

The Community Leader

WE'RE ALL ABOUT GOOD NEWS

Redlands



FOOD AND COMMUNITY: A RECIPE FOR SUCCESS

Food brings people together.

Blue Tongue's inclusive kitchen/café initiative serves up amazing gourmet goodies to appreciative locals from their Thorneside kitchen, uniting the community in the name of good food!

Each week, under the expert guidance of legendary Chef Allan, participants in Blue Tongue's disability programs are learning culinary skills that are practical and confidence-boosting. On the weekends, the kitchen is abuzz with cooking workshops open to anyone willing to put on an apron and learn new skills. This month, children are invited to book an Easter cupcake-making class – more about that on pages 6 and 13.

Blue Tongue Kitchen (where cooking classes are held), alongside the organisation's café Blue Tongue Pantry, serves up hearty helpings of community spirit and delicious food and is an asset to our vibrant local food scene.

We're fortunate to be able to indulge in just about any type of cuisine we're craving any day of the week, thanks to the creativity and talent of our local menu-makers. So, cheers to all the wonderful, hardworking cooks, chefs, and their teams who drive the diverse food scene that continues to grow throughout our suburbs and bring us together. Bon appétit!

Pictured: Christian Occhipinti, Chef Allan Groat and Amanda Whittle at Blue Tongue Kitchen, Thorneside.

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REDLANDS CLUBS TO BENEFIT FROM MEGA \$20K COMMUNITY RAFFLE!

The Bayside Community Fund (BCF) has announced its first Community Raffle, designed to benefit not-for-profit organisations and clubs in the Redlands and Wynnum Manly areas.

Community Bank Victoria Point and Wynnum Manly branches of Bendigo Bank have donated \$20,000 in cash, to be raffled as three cash prizes, with tickets to be sold by non-profit local clubs. All proceeds from tickets sales will be kept by the clubs.

“We are proud to enable local community groups to raise funds for themselves without the expenses of prizes and raffle tickets,” explained BCF chairman Michael Sarquis. “Being able to make 100 per cent profit from ticket sales will make a tangible difference to many groups in our area.”

The raffle will be drawn mid-June, when one lucky person will win a \$15,000 Bendigo Bank savings account. Second prize is a \$3,000 Bendigo Bank savings account, and third prize is a \$2,000 Bendigo Bank savings account.

“We are fortunate to have the Community Bank Victoria Point and Wynnum Manly branches of Bendigo Bank sponsor this raffle for the prizes and raffle tickets,” Michael said.

Bendigo Bank’s Community Development Manager for the Victoria Point and Wynnum Manly branches, Mr JJ Cowley, said the idea for the Community Raffle came from a Bendigo Bank branch in Western Australia where an initial community raffle saw organisations raise \$67,000, growing to \$123,000 by the third raffle.

“Bendigo Bank’s Community Bank model is to invest 80 per cent of profits into the community, and if we can invest \$20,000 (plus costs) into the BCF’s Community Raffle, it will allow local organisations to raise three to five times that amount,” said Mr Cowley.

Consider the fundraising possibilities with tickets selling at \$5 each. If an organisation has 50 members who sell 10 tickets each, that organisation will profit by \$2,500. With more members or more ticket sales, that profit will increase.



Photo: Supplied.

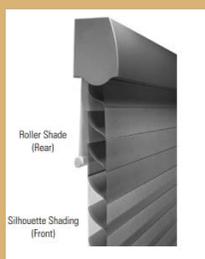
Tickets will be on sale from early March to May 30, and it’s easy for local organisations and clubs to get involved. Simply register an expression of interest online by scanning the QR code on this page, and you will be contacted to collect raffle tickets, advertising posters and complete some basic paperwork. Local hockey, rugby league, touch and union clubs along with dance clubs,

Zonta, P&Cs, RSLs and a choir have already registered their interest.

“We want as many groups in our community to participate in the Community Raffle so everyone can share in the profits of this fundraising opportunity,” Michael said.



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NO ONE'S FEELING BLUE AT THE REDLANDS COAST BLUES FESTIVAL!

The Redlands Coast Blues Festival had its origins in 2014 when a former councillor, disappointed that the local regional park wasn't used for any major events, decided that a music festival would do well. He approached the Capalaba Rotary Club and the blues festival was born, continuing as a popular annual event – peaking at 10,000 plus visitors in 2020 – until it was flooded out in 2022, which saw its demise for the following two years.

“With Council and Rotary Club support we redeveloped and rebadged the event, and this year on the fifth of April we'll be celebrating its return at the Redland Showgrounds,” says a spokesperson from the festival reignite team.

The festival will open in full swing with food stalls, a bar, stage performances and roving players. There will be events for children (who can attend free of charge) including face painting and a petting zoo. Purchase of a ticket will allow free entry to the popular Redland Museum.

In a first for the event the program will feature an acclaimed headline act from Sydney, Ray Beadle, who – in the festival's words – “will light up the stage!”

Ray's distinctive style has made him a favourite with blues and music fans. A first-class guitarist, singer/songwriter and all-round performer, Ray's talents have been recognised in the Chain Blues Awards with Best Album, Best Song, and Best Male Artist. His life as a musician started at the age of nine and for the next two decades he played with – and learned from – some of the best in the blues genre, including a three-month residency with the house band in BB King's Memphis club.

Other performers include Mojo Webb, BlueSkillet Rovers, Shade Hadie, Shotgun Sam, Dezzie D and the Stingrayz Official Band, The Honey Sliders, Blues Arcadia, Shotgun Sam & His World Famous Blues Band, and Dezzie D and the Stingrayz.

The day of non-stop blues music, flavoured with rock 'n' roll, jazz, soul, boogie and country – what's not to love? – lifts off at 11:30am and runs until 9:00pm on Saturday April 5 at Redland Showgrounds. For more information – and to take the opportunity to volunteer – check out the Redlands Coast Blues Festival Facebook page.

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MOULD GROWTH FROM ROOF LEAKS IS A SERIOUS CONCERN

FROM BRISBANE PLUMBING AND DRAINAGE

With the recent heavy rain and high humidity, many homeowners are experiencing an unwelcome problem – mould growth inside their homes. One of the most common yet often overlooked causes of mould is slow, undetected roof leaks. Even a small leak can allow moisture to accumulate in ceilings, walls, and insulation, creating the ideal conditions for mould spores to thrive.

A leaking roof isn't just a structural issue – it's a serious health hazard. When moisture lingers, mould can spread rapidly, releasing airborne spores that may trigger allergies, asthma, and other respiratory problems. Prolonged exposure to mould can be particularly harmful to young children, the elderly, and individuals with pre-existing health conditions.

We've seen firsthand how devastating the consequences can be. In one case, a minor roof leak went unnoticed for months, leading to extensive mould contamination that required costly remediation. In another instance, a builder unknowingly compromised a waterproofed section of a home during renovations, allowing moisture intrusion that contributed to significant mould growth. These examples highlight why routine roof inspections and proactive maintenance are essential for protecting both your property and your health.

If you notice musty odours, discoloured walls, peeling paint, or water stains on your ceiling, don't ignore them – these could be warning signs of a hidden leak. Addressing the problem early can prevent widespread damage, save thousands in repairs, and most importantly, safeguard your family's wellbeing. Regular roof checks, prompt repairs, and



proper ventilation can go a long way in preventing mould-related issues before they escalate.

Don't wait until the damage is done – act now to keep your home safe and mould-free.

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



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DISCOVER A FASCINATING WORLD OF ORCHIDS AT THE EDOS AUTUMN SHOW

The Eastern District Orchid Society Inc. (EDOS) is excited to welcome visitors to its Autumn Show, to be held at the Belmont Shooting Complex (1485 Old Cleveland Road, Belmont – entry via Old Cleveland Road) on April 5 and 6, 2025.

This vibrant event will showcase a stunning array of orchids in all shapes, sizes, and colours. Whether an experienced grower or a newcomer to the hobby, visitors will have the opportunity to explore a wide variety of orchids, including easy-to-grow species that require minimal maintenance. Knowledgeable growers will be available to offer advice and recommendations, and live potting demonstrations will provide valuable insights into proper orchid care.

With more people embracing apartment and small-block living, orchids are an ideal choice for those with limited space. Thriving in pots filled with bark and other clean growing media, they offer a low-maintenance way to bring natural beauty into any home, whether on a balcony, patio, or indoors.

A highlight of the show will be the extensive plant sales area, where attendees can purchase both species and hybrid orchids, many of them in bloom. Brisbane Orchid Supplies will also be on-site, offering a range of orchid care essentials, including pots, labels, potting mix, and pest control products.

The show will be open on Saturday April 5 from 8:30am to 4:00pm and Sunday April 6 from 8:30am to 2:00pm. Admission is \$4 for adults, while children under 14 can enter for free. With ample parking and a wheelchair-friendly venue, the show promises to be an enjoyable event for all. For further information, contact the club's secretary at 0410 318 587, or email secretary@edos.org.au. Additional details can also be found at www.edos.org.au.



Photos: Supplied.

