CLEVELAND'S AIR MAGIC JUMPS FOR JOY — AND WORLD CHAMPIONSHIPS!

Jump Rope for Heart has been a mainstay in Aussie schools for more than 40 years, and for one local teacher, the program sparked a lifelong love of skipping. Carolyn Barker coaches Air Magic, Cleveland's very own world champion skipping team. In fact, one member of that team holds the title of the most decorated skipper in the world, and the Air Magic kids are back-to-back world champs. Wow!

Air Magic jets off to Japan in late July for an eight-day biennial world competition. We wish them the best! Find out more about Air Magic on page 5.

Each month, we're privileged to showcase people in our community doing great things. Our goals are simple: to make you feel good about where you live and connect our community.

Whether you participate in sports, volunteer, buy a ticket to a show, attend a free event, or brighten someone's day with a smile at the shops, you are part of the reason the Redlands is such a fantastic place to live.

If you've got good news, reach out to us - we'd love to share it!

Pictured: Air Magic's Luke Boon, Ben Cooper, and Maverick Larkin.



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COME ALONG TO REDLANDS CHARITY DAY TO SUPPORT THE BROMILEY FAMILY

In tough times, the Redlands community always shows up — with open hearts, helping hands, and a spirit of generosity. This July, locals have the opportunity to come together for a cause that hits close to home. Join the Redlands community on Sunday, July 13 from 2:00pm at Hogan's Wellington Point Hotel for the annual Redlands Charity Day — an afternoon dedicated to supporting one of our own.

This year's event will raise vital funds for Jodie Bromiley and her family—husband Dennis, a long-serving Redlands firefighter, and their beautiful daughters Charli, Ava and Mila. Jodie, who also owns the much-loved Wellington Point boutique Bay Collective, has faced an unimaginable journey. Diagnosed with breast cancer in her early 30s, she has quietly battled the disease three times. Now, she is facing her toughest fight yet—a fourth diagnosis.

Jodie is known for her strength, selflessness and resilience. She's the kind of person who lifts others up, even while carrying the heaviest of burdens herself. This Charity Day is a chance for our community to rally behind the Bromiley family – to show up, give generously, and help bring some light and stability during this incredibly difficult time.

Let's fill Hogan's with love, support, and the true spirit of community. Every dollar raised will go directly to helping the Bromileys navigate this fight with the support they so deserve.



The Bromiley family. Photo: Supplied.





GREASE, GRIT & GLAMOUR: REDLANDS GOES ROCKABILLY FOR GREAZEFEST!

Redlands is readying itself for a major rock event that brings the '50s back to life every year – the music, the fashion, and the cars are all on show at GreazeFest. Lori Lee Cash, director and ringmaster of the event, says the music was a major driver.

"In the mid-1950s, Elvis took the world by storm with a mix of Afro-American rhythm and blues and Caucasian country music – that was the birth of rockabilly, then rockabilly turned into rock'n'roll," she says.

"Post-war optimism and economic growth set the stage, and teenagers became recognised as their own social force with their own voice. There was the increasing popularity of radio – you no longer had to sit in the lounge room to listen; transistor radios and carry-case record players made music portable."

Fashion also played a major role.

"After the restrictions of the war, fashion became all about abundance and colour – huge flowing circle skirts, pleated skirts and all sorts of fashion opportunities," Lori says.

"In a rebellious streak, girls started wearing denim jeans and loafers, the start of gender cross-over in fashion — and the emergence of teen movies presented popular role models for young people."

The cars of the period were iconic, and manufacturers developed car designs that competed to have the biggest tail fins and lots of chrome, echoing the growing world preoccupation with space travel and rockets. But while the cars, clothes and music are the identifiers, Lori says that the people who come to GreazeFest are what makes it fly.

"I provide the structure, but the colour of the festival is created by the inner core, who live the rockabilly



Photo: Supplied

lifestyle, and the audiences who come to look at them and also dress up to the nines — it's a very visual festival; we're all looking at each other!" she says.

Get set for music, dance (22 bands), Australian and overseas performers, professional pin striping, and Tiki carving — check out www.greazefest.com for more program information and mark August 1, 2, and 3 in your diary!





Transform Your Garage

Refresh Your Floor with Epoxy Coating

Is your garage floor looking worn, stained, or outdated? It might be time for an upgrade. A fresh epoxy coating can completely transform your garage into a clean, durable, and aesthetically pleasing space. Not only does it enhance the look of your garage, but it also provides long-lasting protection against wear and tear.

Nature Concrete Co, a local family-owned business operated by Stubbs Family Business Pty Ltd, is a trusted name in the Redlands. We're known for delivering high-quality epoxy coatings, working closely with clients to enhance the beauty and value of every home.

Why Choose Epoxy Coating?

Epoxy coatings offer an array of benefits that make them the ideal choice for garage floors:

1. DURABILITY

Epoxy is known for its strength and resilience. It can withstand heavy foot traffic, vehicle weight, and even spills from oil and chemicals. Unlike traditional concrete, which can crack and stain easily, epoxy provides a robust barrier that keeps your floor looking great for years to come.

2. AESTHETIC APPEAL

Gone are the days of dull, grey concrete floors. Epoxy coatings come in various colours, patterns, and finishes, allowing

homeowners to customize their garage floors to match their style. Whether you prefer a sleek, modern look or a classic finish, epoxy can enhance the overall aesthetic of your garage, making it a space you want to show off.

3. EASY MAINTENANCE

Cleaning your garage floor has never been easier. The smooth, seamless surface of an epoxy-coated floor repels dust and dirt, making maintenance a breeze. A simple sweep or mop will keep your garage looking pristine, allowing you to spend less time cleaning and more time enjoying your space.

4. SAFETY FEATURES

Epoxy coatings can be formulated with anti-slip additives, providing a safer surface for walking, even when wet. This feature is particularly important in garages where spills may occur, reducing the risk of slips and falls.

We can help you create the garage of your dreams with our expert epoxy coating services.



Contact Us Today

Are you ready to give your garage a fresh new look with an epoxy coating? Contact us today at 0400 646 975 or 0492 958 441 for a free consultation and quote to transform your garage floor into a beautiful and functional space.



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SKIPPING ACROSS THE WORLD TO CREATE MAGIC IN THE AIR

Skipping ropes usually bring to mind school playgrounds or boxers in training, but skipping could be poised to be the next Big Thing. Carolyn Barker has been a passionate skipper (ropes, not boats) since the Heart Foundation's Jump Rope for Heart began more than 40 years ago.

"I'm a Year Three teacher and I started a skipping team at Cleveland Primary School – inspired by a retired 70-year-old wrestler I saw in a television show," she says. "The real breakthrough was when we were invited to compete in a competition in Canada - only six weeks to prepare but a small group of Grade Seven girls from the team trained day and night, went to the competition - and won. They beat 10 other teams from all around the world."

After a couple of years, Carolyn had to move out of the school there wasn't a suitable hall at the time and now, 26 years later, Air Magic is based at the Cleveland Showgrounds. There is only one other skipping team in the Redlands, at Mt Cotton, but Carolyn expects the sport to grow.

"The kids from Cleveland are back-to-back world champions and one of my skippers, Luke Boon, is the most decorated skipper in the world – he's won 72 world championship titles. I met him when he was 12 and he's amazing."

Carolyn says that there are four different disciplines within the sport and 20 events, all judged by different criteria.

"There's a timed event when you have to go as fast as you can sprints and relays. There's a freestyle component when all of your creativity goes into working acrobatics, rope releases and 'multiple unders' into a routine performed to music. It's like watching a gymnastics routine on the floor.

"The fastest speed skipper in the world is from China – he can do 234 steps in 30 seconds. Internationally, skipping is huge; it's about a step away from going Olympic."

The equipment is basic but vital, good sports shoes are a must for competitors; the speed ropes are made with wire and the ropes for the tricks are made of white plastic.



Carolyn is taking her team to the eight-day biennial world competition, to be held in Japan in late July. They'll be competing with about 30 other countries but - with good reason - Carolyn is supremely confident of her team's chances! She will also be competing in the masters age group with her primary school friends from Victoria Point State School, so watch this space - there could be trophies coming home to the Redlands!

Find out more about Air Magic at www.clevelandairmagic.org.



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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.



MAGUYDAN QUANDAMOOKA — THE OUANDAMOOKA STORY

Friday July 25, 10:00am, Redlands Coast Museum, 60 Smith Street, Cleveland

As part of Redlands Coast Museum's Show 'n' Tell series, July's instalment will feature *Maguydan Quandamooka – The Quandamooka Story*. This special event offers an opportunity to learn more about

the rich culture, history and continuing connection of the Quandamooka People to the Redlands Coast. All are welcome to come along and listen, learn and reflect at this insightful presentation. For tickets, scan the QR code.





REDLANDS COAST NAIDOC CELEBRATION

Sunday July 6, 9:00am to 2:00pm, Raby Bay Harbour Park, 146 Shore Street West, Cleveland

Celebrate NAIDOC Week 2025 at the Redlands Coast NAIDOC Cultural Celebration on Sunday July 6 in Cleveland. Proudly presented by Redland City Council, this free, family-friendly event features live performances by First Nations artists, a smoking ceremony, cultural demonstrations, weaving workshops, face painting, market stalls, kids' activities, and giveaways.



PANDEMONIUM — JIMEOIN

Friday July 25, 7:30pm, RPAC Concert Hall, Middle Street, Cleveland

Ever wondered what goes on inside Jimeoin's head? By the end of his hilarious new show *Pandemonium*, you'll know it's pure comedic chaos! Spend a night with this comedy legend and enjoy non-stop laughs, plus a few unexpected life tips, from effortless bed-making and cheeky pranks to mastering the art of "talking dirty" in a nice way. Don't miss this laugh-out-loud experience that's as clever as it is side-splitting! Book now by calling 3829 8131 or visiting www.rpac.com.au.



