

READY, SET, REDLANDS! FIND YOUR TRIBE AND VIBE AT A LOCAL CLUB

One of the best things about living in the Redlands is how easy it is to get involved. Whether you're into sport, art, nature, music, or just looking for a friendly group to connect with, there's always something happening and a friendly face ready to welcome you.

Clubs and community groups are the heart of our region. They're where strangers become friends and skills are shared. And you don't need to be an expert or even know where to start. Just show up, and you'll usually find people happy to help you give it a go.

On page three, we're featuring *Chicks in the Sticks*, a women's mountain bike race run by Rats Cycling Club that's more about having fun than winning medals. With costumes, quirky race names, and options for all experience levels, it's a great example of how Redlands groups make participation easy and enjoyable.

Our amazing community is powered by people just like you, so if you haven't found your tribe or your vibe yet, why not try a new activity this month, join a special interest group, volunteer, or start your own club? You're sure to find community is just around the corner.

Pictured: Michelle, Annie and Mary are gearing up for a fun day of mountain biking at the upcoming Chicks in the Sticks event.



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Redlands Coast Properties

SATURDAY OCT 11 2025 6:30PM ALEXANDRA HILLS HOTEL

CULTURE & COASTAL COMMUNITY SPIRIT: BAY ISLANDS MULTI CULTURAL FESTIVAL

Much of the richness and flavour of the Redlands and the Bayside is due to the wide variety of cultures that they embrace. The inaugural Bay Islands Multi Cultural Festival, staged on Russell Island, will showcase and celebrate this diversity of cultures with performances, music, dance and food.

Two performance zones have been designated; the Main Stage will feature the Bay Island Singers, the Orana Polynesian Dancers (traditional storytelling through dance) and music on homemade instruments by the Obisun, the One-Man Band. For a change of pace, visitors can enjoy the Ukulele Ensemble and Larrikins Puppetry on the Demonstration Stage, where afternoon demonstrations will be given in crafts and classes.

Food is part of the celebration, and the festival's culinary offerings include gourmet fusion bites, Mexican street food, German sausages, South African curries in the Hub and a multicultural community stall – participants welcome!

The festival is presented by the Bay Islands Multi Sport and Recreation Association (BIMSARA), a grassroots non-profit dedicated to fostering community connection across the islands.

BIMSARA President Ros Stiles says that the festival supports

everyone – youth, families and seniors – and cultural representation. Mainlanders are more than welcome to participate as visitors or stallholders.

"Locals and mainlanders alike are invited to set up stalls or demonstration tables representing their class, club, group, or cultural community. There are no stall fees for non-profits, and business sponsorship tables are available by request," she says. "Whether you're joining as a visitor, a performer, or a proud cultural ambassador, this festival promises a warm Bay Islands welcome — celebrating unity, diversity, and the creative heart of a coastal community."

Ros says that the Islands themselves have developed their own style of life.

"We have a different culture from the mainland," she says, "As small as our population is — somewhere between four and eight thousand — as well as the usual mix of Australian-born people, we have people from New Zealand, Thailand, the Philippines, Scotland, middle Europe and England. We tend to be more laid-back and slower — and we still wear thongs when we go out."

The evening will transform into music by moonlight with The Gift (acoustic First Nations storytelling by Getano and Toni Bann) and



Photo: Supplied.

Aussie rock with Wasabi Monkey.

Entry is by gold coin donation. Picnic blankets and dancing are encouraged, and island residents are warmly encouraged to wear ancestral clothing, share traditional children's games, and donate multicultural treats to BIMSARA BITES — a community food stall celebrating heritage through homemade biscuits and cakes. As Ros says, "Celebrate culture by day, and music by moonlight!"

The festival will take place on Saturday, August 30, from 10:00am to 10:00pm. For enquiries or to get involved, email president@bimsara. org.au or call 0403 815 863.



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PLAYING CHICKEN ON MOUNTAIN BIKES FOR FUN AT SCRIBBLY GUMS!

