

The Community Leader

Redlands

WE'RE ALL ABOUT GOOD NEWS



JOIN THE FUN AND CHOOSE YOUR OWN REDLANDS ADVENTURE!

AdventureFest is set to transform the Redlands into an adventure playground. Are you game? It's going to be epic!

This ten-day program is packed with activities ranging from exhilarating to uplifting and relaxing, and there's something for everyone. Whether your idea of adventure involves a day browsing the markets followed by a degustation dinner, or mountain biking and a three-hour water bike tour of the bay, AdventureFest has you covered.

From markets to mini golf, jewellery and pasta making, to sailing on the bay and stand-up paddleboarding, the architects of this exciting initiative invite you to expand your horizons and try as many activities as you can. Find out more on page 2.

Thanks to everyone who shared their good news this month — your stories showcase the spirit of our community and remind us that every day holds the potential for new adventures!

Pictured: Hadley, Kasper, Noah, Addison, Taylor, Jedd and Jake are ready for AdventureFest.



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SAVE THE DATE FOR ADVENTUREFEST ON REDLANDS COAST!

FROM REDLAND CITY COUNCIL

Visitors to Redlands Coast will be able to choose their own adventures during the inaugural Redlands Coast AdventureFest being held over 10 days from 16 to 25 May 2025.

AdventureFest will be delivered by Redland City Council to showcase Redlands Coast as an adventure destination.

Mayor Jos Mitchell said activities would include Council-organised events along with city-wide activations, community events and offers from tourism operators.

“AdventureFest will be a wonderful showcase for our city as we aim to attract participants and spectators from across the country,” the Mayor said.

“It will include active and outdoors events showcasing the bay, islands, mountains and conservation reserves, including the annual Straddie Salute Triathlon Festival, a tree climbing competition for arborists, trail run, mountain biking event and State hillclimbing championship.

“For those seeking more relaxed adventures there will be a water lantern festival, culinary tastings, art workshops, museum tours, feature talks, night sky viewing and guided walks exploring naturally wonderful Redlands Coast.

“There will be something for everyone, whether you’re seeking events to get your heart racing, unleash your creativity, create family memories, immerse yourself in nature or indulge your tastebuds.

“This is a great opportunity for Council to position Redlands Coast as a nature-based and adventure destination.”

The Mayor said Council’s main event would be an AdventureFest Fun Day to be held at Raby Bay Harbour Park on Saturday 17 May.

“The Fun Day will be hosted by Ranger Stacey and promises a full day of adventure, entertainment and rides celebrating the festival’s key themes: active, family, artistic, nature, culinary and wellness adventures.

“There are also events being held at Council libraries, Redland Performing Arts Centre, IndigiScapes and Redland Art Gallery.”

The AdventureFest program is continually being updated, with confirmed events including:

- Straddie Salute Triathlon Festival
- ISA Asia Pacific Tree Climbing Competition for Arborists
- Queensland Hillclimb Championships
- Water Lantern Festival
- Bayview Blast

- Explore King Island with Ranger Stacey
- Twilight at the Museum
- Feature Talk: Sophie Matterson
- Explore and Draw at Redland Art Gallery
- Discover Koalas in the Wild with Ranger Stacey and the Detection Dogs

For more information on Redlands Coast AdventureFest visit Council’s website at redland.qld.gov.au/adventurefest.



Photo: Supplied.



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COMMUNITY CENTRE CELEBRATES LONGEVITY WITH OVER 90S CLUB LUNCH

FROM THE DONALD SIMPSON COMMUNITY CENTRE

The Donald Simpson Community Centre proudly hosted a special luncheon for its esteemed Over 90s Club, celebrating the remarkable longevity and vibrant community spirit of its members. Nearly 40 members aged over 90 accepted the invitation from CEO Thomas Jithin to attend this event.

The attendees were warmly welcomed by Chairman Brian McDonald, who congratulated them on their impressive longevity and encouraged them to continue participating in the

centre's diverse activities. "Your presence here today is a testament to your resilience and zest for life," McDonald remarked.

CEO Thomas Jithin highlighted the enthusiasm for the event, noting that over 50 had registered, but the inclement weather prevented some from attending. Among the distinguished guests was a member who will be celebrating their 102nd birthday in May. Currently, the centre has two members over 100 years old who regularly participate in its activities.

The luncheon featured a delightful three-course meal, providing an excellent opportunity for members to interact and enjoy each other's company. Thomas expressed his admiration, stating, "It's amazing to see people living well at this age, keen to interact, and still making new friends."

This initiative is a proud moment for the Donald Simpson Community Centre, however the centre continues to welcome individuals of all ages to participate in its 40 weekly activities. The centre remains committed to fostering a supportive and engaging environment for the entire community. There is no age limit to join the centre, and all are welcome.

For more information about the Donald Simpson Community Centre and its programs, please visit www.donaldsimpsoncentre.com.au or contact 07 3821 1089.



Violet Bodian, who is turning 102 in May. Photos: Supplied.

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Buying Now

Mike and Nate Cornish will be travelling to the Redlands and Bayside areas for **4 days only from Wednesday 11th, to Saturday 14th June**. We want to buy your unwanted items listed below. Please visit us at a venue as shown below, for an 'on the spot' appraisal.

If you live outside the area, have too many items to bring in, or would like a home visit, phone Nate on **0426 820 646 NOW** to arrange a time. These events are often compared to the 'Antiques Roadshow' on TV, but without the long queues. **Don't miss this opportunity!**

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Mike



Nate



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Silver Coins

Aust. - Crowns, Florins, Shillings, Sixpences, Threepences, all coins from NZ, Great Britain, Fiji, South Africa, USA, Canada, Misc Silver Coins & Tokens, and all Other World Coins



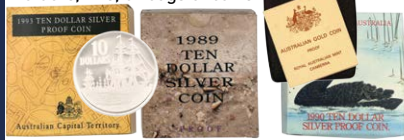
Silver

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



Aust. Proof & Uncirc.

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



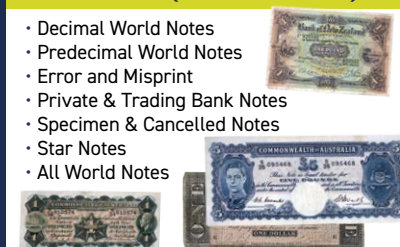
Military Medals

- Australian Military Medals
- All Other Military Medals
- Orders & Decorations
- Bravery & Long Service Medals
- Stars & Crosses
- Groups & Accumulations
- Collections



Bank Notes (Aust. & World)

- Decimal World Notes
- Predecimal World Notes
- Error and Misprint
- Private & Trading Bank Notes
- Specimen & Cancelled Notes
- Star Notes
- All World Notes



Jewellery

All Jewellery, Bracelets & Bangles, Rings, Diamond and other stones, Coral Jewellery, Brooches, Pendants, Lockets, Gold Cufflinks, Necklaces, All Broken or Worn Jewellery



Silver & Gold Bars, Pendants

- Any size or weight, even unspecified
- Any condition - All brands including ABC, Perth Mint, Harrington, Engelhard, Geomin, and all other brands
- Also Platinum & Palladium coins/ bars



Watches (Modern & Vintage)

Any Condition - working or not, Omega, Rolex, Tudor, Seiko, Longines, Breitling, Tag Heuer, Cartier and Other Watches Gold, Silver, and all Pocket Watches. Watchmaking spare parts and tools.



**No appointment necessary.
No need to sort or clean coins.
We'll buy 1-10,000 items.**

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www.heritageint.nz

WEDNESDAY 11TH JUNE

Club Manly (Function Room)
9:00am - 12:00pm
26 Faine Street
Redlands RSL (Gallipoli Room)
1:00pm - 3:00pm
8 Passage St, Cleveland
Home Visits
3:00pm - 6:00pm
Phone 0426 820 646

THURSDAY 12TH JUNE

Redlands Sporting Club (Front Room)
10:00am - 2:00pm
Anson Road,
Wellington Point
Home Visits
2:00pm - 6:00pm
Phone 0426 820 646
For a Home Visit

FRIDAY 13TH JUNE

Redlands RSL (Tobruk Room)
10:00am - 2:00pm
8 Passage St, Cleveland
Home Visits
2:00pm - 6:00pm
Phone 0426 820 646
For a Home Visit

SATURDAY 14TH JUNE

Victoria Point Sharks Sporting Club (Sharks Function Room)
10:00am - 2:00pm
325 Colburn Avenue
Home Visits
2:00pm - 6:00pm
Phone 0426 820 646
For a Home Visit

JOIN AUSTRALIA'S BIGGEST MORNING TEA AT VICTORIA POINT

CONTRIBUTED BY JILL WATSON

For 10 years, the Cancer Council Queensland Redlands Volunteer Branch has hosted Australia's Biggest Morning Tea at Renaissance Retirement Living, bringing the community together for a great cause.

Each year, residents, volunteers, and locals gather to enjoy a delicious spread of homemade treats, tea and coffee while raising funds to support cancer research and services. There's always a great atmosphere, with raffles, a quiz, market stalls and plenty of laughs. It's not just about fundraising – it's about connection, support, and making a difference for those affected by cancer.

The event has also featured some fantastic special guests and entertainment over the years. Local musicians and performers have provided live music, adding to the cheerful vibe. Guest speakers, including cancer survivors and health professionals,

have shared their inspiring stories, reminding everyone why these fundraising efforts matter.