COLLECTIVE VISIONS EXHIBITION

July 3 to 28, The Old SchoolHouse Gallery, 124-126 Shore Street North, Cleveland

The Old SchoolHouse Gallery is delighted to present *Collective Visions*, an exhibition bringing together three unique creatives: Jenny McNamara, Jess King and Joolarhi. The exhibition will showcase a stunning blend of styles and mediums. Jenny and Jess primarily work in oils and acrylics. Rhianna is a student at Moreton Bay College and the designer and jewellery maker behind Joolarhi. The gallery is open Thursdays to Sundays and public holidays, 9:30am to 4:30pm.



MEMORY TREE RIBBON HANGING

Sunday July 27, 10:30am to 12:30pm, Raby Bay Harbour Park

The Redlands Branch of Cancer Council Queensland invites you to pause, reflect, and remember. Drop by and hang a ribbon on their Memory Tree — a quiet and meaningful way to honour someone you've lost to cancer, or to show support for a loved one currently facing it. Ribbons and pens will be available for you to write a personal message. Once tied to the tree, your ribbon becomes part of a beautiful tribute that offers comfort, connection, and remembrance for all who visit. This isn't a formal event — just a gentle opportunity to share a moment of reflection. You're welcome to stay for a cuppa and a chat with branch members if you wish. For more information, contact 0493 722 397, email CCQRedlands@gmail.com, or visit the CCQ Redlands Branch Facebook page.



PUPPYPALOOZA DOG MARKET

Sunday July 13, 8:00am to 12:00pm, Faith Lutheran College, Beveridge Road, Thornlands

Redlands Coast Collective Markets is excited to host its popular Puppypalooza market at Thornlands. With cool winter weather, it's a great chance to enjoy some quality time outdoors in the sunshine with your furry best friend. And with over 40 pet-related specialty stalls, get set to pamper your pet with variety of products, accessories and tasty treats. A pet photographer will be there to capture some cuteness, and there'll be treats for the humans with food trucks galore.

RAINBOW FAMILIES DISCO BY THE BAY COMES TO VICCY POINT

BY JAN NARY

The first *Rainbow Families Disco by the Bay* – a free disco created especially for LGBTQ parents and their families – will burst into colour and movement and fun on Saturday 5 July.

Petria Leggo-Field is the Rainbow Families Project Co-ordinator in Queensland; as a local, she determined that some of the events would be held in the Redlands and the disco is the first step.

"I believe that there's a big queer community here in the Redlands but we don't know each other," she says. "The Rainbow Families Disco is intended to provide a place for LGBTQ families to connect in a child-friendly atmosphere of safety and inclusion."

"I felt quite alone when I came out as a gay parent. It would be lovely to have a society where no one has to actually 'come out', where we can just be who we are."

Petria sees the growth of acceptance of difference in others as being driven largely by millennials and says the word is spreading largely through social media and word of mouth.

As well as dancing the afternoon away, the *Rainbow Families Disco by the Bay* will feature kids' entertainment, a jumping castle, face painting and a family-friendly drag show.

Rainbow Families Disco by the Bay is on Saturday, 5 July 2025 from 2:00pm to 5:00pm at The Link, 128 Link Road, Victoria Point. For more information www.rainbowfamilies.com.au or join the Facebook event.



Photo: Supplied.



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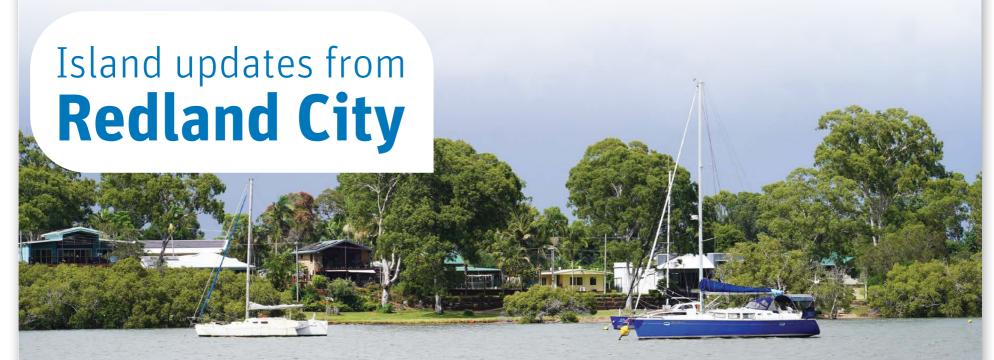
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Coastal havens

Our bay islands contribute significantly to the social, environmental and economic fabric of Redlands Coast.

Each is unique, yet our islands share many common traits.

They are all a blend of significant coastal ecosystems, growing industries, thriving culture and arts- and the people and characters who make a place a community.

They also share the challenges and logistics that come with island living.

With more than 11,700 residents and 700 businesses calling them home, Council is committed to enhancing these special communities.





Mayor's message

Redlands Coast offers a wonderful lifestyle and many unique areas of outstanding natural beauty.

With more than 4900 ha of conservation and green space area, 335 km of coastline, a thriving art and culture scene, world-class beaches and surfing, a bay that is a paradise for fishing and boating – it is no surprise that we are a leading tourist destination.

How lucky are we to have all of this in our own back yards.

In a city of about 537 square km, our city boasts 1000 species of marine wildlife and 1700 species of flora and fauna. Conserving and enhancing our environment and its specific habitats is a role that Council is proud to carry out every single day.

Environmental education is an important part of that role and it was great to see that Council's Redlands IndigiScapes Centre was one of more than 40 local enterprises that have received industry recognition for their delivery of consistently exceptional experiences.

IndigiScapes at Capalaba and the IndigiScapes café were named on the 2025 Tourism and Events Queensland's Best of Queensland Experience Program list.



Also making the list were a large number of experiences based around our bay and islands, our mainland hinterland areas and numerous dining experiences.

Our islands form an integral part of this identity and set us apart from our neighbouring cities. Council is committed to enhancing the islands as places to live, work and visit through investment in road and footpath upgrades, foreshore protection, community buildings, swimming enclosures and other infrastructure.

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





Postal Address:

Redland City Council, PO Box 21, Cleveland QLD 4163











Council's Island Maintenance team takes immense pride in contributing to the liveability, sustainability and beauty of North Stradbroke Island (Minjerribah), Coochiemudlo Island and the Southern Moreton Bay Islands (SMBI).

The team is responsible for a wide range of services from road and park maintenance to marine support in areas such as litter collection at ramps, jetties and other coastal facilities.

A comprehensive roadworks program

ensures the upkeep of island roads, with Council teams tackling pothole repairs, unsealed road grading, drainage maintenance and kerb and shoulder works. The maintenance of signage, guideposts and fences also plays a crucial role in keeping these communities safe and inviting.

A newly-created service management position is set to drive innovation and improvements across the island maintenance works program, reinforcing Council's long-term commitment to enhancing island infrastructure.

In the Parks and Conservation program, teams work tirelessly on tree trimming, mowing schedules, landscaping and turf management. Firebreak maintenance and bushland care - including the conservation of reserves, creeks and natural areas - are essential for protecting the unique island ecosystems.

Council's Roads, Drainage, and Marine Maintenance team is responsible for coastal erosion management, ensuring island infrastructure remains resilient and sustainable. Offering additional support is the **Waste Operations** team which manages the Recycling and Waste Centres on North Stradbroke, Coochiemudlo, Karragarra, Lamb, Macleay and Russell islands – playing a crucial role in keeping the region clean and environmentally responsible.

Council workers who maintain and manage services across our Redlands Coast islands do so with a strong sense of satisfaction, knowing that they are contributing to our unique local communities.



Green seal of approval

Redland City Council's Green Seal program continues to deliver significant road upgrades that enhance safety, accessibility and liveability for Southern Moreton Bay Islands' communities.

During the financial year just ending (2024-25), \$4 million has been spent to complete 5.8 km of road sealing across Macleay and Russell Islands, bringing the total length of green sealed roads to around 143 km by end of June 2025.

Approximately 3km of additional sealed roads were completed on Macleay Island and 2.8km on Russell Island.

These essential upgrades provide smoother, safer journeys for residents and visitors, reinforcing Council's ongoing investment in sustainable infrastructure for our Bay Island communities.

For information on Council's city-wide Capital Works Program, visit our interactive City map at mredland.qld.gov.au/Capitalworks

Making waves ... in the best way

Redlands Coast is making waves in the Queensland tourism industry, with a record 50 local tourism operators making Tourism and Events Queensland's Best of Queensland Experience list for 2024–25.

More than double last year, it's a real win for our community and a reminder of the incredible tourism experiences we have right here at home.

The recognition comes at a time when it's really needed, as our island communities continue to recover from Cyclone Alfred. Councils' latest tourism campaign, Hidden in Plain Sight, is shining a light on these special places and invites visitors and locals alike to reconnect and experience firsthand what makes Redlands Coast one of Queensland's most exceptional destinations.

Whether it's a weekend on Straddie, exploring the Southern Moreton Bay Islands, hiking in the hinterland, or supporting one of the many tourism businesses that made the list, now's the perfect time to show your support.

The campaign is all about reminding us that some of the best experiences are often right in front of us or hidden in plain sight. By getting behind our local tourism operators, we're not just helping them recover, but strengthening our community.



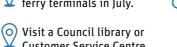
Redlands Coast on the move

Council is planning for an accessible and connected Redlands Coast. Two draft documents will soon open for public comment, the Cleveland Local Area Transport Plan and our city-wide Active Transport Strategy.

Have your say to help shape how we move around our mainland and island communities — whether by walking, cycling, train, bus, ferry or car.

Chat to Council staff at the ferry terminals in July.

Customer Service Centre.