Female mountain bike riders, no matter what their level of expertise and experience, will find a race to suit them at Chicks in the Sticks at the Scribbly Gums Redlands Track Park on August 17.

"Chicks in the Sticks focuses on participation rather than podium places," says RATS Cycling Club treasurer Michelle Sando. "It started in 2015 to give women somewhere to develop their mountain bike riding skills before getting into the more stressful mixed male-female competition riding.

"The August event is an endurance lap race with a set course that riders will go over for three hours. For riders who find that length of time daunting, there's the option of riding it 'relay' as a team of two. There are a lot of different categories; a shorter level trail for beginners and a mini-course for the Little Chicks, hence the funny names like Hard-Boiled Double Yolkers, Battery Hens (ebikes), and Clipped Wings (single speed)."

To enhance the fun element of the race, costumes are encouraged and races are likely to feature more tutus than a corps de ballet, octopus costumes, and – of course – chickens.

To ensure safety, there are roving marshals, and marshals posted along the fully-marked trails as well as professional first aid and medical support on site.

"For those who aren't sure of their skill level, we have pre-event reconnaissance runs with coaches who will monitor and advise on the appropriate category. The club also runs affordable women's mountain bike classes and weekly social runs," says Michelle.

To be part of the ride and the fun, contact RATS Cycling Club by visiting www.ratscc.com.au/chicks-in-the-sticks/



Michelle, Annie and Mary at Scribby Gums, Alexandra Hills



Mon 11th Aug - Redlands Show Day











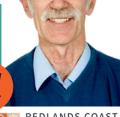






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FROM NATURE CONCRETE CO

Grassrings can transform your muddy driveway into a strong, durable surface. It's a smart and eco-friendly alternative to concrete.

After months of heavy rain, have you noticed your driveway turning into a muddy mess? You're not alone. Many of our clients faced the same problem – their caravans, boats, and cars kept sinking into their soft, rain-soaked driveways. We've had clients asking us to look at other options to assist with these muddy areas needing reinforcement. Instead of pouring a concrete area, they chose a smarter and greener alternative: Grassrings. It's a smart, eco-friendly alternative to concrete.

Featured in the photo on this page is a previously boggy driveway that we dug out and installed Grassrings, then filled them with topsoil and seeded them with grass. Now, this client's driveway is strong, stable, and looks fantastic.

Why choose Grassrings instead of concrete?

- · Stops rutting and sinking.
- Grassrings reinforce the ground, distributing weight evenly to prevent tyres or caravan jacks from creating deep ruts.
- · Improves drainage naturally.
- Grassrings allow rain to soak into the soil, keeping your yard healthier and reducing erosion.

- · Protects your lawn and allows grass to grow.
- The honeycomb structure shields the grass roots while allowing them to grow through, so you keep that lush green look with heavy-duty strength underneath.

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Grassrings can be installed in a single day and easily shaped around existing trees, sprinklers, or landscaping features – no jackhammers or curing time required. It's built to last, and more affordable than concrete, offering durability for parking or driveways at a fraction of the price of concrete. It's ideal for driveways that only need reinforcement in wet months.

Perfect timing for our rainy seasons

With all the wet weather we've had – and forecasts showing another 12 months of higher-than-average rainfall – now is the ideal time to future-proof your lawn and driveway. Grassrings keep your driveway trafficable year-round, no matter how soaked the ground gets.

If your lawn or driveway turns boggy every time it rains, message us today to find out how Grassrings can transform your property quickly,

affordably, and sustainably.







Are you ready to give your driveway a fresh new look? Contact us today at 0400 646 975 or 0492 958 441 for a free consultation and quote.



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EXPERIENCE & EXPERTISE:

We're all about thinking outside the box to find better ways to help our clients, and our grass rings are a perfect example – they're a cost-effective, environmentally friendly, and visually appealing alternative to concrete that not only looks great, but also functions better by adding strength and durability that grass alone just doesn't have.

Transform your driveway with confidence!