A crowd favourite has been renowned Australian singer and conductor Jonathon Welch and the award-winning female vocal ensemble Redlands Rhapsody Chorus. This year, soprano singer-songwriter Leah Lever will lead the entertainment at Australia's Biggest Morning Tea at Renaissance Retirement Living, bringing her incredible voice and stage presence to the event. The branch is especially excited to welcome Leah back, as she was the lead entertainer at their Titanic Dinner event in 2018, where her performance captivated the audience.

The team at Renaissance Retirement Living plays a huge role in making the event a success, providing a welcoming venue. Carmel College students pitch in and help with food and drink service, which is

a tremendous help for the branch volunteers who are busy in the background with food preparation and running the event! The branch is now calling out for local businesses to jump in to help by donating prizes and sponsorships to boost fundraising efforts.

Year after year, the Redlands Volunteer Branch keeps the event growing, helping to fund important cancer research and support programs. It's become a much-loved tradition in the community that brings people together, spreads hope, and

makes a real impact in the fight against cancer.

The morning tea will take place on Wednesday May 14 2025, from 10:00am to 12:30pm at Renaissance Retirement Living, 36 Bunker Road, Victoria Point.

Tickets are \$35 each, which includes entry, morning tea and a lucky door ticket, and can be purchased online at <https://events.humanitix.com/abmt-redlands>.



Photo: Supplied.

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LOCAL EVENTS

See what local events are happening in your community.



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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.



REDLANDS BODY CORPORATE SWING DANCE

Saturday May 31, 6:30pm to 9:30pm, Redlands Memorial Hall, Smith Street, Cleveland

Get ready to step back in time at the annual Redlands Body Corporate Swing Dance on Saturday May 31st! Swing Patrol will kick off the evening with a fun taster lesson and then wow the crowd with a show-stopping swing dance floorshow. It's a BYO event, but there will be a sausage sizzle on offer. Dress to impress for your chance to win the Best Dressed award! Don't miss out on a night of great music and dancing. Grab your tickets now and see why last year's event made headlines! For tickets, visit <https://events.humanitix.com/redlands-dance-2025>.



AKMAL

Friday May 16, 8:00pm, RPAC, Middle Street, Cleveland

Akmal returns to the stage after a 'spiritual journey' to India – where he found absolutely nothing relevant to his new show. One of Australia's most accomplished comics, Akmal is known for his lightning-fast wit, unscripted comedy gold, and slightly cheeky takes on life's big topics. With a career spanning stand-up, TV, film, and radio, he's appeared on Thank God You're Here, Have You Been Paying Attention?, Just For Laughs, and the Melbourne International Comedy Festival Gala. Don't miss this hilarious night with a true master of comedy who was, it turns out, here the whole time. For bookings, go to rpac.com.au.

AUSTRALIA'S BIGGEST MORNING TEA



Cancer Council Queensland

Mother's Day

REDLANDS VOLUNTEER BRANCH INVITES YOU TO CELEBRATE & FUNDRAISE WITH US

SOPRANO PERFORMANCE LEAH LEVER
RAFFLES - ENTERTAINMENT - MARKETS FROM 9.30AM
TICKETS \$35* MORNING TEA & LUCKY DOOR TICKET

TICKETS - [HTTPS://EVENTS.HUMANITIX.COM/ABMT-REDLANDS](https://events.humanitix.com/abmt-redlands)

WEDNESDAY 14TH MAY, 2025 10AM-12.30PM
36 BUNKER RD, VICTORIA POINT



Bookings & prepayment essential by 5th May. * + booking fee
Queries - CCQRedlands@gmail.com or 0493 722 397
Parking available at Vic Pt shopping centre near Kmart. Access via entry gate behind Centre Management. Buggy transfer available from Renaissance Entry Gate to Foyer



DÎNER EN ROUGE

Saturday May 31, 6:00pm to 11:30pm, Redlands Sporting Club, 20 Anson Road, Wellington Point

Now in its 11th year, Dîner en Rouge is a powerful statement of solidarity, bringing together community leaders, advocates, and supporters for an evening of fine dining, world-class entertainment, and fundraising to make a real difference. This year's funds will contribute to the Angela Petersen Emergency Support Fund, as well as charities such as Share the Dignity, which provides essential resources to women in crisis. To book your ticket, go to redlandfoundation.org.au or scan the QR code.



DISCOVER KOALAS IN THE WILD WITH RANGER STACEY AND THE DETECTION DOGS

Friday May 23, 9:00am to 9:50am, starting at Orana Street, Victoria Point

Join Ranger Stacey and University of the Sunshine Coast researchers for a guided koala spotting walk and discover how to find these elusive marsupials in your own neighbourhood. Departing from Orana Street, Victoria Point at 9am, 10am and 11am, the walks offer expert tips and tricks for spotting koalas in the wild. Redland City Council's koala conservation officers will also be on hand to answer questions and share ways the community can help protect our iconic furry friends. It's a rare opportunity to learn from the best – and maybe even spot a koala or two along the way!

Saturday
Redlands Coast

17TH MAY 2025
8AM TO 12PM

PRE-LOVED MARKET

Vintage
Clothing
Accessories
Homewares
Toys
and MORE



Faith Lutheran College, Beveridge Rd, Thornlands
www.redlandscollectivemarkets.com.au

REDLANDS COAST COLLECTIVE MARKETS PRE-LOVED AND VINTAGE MARKET

Saturday May 17, 8:00am to 12:00pm, Faith Lutheran College, Beveridge Road, Thornlands

The pre-loved and vintage market is the perfect place to hunt for hidden treasures and snap up a bargain! Browse fashion racks, homewares, and bric-a-brac stalls, all packed with vintage and pre-loved gems. Got clutter? Turn it into cash by selling your unwanted goods and give them a second life – it's a win for you and the planet!

BAYVIEW BLAST TO ATTRACT KEEN MOUNTAIN BIKERS

Keen mountain bikers from across Queensland will converge on Bayview Conservation Park, Redland Bay, on Sunday, May 25, to race the Bayview Blast.

The annual Bayview Blast, run by RATS Cycling Club, was changed in 2024 to a single-day event, reflecting the increased demand on riders' time, and the increased supply of racing in the region.

"We found in 2024 that compacting the event to one day not only enabled families to enjoy the racing – for all ages – in a more efficient way, but it lessened the load on volunteers," RATS Cycling Club race director Keegan Barns said.

"This year, we'll be offering the same format: junior races, a 25km loop, and a 50km race, using a significant amount of Bayview's amazing singletrack.

"The event will include a burger and drink in the entry price, provided by the RATS Café."

Trails to be used have been published on the club's website, but there's always a possibility of change.

"Last year, we had to make a last-minute course adjustment due to the intense rain in the days leading up," Mr Barns said.

"This year, we're dealing with the cyclonic weather creating challenges with getting the course ready, and who knows what the next few months will bring. But a general guide to trails to be used is available on our website, and the course can be ridden using your own navigation as soon as the park is reopened."

The Bayview Blast offers racing for not just the top end of riders (the elites heading off to national and international competitions), but also to juniors, from those on balance bikes up to an 8km event for the older kids. There is a women's only race, for newcomers to the sport to feel more comfortable, and an e-bike category in the 25km race.

"Junior racing is a vital part of building the mountain biking community," RATS Cycling Club president Aaron Mackinlay said.

"Bayview Blast is an event that fits neatly into all four of our pillars – racing, advocacy, trailcare, social – as we work to grow the sport and improve the opportunities for riding in the region."

Bayview Blast is offered as part of the Redlands Coast AdventureFest.

For more information, and to enter, visit www.ratscc.com.au/bayview-blast/.



Photos: Supplied.



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Pickup and Return: Brisbane, Redcliffe, Redlands, Ipswich, Gold Coast, Sunshine Coast, Caboolture.

12 DAYS: 10th - 21st May 2025

\$3,900 (inc. GST)

13 DAYS: 10th - 22nd June 2025

\$4,200 (inc. GST)

TOOWOOMBA CARNIVAL OF FLOWERS

Grand Floral Parade (Reserved Seating) Private Gardens Tour - Jondaryan - The Empire Theatre - Railway Museum - Esk - Lake Somerset/Wivenhoe, Laidley

5 DAYS: 18th to 22nd September 2025

\$1,999 (inc. GST)

CANBERRA FLORIADE & SYDNEY

Hunter Valley - Sydney Opera House - NSW South Coast, Toowoomba, New England, NSW Sth Highlands.

11 DAYS: 22nd September to 2nd October 2025

\$3,600 (inc. GST)

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Creative pursuits in **Redland City**



Design/artistic render of Redland Performing Arts Centre improvements. Developed by Anna O'Gorman Architects.



Packed calendar of culture

Redland City Council invests significantly in the arts and culture through our venues, services and community partnerships.

We are committed to a thriving and sustainable local arts practice and providing spaces for inspiring performances, engaging community activity and to showcase local artists.

Whether it's your first time, or your next time, make sure to take advantage of the rich and diverse program of events, performances, workshops and resources on offer in 2025.



Mayor's message

Redland City Council is a proud champion of arts and culture on Redlands Coast and values the positive impact creative endeavours have on our community. Access to cultural experiences and creative expression can enhance quality of life, promote social cohesion and encourage lifelong learning.