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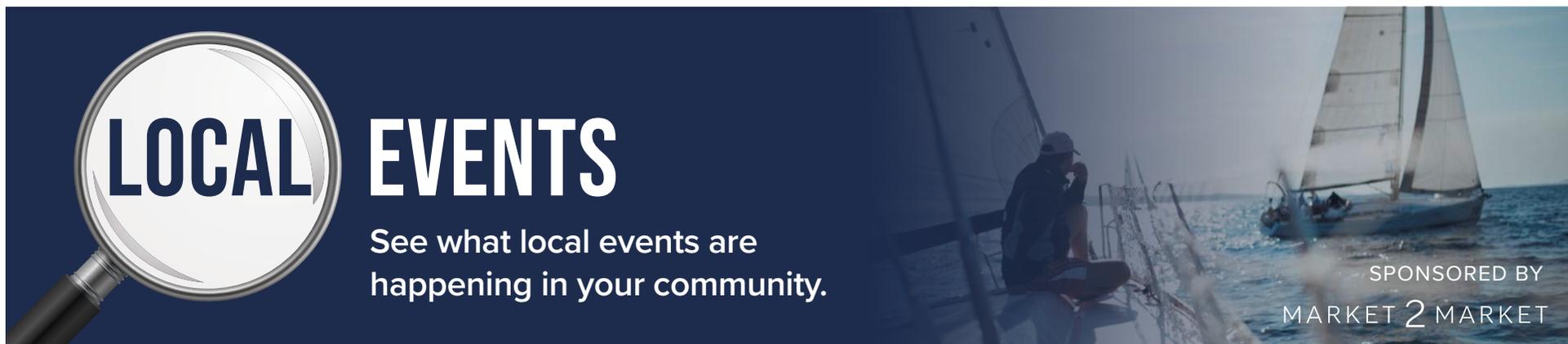
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If you're looking for something to do locally, check out The Community Leader's What's On page here and online.



DEVONSHIRE TEA AT ORMISTON HOUSE

Sunday March 9, 12:00pm to 4:00pm, Ormiston House, 277 Wellington Street, Ormiston

Step back in time this month when historic Ormiston House opens its doors to the public. Dating back to 1862, the former home of Australian sugar industry pioneer Captain Louis Hope has been lovingly preserved for future generations to enjoy. Furnished with authentic period pieces, the house is a grand nod to the past, surrounded by lush gardens and mature trees. Entry is \$10 for adults and \$8 for children, which includes entry to the house and gardens and a Devonshire Tea.



COCKTAIL MAKING CLASS

Saturday April 5, 12:00pm to 2:30pm, Craft Brewhouse, 190 Birkdale Road, Birkdale

Join a fun-filled afternoon of cocktail making, where the only effort required is a good shake! Learn to craft the Pink Pash, Jolly Rancher, and Mai Tai, all while discovering their origins. Enjoy a light lunch of bruschetta, spring rolls, and seasoned fries. Gather your friends, mix up something delicious, and sip your way through a relaxed and social experience. For bookings, scan the QR code or go to <https://craftbrewhouse.com.au> for more information.



A GIRL'S GUIDE TO WORLD WAR

Saturday March 8, 3:00pm, RPAC Concert Hall, Middle Street, Cleveland

A Girl's Guide to World War tells the story of Dr. Agnes Bennett, Australia's first female commissioned officer in the British Army. Guided by compassion, Agnes braves the frontline, earning honours and discovering love, freedom, and power amid the Great War. This award-winning Queensland production won the Matilda Award for Best New Australian Work, with Susie French earning Best Supporting Actress for her bold portrayal of Dr. Lillian Cooper. For tickets, go to rpac.com.au.



KIDS' EASTER CUPCAKE DECORATING CLASS

Saturday March 22, 10:00am to 11:30am, Blue Tongue Kitchen, Mooroondu Road, Thorneside

Children will love this fun-filled Easter cooking class, where they will learn the art of cupcake decorating. Under the guidance of an expert chef, they will enjoy creating charming Easter-themed cupcakes. From fluffy bunny ears to vibrant Easter eggs, participants will explore various decorating techniques using frosting, sprinkles, and an assortment of delightful toppings. For bookings, which are essential, visit www.bluetonguekitchen.com.au.



RANGER STACEY'S JOEY CLUB

Tuesday March 11, 9:00am to 10:00am, IndigiScapes, 17 Runnymede Road, Capalaba

Children aged up to six can enjoy a fun-filled story time with Ranger Stacey, followed by a guided bushwalk exploring nature through sight, sound, and touch. Little ones will bellow like a koala, stretch their wings like a bird, and hop like a kangaroo as they discover the wonders of the bush. Parents or guardians must accompany children, and tickets are required for adults and kids. Sun-safe clothing, a hat, and a water bottle are recommended for a comfortable outdoor adventure. For bookings, scan the QR code.



AUSCYCLING TRACK NATIONAL CHAMPIONSHIPS

From March 25 to 30, Anna Meares Velodrome, Sleeman Sports Complex, Chandler

Australia's top track cyclists are back to battle for the prestigious green and gold national champion's jersey! Experience the thrill of high-speed racing, including the keirin, pursuits, time trials, points race, scratch race, and omnium. Don't miss the action at Anna Meares Velodrome as the nation's best compete for glory. Be trackside and witness history in the making! For more information, go to <https://tracknationals.org.au>.

SPEEDING TOWARDS LOVE: IT'S PEDAL TO THE METAL ON A DATE!

It's a busy world we live in, and there isn't as much time as there once was for social connections such as dating. There are online introduction platforms, but as Redlands resident Krystal Anderson says, they lack the personal connection made with face-to-face interactions. That's what prompted Krystal to arrange a speed-dating evening last September – that, and a commitment to supporting mental health organisations.

Last year's event raised \$1,631 for Lifeline's Out of the Shadows Suicide Prevention project; as well, it was such a social success that Krystal has decided to run it again in April – with a few modifications to cope with the almost overwhelming demand.

"We ended up with more than 360 participants, many more than I'd expected," Krystal says. "I've recruited a few more friends to help this time, we've organised a bigger venue and we'll reduce the individual interaction time between couples.

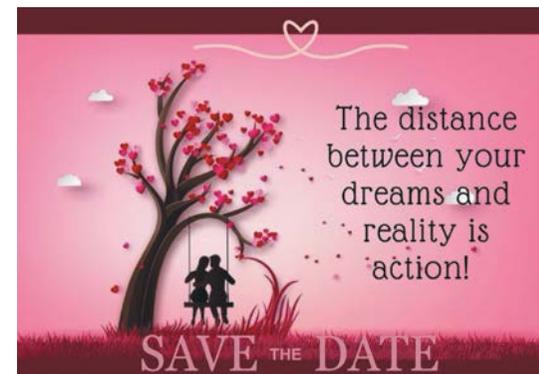
"Everyone really loved the trivia-style icebreaker – we probably could have played that all night – and they had to close the venue to get people to leave at the end of the evening!"



Krystal says that there were 18 'matches' made, when both parties expressed an interest in the other and were put in touch by Krystal's team, as well as the many more friendships made in the course of the evening.

"It's so good to see the community functioning like this, not tied to their mobile phones, making contacts the way we should. If anyone is tempted to give it a try just come along – or you're missing out on a great evening!"

The next speed dating evening is scheduled for Saturday April 5 at the Koala Tavern, Capalaba. For more information and tickets, scan the QR code, or search for Redlands Speed Dating 2025 at Eventbrite.com.au.



Redlands Annual Speed Dating Event 2025

5th April Koala Tavern Capalaba at 5pm!

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Advocating for Redland City



Mayor's message Federal election advocacy

As Redland City Mayor, I am committed to ensuring that our community's voice is heard at every level of government.

Advocacy is a powerful tool to raise awareness and champion projects, initiatives and issues that matter to our community by engaging and influencing key decision-makers to drive meaningful changes.

This takes several forms within Council, including formal submissions during Queensland Government and Australian Government elections, presenting resolutions to advocacy bodies such as the Local Government Association of Queensland and the Australian Local Government Association, plus individual advocacy by elected members on behalf of constituents.

Council's formal advocacy is a rolling program that evolves based on the needs of the community and the priorities of Council. In particular, it focuses on securing

essential infrastructure to meet growth projections for our region, including public transport, wastewater infrastructure and sport and recreation facilities on both the mainland and islands.

In the lead up to the 2025 Australian Federal Election, Council has identified eight priorities it is seeking Federal Government support to deliver. Council will be sharing these priorities with candidates and parties contesting the election and, afterwards, will work with the Federal Government and Members of Parliament to progress the projects.

Together, we can continue to make a positive difference and create a thriving, resilient community.



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

Our Advocacy Priorities



Brisbane Metro network extension



Sport and recreation upgrades



Infrastructure to support population growth



Redlands Coast islands



Improved clarity on Native Title process



Wellington Street/ Panorama Drive – complete the upgrade



Improved consultation for environment protection, biodiversity and conservation



Disaster resilience

Raise your voice

Hot on the heels of the Queensland election, we are once again preparing to exercise our democratic rights and vote in the 2025 Federal Election.

We know political parties and candidates are keen to demonstrate how receptive they are

to community priorities and needs during pre-election periods. This makes it the perfect time for Council to advocate to all political parties and candidates running in the federal electorate of Bowman, on behalf of the Redlands Coast community.