Complete our online surveys. While you're there, check out key dates and register your interest to hear about other transport strategies over the coming months.



Scan here to get involved



from 30 June 2025

Q your say redlands coast



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Maggie's Mates

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Name: Hi, my name is Mal The Toy Cavoodle.

What suburb are you from? I am from Birkdale.

How long have you lived here? Since I was a puppy.

What is your favourite local walk? I really enjoy walking out to King Island during low tide and playing in the shallow water.

What is your most treasured toy? My ball that I like to play fetch with, except when it gets stuck under the couch!

What is your favourite food? I just love boiled chicken.

What is your worst habit? Getting the 'zoomies' right before bedtime.

Who is your best doggo friend? I have plenty of friends. Sid the Italian Greyhound, as well as Bruce and Ollie.

What's your favourite local hangout? Any of the parks where I can play with other dogs and get pats from people. I also go to Dad's work sometimes, which is fun.

Do you have any funny or embarrassing stories you'd like to share? I sometimes see a dog that looks like me in the mirror, and everyone seems to laugh when I bark at him!

What do people love most about you? People love that (apparently) I look very much like a teddy bear.

Mal's favourite charity is Happy Tails Animal Rescue, so we've made a \$50 donation on his behalf.



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.





ALL ABOUT MALASSEZIA INFECTION IN DOGS AND CATS

myself.

BY DR NICKY THOMAS, WYNNUM MANLY VETERINARY HOSPITAL

Malassezia is a particular species of yeast which is commonly found on the skin and ears of dogs and cats. Overgrowth of Malassezia can occur when the environment of the ear canal changes. Inflammation of the ear canal results in increased moisture and secretions in the



ear, which allow the yeast to multiply. Allergic skin disease, chronic wetting of the ears (common in dogs who like to swim) and humid environmental conditions can all lead to Malassezia overgrowth.

WHAT ARE THE SIGNS?

Signs of Malassezia overgrowth include:

- Increased wax/discharge in the ear canals. This is commonly dark brown (like vegemite) but may be any colour and texture.
- Odour often a "musty" odour may be detected.
- · Head shaking or scratching ears.
- Swollen, inflamed pinna (ear flap).
- Pain

HOW IS IT DIAGNOSED?

Your vet will examine your pet's ears - your pet may have red,

inflamed ear canals, swelling of the ear canal wall, dark discharge and increased odour to the ear.

Cytology is required to diagnose an ear infection. Your vet will take a sample of the discharge and examine the material under a microscope. Pets may also have bacterial infections simultaneous with a Malassezia infection and correct diagnosis is important to ensure that effective treatment may be prescribed.

HOW IS MALASSEZIA OTITIS TREATED?

Your vet will prescribe an appropriate medicated ear treatment for your pet. This may be a twice daily, once daily or longer-acting treatment depending on the infection present, and how co-operative your pet is with having their ears handled!

Regular cleaning of the ears with an appropriate ear cleaner can help reduce wax and debris from accumulating in the ear canal and reduce the incidence of ear infections.

Severe ear infections may require ongoing preventative treatment with a medicated formula - your vet will discuss the best plan for your pet.

Treatment of underlying conditions such as allergic dermatitis will also help reduce the occurrence of ear infections.



and I'm filthy cute!



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UP CLOSE WITH THE CLASSICS: CHAMBER MUSIC, STRADDIE STYLE

Chamber music was traditionally played for small groups of people in someone's home. That atmosphere of community intimacy is very much a part of Stradbroke Chamber Music Festivals, which are held in Point Lookout Community Hall.

"The hall seats about 160 people, so every member of the audience gets up close and personal with the musicians," says Col Cunnington, the group's secretary. "It's not quite barefoot on the beach, but it's not a black-tie affair. Our audiences are a mix of all ages, die-hard aficionados, mainland Redlands, all of Southeast Queensland and local people, and the festivals always have a really nice feel to them.

"The classic combination is a string quartet – first and second violin, a viola and a cello. You can add a piano or a flute or have duos, trios or solo performances. There's an established classical music repertoire that stretches from Bach to the end of the nineteenth century, when the nature of chamber music changed from the classical romantic style."

Edinburgh-based violinist Rachel Smith, who plays with the Scottish Chamber Orchestra, has been the Artistic Director of the festival since she and Jani Haenke founded it in 2007, and she devises the entire program for each festival.

"That makes it possible for her to invite some noted overseas performers to play at the festival, such as violinist Hed Yaron Meyerson, currently associate concertmaster of the Rotterdam Philharmonic, who will be playing with Rachel this year," says Col.

The festival's six concerts will all be held in the hall. Performers include violist Sally Boud, pianists Liam Viney and Stephen Emmerson, jazz trio Trichotomy, African kora player Ziggi Mabeye Diagne and Tim Munro



Rachel Smith, Artistic Director of the Stradbroke Chamber Music Festival, at the Bathing Gorge Point Lookout (photo by David Collins).

performing Lachlan Skipworth's 'Cavern' for alto flute and string quartet. An additional magic element of the festival experience is the chance of seeing humpback whales offshore and meeting the curious curlews that often congregate on the hall's deck to share the music.

To share the music with the curlews on 18,19 and 20 July, go to www.stradmusic.org.au.



TOP TIPS TO GET YOUR RECYCLING SORTED

FROM REDLAND CITY COUNCIL

Now is the time to get your recycling sorted, Redlands Coast.

With the costs of waste disposal rising, we can all play our part by sorting the right items into the right bins.

Here are some top tips for getting waste and recycling organised in your household and helping us reach our target of becoming a zero-waste society by 2050.

- Keep it loose: Don't bag your recycling. Instead, consider keeping a reusable box, bin or tub near the waste bin in your home to collect your household recyclables.
- 2. Watch out for soft plastics: Items such as bubble wrap, cling film, chip packets, plastic bread bags, chocolate wrappers, cereal liners, and plastic shopping bags are unable to be recycled and should be placed in your general waste bin.
- 3. Get more recycling space: Council offers a flexible bin menu that allows residents to downsize their general waste bin and upgrade to a larger recycling bin for a one-off establishment fee. Contact Council on 3829 8999 or visit the website to learn more about getting the right bin set for your home.

- 4. If in doubt, check: Did you know that alfoil, aluminium trays, and empty aerosol cans can all go in your recycling bin? Search Council's A-Z recycling guide or Recycle Mate at redland.qld.gov. au/recycling to brush up on your recycling and waste basics.
- 5. Empty your food containers, cans, bottles and jars: Don't waste a tuna can, yoghurt tub or sauce jar because it's dirty. You only need to empty any remaining food or drink before recycling. Some food residue is fine. If you like, you can give the item a quick rinse or wipe to keep your bin clean but it's not a must.

A general rule of thumb to follow when recycling is that if an item is hard plastic, paper, cardboard, aluminium or steel and is packaging from your kitchen, laundry or bathroom, it can be recycled.

Remember: All batteries and other hazardous items such as flares, hot ash, gas bottles and volatile substances should not be placed in any bin. Check the hazardous waste page on Council's website for further information, including disposal locations.

Thanks for helping to get our waste sorted, Redlands Coast.



Photo: Supplied.



LOCAL GARDENING WITH KAT

EDIBLE GREEN TREES IN YOUR WINTER GARDEN

BY KAT PEARSON, GIRL IN THE GREEN

Did you eat green trees growing up? The seemingly number one hated childhood food was broccoli. I can't remember what I really thought of it as a child, but now I LOVE broccoli, Brussels sprouts (roasted in lots of oil with bacon), cauliflower (smothered in cheese or roasted with spices), and even kale, mostly, though I can't get onto the kale chips thing.

Now, why have I derailed my broccoli conversation to a bunch of other brassicas? Because they're all the same! Ok, they're not exactly the same; they have all been bred and selected over hundreds (thousands?) of years to be special in their own way, but they are all actually the same species — Brassica oleracea.

Usually, when I think of varieties of the same species, I'm thinking of different coloured flowers or maybe a slightly different growth habit. The difference in Brassica oleracea varieties is huge! They range from the tight, unopened flower head of a broccoli to the balls of leaves up the stalk of a Brussels sprout plant to the swollen base of kohlrabi!

Brassicas are a cooler climate crop, so in the subtropics, we tend to grow them in winter. Brussels sprouts are tricky because they really need a good frost to make them sweet, but lots of the other brassicas are great to put in your winter garden. I've even had fun growing cabbages! Winter is also when the pesky white cabbage butterfly is less active. Although personally, I think they look lovely flitting about the garden; they lay their eggs on brassicas, and the newly hatched caterpillars will decimate your crop in seconds! You can try fake butterflies, or use products such as DiPel® (an organic spray), but netting to prevent butterfly access is usually the most successful.

If you do give Brassicas a go, don't forget the whole plant is edible. Pluck some leaves off while you wait for broccoli heads – they are great in pasta sauce, and if the caterpillars got to them and they have a few holes – who cares!



Me and my first cabbage - holes and all! Photo by Kat Pearson.







HEADLANDS REVISITED – A RETROSPECTIVE LOOKING FORWARD

In the world of creatives, like will seek out like - the Heidelberg School of Artists, the Heide Circle, the Barjai and Miya Art Cooperatives, the Meanjin Literary Circle - and nestled into Minjerribah's Point Lookout, the Headland Chalet, home and haven until 2015 for a shifting community of artists, artist-run initiatives, bohemians and queer arts collectives.

For 26 years, Marshall Malouf was the custodian of the modest 13-cabin complex and the work created there. Its rich history and its artworks, colourful characters and creative significance are celebrated at Redland Art Gallery (RAG) in the Headlands Revisited exhibition.