Council's Redland Performing Arts Centre (RPAC) and Redland Art Gallery (RAG) are both vital hubs for arts and culture through the championing of local artists and performers, offering opportunities through its resident company and public exhibition programs respectively.

Council also remains dedicated to supporting artists and performers through a range of opportunities such as creative development, productions, touring, residencies, workshops, masterclasses, training, mentorship and community outreach. The PASSAGE Artist Development Program continues to nurture emerging and established artists and the Regional Arts Development Fund supports a diverse range of artistic projects.


The next generation of artists and audiences are also engaged and encouraged through specific offerings for young people, children and families, such as regular Parents and Prams and Family Sundays sessions.



Visitor to Wildflowering by Design exhibition at Redland Art Gallery, Cleveland. Photograph by Louis Lim.

Works are currently underway on a major transformation of the RPAC forecourt and, once completed, this project will provide a wonderful community space and a new gateway to the home of performing arts on Redlands Coast.

We are fortunate to have a thriving arts community and I encourage everyone to take advantage of the many creative opportunities available on Redlands Coast – see a show, visit an art gallery or the museum, or drop into your local library.



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



Creativity in the making



Whether you're a tech enthusiast eager to bring your digital creations to life, a hobbyist keen to delve into new crafting techniques, or a student working on a school project, the Makerspace at Cleveland Library is the place to be.

Since its opening in late 2024, it has become a hub for creativity and innovation.

This dynamic space is designed to inspire and empower the community through hands-on experiences in technology, crafting, media and design.

With sewing machines, an overlocker, embroidery machine, Cricut, 3D printer, a media conversion station and more to come, the facility offers a variety of opportunities to discover new skills and interests.

Following a free safety induction, library members can book time, at no cost, to explore the wide array of tools and resources on their own using the online reservation system, Bookable.

Find out more at redland.qld.gov.au/Makerspace



Member benefits

Your library, your way

Free library membership opens the door to a world of resources and ways to enjoy them at your own time and pace.

Heading off on holidays? No worries – download eBooks and eAudiobooks to take with you or stream music, movies and TV series while you're travelling.

Prefer to flip a page? Borrow up to 20 physical items including books, magazines and DVDs.

That's not to mention free access to public computers, Wi-Fi, meeting rooms, quiet study spaces and more!

To join, visit your nearest library or head to redland.qld.gov.au/libraries

RAMP it up!

Stay connected to our vibrant performing and visual arts community! Gain access to pre-sale bookings, exclusive event invitations and social functions, discounted ticket prices and more through the Redland Arts Membership Program (RAMP).

At \$35 a year, RAMP offers good value and guarantees you get the most of the year-round offerings at Redland Performing Arts Centre and Redland Art Gallery.

For details visit rpac.com.au/ramp-membership

PASSAGE

Artist Development Program

Nurturing local talent

Council's PASSAGE Artist Development Program has expanded in 2025 into a full-year journey for five local artists who represent a diverse range of ages and genres.

Delivered in partnership with the Queensland Government through Arts Queensland, the program aims to nurture their broad-ranging talents, recognising creative arts as central driver of a vibrant and connected community.

Mentor Nigel Lavender, with decades of experience in art management, is on hand to guide and empower recipients to follow their artistic processes.

Artists Alexandra Buchanan, Bernadette Mollison, Braxton Hunt-Nissen,



PASSAGE recipient Braxton Hunt-Nissen at the SkatePUNK event he organised through his DeadTrigger Records company

Kaylene Higgs and Sara Zastera are benefiting from this one-on-one tailored mentorship, allowing them to develop their artistic, administrative and networking skills. Recipients also have access RPAC spaces to bring their visions to life.

Get hands-on at the Gallery

Redland Art Gallery offers an annual program of exhibition talks, workshops and family activities to bring your own artistic side to life.

This month drop in for a creative treasure hunt through the gallery and beyond!

Explore and Draw with Redland Art Gallery

During April and May

Opening hours: Monday–Friday 9am–4pm and Sunday 9am–2pm



Photograph by Chez Beauvardia

Part of
Redlands Coast
ADVENTURE Fest
16–25 May



Scan for full program

What's on!



redland.qld.gov.au/libraries



artgallery.redland.qld.gov.au



rpac.com.au

Maggie's Mates

SPONSORED BY MARKET 2 MARKET



What is your name? G'day, my name is Bailey (I'm very Aussie).
Where do you live? I live in Birkdale.
How long have you lived there? All of my 12 years.
What is your favourite local walk? Being a working dog, I enjoy a variety of different walks – Birkdale, Wellington Point, around the neighbourhood. Being in the more senior 'working' demographic,

my nose loves the extra variety, and it loves a good workout, even if my legs are a bit slower these days.
What is your favourite toy? Any ball! It's in my nature. Those silly soft toys just don't stand a chance. Where's the ball? Did you say ball?
What is your favourite food? My family love me immensely, well, what's not to love? They feed me the good stuff especially for seniors, but I do love a piece of toast when I get the opportunity.
What is your worst habit? Did I mention how much I'm loved? Even my trail of hair shedding throughout the house doesn't upset the family. Unconditional love goes both ways.
Where do you like to hang out? I love spending time with my family. I'm a bit of a 'girl about town' as sometimes Dad takes me to work. There are always extra cuddles from his work friends. Hanging out in the neighbourhood on my walks, there is always something new to sniff and the neighbours also give me lots of love.
Who is your best doggo friend? My two besties were Koolies, Jada and Koda, but sadly they have gone to doggie heaven. My cousin Millie likes to spend her holidays with me now. Although she

is little, she is lots of fun, and doesn't have that weird thing called 'short dog syndrome'.
Are there any funny stories you'd like to share? Sometimes the lbis come to visit me in the backyard and I try to organise them, but they don't round up like sheep and just fly away. No fun at all! The water dragons on the other side of the fence are on to me though, as they just stare right back! We have lots of staring competitions; I usually lose. I'm also a very helpful girl, especially at Christmas and birthdays, as I help to unwrap the gifts. I even help with the recycling by tearing the paper into small pieces.
What do people love most about you? My family and friends love my sweet, loving nature. I have inherited a 'sixth sense' as I know what my family needs before they do. It is a pretty special gift and I use this gift to look after my family the best way I can.
Bailey's favourite charity is the Wildlife Preservation Society Qld, and a \$50 donation has been made on her behalf by The Community Leader.



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.

Mother's Day Gifts

At Sonny Jim, we have the beautiful Will & Bear hats that women love. Made from 100% Australian wool and designed in Byron Bay, these stunning hats are a great gift idea.
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MISS MAGGIE OF MANLY



PHYSICAL THERAPY FOR ARTHRITIS IN DOGS

BY DR NICKY THOMAS, WYNNUM MANLY VETERINARY HOSPITAL

Arthritis is a common disease causing inflammation of the joints. The cartilages, which normally protect joints, break down, and the bones rub together – this is very painful and leads to limping, stiffness, an inability to jump and difficulty climbing stairs.



Arthritis is a degenerative disease and is unfortunately not reversible. Your vet can help you to determine the most effective treatment plan for your pet – a combination of anti-inflammatory and pain-relieving medications, joint supplements and newer injectable medications that target nerve growth factors may be recommended. The inclusion of physical therapy may assist your dog to have an improved quality of life.

The goal of physical therapy is to strengthen

the muscles that support the damaged joints, improving joint mobility and range of motion, and promoting joint health to reduce pain and inflammation. Therapies include:

- Hands-on techniques – massage, stretching of muscles and joint manipulation can be performed by trained veterinarians or animal physiotherapists. You may be able to learn some techniques to use at home to help keep your pet's muscles relaxed and improve the mobility of the joints.
- Therapeutic exercise – regular, gentle exercise can be extremely beneficial for animals with arthritis. Exercise can help reduce weight gain which is essential in ensuring that degenerating joints are not overloaded. Low-impact activities such as swimming, gentle leash walks and the use of an underwater treadmill are all useful forms of exercise.

- Cold and heat treatment – an ice pack wrapped in a towel can help to reduce inflammation in joints after exercise, while a warm heat pack (again wrapped in a towel) can improve the flexibility of joints and can be utilised before exercise.
- Laser treatment, electrical stimulation and ultrasound treatment – these forms of treatment may be recommended and administered by a trained veterinarian or animal rehabilitation provider.

If your pet is suffering from arthritis have a consultation with your veterinarian to help formulate a treatment plan. There are a number of great pet rehabilitation providers in and around Brisbane who may be able to improve your pet's comfort – ask your vet for a referral.





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CLIMBERS WILL BE SWINGIN’ IN THE TREETOPS AT CAPALABA THIS MONTH!

Since Cyclone Alfred’s rampage through the region, many of us have needed the services of arborists – those gravity-defying tradies who seem as at home high in the branches as most of us do on terra firma. Redlanders will have the opportunity to witness trade-qualified arborists compete at international level in May as part of AdventureFest.

International tree climbing competitions showcase the skills needed to do the job safely and efficiently as well as providing professional arborists an opportunity to keep up-to-date with the latest innovations in techniques and equipment. The competitors supply their own climbing gear, which is checked to make sure it conforms with the standard.