Be heard! Search **redland advocacy** for details of:

- Council's Advocacy Priorities
- Candidates running in our federal electorate, Bowman (including the sitting MP)
- Candidates' measurable and specific commitments to Council priorities.

We'll keep our webpage up to date, and encourage you to contact candidates directly about what's important to you.

 [redland advocacy](#)

 **3829 8999**

Postal Address:
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What our community deserves

Brisbane Metro network extension



Council continues to partner and work together with Brisbane City Council and the Queensland Government to deliver a fast and efficient bus route that will connect Capalaba to Greater Brisbane. Federal funding will make this a reality much faster, in anticipation of an estimated 17 per cent population growth in the Redlands by 2046.

- Better connected public transport
- Reduced congestion
- Shorter commutes
- Lower emissions.



Sport and recreation upgrades



Australian Government investment in quality sport and recreation infrastructure will support local jobs, attract major events, and provide more opportunities for community participation in sport. Council is asking candidates to commit to:

\$5 million – William Taylor Memorial Sports Precinct (Thorneside), clubhouse upgrades

\$5 million – Keith Surridge Sports Precinct (Alexandra Hills), clubhouse upgrades and a new amenities block

\$7.8 million – Sports field lighting upgrades at four locations (including two on our islands)

\$11.875 million – Skate park upgrades at Cascade Gardens (Victoria Point) and John Fredericks Park (Capalaba)

\$1.5 million – Upgrade at EGW Wood Sports Field to enable netball courts to also be used for pickleball, which is growing in popularity.



Regional status for Redlands Coast islands



We want the Australian Government to:

- Recognise the SMBIs with 'regional status' to open doors to state and federal funding that aligns better with the islands' specific needs
- Continue Mobile Black Spot funding – for resident safety and business continuity.

Infrastructure to support population growth



As our population grows, so does demand for essential infrastructure. We're asking our future Australian Government:

- To help Council green seal the remaining 49km of unsealed roads on the Southern Moreton Bay Islands (SMBI) – estimated cost \$37 million
- To provide funding to help expand Council's sewer network to include those parcels of land in our urban footprint that are not yet connected, as well as deliver a fit for purpose sewerage system for the 1400 of our island properties still on septic systems.



Wellington Street/ Panorama Drive – complete the upgrade



We need \$80 million to finish stages two and three faster and concurrently. This vital project will provide 140 construction jobs, improve hospital precinct access and create a safer and less congested road connection for our city.

Disaster resilience



Council seeks funding to enhance community safety and improve disaster preparedness, resilience, response and recovery across Redlands Coast:

- \$2 million for flood warning infrastructure and rainfall and creek gauge networks to provide important warnings and data
- Funding for assessments and upgrades to improve the wind resistance of our buildings
- \$10 million for a purpose-built dedicated disaster coordination centre.



While Council has its own priorities for the 2025 Federal Election, we also support the Local Government Association of Queensland (LGAQ) advocacy campaign, which calls for a fairer federal funding deal for all Queensland Councils and their communities.



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Maggie's Mates

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What is your name? Hi, my name is Shiloh.

Where do you live? I reside at lovely Victoria Point.

How long have you lived there? My whole life, for 14 years and six months.

What is your favourite local activity? I used to love playing with my ball, but now I really enjoy sleeping because I'm an old man.

What is your favourite toy? I still love my Teddy, and showing Teddy to visitors.

Do you have a favourite food? Yes! Or specifically, goat and venison meat, and homemade treats! I'm really not spoiled.

What is your worst habit? I get really annoyed and growl when my cousins visit, so they walk around behind my humans. I don't consider it a bad habit, but everyone else seems to think so.

What's your favourite hangout? I love being with my humans on the lounge.

What is your favourite local walk? I love Thompson's Beach. Most days I cannot walk a long way, so my humans drive me there. It has some really good quality sniffing.

Do you have a bestie? My best friend was my sister Willow, but

she now lovingly looks at me from a photo on the wall. Daddy is my new bestie, and not just because he gives me treats. Daddy has a comfy lap, under the air-con.

Do you have any funny stories to share? I'm very astute to my humans' proximity to the fridge, as that is where the treats are kept. I always lick my lips to remind them that I would really, really love a treat.

What do people love the most about you? Visitors always love my kisses, although I am very selective about who gets them. Although I'm not a big fan of visiting the vet, the doggy doctors and nurses really seem to love me. Mummy bakes lots of delicious treats for them – real human treats, not the doggy type! I really like them too, but apparently human treats are not good for me. I learned that lesson the hard way.



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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Sharyn Morrison
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MISS MAGGIE OF MANLY



ALL ABOUT CONTACT ALLERGIES IN PETS

BY DR NICKY THOMAS, WYNNUM MANLY VETERINARY HOSPITAL

The very wet spring and summer we have experienced has seen our gardens and lawns absolutely blooming with flowers and seeds. This has led to an increase in the incidence of contact allergies in our pets.



WHAT IS A CONTACT ALLERGY?

A contact allergy occurs when an animal develops dermatitis as a result of contact with an irritant. Common causes of contact allergies are:

- Grass – Kikuyu, Buffalo and Couch
- Succulent groundcovers – Rhoec, Moses-in-a-boat, Wandering Jew
- Topical medications, including shampoos and lotions
- Mulch
- Carpet
- Fabrics
- Fertiliser

WHAT ARE THE SYMPTOMS OF CONTACT ALLERGY?

Contact allergies generally manifest as severe itching within four to 72 hours after contact with the offending allergen. Animals develop a red, itchy rash that may affect the muzzle, armpits, elbows, belly, groin, scrotum, perineum and paws – basically the underside of the animal. Chronic exposure to the allergen may result in inflammation, leading to hyperpigmentation (darkening) and thickening of the skin. A scaly, scabby or sometimes pustular rash may occur.

HOW IS A CONTACT ALLERGY DIAGNOSED?

Pet owners may notice that their dog or cat is itchy after being in certain environments or around products within the house and yard. A dermatologist can perform skin testing to diagnose specific allergies.

HOW IS CONTACT ALLERGY TREATED?

Ideally, if the allergen can be identified and the pet can avoid exposure, then contact allergies may be controlled. This is not always effective or practical, particularly in instances of grass or carpet allergy where daily exposure is inevitable. Protective clothing

may be used to limit contact with the offending allergen. Regular washing of pets to remove irritants may help reduce the symptoms. Omega fatty acids in the diet and topical moisturising treatments can help to improve your pet's skin barrier health, which can reduce the penetration of allergens.

Your vet will be able to discuss a range of options for medical treatment of contact allergies.



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JOHN BULLION RECOGNISED FOR A CONTRIBUTION WORTH GOLD

BY JAN NARY

John Bullion, a self-effacing Birkdale resident, was recently presented with the Redland City Council's Australia Day Local Hero Award. He was nominated for the accolade by Brendan Smith, the principal of Birkdale State School.

"Thanks to John's hard work and dedication our school has one of the most complete histories of any school in the Redlands – possibly in Queensland," he says.

"John single-handedly compiled a written record of our school's 108-year history with photographs, artefacts, personnel and student records and records of events. He has also given countless hours of his own time to assist with musical, sporting, cultural and artistic school occasions."

Brendan acknowledged John's significant contribution to the school's 75th and Centenary celebrations, in 1991 and 2016 respectively, and says that John embodies everything associated with being a local hero; humility, respect, kindness and generosity.

"Our school owes him a great debt for his work over many years and his work as volunteer school historian. It's wonderful that he has been awarded this recognition of his contribution."



Photo: Supplied.

REBRANDING HISTORY: A NEW LOOK FOR REDLAND MUSEUM

For 55 years, the Redland Museum (est. 1970) has been the central custodian of the history of the Redlands, educating, entertaining and connecting residents and visitors to the region. While history doesn't change, over time, our understanding of it does, and developments in technology allow us new ways of looking at old times.

As one of the main tourism destinations on the mainland Redlands Coast, the museum is preparing to present a new face to the world via a rebrand.

"This rebranding, involving our committee, dedicated museum volunteers and members and the Crest Marketing team, has been in progress for some time," says Redland Museum's operations manager, Belinda Hayes.

"With what we already offer – education, research opportunities, entertainment and community involvement – the museum has become more than just a tourism hub, but rather a touchstone of identity and belonging for the local community. Our rebranding will position us even more solidly within those two major parameters and within the region of the Redlands Coast."

Belinda says that as trusted keepers of the community's social history, a highlighted focus will be on Real People, Real Stories. A special addition to the museum's curatorship will be the addition of a First Nations Early Learning Centre, Quandamooka Spirit, which is being developed with the guidance and support of Quandamooka Elders.

The museum's new logo incorporates symbols of water, individual people, collective activity and the continuum of past, present and future. Belinda says that it reflects the museum's values of inclusivity,

community, education, preservation, innovation, excellence and responsibility.

Visitors are invited to the rebranding launch on Saturday, March 29, when entry to the museum will be free, and volunteers will guide visitors through the fascinating dioramas and artefact displays and share the stories behind them.