0400 646 975

QBCC LICENCE NO: 15352323 ABN: 12 660 417 514



SUPPORT DAFFODIL DAY IN THE REDLANDS AT YOUR LOCAL SHOPS

CONTRIBUTED BY JILL WATSON, REDLANDS VOLUNTEER BRANCH, CANCER COUNCIL QUEENSLAND

Last year, the Redlands Volunteer Branch of Cancer Council Queensland raised over \$8,700 through two vibrant Daffodil Day stalls at Victoria Point Shopping Centre and Capalaba Park Shopping Centre. Thanks to the incredible generosity of the local community, funds raised supported vital cancer services including patient transport, wig and turban support, accommodation assistance, and life-saving research.

Following last year's success, the branch is thrilled to announce that the 2025 Daffodil Day campaign is expanding to include two additional locations: Birkdale Fair and Alexandra Hills Shopping Centre, giving the branch more opportunities to connect with the community, raise vital funds, and spread awareness, on Thursday August 21 and Friday August 22.

In a fun show of unity, staff in shops inside all four participating centres are encouraged to dress in yellow to show their support for Daffodil Day and help brighten the shopping centres with hope and colour.

With more locations, more volunteers, and growing community involvement, the Redlands Volunteer Branch is aiming to make this year's Daffodil Day campaign the biggest and most impactful yet – all to ensure no Queenslander faces cancer alone.



Shoppers can support the Cancer Council by purchasing Daffodil Day merchandise. Photo: Supplied.

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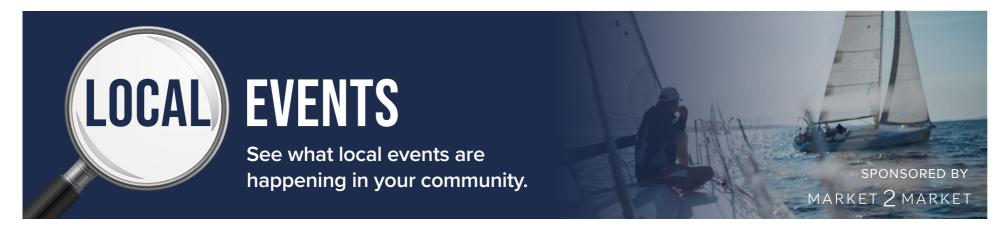
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If you're looking for something to do locally, check out The Community Leader's What's On page here and online.



FREE SATURDAY FAMILY MOVIE

Saturday August 9, 10:30am to 12:00pm, Victoria Point Library, Victoria Point

Families are invited to enjoy a free screening of *Zoom* at Victoria Point Library. This family-friendly film stars Tim Allen as Jack, formerly Captain Zoom, a retired and out-of-shape superhero who's reluctantly pulled back into action. Tasked with training a ragtag group of kids to become the next generation of superheroes, Jack must help them save the world from destruction. This is a fun and action-packed movie event that requires no bookings!



TWILIGHT MAKERS MARKET

Saturday August 23, 4:00pm to 8:00pm, Raby Bay Harbour Park, Shore Street West, Cleveland

Enjoy a relaxing evening by the harbour at the Twilight Makers Market at Raby Bay Harbour Park, Cleveland. With over 60 stalls selling a selection of handmade goodies, food trucks serving up a diverse variety of delicious cuisines, live music, and nearby restaurants to tempt you, it's the perfect night out. Dine, shop, and bring a picnic blanket, your friends, and your well-behaved, leashed dog to soak up the atmosphere by the bay.



DROP-IN ACTIVITY: CREATE AN ARTY POSTCARD

Until Tuesday August 26, Redland Art Gallery, Cleveland

Get creative and share your artistic flair with postcard-making inspired by Headland's Chalet. This free, all-ages activity is a creative opportunity to make your own keepsake or dedicate a thoughtful message to a friend via a postcard. Postcards can be created during Redland Art Gallery opening hours: Monday to Friday, 9:00am to 4:00pm, and Sunday, 9:00am to 2:00pm. Please note, children must be supervised by a parent or carer at all times.