“If you’re an arborist you need to be fit and focussed,” says Bec Dalton, Business Manager of the Queensland Arboricultural Association. “When you’re up in a tree with a chainsaw, it can be quite dangerous, so you need to establish good teamwork and be able to communicate clearly. A lot of climbers these days have headsets that help overcome the noise of trucks and chainsaws. You also need to be able to tie reliable knots!”

Preliminary rounds require the individual arborists, male and female, to perform regular tasks related to tree care and more complicated undertakings, such as rescue work in a tree – and some bell-ringing and accurate wood-throwing. Competitors are judged on their ability to manoeuvre safely and accomplish the tasks professionally and in good time.

While the excitement and spectacle is in the climbing and pruning, Bec points out that arboriculture offers a range of career streams.

“As well as the climbing and pruning, you can follow the consultancy stream, which involves more tree risk assessment and plant health care, how best to deal with the tree, the science involved with trees’ growth patterns, its nutrient needs and the requirements of the Australian Standards. Those studies can take you from a Level Three up to a Level Five. To make things easier for consumers who need an arborist the Association has an approved register of trade qualified members.”

It’s quite likely – and appropriate – that arborist climbing competitions will reach the level of public popularity that wood chopping contests have traditionally held for Australians; rumour has it that wood

chopping and tree climbing competitions have a shared history. And the crowds love them – so bring on the adrenalin!

The 2025 Asia Pacific Tree Climbing Championship (APTCC) will be held on May 23 – 25 at Capalaba Regional Park.



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LOCAL GARDENING WITH KAT

THE RAINS ARE COMING! — MURRAYA PANICULATA



BY KAT PEARSON, *GIRL IN THE GREEN*

As I write this, the mock orange (*Murraya paniculata*) around me are in bloom, shedding dense white carpets of petals under more ‘mature’ trees and dotting hedges with fragrant white bursts on more maintained hedges. A friend once told me that when the murraya are in bloom, rain is coming. Well, they’ve been in bloom for over a week, and it is most definitely showery for the next few days so that could be true!*

Although listed as an environmental weed, *M. paniculata*, also known as orange jessamine/jasmine and commonly just ‘murraya’, is an all-time favourite hedge plant. Not to be confused with the ‘other’ mock orange (*Philadelphus* sp.), murraya is a member of the Rutaceae or citrus family – giving their simple white flowers that heady orange blossom scent.

They are hardy, fast growers with soft glossy green leaves and ideal as screening and hedging plants. Handily, keeping them regularly pruned also prevents the formation of the small red berries and seeds that birds devour and then poop through our bushland. Whilst they are a lovely plant, please do keep this in

mind, and protect our environment. There are sterile varieties on the market that are well worth looking out for if you are a lazy hedger, but if hedging is your thing though, you can also try the dwarf cultivar ‘Min-a-Min’. These have smaller leaves and make excellent topiary shapes or alternatives for small box hedges. All murrayas grow best in full sun but will tolerate partial shade – they just get a bit leggy, and it’s harder to keep them dense.

M. paniculata has been shown to have a host of different medicinal properties and is reported to have been used to treat a variety of ailments, from diarrhea to snake bites. My guess is that it’s not high enough in said properties to be of much use because reports seem to be restricted to scientific papers and claims of ‘traditional use’. I shall continue with gastro-stop and pressure bandages, thanks.

**A week later (because it took me a while to actually send in my article) it’s POURING! It adds cred to the ‘rain coming theory’, I think!*

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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REAL PEOPLE – REAL STORY!

BY JAN NARY



Photo: Supplied.

A stage show in production has stumbled into a happy serendipity, where unexpected pieces click together. Raymond Noonan, who is directing Ray Lawler's Australian theatre classic *Summer of the Seventeenth Doll*, had asked a museum volunteer about photocopying a script and they got to chatting. On hearing the name of the production the volunteer, Judith Ryan, disclosed that she was familiar with the play.

Her late grandmother, actor Eve Wynne, was managing Magnolia Court, a Melbourne boarding house popular with visiting actors. Lawler, who was an emerging playwright and in the process of writing *Summer of the Seventeenth Doll*, was a regular visitor. He decided to enter the play in a competition and Eve, a mother hen for many of her residents, offered to type up the reams of handwritten script for him. The play was entered,

shared first prize and immediately went into production and touring, becoming an iconic contribution to Australian theatre.

Eve and Ray followed their individual careers but Ray, remembering Eve's organisational skills, hired her as a household manager when he was based in Copenhagen. He presented her with a first publication copy of the play with the inscription, "Dear Eve, without whose encouragement I feel there wouldn't have been any summer, or seventeenth doll either. Love and thanks, Ray."

Eve's career continued in Australia in TV series and commercials. Judith remembers the celebrity status that her grandmother retained.

"She was a beautiful woman, always immaculately dressed. We weren't allowed to sit on her lap for fear we'd leave finger marks on her beautiful clothes."

Judith will give a floor talk about her grandmother at the two matinee performances of *Summer of the Seventeenth Doll* at Redlands Coast Museum in June. For more information go to <https://www.redlandmuseum.org.au/whats-on/events/> or call 3286 3494.

WILDFLOWERING BY DESIGN COMES TO REDLAND ART GALLERY



Wildflowering by Design

Until 3 June 2025

Redland Art Gallery, Cleveland

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artgallery.redland.qld.gov.au



"When we do know our own flowers we find the love for them within us and very often the song to express it already in our poetry. And perhaps only then is there that aching desire to see them preserved from meaningless destruction." Kathleen McArthur 1953.

Kathleen McArthur and her contemporaries, poets Judith Wright and activist Oodgeroo Noonuccal, were three women who used their artistry to inspire a popular love for our native flowers and plants. *Wildflowering by Design* is a celebration of the ongoing work of artistic women in creating a consciousness of native flora through a wide range of media. The touring exhibition is supplemented by work from local artists in the region it visits. For the Redlands exhibition, local Redlands artists shared a RADF-supported four-day retreat on Canaipa (Russell Island) with the curators and exhibiting artists of the Wildflower/Women collective.

The pieces produced for the exhibition include printmaking, weaving, fabric, cyanotype, photo-media biochrome, tapestry, digital images, handmade ink, paper, natural fibres and dyes, stoneware, clay, modelling compound, earthenware, leather, metals, pencil and acrylic – a range nearly as wide as the selection of native flowers.

Tricia Dobson, an initiator of the retreat, says that the enthusiasm generated could see a local wildflower art exhibition being established in the future. Tricia chose to make a pottery piece for her contribution.

"The artists stretched and challenged themselves to do something special outside their usual practice. I hadn't done any pottery for many years, but I had made a vase- which I realised didn't look right without any flowers in it – so I made a bunch of pottery wildflowers. There were a lot of broken pieces in the process, and my five-year-old grandson remarked, 'Grandma, you're really not very good at making things, are you?' "

Tricia says that she loved the process of learning and observing flowers in the bush, creating individual pieces and collaborating on others. "We made a cyanotype together that was so big we had to make it on the side of the road – that got us some funny looks!

Sara Za Enback, from Sweden's Arctic Circle, says that it took her a while after coming to Queensland to even notice native Australian flowers.

"Unlike the stereotypical look of petals in a circle, which you come to expect, Australian wildflowers look so wonderfully different. My boyfriend – now my husband – bought me a bunch of Australian flowers and I thought they were very strange. It's nice now to be able to look with different eyes and actually see and appreciate the flowers that surround me – and I see them everywhere."

Sara had started a wildflower art project called *Island Whispers*, through an RPAC Passages development program, so *Wildflowering by Design* was a natural fit for her work. Sara wanted to push boundaries and try something new; recycled frames, canvases, and flower-patterned fabric appealed, with drawings of native flower images dominating the cultivated garden varieties.

"It was an experiment but it worked quite well – lots of layers, some of them hidden. My method is experiment, explore, play – when I try to control too much it doesn't work, I'm not trying for super-realistic images, I like the quirky stuff!"

Wildflowering by Design has 'quirky' by the truckload, and it's an inspirational collection of interpretations of our beautiful bush plants. See the exhibition at Redland Art Gallery until June 3.

RETHINK YOUR WASTE TO HELP OUR CITY

FROM REDLAND CITY COUNCIL

Redlands Coast, it's time for all of us to rethink our waste.

The city's long-term goal is to become a zero-waste society by 2050, but we can only achieve this by cutting down the amount of waste we are currently sending to landfill.

At the moment, about 16 per cent of what ends up in kerbside red-lid bins could be recycled in yellow-lid bins, with the most common culprits being paper, cardboard and hard plastics.

There are several reasons we need to improve our waste habits as a community, with one of the most important being a need to mitigate the rising costs of waste management.

The increasing Queensland waste disposal levy alone is expected to add an extra \$8.6 million to Council's annual waste bill by 2031.

Cutting down waste in your household and improving your recycling habits also has a range of environmental benefits for our community.

One of these is a stronger circular economy, which will reduce the reliance on our finite natural resources and unlock more jobs in recycling.

It pays to be mindful that landfill sites have a range of impacts on our environment, from emitting harmful greenhouse gasses to putting waste materials in the ground that take a significant amount of time to break down.

Our society is also quickly running out of land to accommodate these facilities and the cost of their long-term maintenance after they close comes at a significant cost to local governments, and therefore the community.

A range of resources are available online to help you rethink your waste. This includes an A-Z Recycling Guide on Council's website, and the downloadable Recycle Mate app for your smartphone.