For more information, call 3286 3494 or visit www.redlandmuseum.org.au.

BLUE TONGUE KITCHEN IS A HUB OF CULINARY CREATIVITY!

Blue Tongue Kitchen is excited to offer a variety of cooking classes for the community, including fun and engaging workshops for both kids and adults. On selected Saturdays, children can enjoy hands-on lessons in sushi making or cupcake decorating, while adults can unwind with a beverage of choice as they master dishes like sizzling seafood paella or make pasta from scratch. These community-focused classes provide a fantastic opportunity to develop new skills, meet new people, and explore the art of cooking.

In addition to these community classes, Blue Tongue Kitchen also runs 10-week cooking workshops tailored specifically for NDIS participants. Due to growing demand, these workshops will be expanding to six classes per week starting in March. NDIS participants in these classes learn a wide variety of culinary skills, from savoury dishes to sweet delights. Many participants enjoy recreating the meals they've learned at home and sharing them with friends and family. Not only are they developing independence and confidence in the kitchen, but they're also forming meaningful connections with others who share similar interests.

All classes at Blue Tongue Kitchen are taught by Allan Groat, a seasoned chef with 35 years of experience in Australia and abroad. Allan's expertise is complemented by his role as the master pastry chef behind the indulgent treats in the Blue Tongue Pantry café's dessert cabinet. His passion for food and dedication to teaching shines through in every class.

Whether you're part of the broader community or an NDIS participant, Blue Tongue Kitchen offers a welcoming environment where everyone can learn, grow, and enjoy the joys of cooking.



Located at 2/100 Mooroondu Road, Thorneside, just across from Beth Boyd Park, Blue Tongue Kitchen is the perfect place to explore your culinary potential.

For more information and to book a class, visit bluetonguekitchen.com.au.

A GIRL'S WORLD GUIDE TO WAR

Meet the writer **KATY FORDE**
Q&A and Afternoon Tea

1pm 4 March 2025 **Bookings Required**



Redlands Coast Museum OPEN DAY & Rebranding Launch

Real People, Real Stories

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LOCAL GARDENING WITH KAT

WHAT'S THE BUZZ?

BY KAT PEARSON, *GIRL IN THE GREEN*



I'm sure everyone knows the European honeybee – the ones that sting you (and then die!) and are responsible for the jars of honey in the pantry. Honeybees were introduced to Australia in the early 1820s by European settlers who imported many a plant and animal to make Oz feel like home. But Australia has around 2000 species of native bees all of our own!

During summer, I wake up to the sound of our native blue-banded bees, *Amegilla cingulate*, buzzing in my blue ginger flowers *Dichorisandra thyrsiflora* (not actually a ginger at all, but well worth growing). I've noticed these bees around my garden in other flowers, but the blue ginger is a magnet for them, and the tubular shape of the flowers amplifies the buzz sound, so I know when they're about.

If you haven't seen a blue-banded bee, they are a bit chunkier than a honeybee, have a tan, hairy body and iridescent blue stripes on their bottoms. If you get up close, you can also see their really long tongues,

which help them get nectar and pollen from deep in the flower.

Like many of our native bees, these guys are specialists in 'buzz pollination'. Basically, they get into a flower and shake their booty (technically, they vibrate their flight muscles, which are in their thorax or the middle bit, but that sounds less cute). Buzz pollination is really helpful to some plants that have their pollen tucked away in anthers with tiny openings too small for insects to get in. One well known plant that likes buzz pollination is the tomato. The wind is often enough to shake some of the pollen free, but buzz pollination is the next level.

Blue-banded bees are solitary bees and don't live in hives, although they often live near each other, like a little village. Females nest in clay soil or soft sandstone and the guys hang out overnight on plant stems, clamping on with their jaws. These bees are only active in the warmer months and die as the weather cools, but overwintered eggs hatch when it warms up and the cycle starts again!

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 by Kat Pearson.

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SHOULD I USE SANITISING SOLUTIONS ON MY SKIN?

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

In my article on why we have skin (published before Christmas), we learnt that our skin “is covered with friendly symbiotic bacteria to protect us from nasty pathogens” and “there is no need for antiseptics that would kill the good bugs and leave us vulnerable”.

In the last 15 to 20 years, our TV screens have been splattered with advertisements claiming certain products “kill 99.9 per cent of germs”. This may be true, BUT...is it good for our health? The answer is NO. So, why not? Let’s explore this.

Do not be fooled by anyone – we do NOT LIVE IN A ‘STERILE’ WORLD. Yet the pharmaceutical and chemical industries – for financial gain – have been advertising to convince us that the world is sterile. This has resulted in a generation of people believing something that is NOT true. Bacteria, fungi, parasites, viruses, etc., frequently referred to as ‘germs’, exist everywhere. This is normal flora, and occurs in the soil, on surfaces, in the air...EVERYWHERE, including inside and outside of our bodies.

Ninety-nine per cent of these ‘germs’ work in a symbiotic way for the benefit of all life, including that of humans. Further, they can never be eradicated; they are essential to nature’s cycle.

Whenever antiseptics/sanitiser/chemicals are splashed around or misused, the 99.9 per cent of good, protective, friendly organisms (germs) that inhabit our skin and gut (and even the soil), are killed. Like any army, if you weaken the number of protective soldiers, you open the door for the enemy. Nasty pathogens that invade the body via the skin or gut can cause infections and/or death, whatever age you are. DO NOT use antiseptics on yourself or around your home.



There is a limited place and use for specific antiseptics in special, appropriate circumstances by the medical profession – whenever the normal protection lining of the skin or gut is artificially broken either by injury or, for example, in the operating theatre.

So, what’s the answer? Only use soap and water to wash the skin, NOT antiseptics. And why soap? Because the skin produces oils of one kind or another to maintain the hairs that grow everywhere on our skin and cause odour.

Next month, I’ll be discussing antibiotic dangers. God bless, and have fun.



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DON'T TRASH THE OPPORTUNITY TO DO THE RIGHT THING

FROM REDLAND CITY COUNCIL

The start of the year often marks the time for a good old clean-up around the house.

Whether you're attacking the garden or that hoarder's paradise known as the back shed, Redland City Council would like to remind you to dispose of your unwanted items correctly.

Mayor Jos Mitchell said the correct thing to do was to separate your waste into the right kerbside bins or dispose of your waste at one of the city's eight recycling and waste centres, which residents can access free of charge.

"Unfortunately, not everyone does the right thing and Council has to spend thousands of ratepayer dollars each year to clean up illegally dumped waste," the Mayor said.

"In some cases, Council then has to repair natural areas and infrastructure damaged by the dumping."

Council actively monitors areas for illegal waste dumping. Any evidence gathered may be used to commence enforcement action.

Between 1 July and 31 December 2024, Council has received 197 complaints of littering and illegal dumping.

Offences can result in fines of between \$322 and \$12,097. Serious offences may result in court prosecution, higher penalties (up to

\$161,300 for an individual; up to \$806,500 for a corporation) and a conviction recorded against the offender.

The Mayor said one of the common types of illegally dumped waste was green waste.

Mainland residents who find they have excess green waste can order a green waste bin from Council by phoning 3829 8999 or you can order online.

"Illegal dumping, including green waste, can have a serious environmental impact by spreading pests and weeds; blocking stormwater drains and natural water courses; and creating breeding grounds for flies, mosquitoes and rats," the Mayor said.

To report illegal dumping, phone Council on 3829 8999, or report it via the Queensland Government's Department of Environment and Science online Illegal Dumping Reporting form.

For more information on waste and recycling go to Council's website: redland.qld.gov.au

Environmental damage that illegal dumping can lead to:

- Introduction of pest plants that can out-compete native plant species.



- Infestation, contamination and blocking of watercourses.
- Introduction of pest animals or diseases into new areas, such as fire ants and myrtle rust.
- Blocking of forest tracks and fire trails in natural areas, risking the lives of firefighters and the public.
- An increase in bush fire fuel loads or ignition sources.
- Attracting wildlife to roadsides to feed on organic waste, and increasing the likelihood they will be hit by cars.



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redland recycling

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27 CLUB: A EULOGY THAT ROCKS

BY JAN NARY

What's the common thread that links Janis Joplin, Amy Winehouse, Kurt Cobain, Jim Morrison and Jimi Hendrix? They've each been acclaimed as the voice of their generation and each one of them has left a canon of songs for future generations. And each of them died at the age of 27.

Though the singers are gone the songs live on and they'll blaze back into life at *27 Club*, presented by a cast of performers who are each spectacular in their own right. Sarah McLeod, Justin Burford, Carla Lippis, Dusty Lee Stephensen and Cam Blokland are backed by a band of some of Australia's finest musicians – and audiences are loving it.

"They're such great songs – it's hit after hit after hit," says Sarah McLeod (*The Superjesus*); "and it's a good education in the history of rock and roll because we underpin each track with the story of the composer's life.

"I love doing shows where you can learn something. You can listen to a song and appreciate it but you never really understand it until you've learned it yourself; that really drives home what good songs they are and how well they stand up. And I've learned a lot about live performance and entertainment from this show; it's more than just singing!"

