and encouraging group. Show doubt the door and say hello to confidence. Your future self will say thanks!

You could make a difference in the workplace, the community or in your personal life by being confident when you speak in public. You could take on leadership roles and gain confidence to speak on issues that concern you wherever you are. And you'll have fun doing it in a supportive and friendly environment.

What are you waiting for? Say hello to your best self, and call Pam 0408 550 435 or email: pamtranter46@outlook.com or visit www.beconfident.org.au for more information.




Photo: Supplied.



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OUR STAFF ARE ONLINE NOW



Could your money mindset hold you back from achieving financial success?

BY LAURENCE SMITH, FINANCIAL ADVISER, UEM WEALTH

Does your money mindset have your back? Or, does it hold you back?

If you've never really thought about it, you'd be forgiven. When it comes to our financial success, we tend to focus on things like income, investments, and expenses. It makes sense to put our financial position down to how much we earn or spend, or the performance of our investments. But what about the role of your money mindset?

What is a money mindset?

A money mindset is your set of beliefs and attitudes about money. It shapes how you make financial decisions, how you perceive wealth, and react to financial challenges. Understanding your money mindset is important, because it can either support you in achieving financial success or hold you back.

There are various types of money mindsets, but they often fall into two broad categories:

Abundance Mindset vs. Scarcity Mindset.

Abundance Mindset: An abundance mindset is the belief that ample opportunities exist to earn,

grow, and enjoy wealth. People with this mindset see the world as full of potential and possibilities. They tend to be optimistic about their financial future and are willing to take calculated risks.

Scarcity Mindset: A scarcity mindset, on the other hand, is the belief that resources are limited and difficult to obtain. People with this mindset often focus on what they lack rather than what they have. This can lead to fear, anxiety, and a reluctance to take risks.

Fixed Mindset vs. Growth Mindset

Fixed Mindset: A fixed mindset in a financial context means believing that your financial abilities and knowledge are static and unchangeable. People with a fixed mindset might think they are either 'good' or 'bad' with money and that this cannot be altered.

Growth Mindset: A growth mindset is the belief that financial skills and knowledge can be developed through effort and learning. Individuals with a growth mindset see financial challenges as opportunities to improve and grow.

Strategies to shift a negative Money Mindset

If you've identified that your money mindset might be holding you back, don't worry! The following strategies can be used to help you to shift your mindset to a more positive one.

- 1. Set realistic and achievable financial goals.** Start with small, manageable goals and gradually increase their complexity. Achieving these goals will build confidence and encourage a positive mindset.
- 2. Educate yourself on financial management and investing.** Understanding financial principles and investment strategies can help reduce fear and build a sense of control over your finances.
- 3. Practice mindfulness and emotional intelligence.** Mindfulness can help you stay present and make thoughtful financial decisions. Emotional intelligence will enable you to manage financial stress and maintain a positive outlook.

4. Seek professional advice. Professional financial planners can provide valuable insights and strategies tailored to your unique situation. They can help you navigate complex financial decisions and create a roadmap for achieving your goals.

Your money mindset plays a crucial role in your financial success – it should have your back, not hold you back!

By identifying and overcoming negative financial beliefs, you can create a healthier relationship with money and achieve your financial goals. Take the first step today by reflecting on your financial mindset and seeking professional advice to guide you on your journey.

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