1969 — A YEAR IN MUSIC

Saturday August 9, 7:30pm, RPAC Concert Hall, Middle Street, Cleveland

Step back in time with *The Honey Sliders* as they transport audiences to the unforgettable year of 1969. This nine-piece band delivers a live soundtrack to a dynamic screen show, capturing the spirit of an era shaped by Woodstock, the moon landing, Abbey Road, and a cultural revolution. Experience the highs, lows and raw energy of a year that changed the world – all brought to life on stage at RPAC.

For bookings, call (07) 3829 8131 or go to rpac.com.au.



QCC CORVETTES ON THE BAY 2025

Sunday August 24, 9:00am to 1:00pm, George Clayton Park, Upper Esplanade, Manly

Get ready for horsepower, history and high-octane style at the Queensland Corvette Club's annual Concourse event — a celebration of America's iconic sports car. Corvette lovers and curious car-spotters alike are invited to admire a gleaming showcase of classic and contemporary 'Vettes. Owners will proudly display their prized rides, with trophies awarded to the best of the best. Enjoy food, coffee, trade stalls and club merchandise, and chat with passionate Corvette enthusiasts. It's free for the public and fun for the whole family — don't miss this revved-up day by the bay!



SWITCH ON TO SCIENCE

Monday August 11, 10:00am to 2:00pm, Redlands Coast Museum, 60 Smith Street, Cleveland

Step into a world of wonder at Switch on to Science 2025 – Redlands Coast Museum's hands-on celebration of science and vintage technology! Held on the Redlands Ekka Monday holiday, this popular National Science Week event invites curious minds of all ages to explore, experiment and experience the science behind working vintage machines. Passionate museum volunteers will bring old-school tech to life and share the fascinating engineering behind it. Don't miss this fun, interactive session where curiosity comes to life!

COMMUNITY CLUB PROFILE: THE OLDER WOMEN'S NETWORK, CAPALABA

FROM OWN CAPALABA

If you're looking to add something meaningful and uplifting to your life, the Older Women's Network Capalaba (OWN) could be just the place to start.

OWN Capalaba is a welcoming and vibrant group where women come together to share conversation, laughter, and genuine connection. The members have a wide range of interests, and every gathering offers a chance to learn something new or simply enjoy good company.

Recent meetings have featured engaging guest speakers like Emily Gould, who spoke about the Seniors Enquiry Line — a valuable service funded by the Queensland Government and operated by Uniting Care. It provides referrals and support across a variety of topics, including upcoming seniors' events, scam prevention, Medicare mental health services, Carers Gateway, elder abuse support, My Aged Care, and more. You can reach them on 1300 135 500 or via email at sel@uccommunity.org.au.

OWN Capalaba is open to all women who celebrate ageing as a positive stage of life, with a focus on enhancing wellbeing through information and social activities. The group meets on the first Wednesday of each month from 9:00am to 11:30am at the Capalaba Uniting Church, located on the corner of Ney Road and Zandra Street.

Additional social catch-ups happen on the third Wednesday or Friday, with members enjoying morning tea or lunch at various cafés around the Redlands Coast. If you're curious to learn more or thinking of joining, reach out to Sue at 0430 535 326 or email Own.Capalaba@hotmail.com.



Photo: Supplied.



Your community

\$503 million Budget invests in essential infrastructure and services for the community

Budget 2025–2026

Redland City Council's \$503 million Budget for the 2025-2026 financial year makes a significant investment in essential infrastructure and services for the community.

The Budget addresses current and future needs in a challenging economic environment.

Council's priority in preparing this year's Budget has been on managing the impacts of financial challenges, such as increases in depreciation costs, decreases in interest rates, and increased maintenance and construction costs.

Every budget allocation, from investments in infrastructure and parks to social and cultural programs, has been carefully considered.

There were also discussions about efficiencies that could be implemented within the organisation and how to absorb external cost pressures rather than passing them on to ratepayers.