Sarah says that one of the reasons for the show's success is the quality of the performers and that they really enjoy working together.



Photo: Supplied.

"Striving for individual excellence never overrides the fact that we're a tight-knit, cast iron collective, even though it's a pretty loose style. We're on stage the whole time, even if we're not performing, and we react to each other's work. That keeps the show fresh and fun – maybe that's why some Adelaide audiences have seen up to five performances – but I can't talk, I'm up there six nights a week and I still love it!"

27 Club comes to RPAC on Thursday April 3. For tickets, go to rpac.com.au or call (07) 3829 8131.

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OWN CELEBRATES A DECADE OF FUN, FRIENDSHIP AND COMMUNITY

FROM OWN CAPALABA

The Older Women's Network (OWN) Capalaba celebrated its 10th birthday in February, a significant milestone for any group. The branch started with just six members, and today has more than 40 ladies from different backgrounds with many interests, ranging in age from 50 to 90 years.

To commemorate the milestone birthday, OWN members opened a Memory Box full of photos and other items as reminders of activities and events over the last 10 years.

OWN members participate in various fun and engaging activities, including morning teas, lunches, bus trips, theatre visits and BBQs in the park. There is always much to share and discuss, which inevitably leads to laughter and chatting!

Speakers at OWN's monthly meetings cover a

wide range of topics, many focusing on keeping members informed, safe and healthy. These include RACQ, Scamwatch, Tai Chi, Pathways to Resilience and elder abuse.

The members also immerse themselves in the local community through various projects. They currently support the Neonatal Unit at Redlands Hospital, Night Ninjas, the local ambulance committee, and many more.

As people age and their circumstances change, OWN provides a safe community for ladies to meet for fun and friendship. Members can share their knowledge, stories and concerns without judgement and be assured of support and friendship.

Ultimately, the group aims to ensure everyone feels welcome and included. There is the opportunity to



Photo: Supplied.

prevent social isolation and make new friends while maintaining a positive outlook.

OWN Capalaba meets on the first Wednesday of each month at the Uniting Church hall on the corner

of Ney Road and Zandra Street, Capalaba, from 9:00am to 11:30am.

For more information, please contact Naomi at 0424 060603 or email Own.Capalaba@hotmail.com.

FIXING FENCES, BUILDING COMMUNITY: MEN'S SHED MEMBERS TO RESCUE!

CONTRIBUTED BY THE REDLAND BAY MEN'S SHED

Volunteers from the Redland Bay Men's Shed recently completed a task for the Redland Bay Volunteer Coast Guard. Due to some major restructuring of the marina carpark and the realignment of the roadway adjacent to the Coast Guard Building, the security fences had to be taken down and repositioned.

The Coast Guard's hose reels on their building alongside their boat ramps needed security gates, and being a relatively small job, Men's Shed volunteers stepped in to do the work, allowing contractors and tradespeople to concentrate on the bigger projects.

Men's Shed members are happy to assist the community with various jobs such as repairing small furniture items, and have even constructed stands for specific workshop machines on occasion.

Membership of the Men's Shed is open to men of any age, but members are mainly retirees who have a bit of spare time on their hands, and so our range of activities is geared to suit. Men's health is our main aim, both mental and physical, so the company of other men in similar circumstances creates an atmosphere of co-operation and mateship, whether we are sanding down a table top or having a game of cards.

The shed is open from Monday to Thursday from around 8:00am to lunchtime, located at 8 Donald Road Redland Bay, which is on School of Arts Road beside the skate park, the dog off-leash area and the soccer field. Don't feel shy, just drop in and say "g'day".



Photos: Supplied.



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FROM CORO PARTNERSHIP

Coro Partnership, a trusted name in Queensland's construction industry for over 30 years, is proud to announce its latest landmark development: Ormiston Cove. This boutique residential development exemplifies the company's unwavering commitment to quality and innovation.

The site on Gordon Street, Ormiston, has been undeveloped for the past 75 years. Its north-east aspect on top of the hill at Ormiston creates one of the most stunning views of the bay for residents to savour. This unique site will be home to the developer, who has been a resident of Ormiston for more than 35 years and cannot imagine living anywhere else.

Featuring 24 spacious three-bedroom apartments, Ormiston Cove has been designed with the owner occupier in mind, offering sophisticated design, exceptional finishes, and breathtaking coastal views that will set a new benchmark for modern living in the region. The building also boasts

one of the highest Nabers Ratings applicable to residential developments, mirroring the Coro's accolade of developing one of the highest green rating commercial sites in Australia. The green focus of the building includes solar panels covering the entire roof, providing backup battery storage for residents' use.

As a stalwart in the Queensland construction industry for over 30 years, Coro Partnership has completed a wide array of residential and commercial developments that testify to their dedication to expertise and quality. The company continues to set the bar for construction excellence in Brisbane and beyond with a robust portfolio ranging from townhouse developments to major commercial refurbishments.

Projects include a landmark townhouse development, as well as the refurbishment and redevelopment of several commercial buildings in and around Brisbane's CBD.



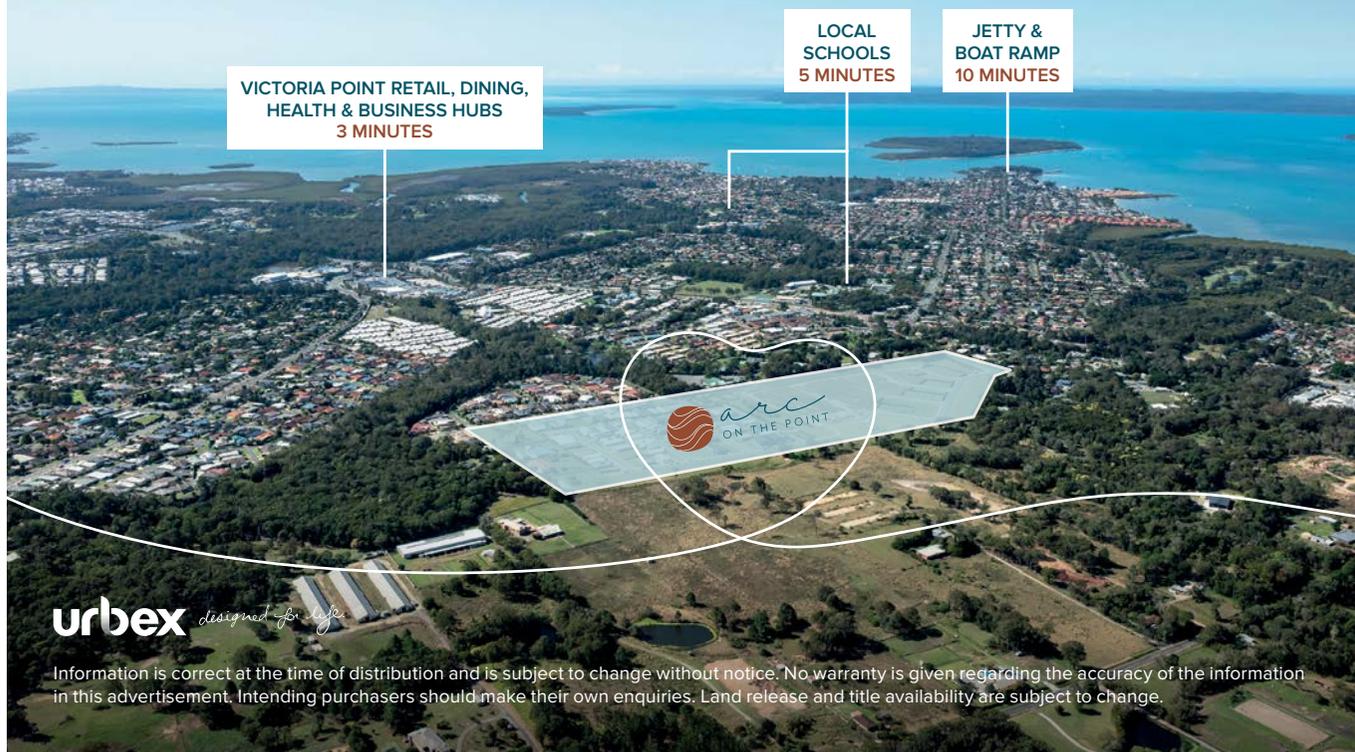
The company's track record also includes the successful completion of over 20 shopping centres. These ventures underscore the company's versatility and commitment to enhancing local communities.

Coro Partnership has appointed Eurocom Projects Pty Ltd, a firm with 50 years of building experience in Brisbane, as the builder to bring this exciting new development to life via sophisticated design and cutting-edge construction techniques.

Drawing from decades of experience, the builder and developer are excited to deliver a product that reflects the highest standards of craftsmanship and attention to detail. The development's design and construction are a direct result of the combined efforts of a team of industry professionals who have spent decades perfecting their craft.

For further information on Ormiston's newest residences, visit ormistoncove.com.au.

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WHY CHEAP SOLAR WILL COST YOU MORE IN THE LONG RUN

FROM GOODHEW ELECTRICAL AND SOLAR

Homeowners looking to save money on solar installations often find that the cheapest option ends up being the most expensive mistake. Goodhew Electrical and Solar, the trusted local solar experts, recently encountered a homeowner who learned this lesson the hard way.