The reminiscent collection, seen through a modern lens, is the creation of artist, art historian, researcher and journalist Paul Andrew. In collaboration with RAG and its collection, Paul has brought together a lovingly curated collection of paintings, watercolours, gouache, sketches, literary works, artists' books, posters, video art, installations and soft textile works that typify the work that emerged from the Chalet. It also features a Zine* that Paul has produced specifically for the exhibition with support from a RADF grant.

"Marshall set up the Headland Chalet as a safe, affordable retreat and studio space where artistic fringe-dwellers could interact and explore their craft. It was part of the post-war shift away from traditional art to community-based perspectives, almost a move to DIY creativity," Paul says.

"The featured artists also work with theatre and design and literature - we have many strings to our bows, and we've also received wonderful support from the North Stradbroke Island Museum; their collection is phenomenal. This exhibition frames the Headland Chalet explicitly as a significant artists' community; some of those artists have since achieved international acclaim."

Redland City Mayor Jos Mitchell said the exhibition was envisioned as a form of collaborative reminiscence, where memory, artworks and overlapping histories co-occur.

"This exhibition is a fitting tribute to Marshall Malouf for his vital



Headlands Revisited exhibition. Photo by Louis Lim. Artwork featured (L) Lisa Iselin, Clouds on the Horizon, 2004, Shellac, bitumen and graphite on paper. Redland Art Gallery Collection. Acquired in 2004 with Redland Art Gallery Acquisition Funds.



Headlands Revisited exhibition. Photo by Louis Lim. Artwork featured (L), Nick Olsen, Morning Glory, 2025. Oil on canvas.

contribution to the diversity, eloquence and queerness of creative expression in Queensland and Australian artist communities," the Mayor said.

"Redland City is proud to showcase the creativity of many of the artists who frequented Headlands Chalet. We strongly encourage visitors not only to experience the exhibition, but also to share their own stories and memories of Headlands Chalet, helping us capture the rich, creative spirit of Marshall's legacy," she said.

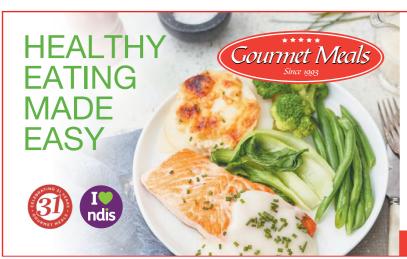
*A print or digital publication created for a select readership.





Until 26 August 2025 Redland Art Gallery, Cleveland **ADMISSION FREE** artgallery.redland.qld.gov.au





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UK TO REDLANDS: BRITISH LIONS MALE CHOIR LIVE IN CONCERT

CONTRIBUTED BY SHELDON COLLEGE

Music lovers and rugby fans alike are in for a rare treat when the prestigious British Lions Male Choir performs in the heart of Redlands on Sunday July 20. In what promises to be a stirring afternoon of song and spirit, the choir will take to the stage at the Sheldon Event Centre from 3:00pm to 5:00pm – and admission is free.

Formed of voices from across England, Scotland, Wales, and Ireland, the British Lions Male Choir is the official choir of the British and Irish Lions rugby team. Their visit to Australia marks a special cultural moment tied to the 2025 Lions Tour, and their Redlands appearance is one of only a handful of public performances.

Audiences can expect a rousing repertoire, with everything from show tunes and operatic classics to cherished traditional ballads delivered in rich four-part harmony. Known for their powerful performances and deep sense of camaraderie, the choir brings with them not just music, but a sense of shared heritage and joy.

Student performers from Sheldon College will also appear alongside the choir, offering a glimpse into the college's vibrant arts culture and giving the afternoon a collaborative, community-focused feel.

A bar and light refreshments will be available from 2:30pm, with seating for the concert commencing shortly thereafter. Although there is no cost to attend, places are limited, and bookings must be secured online via the TryBooking website.



Photo: Supplied.

BRITISH LIONS MALE CHOIR LIVE

Date: Sunday 20 July, 2025

Time: 3:00pm to 5:00pm (doors open for bar and food from 2:30pm)

Venue: Sheldon Event Centre, Taylor Road, Sheldon

Tickets: Free — advance bookings essential. Scan the QR code, or go to

the TryBooking website.









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NATURALLY WONDERFUL ... WITH RANGER STACEY

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

How would you describe nature in a single word? Adjectives like beautiful, inspiring, calming, resilient, and breathtaking all come to my mind...but never the word boring.

There is always something wonderful to discover, perhaps a natural phenomenon close to home in our local environment, like koala dispersal season!

Koala movement is happening now until around December. Fluffy, football-sized, bulbous-nosed youngsters (around 15 to 18 months old) are leaving the cuddly embrace of mum to find their own home range.

With so much ahead of them at such a tender age, these young explorers have already experienced major developmental milestones. It astounds me to know that life for these icons of the animal kingdom begins after a gestation period of just 35 days.

From the moment the jellybean-sized joey is born, the mother's pouch is a safe, warm haven. The newborn is blind, hairless and earless, however strong forearms and a keen sense of smell and touch guide the little one into the pouch where the joey attaches to a teat to grow and develop.

After six months of pouch life, the super cute joey begins to emerge. Then, something quite remarkable happens! To transition from milk to eucalypt leaves, which contain difficult-to-digest toxins, the joey consumes pap — a soft, runny specialised poop produced by the koala mum. Yep, it may sound gross, but pap contains crucial live bacteria that prepare the gut for a lifetime diet of gum leaves.

As the joey grows, it rides on its mother's back, sampling leaves along the way. The developmental journey of a joey koala is a fascinating one.

So now that dispersal season has arrived, our adventurous youngsters are out and about. They sometimes appear in surprising places, including urban settings, so please keep an eye out for these precious intrepid travellers.

We can help by driving carefully on the roads, keeping pets secured and providing backyard and pool escapes for wildlife. If you spot a sick or injured koala, call Redlands 24-hour Wildlife Rescue Service on 3833 4031.

Until next time ... stay wild!





Photo: Supplied.



BUILDING A BETTER COMMUNITY THROUGH COLLABORATION

FROM THE BAYSIDE COMMUNITY FUND

The Bayside Community Fund and the Bendigo Bank (Victoria Point and Wynnum Manly) recently joined forces to launch the inaugural Community Raffle. The raffle successfully raised \$132,830, which was distributed to 64 local clubs and community organisations across Bayside and Redlands.

Building on this success, the Bayside Community Fund and the Bendigo Bank Community Bank branches of Victoria Point and Wynnum Manly will be running another Community Raffle starting in August. This initiative offers local organisations a valuable opportunity to raise funds with no upfront costs.

The prize pool is valued at \$30,000 and includes:

• 1st Prize: \$15,000

2nd Prize: \$3,000

3rd Prize: \$2,000

Ten \$1,000 prizes

Tickets will be sold at \$5 each. Organisations and clubs participating in the raffle will keep 100% of the proceeds from each ticket sold – \$5 per ticket – minus a small online sales fee.

To participate, please provide some basic details via this link: https://forms.office.com/r/hvFkaDRwpV or by scanning the QR code.



The inaugural raffle's first prize winner Susan Garrett (centre) with Caitlyn Pearson (Bendigo Bank) and Mike Sarquis (Bayside Community Fund). Photo: Supplied.

LOCAL READERS

BOOK REVIEW - THE WOMEN BY KRISTIN HANNAH

BY ANNE CROWLEY

WHAT THE EXPERTS SAID:

"Women can be heroes. When 20-year-old nursing student Frances "Frankie" McGrath hears these words, it is a revelation. Raised in the sun-drenched, idyllic world of Coronado Island (off San Diego, California) and sheltered by her wealthy conservative parents, she has always prided herself on doing the right thing. But in 1965, the world is changing, and she suddenly dares to imagine a different future for herself. When her brother ships out to serve in Vietnam, she joins the Army Nurse Corps and follows his path."

Source: inspireuplift.com

MY THOUGHTS:

The first half of the book focuses on Frankie's time in Vietnam: the formation of life-long friendships and loves and rapidly acquiring trauma and surgical nursing expertise in impossible circumstances — "Damn it, McGrath! We don't have time for fear. You're good enough. Do it!" As an ex-nurse, I found her rapid climb to competence in the face of extreme casualties and conditions enthralling, and I really enjoyed this part of the book.

It also traces the authentic historical detail of the war – in-country and in 'the real world' –particularly as attitudes supportive of it in the USA began to change. This was all set to a 'soundtrack' of familiar '60s music, e.g. Doors, Beach Boys, Turtles, and descriptions of contemporary clothing – these may bring back memories for readers of a similar age in the '60s.

Frankie's return to real life added trauma to trauma. She had left hoping to make her family (particularly her father) and her country proud. But she was treated like a pariah, and the dissonance between her pride in 'making a real difference' and the denial from both her family and the veterans' associations from which she sought help that she'd even been to Vietnam contributed to her unravelling. (Her father had told friends Frankie had been studying in Florence for two years, and the veterans' support groups flatly stated 'there were no women in Vietnam')

Following is a very long journey of healing, interspersed with major setbacks – not unusual for thousands of vets facing abuse and denial of

their needs on their return. PTSD was not formally recognised as a distinct mental health disorder until 1980, though it began to come into use in the 1970s in response to the very large number of very damaged Vietnam vets.

The research behind this book ensures the experiences of nurses and soldiers in Vietnam are authentically recounted, however the plot twists hint at a Netflix series in the making. I would have stopped short of the final plot twist, but

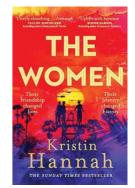


Photo: Supplied.

for all that, I found it an enlightening and gripping read, and was pleased to hear the women's perspective on experience in Vietnam during the war and stateside. BTW, did you know the Vietnamese call the 'Vietnam War' the 'America War'?