About \$23 million in cost savings have been built into this year's Budget through the identification of efficiencies in employee expenses, goods and services, and procurement.

Council was committed to keeping rate increases as low as possible.

However, rates must increase annually for Council to ensure it is meeting its responsibilities as a local government by maintaining its normal service levels and continuing to build the infrastructure the community needs.

Redland City's rates base is largely residential, unlike neighbouring councils that have a large commercial and industrial sector and extensive highdensity housing and high-rise buildings to add to their rates base.

Council respects that rates contributions from residential property owners are vital to the running of the city, maintaining public assets such as car parks, boat ramps, street lighting and playgrounds, as well as funding services such as libraries, galleries, a performing arts centre and environment centre.

Council has adopted an increase to the minimum general rate of about \$2.13 a week on average for category 1a.

The Budget includes pensioner rebates of almost \$3.5 million, with pensioner rebates of \$335 per year for a full pensioner and \$167.50 for a partpensioner.

Every \$100 of your rates enables Council to deliver a range of services



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Providing customer service, governance and administration.



Maintaining our 1254km road network, bridges, stormwater systems and other public infrastructure.



Operating community facilities such as libraries and galleries, Redland Performing Arts Centre and halls.



Managing and maintaining open spaces including pathways, parks and conservation areas, sports fields, and marine and foreshore protection.



Developing and implementing environmental programs and compliance activities, including koala conservation and animal management.



Collecting and managing around 120,000 tonnes of household and commercial waste and recycling.



Providing development assessment and planning.



mredland.qld.gov.au 3829 8999

Postal Address: Redland City Council, PO Box 21, Cleveland QLD 4163







Annual Capital Works Program

Each year, Council allocates funds as part of its Operational Plan to invest in our infrastructure, streets, parks and public spaces across the city. This is known as the Annual Capital Works Program.

In 2025–2026, Council plans to deliver more than \$151 million of projects.

Planning and development of the Annual Capital Works Program takes into consideration our long-term strategic asset and service management plans, community objectives and required levels of service.

Council's aim is to provide the right projects, at the right time, in the right places, and in a way that represents best value for money and sustainable use of resources.

Council's 'plan, design and construct' approach sees delivery of significant strategic projects,

some of which span several years, taking place at the same time as planning and design work for upcoming projects.

This approach ensures Council has a suite of shovel-ready projects for budget consideration, and that Council is well placed to take advantage of State and Federal funding opportunities.

The works program includes new assets as well as renewal and improvement of existing assets.



Community and cultural development \$1,714,600



Infrastructure \$27,769,343



Marine and foreshore \$5,355,092



Open space, parks and conservation \$17,538,052



Other capital investment \$7,707,525



Transport, roads and traffic \$43,324,000



Waste/Wastewater/Water \$48,269,155

Creating sustainable city budgets

With a responsibility to provide the services people love such as libraries and parks, and the services they need – such as drinking water, waste management and disaster management – developing the annual budget for our City is a complex task.

The aim is to strike a balance that best serves the broader interests of the community with the resources available, in a challenging economic environment. Once the budget is adopted, it's not 'set and forget'. Council's commitment to delivering value for money includes two budget review processes each financial year, along with monthly monitoring.



Go paperless and save

Council issues around 187,000 printed rates notices each year. To reduce the impact to the community budget, Council will be applying a \$1.70 fee for printed rates notices issued through the mail, beginning in October.

Move to paperless billing by 22 September 2025 to avoid this fee.

Online: redland.qld.gov.au/myServices

Phone: 3829 8999

• In person: Visit a Council Customer Service Centre

Maggie's Mates

SPONSORED BY MARKET 2 MARKET





Photo: Supplied.

What's your name? Hi, my name is Lalawah, and I'm a female Neo Mastiff.

Where do you live? I am from Redland Bay.

How long have you lived at Redland Bay? For about two-and-a-half months.

What is your favourite local walk? I love to walk in parks and by the sea.

What is your most treasured toy? It's definitely my stuffed yellow duck

What is your favourite food? Mum's homemade pasta, vegie and meat mix.