Just months after investing in a large solar system from a budget provider, the homeowner faced serious issues with workmanship and customer service. After repeated failed attempts to resolve these problems with the original installer, they turned to Goodhew Electrical and Solar for a full system inspection.

A qualified Goodhew electrician, accredited by Solar Accreditation Australia (SAA), conducted a thorough inspection, and the number of issues uncovered was truly shocking. Nine major non-compliances and eleven additional system issues or instances of installer malpractice were identified.

Some of the most serious issues included exposed cabling, which created a significant electrical hazard, and a failure to install roof penetration seals, increasing the risk of leaks and structural damage. The panel racking, conduit, and cables were not properly supported, compromising the system's integrity. Additionally, components were installed incorrectly and not in accordance with manufacturer specifications, potentially voiding all warranties.

Beyond these safety concerns, the homeowner also suffered extensive damage to their home, including multiple holes in the ceiling and walls, as well as severe roof damage requiring the repair or replacement of more than 50 sheets.

It is important to remember that even the best-quality products will fail if installed by a substandard company.

The original installer did not use cheap products by any means. However, upon further investigation, it became evident that the company was not a New Energy Tech Approved Seller. Instead, they relied exclusively on subcontractors for the installation—a decision that ultimately proved disastrous for the unsuspecting homeowner.

The cost to rectify both the system and the roof exceeded \$8,000. When added to the original cost of the system, the so-called “cheap” solar installation turned out to be significantly more expensive than if the homeowner had chosen a reputable company like Goodhew Electrical and Solar from the start.

CHOOSE THE TRUSTED LOCAL EXPERTS

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Photo: Supplied.

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HEY PRESTO! PESTO CHICKEN WITH MACADAMIA NUT RECIPE

Bursting with fresh, punchy flavours, this chicken recipe is quick and easy with its deliciously herby, nutty, and citrusy take on classic pesto chicken. Serve it with a big green salad, as filling in a super-sandwich, or mix it through your favourite cooked pasta.

INGREDIENTS

PESTO

- 1 cup of fresh basil leaves
- 1/2 cup of baby spinach (optional, for extra green goodness!)
- 1/4 cup of roasted, unsalted macadamia nuts
- 1/2 cup of grated Parmesan cheese
- 2 peeled garlic cloves, minced
- 2 tbsp of lemon juice
- The zest of 1 lemon
- 1/3 cup of extra virgin olive oil
- Salt and pepper to season

CHICKEN

- 4 large skinless chicken breasts
- 1 tbsp olive oil
- Salt and pepper
- 1/2 cup cherry tomatoes, halved
- 1/2 cup sun-dried tomatoes, chopped
- Fresh basil leaves to garnish



METHOD

1. First, make the pesto. In a food processor, blend basil, spinach, macadamia nuts, Parmesan, garlic, lemon juice, and lemon zest. Drizzle in the olive oil while blending until it's smooth. Season with salt and pepper to taste. Set the pesto aside.
2. Season the chicken breast on each side with salt and pepper. Heat the olive oil in a pan with a lid over medium-high heat and sear the chicken for 5 to 7 minutes on each side, until it's golden brown and cooked through.
3. Turn the heat down to low, spread a generous layer of pesto over each chicken breast, and add cherry tomatoes and sun-dried tomatoes to the pan. Cover the pan with its lid, and let it simmer gently for 2 minutes to let the flavours combine. Remove the chicken from the heat and place it on a cutting board, then let it rest for 2 minutes.
4. Slice the chicken into 4 to 5cm strips. Return the chicken to the pan and mix through the pesto. Garnish with basil leaves, and your meal is made!



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LOCAL POETRY REMEMBERING

BY GEOFF SMILEY

I thought I saw him there,
in the street,
my brother;
dead these past three years.
His walk,
his short white hair.
But he then turned away
and was not there.

Such sightings happen
when not thinking of him.
Room enough then
for those jagged forms
of memory to be shown.

These meetings
keep him a little with me.
Hope -
that incomplete reality
says somewhere
he waits for me.
But it cannot be true;
those men from Bare #
put an end to you.

Perhaps I will remember
with finite things;
a sunset, a place, a tree,
where I can recall you
in anchored reality.

© Geoff Smiley
Funeral directors



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NATURALLY WONDERFUL ... WITH RANGER STACEY

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

I know I'm not alone when I say *litter* is my pet peeve.

Most of us do the right thing with our garbage, while some people are exemplary, cleaning up rubbish that others leave behind – so if that's you, thanks!

Random rubbish removal is a good deed, a behaviour that can be instilled in our children from a very young age. Simply noticing a stray plastic bag and picking it up can potentially save a turtle, or retrieving discarded fishing line can avoid serious harm to a waterbird.

Since 1989, Clean Up Australia Day in March each year proves what communities can achieve collectively, but even small, individual, daily actions can add up to make a huge difference.

Dropping, tossing, or leaving rubbish anywhere other than in an appropriate bin is not only unsightly, messy, and lazy, it's unhealthy and damaging to our precious environment.

Our Redlands Coast boasts some of the most pristine and picturesque places in south-east Queensland – it's where the bush meets the bay! North Stradbroke Island (Minjerrabah) and the southern bay islands are popular spots to chill out and bask in nature. The mainland has creeks and wetlands to discover, as well as bushland areas to explore, including Scribbly Gum Reserve, Bayview Conservation Area, and of course my workplace, Redlands Indigiscapes Centre. And, if you haven't experienced the uniquely wonderful walk to King Island at low tide from Wellington Point, add it to your to-do list!

A diversity of ecosystems in the region provides habitat to more than 1700 native species of flora and fauna. Many of those animals are permanent inhabitants, while others visit at specific times of the year.

Sadly, I've seen first-hand how discarded rubbish can impact wildlife, both terrestrial and aquatic.



Photo: Supplied.

Redlands Coast is a popular destination largely because of the natural environment, so next time you're outdoors remember the famous quote: "Take only memories and leave nothing but footprints".

Until next time ... Stay Wild!

Ranger Stacey

MARK YOUR CALENDAR FOR THE MARCH FAIR ARTS AND CRAFT MARKET!

CONTRIBUTED BY THE OLD SCHOOLHOUSE GALLERY

The Old SchoolHouse Gallery and the Redlands Centre for Women have joined forces to bring you the annual March Fair arts and craft market. The market will showcase an enticing array of fine arts, artisan gifts, photography, prints and cards, honey, candles, baked goods, earrings and much more.

Kids can make early Mother's Day cards and decorate Easter egg shapes under supervision in the Lions Hall, while parents can enjoy a coffee, snack or a sausage sizzle. There will be face painting for the kids as well. Visitors will also be able to try their luck by buying tickets in the amazing raffles while enjoying some great local entertainment.

The March Fair will be held on Sunday March 30, from 8:30am to 1:30pm at 120-126 Shore Street North, Cleveland.

The Old SchoolHouse Gallery is open Thursdays to Sundays and public holidays from 9:30am to 4:30pm. We look forward to welcoming you to the gallery and to the March Fair.



There will be raffles galore at the March Fair! Photo: Supplied.

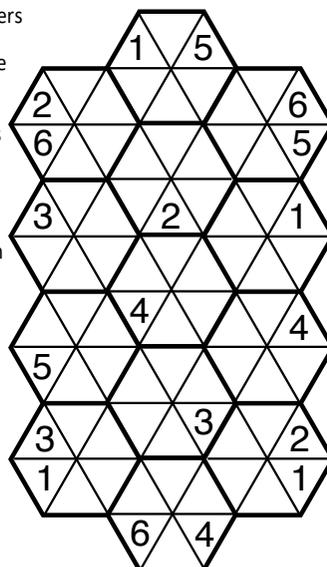
Sudoku

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

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

Quick Workout

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



Crossword

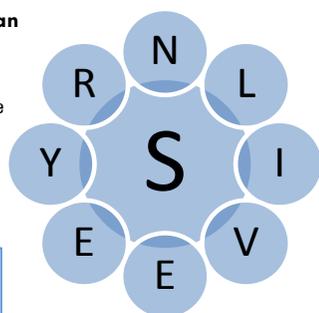
1	2		3		4		5	6		7		8	
					9								
10		11				12						13	14
		15				16				17	18		
19												20	
						21	22		23		24		
25			26							28		29	
		30		31				32					
33						34	35					36	
						37				38			
39	40	41							42		43		44
45					46		47					48	
49						50				51			
								52					
53												54	