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Landlord Expectations from a Property Manager

FROM BAY CITY ESTATE AGENTS, CAPALABA

As a landlord, your property is more than just a building – it's an investment, a source of income, and a key part of your financial future. With this in mind, selecting the right property manager is crucial to ensuring your investment works as hard as you do. When choosing a property manager, landlords have every right to expect a high level of service, transparency, and professionalism prioritising the property and their financial goals.

A strong partnership with your property manager can mean the difference between a profitable investment and a source of frustration. As a landlord, your expectations should be clear: you deserve a property manager who prioritises your financial needs, maintains strong communication, ensures legal compliance, and provides top-notch service. When these expectations are met, your property becomes not just a place to live, but a valuable, growing asset.

Our promise to you:

- Financial Focus: Maximise returns, ensure timely rent payments, and provide regular financial updates on current rent and sales values.
- Tenant Management: Screen tenants thoroughly and minimise turnover with strong relationships, ensuring we keep quality tenants inside our portfolio.
- Communication: Personalising lines of communication to incorporate phone calls and face-to-face meetings to keep you informed and to understand your requirements better.
- Maintenance and Repairs: Handle repairs quickly and efficiently to prevent larger issues, using quality trades at competitive prices, reducing your financial outlay.
- Legal Compliance: Stay current with local laws and ensure full compliance while updating you on these changes.
- Property Value: Suggest improvements to boost property value and tenant satisfaction.

Switching property managers is as easy as picking up the phone and giving us a call – we will do the rest.



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New rebate makes battery storage more affordable than ever

FROM GOODHEW ELECTRICAL AND SOLAR

There's no hiding from it anymore - power prices are on the rise again, and the next wave of increases will hit harder than ever. Between growing demand, network charges and time-of-use billing, the cost of electricity is only going one way.

At Goodhew Electrical & Solar, we believe Redlanders deserve a better option. That's why we're proud to help households take full advantage of the new Cheaper Home Batteries rebate - and we've already secured stock while much of the country faces shortages

A GAME-CHANGER FOR HOMEOWNERS

The Cheaper Home Batteries rebate now makes battery storage more affordable than ever, offering \$370 per kilowatt-hour of usable battery capacity - with a maximum of \$18,500 per household. This is a chance to make the shift toward energy independence with real government support behind you. As Redland's largest and longestestablished solar and battery company, we're offering 20kWh retrofit battery systems starting from just \$8,991 - including a true hybrid inverter, ready for integration with your existing solar system.

WHY BATTERIES? WHY NOW?

We've written it before and we'll write it again - battery storage isn't

just about storing solar power - it's about protecting your home from future price shocks, avoiding demand charges and maximising the value of your solar investment. With a battery, you're no longer feeding energy back into the grid for cents, only to buy it back for 10 times the price. Our customers are already seeing benefits including power bill reduction around 90% on average, back-up protection during blackouts and storm season as well as the peace of mind that comes from knowing you're in control of your own energy.

THE CLOCK IS TICKING

This rebate drops every January and will only last until funding is exhausted. The main issue currently is the supply chain within the industry. We've seen what happened with the original solar rebates - once demand spikes, stock disappears and waitlists grow. That's why we've locked in a large volume of battery stock ahead of time - so our customers don't miss out. While other installers are waiting on shipments, we're already rolling out systems across the Redlands and beyond.

TRUST THE LOCAL EXPERTS

As Redland's award-winning solar and battery experts, we've been helping homes and businesses reduce their energy costs for over 18



years. Our team of licenced electricians delivers systems designed for performance, safety and long-term savings. We don't just sell you a battery - we guide you through the entire process, from designing a tailored solution to applying the rebate and commissioning your system with full monitoring and support.

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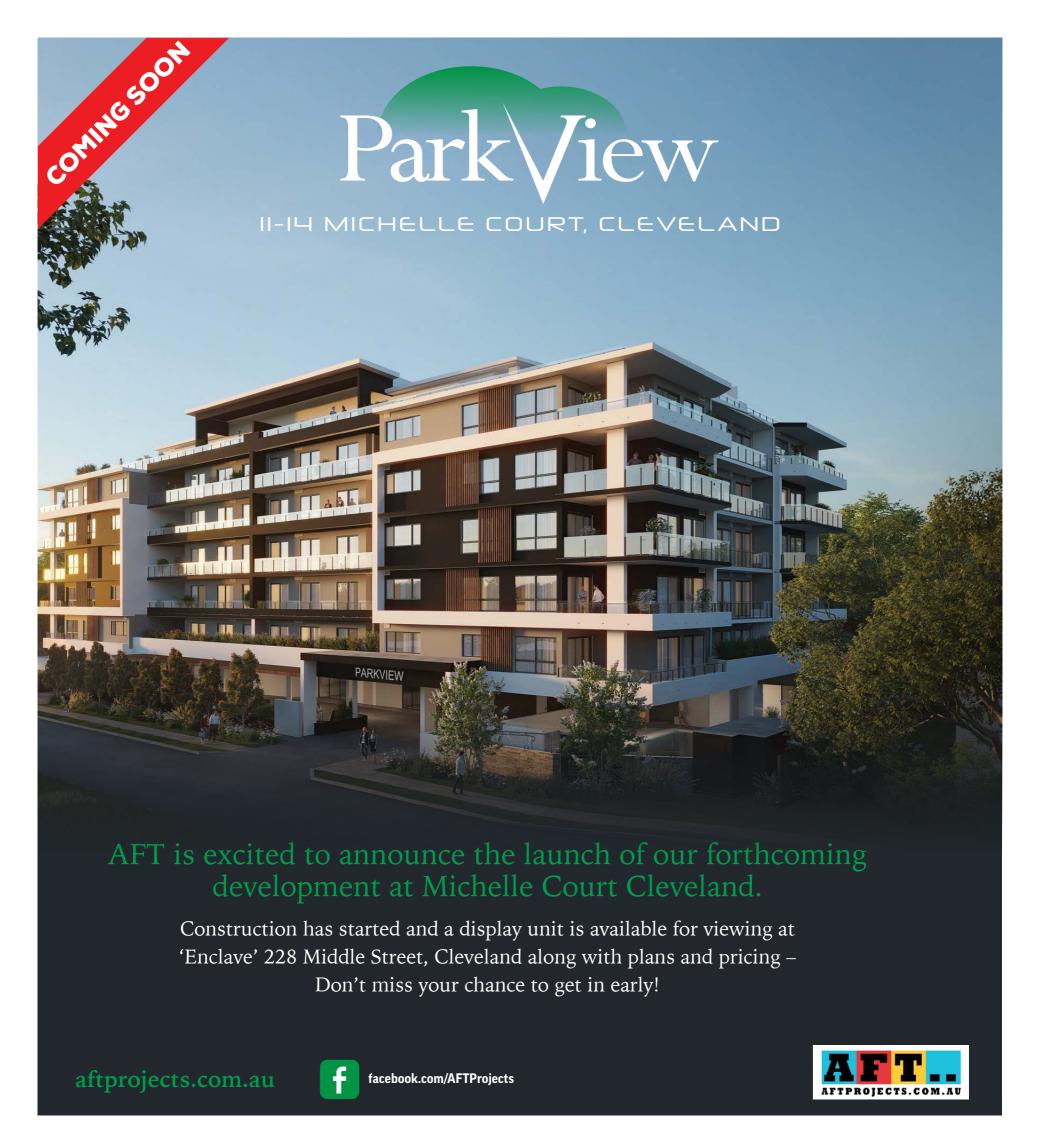
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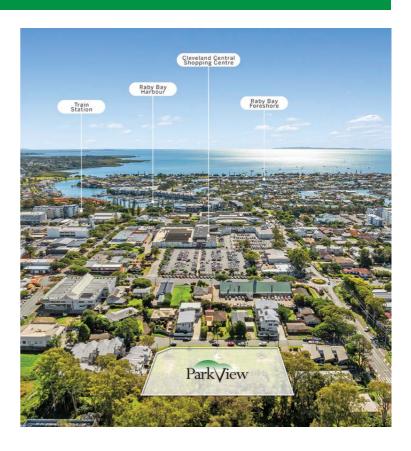
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DELICIOUSLY CREAMY SEAFOOD MACARONI RECIPE

Here's a simple and quick macaroni recipe using fresh fish and herbs. Substitute the snapper or barramundi for salmon or chopped squid, or if seafood isn't your thing, add a handful of sliced spicy fried chorizo for a sizzling winter-warmer meal.

INGREDIENTS (SERVES 4)

- 400g dried macaroni pasta
- 350g barramundi or snapper fillets (skin off, bones removed)
- 2 tablespoons olive oil
- · 2 cloves garlic, minced
- 1 small brown onion, finely diced
- 1 cup of cooking cream
- 1/4 cup grated parmesan cheese
- The zest of 1 lemon
- The juice of 1/2 lemon
- Salt and pepper to taste
- Fresh parsley or dill, chopped to garnish



METHOD

- 1. Bring a large pot of salted water to the boil. Follow the packet directions and cook the macaroni until al dente. Drain and set aside.
- 2. While the pasta is cooking, heat one tablespoon of olive oil in a large frying pan over medium heat and add your barramundi or snapper. Cook the fish for 3 to 4 minutes on each side or until just cooked through. Flake the fish into large chunks and set it aside. Keep the frying pan handy for the next step (don't wash it yet!).
- 3. Now make the sauce. In the frying pan over medium heat, add a tablespoon of olive oil and sauté the onion for about 3 minutes, then add the garlic and cook for 1 minute more (don't let the garlic burn). Pour in the cream and bring the mixture to a gentle simmer. Stir in the parmesan, lemon zest, and juice, then season with salt and pepper.
- 4. Add the cooked macaroni and the fish to the frying pan. Stir gently to combine and warm through (about 2 minutes). Garnish with fresh herbs and extra parmesan if desired.