Council also has a flexible bin menu available that allows you to downsize your general waste bin or upgrade your recycling waste bin for a one-off establishment fee, helping you increase your recycling output.

Let's make that extra effort to reduce our waste and everyone will benefit.

To find out more about waste and recycling on Redlands Coast, visit the Redland City Council website.



Photo: Supplied.



LET'S RETHINK OUR WASTE

Let's work together to reduce waste going to landfill:

- Read the top 10 reasons why we need to reduce waste
- Find out 6 easy ways you can reduce waste by up to 60%.

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NATURALLY WONDERFUL WITH RANGER STACEY

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



Photos: Supplied.

It's official!...okay, not really. However, I, Ranger Stacey, am declaring May 'The Month of Walks and Wild Adventures'!

Now is the perfect time of year to pull on the walking shoes and embrace our sense of child-like curiosity.

After all, this part of the world boasts a diversity of natural environments – bushland, wetlands, waterways, coastal ecosystems, and islands just waiting to be explored and enjoyed – and with winter just around the corner, the weather is mild, so we can take comfort knowing that we won't melt from the summer heat and humidity.

I love walks, and the iconic walk at low tide to King Island at Wellington Point is an easy, two-kilometres return: an outdoor experience



overflowing with natural wonder.

Venman Bushland National Park at Mount Cotton is a peaceful sanctuary for native wildlife, so always be sure to keep your eyes and ears open as you tread the tracks.

This area is home to the largest owl in Australia, the Powerful owl, which hunts by night and roosts in a tree by day.

Be sure to listen out for its distinctive, deep, double hoot (woo-hoo)!

If you're looking for trails to explore on four legs or two wheels, Bayview Conservation Area at Redland Bay, Don and Christine Burnett Conservation Area at Sheldon, and Redlands Track Park at Cleveland



are a few options that are perfect for horse riding or mountain biking.

Minjerribah (North Stradbroke Island) is pure paradise, with lakes and unique coastal vegetation, plus stunning views, and local wildlife.

There are so many opportunities to immerse yourself in nature in our naturally wonderful part of the world.

Remember, however, you don't always have to venture far...keep it simple and enjoy your own backyard, park, or neighbourhood.

Spending precious time outside is good for us, and there's no better time of year to create your own adventures.

Until next time ... Stay Wild!





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STEP BACK IN TIME: SWING DANCE EXTRAVAGANZA RETURNS ON MAY 31!

Get ready to dust off your dancing shoes – Redlands Body Corporate’s Swing Dance extravaganza is back and set to be bigger than ever on Saturday, May 31, 2025.

After a spectacular night in 2024, Redlands Body Corporate Management is thrilled to once again host this unforgettable evening of vintage flair, live music, and community spirit. Whether you’re a dancefloor regular or just looking for a fun night out, the evening promises to be an experience to remember.

Co-hosted with the legendary Swing Patrol and featuring live tunes from the always-smooth Redlands City Swing Band, this year’s event is set to transport you to the golden age of swing. Expect dazzling performances, interactive dance lessons, and a whole lot of toe-tapping, partner-spinning fun.

“Our first event exceeded all expectations,” says Tina Scanlon, General Manager at Redlands Body Corporate Management. “The energy, the dancing, the laughter – it was pure magic. We can’t wait to do it all again with even more sparkle this year.”

Whether you’re bringing a partner or coming solo, you’ll be swept up in the rhythm, elegance, and pure joy that defined last year’s sell-out night. And with the expert guidance of Swing Patrol, even first-timers will be swinging like pros by the end of the evening!

Mark your calendars, because this is one event you won’t want to miss. For tickets, go to <https://events.humanitix.com/redlands-dance-2025>.

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Increased Property Value: A high-quality pergola enhances curb appeal and adds to the overall value of your home.

Versatile Design: Custom-built pergolas can be tailored to match your home's style, with options in timber, steel, or aluminium.

At Pergolas Brisbane, we also build decks – a favourite outdoor feature for Australian homes, expanding living spaces for maximum enjoyment. A deck can be constructed to create an entirely new area or built in and around existing parts of your home.

And then there's the carport, which is more than just a parking space – it's a protective shield for your vehicle, caravan, or boat. We design and build custom carports that provide year-round protection from the elements while enhancing your home's security and aesthetics. Whether you need a single carport, a double carport, or a custom-built structure, we create solutions that fit your needs perfectly.

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POWER IN YOUR HANDS: WHY HOME BATTERY STORAGE IS THE FUTURE

FROM GOODHEW ELECTRICAL AND SOLAR

As energy prices continue to fluctuate and grid reliability becomes more uncertain – as evidenced by last month’s blast at Callide Power Station and Tropical Cyclone Alfred in March – more locals are turning to battery storage. If you have solar, adding a battery to your system is the logical next step – one that not only secures your energy supply but can also offer real financial rewards.

ENERGY INDEPENDENCE

Battery storage allows you to store excess solar energy generated during the day and use it when the sun goes down. That means you’re not just relying on your panels while the sun shines – you’re in control of your own energy around the clock. It’s a powerful move toward energy independence, reducing your reliance on the grid and protecting your budget from rising electricity costs.

LIGHTS ON EVEN WHEN THE GRID GOES DOWN

In a world where blackouts are becoming more common due to extreme weather events and network strain, a home battery provides peace of mind. With the right setup, your battery can keep

your lights, fridge, Wi-Fi and even your air con running when the grid goes down. That kind of backup protection is more than convenient – it’s essential.

SAVE MORE

Battery systems unlock significant cost savings by letting you avoid buying electricity during expensive peak periods. But the benefits don’t stop there. Some systems allow homeowners to participate in wholesale energy trading, where you can sell energy back to the grid during times of high demand. Similarly, when prices are high, you can avoid buying from the grid and paying demand tariffs.

A SMART INVESTMENT FOR THE FUTURE

While battery systems are an upfront investment, they offer strong returns over time. With rising electricity rates, government incentives, and increasing demand for flexible energy solutions, battery storage is one of the smartest long-term investments a homeowner can make – not just for cost savings, but for future energy security as well.

At Goodhew Electrical and Solar, we help homeowners find the right battery solution to suit their lifestyle and energy needs. Whether you’re ready to take control of your power or want to explore how battery trading could work for you, we’re here to help. Visit our website www.goodhewsolar.com.au or speak to our team today on (07) 3286 1422.







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SUPER DUPER DELICIOUSLY EASY CHICKEN PIE RECIPE

Here’s an easy chicken pie recipe that makes a quick dinner when you’re short on time, and need comfort food!
Serves: 4-6

INGREDIENTS

- 2 cups of cooked chicken (shredded or chopped; use a roast chook from the supermarket to save time)
- 1 cup frozen mixed vegetables (peas, corn, carrots)
- 1 can (420g) of condensed cream of chicken soup
- ½ cup full cream milk
- Salt and pepper to taste
- 1 tsp dried herbs (thyme or parsley work well)
- 1 sheet of puff pastry (slightly thawed, but not soggy)
- 1 egg for egg wash

METHOD

1. Preheat your oven to 200°C (180°C fan-forced).
2. In a large bowl, combine chicken, frozen veggies, cream of chicken soup, milk, herbs, salt and pepper.
3. Spoon the mixture into a medium-sized baking or pie dish.
4. Lay the puff pastry over the top of the baking dish and trim the edges, then press gently around the edges with a fork to seal. Cut a small cross in the middle to let steam escape.
5. Beat the egg in a small bowl and brush it over the pastry. This will make it extra crispy and golden!
6. Bake for 25 to 30 minutes, or until the pastry is puffed and golden brown.
7. Allow your pie to cool slightly, then dig in! Serve with a side of steamed veggies or a big green salad.



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ALBERT BENFER’S COMMITMENT TO THE COMMUNITY FORMALLY RECOGNISED

CONTRIBUTED BY SHIRLEY MAHON PHF, ROTARY CLEVELAND

Rotary International President’s Personal Representative PDG Raju Subramanian and District 9620 Governor Sue Mulraney recently presented Cleveland Rotarian Albert Benfer with the Service Above Self award at the District 9620 Conference in Toowoomba.

“I can think of no better way to start a conference than to acknowledge the achievements of a wonderful Rotarian, an individual who has devoted their time and energy to helping their neighbours near and far,” said Governor Mulraney.

Each year, District Governors and RI directors worldwide can nominate Rotary members whose service activities have had an impact on humanity. From this pool of exceptional candidates worldwide, just 150 recipients are chosen. Whilst many Rotary members distinguish themselves through service, the award recognises those who make it a way of life.

Among his many contributions to the community, Albert Benfer was instrumental in locating and helping to secure the current Rotary Australia Repurposing Equipment site at Alexandra Hills, also travelling to Papua New Guinea to assist with numerous Rotary building projects. Albert also financed the cost of shipping a minimum of two shipping containers per year to support the people of PNG with medical and educational supplies, along with helping to source and purchase additional supplies requested. He also assisted a local man in establishing a vocational training centre in the remote village of Kungim, providing hands-on training for young men with building skills.