Focus

An All Australian Word Game

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

TODAY'S FOCUS Good: 10 words
Very good: 21 words
Excellent: 35 words



Reference: Macquarie Concise Dictionary
Focus No. 3891

ACROSS

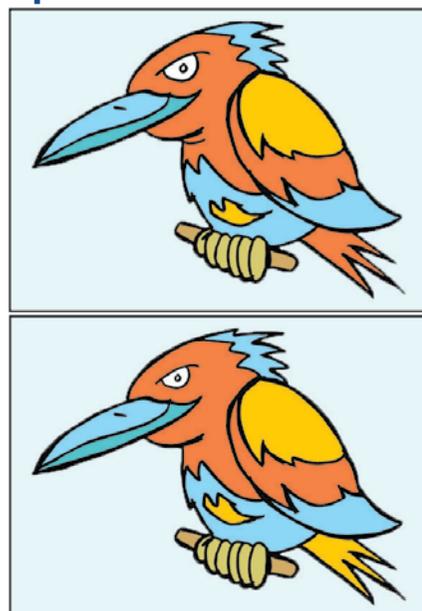
- 1 More than one
- 5 Look like
- 9 Observed
- 10 Separated
- 12 Yield
- 13 Sailor (coll)
- 15 Bishop's territory
- 16 Profit
- 17 Lift up
- 19 Slope gradually
- 20 Heavy substance
- 21 Particular
- 25 Mine entrance
- 27 Fuss
- 28 Himalayan state
- 30 Lowest point
- 32 Cleat
- 33 Fish with rod and line
- 34 Anger
- 36 Poet's Ireland

DOWN

- 2 Dog's lead
- 3 Badger-like carnivore
- 4 Rock shelves
- 5 Repeated from memory
- 6 Paradise
- 7 Free time
- 8 Border
- 42 Find the place of
- 45 Bellows
- 47 Sicilian volcano
- 48 Lyric poem
- 49 Distress signal
- 50 Spoken
- 51 Father or mother
- 52 Becomes firm
- 53 Helped
- 54 Prepared for publication

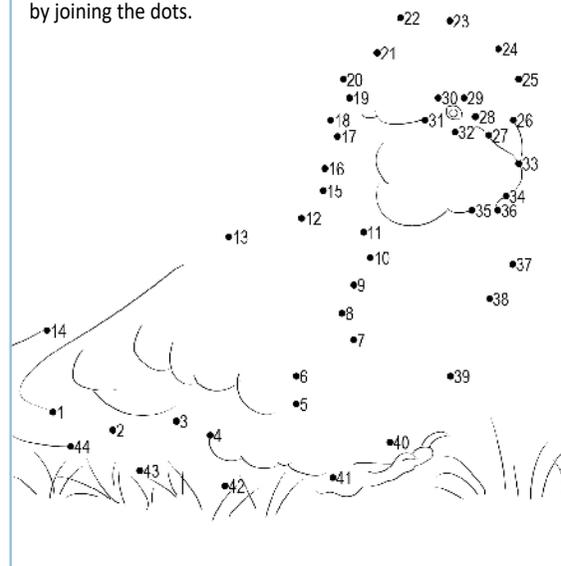
- 7 Water pitcher
- 8 Tibetan capital
- 11 Staggering
- 13 Neckwear
- 14 Fragrance
- 18 Assert without proof
- 19 Sailors
- 22 European capital
- 23 Crouch in fear
- 24 Also
- 26 Loftier
- 29 Spread through
- 31 Scottish river
- 35 Stole livestock
- 38 Pass away
- 40 Means of entrance
- 41 Fuel
- 43 Breed of dog
- 44 Time in grammar
- 46 Female pigs
- 47 Comfort

Spot the 5 Differences



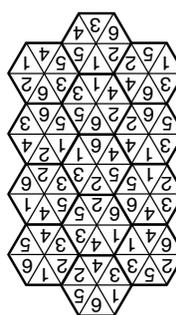
Join the Dots

What is this? Find out by joining the dots.



Solutions

Puzzles and pagination supplied by Auspac Media



FOCUS: eise enstle invrese INVERSELY isle lens reslie
resln reshn revise rnsse rise risen rise seven seise seiser
senlie sere sereln serve servlie seven sever sieve silver sine
sire siren sliver sliver sneer snivel versle

SPOT THE 5 DIFFERENCES: Extra feather on head, Eye smaller,
Extra chin missing, Chest mark moved, Colour of tail changed.

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

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ARE YOU EXPERIENCING SYMPTOMS OF ADRENAL FATIGUE?

BY PETER RULE – QUALIFIED NATUROPATH, FLANNERY'S ORGANIC WHOLEFOOD MARKET, VICTORIA POINT TOWN CENTRE HOME CO.

With the busy start to the new year, we are seeing more people in store experiencing symptoms of Adrenal Fatigue. Prolonged or chronic stress can wreak havoc on our adrenal glands and kidneys. If left untreated, Adrenal Fatigue can lead to serious health concerns, lowered immunity and disease.

Our adrenal glands are located above the kidneys and play a vital role in regulating our stress response, and hormones such as cortisol. If we are continually in a stressed state – there is an overload of cortisol being produced and released into the body when we least need it. Prolonged unhealthy food choices, overworking, perfectionist tendencies, not incorporating “rest and recovery” time, overuse of stimulants, chronic emotional or physical trauma or big life changes can all contribute to hormonal imbalances in the adrenals.

Adrenal fatigue can also be triggered by stress, food sensitivities, hormone imbalances, lack of sleep, and chronic illness.

Common symptoms include:

- Consistent and extreme fatigue
- Muscle tightness, especially around the jaw
- Digestive issues

- Low mood
- Difficulty sleeping/insomnia (getting to sleep and staying asleep)
- Daily brain fog
- Often weight gain, particularly around the midsection, and cravings for salty/sweet

Naturopath tips to support Adrenal Fatigue:

- Remove stimulants from your diet that often help to prop us up during times of stress (caffeine, sugar, alcohol and grab-n-go junk food meals).
- Increase your water intake and incorporate electrolytes and magnesium for added mineral support.
- Move your body to relieve stress in the body and mind and get the blood flowing to help detoxify and oxygenate.
- Remove electronic devices well before bedtime and limit blue light exposure. Set yourself a sleep routine that consists of lighter meals, an after-dinner walk or stretch, herbal tea and a book.
- Take time to sit and chew your food mindfully, releasing digestive enzymes to help break down fats and fibre.

Herbs and supplements that may help your nervous system to relax:

Reishi – known as “The grandfather of grounding”, Reishi is a wonderful herb to help keep you calm and relaxed.

Magnesium – an essential mineral to help to relax the nervous system and assist in lowering cortisol. It's important to find a supplement without harmful fillers, stimulants or additives. Not all magnesium supplements are created equal, so ensure you find one that supports relaxation and muscle recovery. Coconut water and bananas are also packed with magnesium.

Herbal teas and cacao – we love Holy Basil tea to support the nervous system. Tulsi Sleep is a great one to help you relax at the end of the day.

Ginseng can help with exhaustion, as well as support for stamina and energy to get you through the day.

Rhodiola is another herb we love to help support the adrenals and adapt to stress that comes into your life.

B vitamins are especially important to help your body respond to stress. You can find in many



Photo: Supplied.

food sources from nuts, oily fish, eggs, muscles, and leafy greens such as spinach/broccoli and avocado, or look for an activated B supplement.

Try to eat regularly, as this can help stabilise your blood sugar and cortisol levels.

Sometimes, fatigue doesn't go away on its own and could be a sign of adrenal overload. So, pop in and see us for free naturopath advice. Please consult your healthcare provider before consuming any supplements.



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ROLLING THE DICE ON ART AND IDENTITY AT REDLAND ART GALLERY

Redland Art Gallery (RAG) is captivating audiences with two dynamic exhibitions on display until March 25 – Performing Presence and Dice Topologies.

Showcasing a powerful mix of contemporary artists, the exhibitions explore themes of identity, storytelling and the ever-evolving relationship between art and digital culture.

The first exhibition, Performing Presence, highlights a curated selection of works from the diverse and extensive Redland Art Gallery Collection.

The Collection currently has more than 800 pieces. Through a variety of mediums, it offers unique personal perspectives that underpin and build on the identity of Redland City.

Mayor Jos Mitchell said Performing Presence offered an engaging look at the significance of the RAG Collection which is designed to be shared with the community at every opportunity.

“This exhibition brings to life a number of important contemporary works, offering fresh perspectives on how we understand, interpret, and share our collection,” the Mayor said.

Performing Presence includes striking works from artists such as Tony Albert, Natalya Hughes, Michael Cook, Gerwyn Davies and William Yang. Through photography, painting and collage, the artists explore how identity is shaped by personal experiences, history and popular culture.

From intimate portraits to bold statements of self-representation, it is an exhibition that highlights the depth and diversity of Australian contemporary art.

Among the featured works is Monica Rohan's Head up, shoulders back, which visually captures the inner conflict between confidence and self-consciousness. Keemon Williams' Acclimation offers another compelling perspective, using photographic portraiture to challenge colonial narratives and reclaim cultural heritage through a contemporary lens.

Running alongside Performing Presence, Dice Topologies takes a fresh approach to artistic storytelling by drawing inspiration from gaming culture, mythology and digital experiences. The exhibition invites audiences to reflect on how gaming influences contemporary art, as well as how chance and choice impact the narratives we create – both in games and in life. Featuring works by Nicholas Aloisio-Shearer, Charlie Donaldson, Spencer Harvie, Michelle Le Plastrier and Tara Pattenden, this exhibition blurs the lines between reality and virtual worlds.

From Spencer Harvie's intricate graphite and ink works, to Michelle Le Plastrier's interactive digital installations, Dice Topologies offers a multi-layered experience for visitors.