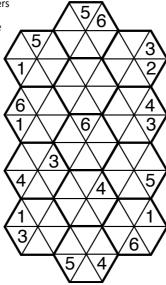
Sudoku

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

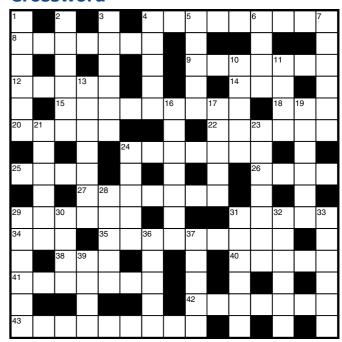
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Quick Workout

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



Crossword

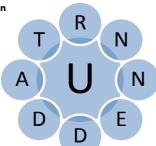


Focus

An All Australian Word Game

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

TODAY'S Good: 12 words
FOCUS Very good: 19 words
Excellent: 32 words



Reference: Macquarie Concise DictionaryFocus No. 3895

ACROSS

- 4 Waterfalls
- 8 Set apart
- 9 Airman
- 12 Dance
- 14 Stain15 Uncompounded
- 18 Monkey
- 20 Flowers
- 22 Staggered24 Fishers
- 25 Benevolent
- 26 Nosegay 27 Letter
- 29 Looking-glass
- 31 Broken remains 34 Numeral
- 35 Making no sense
- 38 Top card
- 40 Nuisances 41 Make bigger
- o conco
- 19 Individual
 21 Beginning

42 Assemble

1 Acrimonious

2 Small horses

5 Characteristic

3 Samples

4 Stop

6 Absent 7 Classified

10 Lazy person

11 Small duck

13 Slim 16 Nullifies

43 Will

DOWN

23 Make one's own

17 Sharp ridge

24 Burning 28 Puzzling question

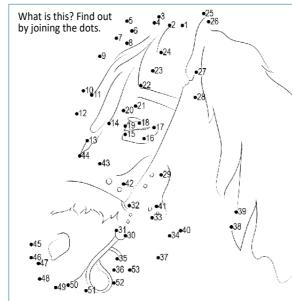
- 29 Unassuming 30 Actual
- 31 Feel self-reproach
- **32** Gives out **33** Method
- 36 Family member
- **37** Build
- 39 Members of a play

Spot the 5 Differences



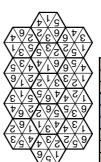


Join the Dots



Solutions

Puzzles and pagination



FOCUS: aunt datu daunt daunted dude duenna duet dune dunnat dunned nature mude mud REDUNDANT rude rued runer runer true trued tuan tuna tundis aunu dunder unneer un read urea

SPOT THE 5 DIFFERENCES: Missing part of whisker, Collar changed, Red yarn moved, Tail longer, Bottom lip reversed.

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The Difference

LIVING WITH JOINT PAIN AND INFLAMMATION

BY CHEREE SHELDON (ADV DIP NATUROPATHY, ADV DIP WESTERN HERBAL MEDICINE & ADV DIP NUTRITIONAL MEDICINE), FLANNERYS ORGANIC WHOLEFOOD MARKET, VICTORIA POINT HOMECO CENTRE

Living with pain impacts your quality of life. It can reduce your quality of sleep, affect your mood and mental health, and influence your food choices. Your perception and response to pain input, your recovery time and your ability to 'carry on' all differ from person to person.



Types of pain include nerve, bone, visceral and somatic. You can also experience multiple types of pain at once.

Three of the most common pains that people seek help for are:

- Back Pain: Topical oils or creams that are warming may help relieve lower back pain. An Epsom salt or magnesium bath can be a good way to soothe a sore back.
- Arthritis: Kunzea balm may feel very soothing on arthritic joints, while adding collagen that includes Fortigel can be a longer-acting solution.

3. Headaches: Aromatherapy – a combination of lavender and peppermint oils may be very helpful to some. Alternatively, try placing an ice pack at the base of your neck. Retreating to a dark, quiet space and focusing on your breath can be helpful.

Inhibiting and suppressing inflammation is key to managing your pain.

Natural medicine has some wonderful remedies to reduce pain and inflammation. Herbs that can help include turmeric, boswellia, SPMS, white willow, ginger, Jamaican dogwood and devil's claw. Nutraceuticals like magnesium, PEA (Palmitoylethanolamide), collagen, vitamin C and antioxidants can be both anti-inflammatory and reduce free radical damage to cells.

Topical treatments, such as arnica, emu oil, PEA, and magnesium, can also help provide relief. Supporting collagen and connective tissue is very important, especially after injury. Vitamin C and copper are two essential ingredients in supporting the body's production of collagen. Fortigel and Tendoforte are two very specific collagen peptides that help support healthy tendons, ligaments and cartilage.

A Naturopath's Top Remedies for Joint Pain and Inflammation:

- Curcumin, one of the active constituents in turmeric, is highly studied for its anti-inflammatory actions. Ayurvedic medicine traditionally combines ginger and black pepper with turmeric to soothe and cool the tissues.
- SPMs or 'Specialised Pro-resolving Mediators' are compounds that are naturally produced by omega-3 fatty acids and help relieve inflammation.
- **3.** PEA or Palmitoylethanolamide occurs naturally in protein-rich foods. Taking it as part of a pain and inflammation reduction plan can really help reduce pain, especially for chronic and nerve pain.
- 4. Boswellia, turmeric, celery seed and ginger have proven antiinflammatory activity. Turmeric is an antioxidant, and ginger is a circulatory stimulant aiding the transport of active constituents to target organs. Celery seed has a strong traditional use for treating arthritic conditions.

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A COMMUNITY EFFORT: MUDDIES RUGBY UNION'S 2025 SEASON UPDATE

CONTRIBUTED BY REDLANDS RUGBY UNION CLUB

The 2025 season has presented one of the most challenging starts in the history of the Redlands Rugby Union Club.

With Judy Holt Park closed for Council-led remediation works until late 2026, the club was left without a home ground at the start of the year. In response, the Muddies' committee acted swiftly to secure temporary facilities and ensure the club's future.

President Mike King said, "We found ourselves in a very difficult position, but thanks to the tireless efforts of our volunteers and productive discussions with Council, a solution was reached. I would like to personally thank Redland City Council CEO Louise Rusan, Cr Tracey Huges (Division 8), and Henry Pike MP for their vital support."

Temporary training facilities have been established at the Muddies Cricket Club fields, including floodlights, storage, amenities, and a food and bar kiosk. Matches are being played at the Redland Bay Cyclones Rugby Union Club, whose cooperation — along with that of the Muddies Cricket Club and Dog Obedience Club — has been instrumental during this transition.

Despite the challenges, the Muddies have recorded one of their strongest ever years for player registrations in 2025, with over 450 registered players.

"Our motto is 'Once a Muddie, always a Muddie' — and this year, it's never been more true," said King. "We're incredibly grateful to our players, families, sponsors, volunteers and supporters."



Photo: Supplied.

To maintain the Muddies rugby community during this period, the club has partnered with Redlands Sporting Club to screen upcoming international rugby matches for its members. "We're excited to create a home away from home for our Muddies community and are thankful to Redlands Sporting Club for stepping in at a time of need for our Muddies rugby community," King added.



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LOCAL FISHING WITH SPERO

JULY FISHING IS SENSATIONAL, BUT WATCH THE WESTERLIES!

BY SPERO KARTANOS

July is one of our better months for fishing in the bay, but the only thing to watch out for is the westerly winds. Now that I've gone back to a smaller boat, I'll be keeping an eye out so I don't get into trouble.

As many of you might remember, there have been a few accidents and drownings in the past, and they nearly always happen in the winter months with small boats capsizing close to the bay islands. So, please – just because it looks flat from the land, remember you have to come back into the wind and waves on the way home. It's better to postpone a trip and be safe than risk your life and that of others.

The school mackerel should be in good numbers close in, with tailor and bonito as well, and lots of small mackerel are about this time of year. I have found over the years that if you find where they are, floating pillies gets you the bigger fish, especially off Ormiston and Wellington Point.

cuttlefish arrows started month and should be in good numbers from



Ormiston to St Helena in 23 to 30-ft depth. Drifting with a jig just off the bottom with a ball sinker above the jig is the best way to catch them, and if you get inked, remember the 30 Seconds cleaner from Bunnings removes the ink in seconds. My other tip is to get yourself a \$10 stainless steel pot with a lid from Kmart to put your cuttlefish in. It doesn't stain and is easy to clean, which means less mess on your boat.

Whiting will be all over the bay from Chain Banks to Amity Banks and Fisherman's Gutter and close in off Wynnum just wide of Darcy Light.

July is also a good month for snapper and squire, and last year, the spoil grounds and Mt. Cotton Reach were producing good fish.

Rug up, keep warm, and good fishing!







Photos: Spero Kartanos.





BE ALERT FOR YOUNG KOALAS ON THE MOVE ACROSS REDLANDS COAST

Redland City Council is urging the community to be on the lookout for young koalas moving across the city as the annual koala dispersal season begins this month.

Mayor Jos Mitchell said koalas were known to travel long distances during this period and would sometimes appear in unexpected places such as car parks and CBD areas.

"We also know they tend to travel across roads, so it's absolutely vital that all motorists keep an eye out for koalas, particularly at night and when travelling through signed koala zones," the Mayor said.

"Council is also calling on all residents to ensure their yards are koala safe by setting up fence and pool escapes, and ensuring dogs and cats are either confined inside a property or restrained at night.

"Attacks from dogs and vehicle strikes are some of the biggest killers of koalas, and given their vulnerability during dispersal season, we all need to play our part in keeping the local population safe."

Young koalas are normally aged just 18 months and weigh as little as three to five kilograms when they venture out on their own, away from the safety of their mothers, in search of new habitat during dispersal season.

The Mayor said the koalas would not limit themselves to travelling through bushland when exploring new terrain.