Outside of his Rotary commitments, Albert sponsored two students in Tanzania at St Jude’s, assisted the Blue Nursing Service in establishing Nandeebie Seniors home, was an Apexian, and was part of the Queensland

egg industry from 1984 to 1994. Albert held the position of Redland Shire Councillor and is a Life Member of Redland Museum, patron of the local community centre and chairman of the local Lutheran Church for 10 years. Albert is a board member at MyHorizon.



Photo: Supplied.

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LOCAL FISHING WITH SPERO

HERE'S WHERE YOU'LL FIND THE BEST FISHING IN MORETON BAY THIS MAY

BY SPERO KARTANOS

The change of season has arrived, and the westerly winds will be here faster than we know – and the cold – but the fishing in Moreton Bay this month should be as good as ever.

The whiting will be in good numbers in the Maroon Gutter into Maroon Hole and out the other side to Amity Banks. It won't be long until they return to the Rous and the Chain Banks, while the Sand Hills and the Blue Hole should also have plenty. Also, in these areas where there are weed banks, the tiger squid will be fighting each other to get to the jigs. The cuttlefish and arrows will be starting to appear in the deeper water, and I'll bet there are some cuttlefish in the weed banks as well.

The sand crabs will be in plentiful supply, and you'll find some big muddies in the river outlets and Lazaret Gutter. The prawns should still be around for the net throwers.

School mackerel will be in the usual haunts from King Island all the way to the Hope Banks and across to Peel Island as the water clears. Tailor should start to show up throughout the bay this month as well, and the fishing for them should get better as the weather cools.

Long-tail tuna and bonito should also be showing up in the bay, and they'll soon be smashing the bait all over the place, so a spoon or a chrome slug should get you a couple (if you can get to them when they are feeding).

So, spit and polish the fishing gear because May is a good month to get a feed for the table. My friend Seb has been getting plenty of prawns, and it has been fun watching him get a good catch in the net – and they taste yummy!



Photos: Spero Kartanos.



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VALE, JAN SPINKS

Mentor, supporter, loyal friend, unstintingly generous volunteer and much-loved mother, wife and family member – Jan Spinks was many things to many people who will be the poorer for her recent passing but richer for having known her.

Jan and her husband Tony, Redlands locals since 1981, first met at a Brisbane fundraising dance. Tony asked Jan for a dance, there was mutual magic and he offered her a lift home. Jan, quite taken by this “handsome, suave young man with a white MG sports car” accepted – and ended up having to push-start the car when the ignition failed. Obviously the magic was stronger than the inconvenience; that evening resulted in 54 years of marriage and three much-loved children – Adam, Fiona and Dean – and seven grandchildren.

Jan’s ability and her dedication to learning saw her move from Mackay to study at the teachers’ college in Brisbane. While her family always ranked first and foremost, her commitment to community, her “can do” attitude and her boundless generosity saw her volunteering in various organisations, including the Scouts and Rotary (from which she received the Paul Harris Fellow award). For the last 46 years, Redland Museum has been a major beneficiary of her commitment and energy.

Jan functioned as Vice-President and Treasurer during her Museum volunteer years and colleagues speak of their appreciation of her support, her reliability, practicality, empathy and kindness, of feeling that things were safe in her hands, knowing that she would “just get on with the job”. Never one to seek the limelight, the legacy of Jan’s many contributions resonate for years to come, through the organisations and individuals whose lives she touched. Vale, dear Jan. You’ll be missed.



Photo: Supplied.



LOCAL POETRY CALOUNDRA UPDATED

BY GEOFF SMILEY

A nostalgic visit
to Caloundra shocked.
The village I recall was
by progress overwhelmed.

Open spaces are replete
with development
greedy for the water-front.
Small beach cottages are
hemmed in by concrete,
losing in views even if
gaining in asset.

Broad views are rare-
not like the vistas
of yesteryear.

Thankfully the beach
and surf are still there
but somehow leached
by the high-rise voyeur.

Caloundra does not fit
its busy main street.
Cars vie for parking
and it has lost
its relaxed village past.

Old folk use the street,
walking sticks and walkers
competing with busyness about.
They were those who came
to an earlier, kinder resort.

Too late now to return
to a remembered past.
Because people, like fire ants
are invading our world.
© Geoff Smiley.



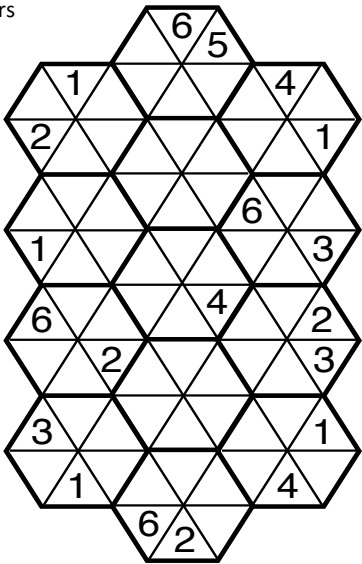
Sudoku

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

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

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

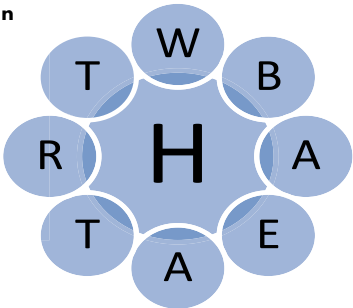
1		2		3		4		5		6		7
8												
								9		10		11
12				13						14		
			15					16		17		18
20	21									22		23
25												26
29		30								31		32
34						35		36		37		38
41												
43												

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: 15 words
Very good: 22 words
Excellent: 35 words



Reference: Macquarie Concise Dictionary
Focus No. 3883

ACROSS

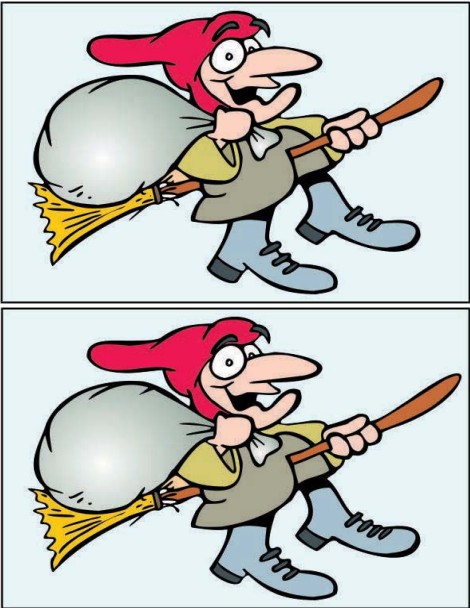
- 4 Give up
- 8 Wonder
- 9 Speaks indistinctly
- 12 Sharp ridge
- 14 Snake
- 15 Names for office
- 18 Corn spike
- 20 Measure of length
- 22 Bear witness to
- 24 Strut with insolent air
- 25 Make silent
- 26 American state
- 27 Try to equal or excel
- 29 Instructive example
- 31 Motionless
- 34 Lyric poem
- 35 Vendor of writing materials
- 38 Respectful fear
- 40 Take as one's own

DOWN

- 1 Preserve a body
- 2 Of pressing need
- 3 Plot
- 4 Saloon car
- 5 Send money
- 6 Fasteners
- 7 Place much frequented
- 10 Sample
- 11 Duelling sword
- 13 Flashlights
- 16 Unyielding
- 17 Bird of prey
- 19 Assault
- 21 Oozed out
- 23 Gave credit to

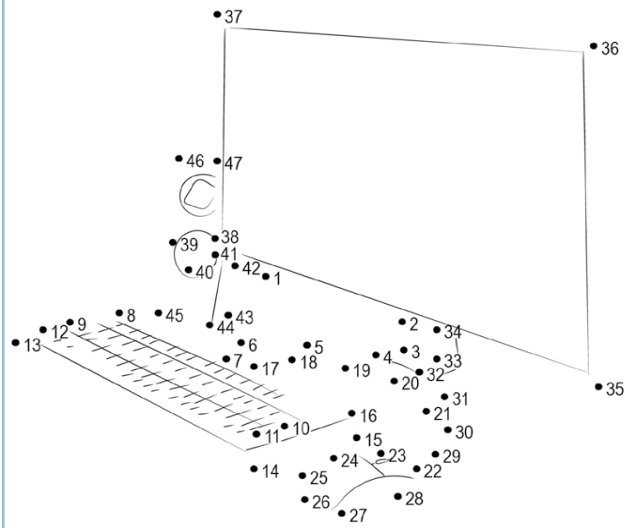
- 24 Showy deed
- 28 Biblical character
- 29 Lets down
- 30 Close up
- 31 Garden pests
- 32 Seemingly mocked by fate
- 33 Most recent
- 36 Advantage
- 37 Lazed
- 39 Hairpieces

Spot the 5 Differences



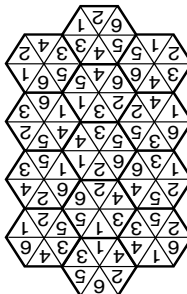
Join the Dots

What is this? Find out by joining the dots.



Solutions

Puzzles and pagination supplied by Auspac Media



SPOT THE 5 DIFFERENCES: Eyebrow moved, bag has extra lump, extra buckle on shoe, shoe heel shorter, broomstick longer.