What is your worst habit? Drooling. I just can't help it!

What's your favourite local hangout? My front yard at home in the sun.

Who is your best doggo friend? I don't have one. I did have one, but she died two weeks after moving here.

Do you have any funny or embarrassing stories you'd like to share? My tail gets very excited when we have visitors and I tend to whip people's legs.

What do people love most about you? People love my wrinkly facial expressions.

Lalawah's favourite charity is the Animal Welfare League QLD, and we've made a \$50 donation on her 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.



Miss Maggie of Manly





LIFT THE LIP — THE IMPORTANCE OF STAYING ON TOP OF YOUR BEST FRIEND'S DENTAL HEALTH

BY DR CHRISTINE KIDD, MANLY ROAD 24-HOUR VETERINARY HOSPITAL

With Pet Dental Health Month in August shining a light on the dental health of your pet's teeth, now is the time to remember that caring for your best mate's oral hygiene is essential for their overall health, comfort, and longevity.

Dental health is a vital part of your pet's overall wellbeing. Just like humans, our furry companions can suffer from dental disease,

and unfortunately, it's one of the most common health issues affecting cats and dogs. Early signs of periodontal disease include bad breath, trouble eating, drooling, and red or bleeding gums. If untreated, it will cause tooth loss, infection, and harm to organs such as the heart, liver, and kidneys.



Regular dental checks with your veterinarian can help catch these problems early, and preventative care is key. Routine dental scale and polish appointments help remove plaque and tartar build-up before it becomes a serious issue. Your veterinarian can also guide you on how to maintain good dental hygiene at home, including brushing techniques, dental chews, and special diets.

Dental health is more than just clean teeth - it's about keeping your precious ones comfortable, healthy, and happy for years to come. Whether it's a puppy's first check-up, a senior pet needing ongoing care, or a sudden dental emergency, our team is here 24/7 to support your pet's dental health at every life stage.

You can help protect those pearly whites, because a healthy mouth means a healthier, happier pet.



Consults Mon - Fri 8am -8pm Saturday 8am -4pm OPEN 24HRS A DAY info@manlryoadvet.com.au Local Veterinary Clinic 24hr Emergency Hospital Consults Mon - Fri 8am -8pm Saturday 8am -4pm OPEN 24HRS A DAY info@manlryoadvet.com.au All Manly Road Manly West 3396 9733 More about us



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MIX OF MEDIUMS CREATES A FASCINATING NEW CREATIVE EXHIBIT

CONTRIBUTED BY CHRISTINE EARTHROWL, OLD SCHOOLHOUSE GALLERY

Textures in Nature is the August exhibition at the Old SchoolHouse Gallery. Members Kathy Delaney and Kate Stimson are joined by their guest Stephen Schumacher – all interpreting textures in nature through their own creative mediums.

Kathy Delaney, through her medium of oils, paints the textures of the sea, rocks and foliage revealing both the soft edges and harsh surfaces that we see in the environment around us. Her 3D cards and hand-painted coaster sets also reflect these textures. Kathy uses both brush and palette knife painting to interpret her impressions of what she discovers in nature.

Kate Stimson says she has always been a creative soul. "My artistic practice is a celebration of life — a love letter to the magical wonders around us and to the creative spirit that resides within us all," she says. "I enjoy playing with the subtleties of colours that complement one another then adding layers of finer details with patterns and textures, creating a sensory experience. Through my work, I hope to inspire others to explore their own journeys, to find solace in the beauty of the world, and to embrace that transformative power of creativity."

Stephen Schumacher was a primary school teacher for 40-odd years with an interest in sport. However while he was growing up whenever he saw someone demonstrating woodturning, he was completely mesmerized by the process. "I began my turning journey 19 years ago at the Bayside Woodturners and Woodcrafters Club at Manly. Here I was taught by another ex-school teacher but also a wonderful turner who instilled in me the maxim 'We are making a thing of Beauty'. From there I have become heavily involved in the world of woodcraft, especially woodturning. It is my therapy, my hobby, and a great joy in my life."