See the exhibitions until March 25 at Redland Art Gallery, Cnr Middle and Bloomfield Streets, Cleveland, open Monday to Friday from 9:00am to 4:00pm and Sunday from 9:00am to 2:00pm. Admission is free.



Acclimation by Keemon Williams for Performing Presence at Redland Art Gallery. Photo: Supplied.

HIDDEN DISABILITIES SUNFLOWER INITIATIVE IN BLOOM ACROSS COUNCIL

Redland City Council has been blooming with sunflowers since adopting an internationally recognised program to support people in the community living with non-visible disabilities.

Mayor Jos Mitchell said the Hidden Disabilities Sunflower initiative was implemented in Council in February 2024 and there were now more than 370 Council employees trained and participating in the program.

“By wearing white sunflower lanyards or pins, Council employees show those with a non-visible disability that they are there to provide support and extra help if needed,” the Mayor said.

“The initiative encourages greater inclusivity, acceptance and understanding of people living with disabilities such as dementia, vision and hearing impairment and chronic illnesses.”

Under the initiative, individuals can also choose to wear a green sunflower lanyard, wristband or badge if they want to voluntarily disclose to others that they have a hidden disability and may require extra assistance when completing a task or activity.

The initiative was rolled out at Council's Visitor Information Centre, Customer Service Centres, Redland Art Gallery, Libraries and Redland Performing Arts Centre, and then expanded through Council.

Council held a group training session on Russell Island with the city's Community Champions to welcome them into being part of the initiative.

“The initiative has been fully embraced across Council,” the Mayor said.

“In August last year, Council's customer service centres took out a major industry award in recognition of their commitment to the initiative, winning the Diversity and Inclusion award in the Employee Experience Initiative of the Year category at the Queensland Auscontact State Excellence Awards.”

For more information about the initiative go to Council's website page Hidden Disabilities Sunflower or visit hdsunflower.com/au/.



A group training session was held on Russell Island for Community Champions. Photo: Supplied.

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CIRCLE OF MEN VOLUNTEERS BRING COMPANIONSHIP TO SENIORS

In today's post-COVID world, loneliness and isolation are growing concerns, particularly for older men living in aged care facilities across Australia. With limited social interactions and the loss of mobility, health, and personal networks, many men face a future of solitude.

Circle of Men, a not-for-profit charity established in 2005, is making a difference in the Redlands area by offering a weekly companionship and support program designed to break through the barriers of isolation. Dedicated male volunteers visit selected aged care facilities, providing much-needed social engagement and emotional support.

Each session, led by an experienced volunteer facilitator, begins with a heartfelt "How are you going?" check-in. This simple question often opens the door to discussions about grief, depression, anger, and loss – issues that many elderly men struggle with in silence. But Circle of Men is about more than just serious conversations; it's about camaraderie, laughter, and shared memories. Jokes are exchanged, stories from the past come to life, and sometimes, familiar songs fill the room with warmth and nostalgia.

For 90 minutes each week, these sessions foster genuine friendships and provide a sense of belonging. Volunteers create a space where residents feel heard, valued, and connected to a supportive community.



Pictured are residents, staff, and volunteers at Bolton Clarke, Seaton Place, Cleveland, sharing the joy and companionship that Circle of Men brings. Photo: Supplied.

Circle of Men is always looking for new volunteers to expand their reach and continue making a difference. If you're looking for a way to give back and bring joy to those who need it most, consider joining this incredible initiative.

To volunteer, call Kevin James at 0490 105 715 or Michael Kilmartin at 0407 738 026; email info@circleofmenqld.com or visit the website www.circleofmenqld.com.

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LOCAL FISHING WITH SPERO

THE WHITING ARE BITING, AND THE PRAWNS ARE PLENTIFUL THIS MONTH!

BY SPERO KARTANOS

Gee, it's already the third month of the year! Time flies when you're getting old, but fishing-wise, March brings the whiting, prawns, and squid, and hopefully, we'll see the spotty mackerel tearing the bay apart!

So, where are the fish this month?

The whiting should be plentiful from Chain Banks through to the Rous and Amity Banks. The tiger squid should be hanging around the same areas, and I always use a squid jig out the back of the boat when I'm fishing for whiting. Take a look at the photo for the squid jigs I use that work best in the bay.

Prawning is good north and south of the river, so if you can throw a cast net (I can't!), follow the thousands of boats, get in between them, and the prawns should be in the bucket.

Spotty mackerel should be throughout the bay, so look for the diving turns and have your chrome slug ready, and maybe you'll hook a couple. Schoolies



keep-on keeping-on these days, which is great – they're in the bay all year round, so a trolled spoon should get you a few around Hope Banks and north of Peel Island.

Sweet lip and snapper will be around the Bay Islands and artificial reefs, and some patience always pays off.

Till next month, good fishing.



Above: These squid jig colours have worked best for me for a very long time. Photos: Spero Kartanos.

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Well begun is half done

BY LAURENCE SMITH, FINANCIAL ADVISER, UEM WEALTH

Trying to get finances organised can be daunting. Where do you even start from? Also, what if you get stuck along the way? Even scarier: what if when you look at your own circumstances, you find that it's not healthy? What if you find that you've been making mistakes for years (sometimes decades) that have left you worse off?

Let me say this: we've all been there. Yes, even financial advisers (I've heard that doctors also make the worst patients, too).

Getting started is always the hardest part of anything. It's called 'inertia' – an object at rest takes more energy to get moving than one that is already in motion. It's true for physics and true for people. The best advice on getting started comes from Julie Andrews from The Sound of Music (1964) with 'Just start with one task'. Breaking down tasks into smaller components is not a new idea, but it's still an effective one. Take that first step, though, and the second, third, fourth, and so on get easier and easier. Don't forget the perspective of Doug Conant: "Don't let 'perfect' get in the way of 'good'".

Some ideas to get started could include reviewing your bank or credit card statements to compare income with expenses. Or it could be to make a list of your regular direct debits from your bank statement to

see if you're still getting value from subscription services. Or it could be to look at your superannuation statement to see how the balance looks compared to last year.

Every task you get through is one less you have left to do. If you've made a budget that is roughed out, you've come further than someone who doesn't control their spending at all. If you've looked at your superannuation fund once, you have a better idea of your wealth than someone who doesn't look at all.

If you're unsure of where or how to start, or you have looked at your finances and need help deciding what to do next (or even first), do consider seeking financial advice from a qualified financial planner. Financial planning is a problem-solving process that seeks to help you make the most of your opportunities for a stronger financial future.



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



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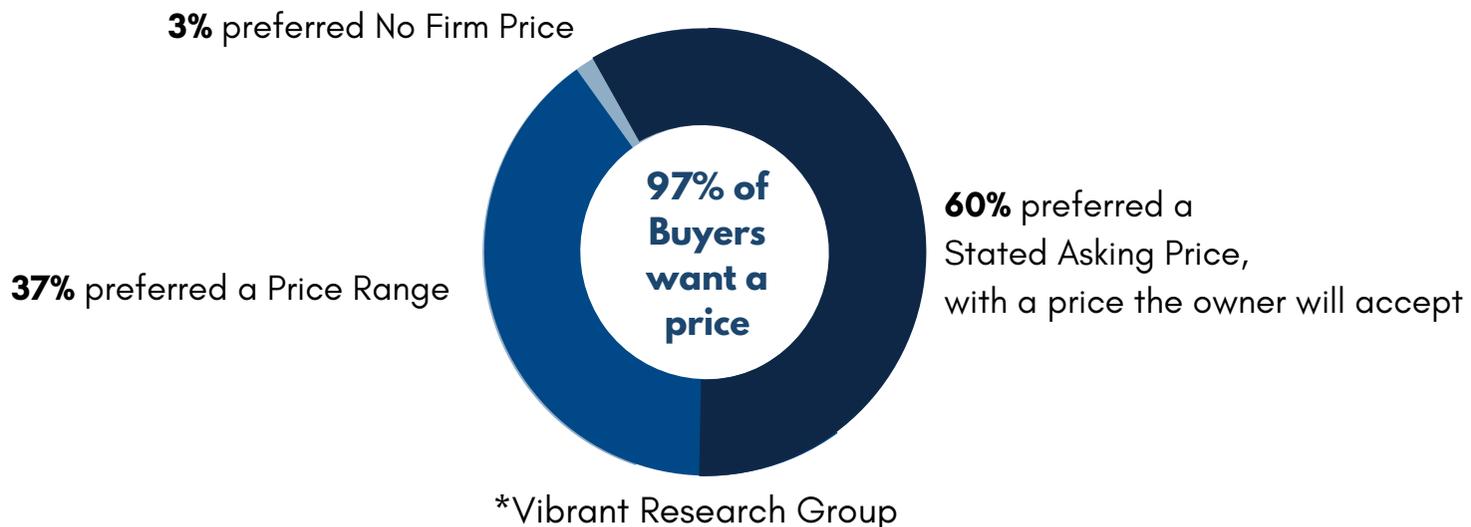
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About 80% of Real Estate Agents 'Hide' the Property Price from Buyers! Here's What Buyers Think of Agents' No Price Strategies.



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.

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