FOCUS: athwart baht bath bathe bathwater berth breath earth hare hart hate hater hatter heart hear herb rehab rhea that thaw thawer theta thatw threat

thwart where what whata wheat whet whetw wreath

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

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HEALTHY, GLOWING SKIN STARTS WITHIN

BY MANDY CARR, QUALIFIED NATUROPATH, FLANNERY'S VICTORIA POINT

From managing skin conditions like rosacea and eczema to supporting hydration, tone, texture, aging and acne, naturopathic approach to skin health focuses on addressing the underlying causes of skin issues. Rather than just treating symptoms, it's important to consider the whole person, their lifestyle, diet, and emotional wellbeing. Prolonged stress, gut health imbalances, poor digestion, allergies to household cleaners, mould and dust and hormonal changes may affect the health of our skin, which can signal a myriad of health disturbances within.

Helpful tips for glowing skin

Improve your diet

Eating large amounts of processed foods and consuming alcohol can lead to an imbalance in digestive flora, which could lead to red, irritated skin. Add fermented foods like sauerkraut and kefir to support the healthy bacteria in your gut, as well as hydrating foods such as watermelon, cucumber and leafy greens. Investigate and take an interest in good gut health as it's closely connected with your skin. Probiotics and prebiotics are great tools to build a resilient and healthy gut microbiome. Try to remove or limit gluten, dairy and alcohol, which can contribute to irritations and underlying skin conditions.

Collagen and Bone Broth

Add into your daily routine, whether it is flavoured collagen in your

water bottle or swapping your morning coffee with a warm cup of broth. These can support your gut and skin health with essential vitamins and minerals that target skin healing and cell rejuvenation.

Sleep & Stress

Tune into your ability to adapt to stressful situations – are you feeling easily triggered or have tightness in the jaw? Stress can manifest in the health of your skin by holding toxins due to your glands producing more oil. Whether it's signs of premature aging or aggravating psoriasis or eczema, your body is trying to tell you to slow down.

And we know that stress and quality sleep go hand in hand. When we can achieve a deep, restful state of sleep—we allow our bodies the best chance of recovery and repair time. Support a healthy stress response with exercise that raises the heart rate, puts you into a meditative state, supports blood flow and sweats out toxins. Magnesium and sleep aids such as herbal tea, as well as removing stimulants such as caffeine, sugar and alcohol, may improve your ability to rest.

Support the health of your skin – your body's largest organ, with:

- Collagen and Bone Broth.
- Herbal medicine and vitamins such as zinc, a and b, and gotu kola.
- Naturopathic formulated skincare with calming ingredients to cleanse and rebalance the exterior of your skin.
- Stay clear of toxic chemicals that only add to any stress placed

on the skin. This also includes reviewing your household cleaners, laundry wash and deodorants.

- Sea moss gel is packed with nutrition for healthy skin.
- Omega 3-rich foods such as salmon, tuna, chia and flaxseed oil can offer hydration and anti-inflammatory support to help with irritated skin and flare-ups with eczema and psoriasis.
- Hydrate, then hydrate more! Ensure you have quality water, electrolyte-packed coconut water and aloe vera juice to soothe digestion and hydrate from within.

Always consult with a healthcare practitioner before starting any new supplements.



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WHY MUMS NEED HUMAN CONNECTION FOR MOTHER’S DAY

FROM SOCIAL MUMS CLUB

As Mother’s Day approaches, many of us will be thinking about the usual gestures – flowers, breakfast in bed, maybe a handmade card from the kids. But behind the celebrations lies a much deeper truth: many mums crave something far less tangible and more essential – human connection.

Kirsty Foster, founder of Social Mums Club, believes this time of year is the perfect reminder to put connection back on the table. “We’re wired to connect,” she says. “Just like we need food and water, we need to feel a sense of belonging.”

It’s a simple truth backed by science. In fact, the long-running Harvard Study of Adult Development found that close relationships – not money or fame – are the biggest predictor of long-term happiness and health. And yet, despite being more digitally ‘connected’ than ever, many mums report feeling lonelier than ever before.

Foster says this growing loneliness, particularly among women and mothers, is a quiet crisis. “We’re juggling work, home, and family, often in isolation,” she explains. “Working from home, busy schedules and modern life have all chipped away at the natural community interactions we used to rely on.”

The result? More stress, less sleep, and a sense of disconnection that affects both mental and physical health. Research shows that in-person connection reduces anxiety, improves sleep, lowers blood pressure, and even supports heart health.

That’s where Social Mums Club comes in. Started in Wynnum in 2020, the club has grown into a vibrant community connecting over 21,000 mums across Brisbane through local meetups and events. From coffee catch-ups, social dinners and walking and running groups, the club helps women rebuild the social support that modern life often takes away.

This May, in celebration of Mother’s Day, the club is going even further by hosting an extra 10 events as part of their *Mother’s Day May* initiative.

“We know mums are built to put everyone else first,” says Foster. “But this month, we want to encourage them to prioritise their wellbeing too – starting with connection.”

So maybe this year, the most meaningful Mother’s Day gift isn’t a bouquet of flowers – it’s something much simpler: shared time, a friendly chat, a walk with a neighbour. The kind of connection that fills the heart, not just the calendar.

Find out more at socialmumsclub.com.



Photo: Supplied.

YOU’RE INVITED TO BAYSIDE FORUM’S COMMUNITY SYMPOSIUM

CONTRIBUTED BY ELAINE WEST, BAYSIDE FORUM VP

Members of the public are invited to attend a free community meeting to be held in the Wynnum Library meeting rooms on May 14, starting at 7:00pm.

The theme for the evening is *What can your organisation contribute to the liveability of the Bayside – from the Brisbane River to the Redlands*, focusing on humanitarian and community services within the local areas.

Five presenters representing Maybanke, Volunteers in Policing, Soroptimists International Bayside, Rosie’s and Cr Alex Givney will outline the great work their groups do in the community. A light supper will follow the presentations, with a chance to talk to each of the representatives.

Seating is limited, so please RSVP to forum@beconfident.org.au to secure your place or visit www.beconfident.org.au for more information.



Photos: Supplied.

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LOCAL PERSONALITY PROFILE: JONATHON WELCH

What's your business?

I wear several hats as both a professional singer and conductor of 45 years, and also as the Artistic Director of Play It Forward, which provides inclusive arts programs, projects and events here in the Redlands and nationally.

Do you have any fun/interesting stories about your job?

Working with community choirs and organisations for nearly 30 years has provided lots of memorable moments and fun stories. Many years ago, when I was Director of Choir of Hard Knocks, we toured them to Adelaide by bus. The concerts went wonderfully, and as we were heading back home, the manager of the accommodation facility we were staying at called to ask if anyone had left their teeth behind. Upon further investigation, dear old Pat realised they were hers and exclaimed proudly, "I only wear them for special occasions!"

Best local activity?

Since we moved here to the beautiful Redlands Coast, I have been developing several community choir programs and projects, and I just love working with the wonderful local community here. They have been so welcoming, enthusiastic and appreciative, and have become my new 'musical family'.

What was the last book you read?

Not really a book, but it was The Community Leader.

What was the last TV show or movie you watched?

I just finished watching the *Yellowstone* drama on Netflix starring Kevin Costner – holy moly, what a ride!

Is there anything you'd like to see happen in the local area?

I would like to see the development of more major accommodation facilities here on the mainland. There are so many opportunities for local businesses and our vibrant arts community to develop festivals, etc., and with the Olympics coming up and the potential white water rafting facilities, there is still nowhere for visitors or tourists to stay. It's really a huge lost opportunity, and I think that needs to be addressed asap.

Is there a local business/community group/club you'd like to give a shout-out to?

There are several local groups that I think do amazing work supporting our Redlands community – the Donald Simpson Centre, Night Ninjas, Redlands Centre for Women and RPAC.



Photo: Supplied.

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LOCAL READERS: A BOOK REVIEW

PROPHET SONG BY PAUL LYNCH

BY ANNE CROWLEY

WHAT THE EXPERTS SAID:

“This 2023 Booker winner is ‘A fearless portrait of a society on the brink as a mother faces a terrible choice’.

“On a dark, wet evening in Dublin, scientist and mother-of-four Eilish Stack answers her front door to find the GNSB on her step. Two officers from Ireland’s newly formed secret police are here to interrogate her husband, a trade unionist.

“Ireland is falling apart. The country is in the grip of a government turning towards tyranny and Eilish can only watch helplessly as the world she knew disappears. When first her husband and then her eldest son vanish, Eilish finds herself caught within the nightmare logic of a collapsing society.

“How far will she go to save her family? And what – or who – is she willing to leave behind?”

“Exhilarating, terrifying and propulsive, Prophet Song is a work of breathtaking originality, offering a devastating vision of a country at war and a deeply human portrait of a mother’s fight to hold her family together.” (goodreads.com)

MY THOUGHTS:

While set in Ireland, this story could be set anywhere, and in fact could be unfolding right now in one of several places where extremist views and political parties seem to be gaining the upper hand. And it wouldn’t be the first time – human history is evidence that this scenario is a real possibility.