"The young koalas are known to appear in urbanised areas such as car parks, backyards and even CBD locations during this period," she

"Dispersal season usually occurs between June and July but can sometimes stretch into breeding season, which is between August and December.

"It's important that you do not interfere with koalas during their journeys as this could cause them to become disorientated and put them in danger.

"If you notice a sick or injured koala, please call the Redlands 24-hour Wildlife Rescue Service on 3833 4031 and an officer will assist."

Tips for protecting koalas during dispersal season:

- Slow down on the roads and be alert for koalas, particularly at
- Keep your distance and allow koalas to move freely, unless they are in danger.



- Create a koala safe backyard by providing pool and fence escapes and keeping dogs and cats properly restrained at night.
- Join the Redlands Coast Koala Watch and record your koala sightings to help improve the health and safety of local populations.

For more information about Redlands Coast koalas, including how to spot a sick or injured koala, visit Council's koala webpage by scanning the QR code.



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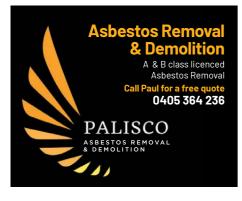
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HOLDEN OUT FOR A CURE: CLASSICS TO REV IT UP FOR CHARITY

Drivers in the Redlands on the morning of Sunday July 13 may notice a sudden upsurge in the number of schmick and shiny FJ and FX Holdens on the road. They'll probably be on their way to the Holden Out for a Cure All Holden Day at Cleveland Showgrounds, where close to 200 of Australia's classic cars will be on display.

Les Ross, President of the FX-FJ Holden Club of Queensland Inc., who has been involved in the club for 35 years, says that the club has a long history of fundraising for the Qld. Cancer Council.



"This event started back in the 1990s then folded for a while due to COVID and other concerns. In 2019 I thought it would be good to revive it as a one-off memorial event for several members who'd died — some from cancer — so the Redland Branch of the Cancer Council of Queensland was the obvious beneficiary," he says. "It's been running ever since, and in one year at least we understand that we were the Cancer Council's biggest fundraiser."

Les says that about 200 cars are expected to enter and is hopeful of a turn up of up to 600 visitors. "As Australia's first car Holdens attract a lot of interest," says Les, who's the proud owner of a 1962 EJ.

"The Holdens on display will range from 1948 to 2017, which was when the last Holden rolled off the production line. Some blokes may use their car as a daily run-about, but in the main they're classic special-interest cars that get a lot of love and care."



Photos: Supplied.

Added attractions to the cars will be food stalls, access to the Redlands Coast Museum, and a memorabilia auction to be held at midday.

"The wife of a late member has donated his collection that includes Holden jigsaw puzzles and framed prints," says Les. "We don't have a professional auctioneer but we've organised a lot of 'spotters' and blokes who'll scream out a bit!"



LOCAL POETRY HISTORY

BY GEOFF SMILEY

Who recalls when buttoned-fly trousers were so difficult to undo. Swimming togs of knitted wool sagged when wet.
And Zinc cream on the nose our only sun protection.

When sawdust thrown into toilets never did hide the smell.
The uses of newspaper.
Clothes-lines staked with wooden props chaotically.

The first awareness of who you were and that feeling about the opposite sex, and your clumsiness in showing it. Your interest in yourself.

I remember
ploughing with Bessie,
a horse/boy enterprise.
The knowledge of how
cows release their milk.
Learnings
from animals and machines.

Monster trains and trams that fascinated.
And at school the Russian Sputnik seen shining in the sky.
Confirming the anxiety of adults around who remembered the recent war.

The knowledge now of history as building blocks of who we are. © Geoff Smiley



BLUE TONGUE ADVENTURE STARS TAKE CENTRE STAGE FOR JAMBOREE

CONTRIBUTED BY FOR CARE GROUP

In the heart of the Redlands, the charming Birkdale School of Arts hall recently came alive for an unforgettable evening of dance, theatre and art, celebrating the talents of young adults with disabilities from Blue Tongue Adventure.

The first-of-its-kind Jamboree was a heart-warming showcase of inclusion, expression, and creativity. Families, friends, carers, and community members filled the venue with explosive cheers and proud smiles as performers took to the stage to share their stories through movement, music, and singing.

The evening provided participants with an opportunity to shine in front of an audience that welcomed and celebrated their individuality. From upbeat song and dance routines to unique theatre works, the performers poured their hearts and souls into each piece.

The Jamboree was the result of months of dedication, not only from the participants but also from Laura Shaw and Jack Twelvetree, both graduates of the Western Australian Academy of Performing Arts (WAAPA). Over the past few months, the dynamic duo has worked closely with Blue Tongue participants from Brisbane and Toowoomba through their theatre program, designed to build confidence through movement and voice. Their support behind the scenes helped transform any nerves on the night into excitement and pride and gave all performers the tools and courage to step into the spotlight.

"We wanted the night to be a loud, proud, no-holds-barred celebration, bursting at the seams with talent, colour, sound and spirit," says Laura.

After the curtain call, the evening continued with an art showcase featuring vibrant visual works created by many of the Blue Tongue Adventure artists in their Art + Soul programs, led by Art Director, Emma Macgregor. From canvas paintings to paper mâché sculptures to hand-moulded ceramics, the exhibit transformed the space into a gallery of colour and unique masterpieces, many of which were quickly snapped up by eager guests.





Photos: Supplied.

FESTIVAL OF SMALL HALLS BRINGS ITS MELODIES TO MACLEAY

The Festival of Small Halls is coming to Macleay Island on July 27, 2025, featuring *Champagne Weather* and *Charm of Finches* as part of the *Winter Tour 2025: Coastal Queensland.*

Produced by Woodfordia Inc., veteran producers of the Woodford Folk Festival, this marks the 45th tour of regional, remote and rural communities with high-quality, visionary music.

The tour weaves along the coastline of Woodfordia Inc.'s home state, from rainforest villages to seaside towns and island escapes.

Touring Australia for the first time as a duo, *Champagne Weather* is a collaboration between Anne Janelle and James Hill. Once dubbed "the future of folk", *Champagne Weather's* music is a meld of today and tomorrow, curating sound sculptures with their strings and voices. Their songwriting pays homage to the roots of folk songs and the transformative nature of inspirational modern composition.

With numerous awards and nominations to their name, the Canadian act has performed at festivals and venues across North America, Japan, and the United Kingdom.

In anticipation of the tour, the pair noted, "We couldn't be more thrilled! We will remember this one forever!

"It has been too many years since we performed in Australia, and we are excited to be reunited with our fans and to make new ones along the way. Australian audiences are a special bunch, and we can't wait to feel the magic again."

Melbourne darlings *Charm of Finches* will head on the road for the second time with Festival of Small Halls. Sisters lvy and Mabel hold the audience with mesmerising harmonies, curious stories and intricate melodies.



Photo: Supplied.

Off the back of their fourth studio album, *Marlinchin* in the Snow, recorded in rural Nova Scotia, Canada, the pair continue to cultivate a repertoire of folk songs that traverse melancholy and wonder in equal measure.

"Music is such a great way to build community, and we're so happy to be a part of that," the pair said.

For tickets and more information, go to festivalofsmallhalls.com.

ANGLICARE'S DEMENTIA RESPITE PROGRAM CARES FOR CARERS IN CLEVELAND

FROM ANGLICARE QUEENSLAND

With an estimated 3,294 people living with dementia in Cleveland (according to Dementia Australia), Anglicare Southern Queensland is encouraging local carers to prioritise their mental and physical health through the Dementia Care Respite Program at Killara Day Respite Centre.

The six-week program provides vital support and relief to families and unpaid carers of people living with dementia, featuring expert-led sessions on topics including Introduction to Dementia, Emotional Wellbeing for Carers, Navigating the System, Supporting a Loved One, Physical Wellbeing for Carers, and Respite Planning.

Bernadette Stanley, Anglicare's Program Coordinator of the Carer Group Peer Support and Respite Program, said she'd seen firsthand how the program is helping carers feel more confident, informed and connected.

"I've received terrific feedback from carers who have come to us mentally and physically exhausted and have left the program feeling hopeful and empowered thanks to the support and resources they've received through the service," Ms Stanley said.

"We know adjusting to the role of being a carer can be extremely overwhelming and many carers report experiencing feelings of turmoil, frustration, guilt, grief and loss, exhaustion, annoyance and anger, which can make it difficult to adequately care for their loved one

"What's great about our program is that participants have access to education from leading experts in dementia care as well as access to other support services and can be part of a community where they can meet others in a similar situation and know they aren't alone.

"Most importantly, the carers get a well-deserved break where they can reset and refill their cup knowing their loved ones are in safe hands with the Killara Day Respite support team."

Those interested in joining the program at Killara Day Respite Centre can scan the QR code to find out more.



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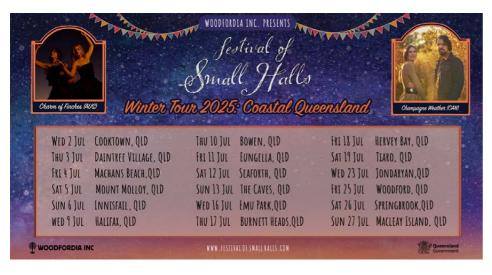
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THE DIRT ON WORMS: MEET THE MAN BEHIND THE MICROBES

If you think that worms are boring, you obviously haven't had a conversation with Brian Donaldson. Brian's interest in worms was sparked by a TV show about composting. He bought a big worm farm, moved to acreage, had children and downsized the worm farm while family demands took precedence. But the spark of interest had ignited a passion, and the worm farm grew to the point where, five years ago, worm farming became a full-time family business. Brian's now an enthusiastic purveyor of composting worms and worm products (for products read castings and leachate) and an all-round educator on the subject of worms.

"There are 3,000 odd species of worm in the world — including the giant Victorian earthworm that is also found in three places in Queensland — they can grow up to three metres long. Composting worms are different from your standard earthworm, and there are only six species used for composting. Five of those species are used in Australia: the Tiger and the Red Tiger — you can only tell them apart by dissection — and Blues, Africans and Euros, the two species we raise for fishermen or for feeding pets like axolotls."

Brian says that the African worms, originally an introduced species, have been in Australia for a long time, but it's not easy for composting

worms to spread themselves around, so there's no danger of them becoming a problem pest.

"Unlike soil-dwelling worms, compost worms don't dig burrows.; they live on top of the soil. They're microbiological powerhouses – feeding plants all comes back to microbes, so if we can add microbes by way of worm products – soil conditioners – that will help the soil to function," he says.

While insects, such as Black Soldier Fly larvae, may hold a solution to food security for humans, worms are the only small creatures used for composting – and they function non-stop.

"They tend to slow down in cold weather," says Brian. "The larger the worm farm, the warmer it will be, so the worms will over-winter better. The life of a worm is one to two years, but we have to be careful not to over-handle them; once a fortnight is safe."

If your interest has been sparked, if you want to try your hand at worm farming or brewing worm casting tea, you can track down coming events — or book a worm talk — through Brian's website, www.thewormman.com.au.



Brian Donaldson. Photo: Supplied.

WYNNUM FRINGE PRESENTS THREE EXTRAORDINARY FAMILY-FRIENDLY SHOWS!

Three of the biggest family-friendly smash hits on the festival circuit are set to dazzle audiences as Showmen Productions brings a trio of award-winning shows to the Augathella Spiegeltent for Wynnum Fringe.

Prepare for mind-blowing magic, jaw-dropping circus, and explosive science as *The Greatest Magic Show, CIRCUS* – *The Show,* and *KABOOM!* take over the bayside in a celebration of wonder, laughter, and pure theatrical joy.

THE GREATEST MAGIC SHOW

Back by magical demand, the multi-award-winning international hit is bursting with whimsical wonders and hilarious mayhem. Stars Sam and Justin bring their high-energy illusions to this fast-paced spectacle packed with tricks, giggles, and gasp-worthy moments – and yes, every child receives a FREE magic wand on entry!

Time: 11:45am Dates: July 2 – 13 (Wed to Sun).

CIRCUS - THE SHOW

Roll up for a modern circus spectacular where imagination knows no bounds! A global sensation that has wowed families from coast to coast, this reimagined circus experience blends acrobatics, illusions, juggling, aerial artistry, and side-splitting comedy into one magical hour. Look out for the lovable clown and his enormous 6-ft balloon!

Time: 1:30pm Dates: July 2 - 13 (Wed to Sun).

KABOOM!

He's the wildest scientist on the circuit, and he's bringing his high-voltage, high-energy STEM show to Wynnum for the first time! *KABOOM!* is a science-meets-spectacle sensation packed with electrifying experiments, riotous comedy and explosive fun for all ages.

Time: 10:00am Dates: July 2 – 13 (Wed to Sun).

Tickets are on sale now at wynnumfringe.com.



FASHION FUNDRAISER FOR HEAD AND NECK CANCER AWARENESS

CONTRIBUTED BY MANDY KELEHER

Head and neck cancer was unknown to me until I was diagnosed. Though it encompasses over 11 different cancer types, awareness remains low. About 10 to 11 years ago, I noticed my gums on the upper left side became puffy and started bleeding. Multiple dentists dismissed it as Periodontitis, but treatments had no effect. Over three years, the gum issue worsened, and a significant gap developed between the two teeth.

In 2019, just before my wedding, a dentist flagged the enlarging gap and urged me to seek urgent specialist attention. Due to timing, I postponed the appointment, but after returning from our honeymoon, I saw a dentist at the Indigenous Health Centre, Yulu Burri Ba. They took initial X-rays, prompting a referral for more detailed scans and biopsies. A private specialist performed a biopsy, initially suggesting a benign lesion. However, during a follow-up, I was devastated to hear it was cancer.

The diagnosis was squamous cell carcinoma (SCC). I was referred to the Maxillofacial team. The urgency was clear: surgery was scheduled for March 18. The operation lasted 11.5 hours, removing nine teeth, part of my upper jaw, a neck dissection, and a fibula graft for reconstructing my jaw. The tumour was larger than initially thought, and I received four units of blood during surgery.

Post-surgery, I faced multiple subsequent procedures, including additional surgeries for complications from implants and radiation therapy. Despite challenges, survival was the goal - and I was fortunate to be saved.

KEY FACTS:

- No screening tests exist for head and neck cancer.
- Early detection saves lives and enables less invasive treatment.
- Over 5,300 Australians are diagnosed annually; 70% are men.
- Causes include tobacco, alcohol, and HPV.
- Symptoms to watch for (lasting over two to three weeks): mouth ulcers, lumps, ear pain, hoarse voice.

If you notice symptoms, seek urgent medical advice. Awareness and early detection are critical.

I am passionate about raising awareness for HANCA (Head and Neck Cancer Australia) and generating much-needed funds to support their ongoing efforts in helping patients and their families, as well as conducting research. Currently, no pre-screening can be done, and guite often, by the time Head and Neck Cancer is found, the results can be quite life-changing.

In November, I will be embarking on a four-day trek through the Three Capes in Tasmania to raise money and awareness. One of the first fundraisers I am hosting is a Fashion Parade on July 27 for World Head and Neck Cancer Day at the Royal Queensland Yacht Squadron. Why is my fashion parade different from others, you ask? My models are family members of head and neck cancer patients, along with one lady who is a survivor like me.















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Demystifying the Downsizer

FROM LAURENCE SMITH, FINANCIAL ADVISER, UEM WEALTH

For most Australian's their superannuation is the largest asset that they will own in their lifetimes, second only to the family home. Home ownership (and repayment of the debt owed on that home – more on this in our upcoming article) remains one of the most common goals held by our clients. Benefits of home ownership start at security of residence and trading off rental risk for interest rate risk, flowing through to emotional attachment and a place to grow your family, right through to building of wealth as the asset appreciates in value.

I also often field questions of the role a family home plays in retirement planning, as often once the kids have left home the property can become a collection of rooms that are empty more than they are occupied. This is where the option of downsizing starts to be considered. For example, selling a 4 bedroom family home worth \$1.5 million, and using the proceeds to move to a \$1 million unit or townhouse, with fewer bedrooms, better security, or more comfortable living.

There is a special kind of superannuation contribution that you may benefit from in this instance, provided that all relevant criteria are met. This is called the "Downsizer Contribution".

The eligibility criteria are publicly available on the ATO web site¹:

- 1. You are aged 55 years or older.
- Your home was owned by you, or your spouse, for 10 years or more prior to sale.
- 3. Your home is in Australia, and is not a caravan, houseboat, or other mobile home.
- **4.** The proceeds are either exempt or partially exempt from capital gains tax (CGT) under the main residence exemption.
- **5.** You make your contribution within 90 days of receiving the proceeds of sale.
- **6.** You have not previously made a downsizer contribution to your super from the sale of another home.
- **7.** You provide the appropriate form to your superannuation fund either before or at the time of making your contribution.

The benefits of this kind of contribution are that it will not count towards your regular contribution caps, and has no maximimum age limit under the eligibility tests. It is one of the only ways to replenish a superannuation balance when the account holder is older than age 75 (after which personal contributions to superannuation are no longer possible).

Using this rule in combination with other contribution caps can facilitate a larger than ordinary contribution to superannuation also.

Consider if a couple decided to exercise this rule, but did so between the ages of 55 and 75. It would be possible for each individual to contribute up to \$660,000 to their superannuation funds, meaning a whopping \$1,320,000 of contribution made in a single year². You may also be able to use this as an opportunity to restructure the tax components of a superannuation fund to make it more tax efficient as an estate planning vehicle.

The best time to engage a financial planner to explore whether this strategy woud be useful is before a home is listed for sale. This way, you can ensure that you understand their eligibility criteria and the full scope of advantages that this strategy can make to your future retirement

- 1 https://www.ato.gov.au/individuals-and-families/super-for-individuals-and-families/super/ growing-and-keeping-track-of-your-super/how-to-save-more-in-your-super/downsizersuper-contributions
- 2 This strategy would utilise a downsizer contribution and full bring forward rule regarding their personal non-concessional contributions. Further criteria would need to be met to execute this, including review of the individual's total superannuation balance cap and historical contributions.

DISCLAIMER General Advice Warning — this is untailored, general advice. It does not take into account your personal circumstances. You need to decide whether it meets your needs. Laurence Smith is an Authorised Representative and UEM Wealth Pty Ltd is a Corporate Authorised Representative of Lifespan Financial Planning Pty Ltd (AFSL 229892). Laurence Smith may offer services through UEM Wealth and UEM Group. Accounting services are provided by UEM Group. Financial Services (financial product advice and dealing) are provided by UEM Wealth. To the extent permitted by law, although the same adviser may offer you services under the above business, each business is solely and separately responsible for the advice they each provide.



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.



way to sell your property!

Through a passion to actively deliver ethical and effective solutions for property sellers and buyers, Tidbold Real Estate operates a different business model to the standard real estate industry. We employ the *Smartre Sale* that delivers selling and buying strategies designed to protect sellers and buyers from any financial or emotional stress. The *Smartre Sale* also guarantees sellers do not under-sell their property. There are dozens of *Smartre Agencies* using the *Smartre Sale* across the nation. It is recognised by consumers as the genuine alternative to the typical agent systems. Join the hundreds of smart home sellers in Redlands who have already chosen the *Smartre Sale* as the better way to sell and buy. Call us today.



Dave Tidbold
Director of Tidbold
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