As the adage goes, ‘Power corrupts, and absolute power corrupts absolutely’. In this story, a newly elected party introduced a law it justified on the basis of the need to ‘restore security’ – the Emergency Powers Act. It then proceeded to

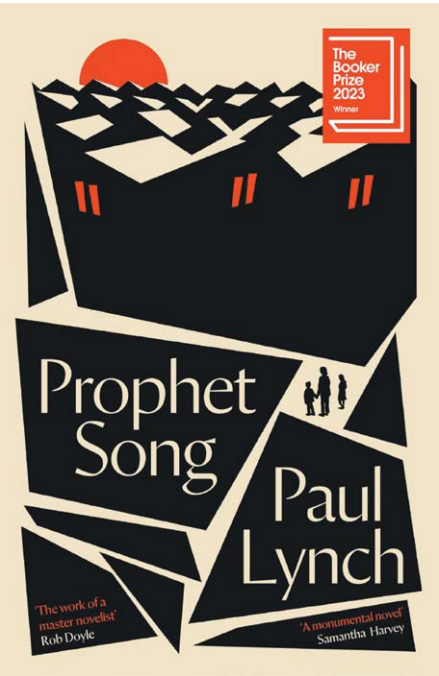
dismantle the laws and protections inherent in the fabric of society.

“If you change ownership of the institutions you can change ownership of the facts, you can alter the structure of belief, of what is agreed upon ... that is what they are doing.”

My quandary was with the main character Eilish, with whom I could sympathise, but whose reactions to unfolding events I found exasperating. It’s interesting to reflect on what choices we may each make in similar circumstances – though I hope we never encounter them!

The narrative is woven with a deep sense of foreboding, of threat, of fear and disintegration. As such, I found it gripping.

It is also strangely constructed with a lack of punctuation and paragraphs, making it a little harder to follow conversations and thoughts –



which one reader I know found very frustrating.

This is not an uplifting book! But it is hard to put down, and unforgettable long after you’ve finished it. I’d recommend it.

CREATIVITY-DIVERSITY EXHIBITION SHOWCASES TRANSFORMED TEXTILES

Textiles perform an amazing variety of functions in our lives; we use them to wear, decorate our homes, protect ourselves and our belongings, communicate our status and affluence, fabric powered the sailing ships that opened the world to explorers – its uses and its potential as a creative art form are vast.

An inspiring exhibition of textile-based hand-crafted art is on display at the Redlands Coast Museum until 6 June 2025. *Creativity-Diversity* is a presentation by 15 members of the Queensland Branch of ATASDA (The Australian Textile Art and Surface Design Association), displaying their talents in embroidery, collage, upcycling, felting, patchwork, mixed media, surface design, stitching, lettering, stencilling, eco-dyeing and fabric manipulation.

Kathryn Iliif, President of ATASDA’s Queensland branch, says that textile work is a pleasingly tactile art form that many artists are drawn to through sewing, knitting and crochet skills learned as a child.

“They rediscover their practical skills as an art form rather than a function,” she says. “Even darning and patching have progressed from classic women’s work – make and mend – to become recognised art forms. There’s even an international online group for swapping clothes patches between group members.”

Kathryn says artists have different ways of working; some plan carefully and journal the piece’s design and development and some just envisage a project and go for it. “That’s my favourite way of working,” she says. “The result isn’t always exactly as I’d envisaged it, but it’s an art piece; I can’t control it too much.”

In some places, textile art has also functioned as a form of activism and social comment, reminiscent of the HIV memorial patchwork quilts of the 1980s.

“Women’s craft groups in New South Wales create artworks on cleaning cloths that address women’s equality and societal roles – they call it ‘craftivism’,” Kathryn says. “There’s also a woman in America who has a project of embroidering ladies’ handkerchiefs with Trumpisms. It’s called *Tiny Pricks*.”

Creativity-Diversity runs until 6 June 2025 at Redlands Coast Museum; for more information call 3286 3494.



Photos: Supplied

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RISKS OF RETIREMENT

FROM LAURENCE SMITH, FINANCIAL ADVISER, UEM WEALTH

Making the decision to plunge into retirement can be nerve-wracking. It's a weird idea. After spending 40 years (or sometimes longer) working and earning money to support a life, to step away and need to draw your income from your own savings and investments or from a social security benefit might sound scary. Like all major decisions, there are risks, and there are ways to deal with those risks.

Here are some common concerns that I've heard from clients over the years.

1. Market risk. For many Australians, superannuation is the biggest asset they will own through their lives, with the exception of the family home. Most superannuation interests in retirement are held through assets that are to some degree linked to the markets. When there is volatility in share markets (in particular), retirees get nervous about whether they can afford to recover from a reduction in the value of their assets.

What you can do: Take a long-term view of your investments, diversify, and speak with a financial planner to make sure that your investments are appropriate to both your retirement goals and your

investment attitudes.

2. Legislative risk. It takes a significant length of time to prepare for retirement. This requires looking at income and expenditure, finding surplus savings, allocating them to the right investments to grow and accumulate and, holding nerve through volatile market periods. Ultimately though, it takes placing a degree of trust in regulatory bodies to hold some in their rules. For example, superannuation is very tax effective. Using this vehicle as a long-term retirement investment means trusting that it will remain a tax effective vehicle when it's time to retire.

What you can do: Stay aware of changes that are announced to the relevant tax and superannuation rules, and keep a flexible mindset, or use the services of a financial planner who will consider not just the regulations, but what actions should be taken to deal with them.

3. Longevity risk. Australians are living longer. The latest Intergenerational Report (published in 2023) notes that while average life expectancies in 2022-2023 are 81.3 for men and 85.2 for women, they are expected to increase by 2062-2063 to be 87 for men and 89.5 for women. This has huge

implications for how to plan a retirement. More years lived in full health and more years lived in ill health, means money needs to last longer. It also presents an additional risk to planned legacy or inheritances.

What you can do: Consider what it costs (on average) to achieve a "comfortable" lifestyle and use this when planning out retirement finances, consider the use of lifetime income accounts that guarantee income while offsetting market risk, and consider using a financial adviser to assist in assessing the best strategy to help you achieve this.

4. Left field (unexpected) risks. Life will occasionally bowl you a googly. Despite your carefully laid plans, the unexpected – such as a medical event – could throw carefully laid retirement plans into turmoil. This could impact more than one household. For example, a retirement could be thrown off the rails if an adult child suffered a severe illness or accident and was left with no alternative but to move back into a retired parent's home.

What you can do: Make sure your plans aren't left too lean (allow for some "emergency" funds) and talk to children about important financial matters like savings and personal insurances. If you're

unsure how to go about thinking through some of these problems, a financial adviser is again well placed to assist. Consider including children in these conversations sooner rather than later.

These are just a few of the areas that need consideration when planning your retirement. There are others that will be of greater or lesser importance depending on personal preferences and circumstances (such as legacy preferences or future intergenerational wealth transfers).

One of the advantages of financial planning is to have a trained professional assist you in understanding not just each individual area of advice, but also how they fit together to help you achieve your goals. Regardless of where the starting point is, planning earlier will lead to more options, and a better overall outcome.

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WHY YOU SHOULD NOT PAY A REAL ESTATE AGENT UPFRONT BEFORE THEY SELL YOUR PROPERTY!

In my 30+ years in the real estate industry, I've always believed that the key to success lies in honesty, transparency, and putting the interests of Tidbold's clients first. Unfortunately, there are unethical practices in the industry that I feel compelled to address, particularly when it comes to advertising costs for home sellers. It's a common practice in many real estate offices for agents to charge sellers upfront advertising costs – sometimes even if a potential buyer is already lined up.

Many agents push for sellers to pay large sums for advertising at the outset, even when it's unclear if it will lead to a sale. I believe whole-heartedly that this practice is not only unfair, but also counterproductive. My goal, and that of our family business at Tidbold Real Estate – is always to ensure that any advertising costs are justified by results. If you're paying, you should see value in what you're getting. There's also the issue of "pay later" schemes, where sellers are offered the option to pay advertising costs after the fact, even if their home hasn't sold. While this may seem convenient, it can leave sellers in a vulnerable position. We recommend carefully considering any offer that requires payment upfront or without a clear return on investment.

Paying nothing also applies to the second cost, marketing costs. You don't have to agree to pay for upfront advertising or marketing expenses (or any other name the agent might give to this deceitful trick). Be mindful that you are not duped into agreeing to pay for advertising costs if your home does not sell.

BEFORE YOU SIGN ANYTHING!, check that document thoroughly. Make sure there is no sneaky clause that says something like: "If your home does not sell, you are still liable to pay us advertising and marketing costs."

You hire an agent with one purpose in mind – to get your property sold. No result by the agent should equal no cost payable by you, the seller. And that must be non-negotiable. The agent may pitch to you how much advertising they did on your property, and you should let

them know that your advertising would no doubt have given the agent plenty of leads, they no doubt met many other sellers and buyers thanks to your paid advertising. Plus, of course, the agent promoted himself/herself – you only have to look as far as a bus stop, or a billboard to see an agent's face, agency, their contact number and email address, with limited to no exposure of your actual property. You should not pay hundreds or thousands of dollars up front, to then see your home not sold, while the agent receives lots of free promotion at your expense.

So, remember the golden rule with all agents:

'Never pay any money to any agent for any reason until your home is sold and you are happy with the price and the service from the agent.'

A better way to sell your property is utilising our Smartre Sale Strategy, which has many factors including zero upfront advertising and marketing costs, No Sale, No Charge, and Risk Free Selling. We have honoured this strategy since Tidbold's opened its doors in 2003, for all our sellers. It's about being strategic and our goal is for you to achieve the highest possible sale price when selling your biggest asset, and not pushing unnecessary expenses on you.

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