Artists Kathy Delaney and Kate Stimson. Photo: Supplied.

Old SchoolHouse Gallery would also like to thank Redland City Council for our new flags — made possible through the Small Grants Program. They look amazing!

Textures in Nature is on display throughout August at the gallery, located at Shore Street North, Cleveland, which is open Thursdays to Sundays and on public holidays.

2025 THUNDERSTRUCK CONCERT RETURNS TO THE DONALD SIMPSON CENTRE!

FROM THE DSC

Mark your calendars and get ready for one of the showpiece events of the year at the Donald Simpson Centre – the 2025 Thunderstruck Variety Concert is set to dazzle audiences once again with unforgettable music, vibrant performances, and a whole lot of fun!

Set across two weekends in August, this annual variety concert promises a thoroughly entertaining theatre experience featuring a spectacular lineup of chart-topping classics by legends such as Peter Allen, Russell Morris, Sherbet, The Beatles, Billy Joel, Rod Stewart, and many more. It's a nostalgic musical journey that will have you singing along and tapping your feet from start to finish.

Brought to life by the energetic and talented DSC Theatre Group, this year's show is produced and directed by the renowned Janette Sheehan, who also crafts the stunning costumes featured on stage. The passion, colour, and flair of this production make it a must-see for families, friends, and the entire community.

Don't miss this uplifting and joyful performance – a celebration of music, creativity, and community spirit. A warm welcome awaits everyone – come and see the Real Thing... come and see!

SHOW DETAILS:

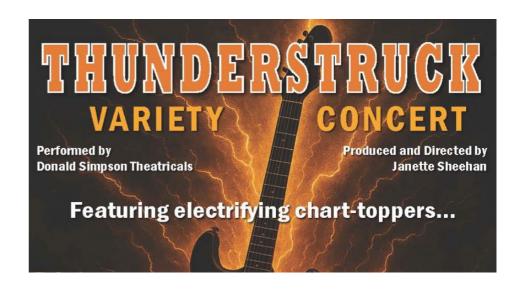
Dates: Saturdays and Sundays – August 23 & 24 and August 30 & 31, 2025

Time: All shows start at 2:00pm

Venue: Donald Simpson Centre, 172 Bloomfield Street, Cleveland

Tickets: \$25.00 (numbered seating). Book early to avoid disappointment –

tickets sell fast! Call (07) 3821 1089 to reserve your seats.



Your support of the Donald Simpson Centre is always appreciated. The centre continues to enrich the Redlands community by offering a wide range of social activities, events, and opportunities that foster friendship and connection.

WHAT HAPPENS TO OUR RECYCLING?

FROM REDLAND CITY COUNCIL

Have you ever wondered what happens to your recycling after the truck empties your yellow-lid recycling bin?

Redland City Council operates a dedicated fleet of up to six recycling trucks that travel more than 1.3 million kms every year to make more than 1.6 million recycling bin collections across the mainland and our six island communities.

A total of 9333 tonnes of kerbside recyclables was collected in 2024-2025. That's a lot of recyclables being kept out of landfill and instead ending up in the circular economy.

The recyclables collected on Redlands Coast is transported to VISY Recycling's Material Recovery Facility (MRF) in Murarrie.

This is where the materials you placed in your recycling bin are sorted, cleaned and processed for re-manufacturing back into the packaging we all buy.

Material such as hard plastic, paper, cardboard, glass, aluminium and steel is transformed into new packaging for food and other products.

It's quite possible your discarded tuna can will be turned back into a tuna can, or your cardboard box will be re-manufactured into a new cardboard box.

It is a great process, but it could be even better.

Unfortunately, each year about 17 per cent of waste put in kerbside red-lid waste bins on Redlands Coast could have been recycled.

This equates to more than 7300 tonnes of missed recycling opportunity that instead ends up in landfill.

Three top tips on how to make the most of your recycling:

- 1. Set up a separate container in your kitchen or garage to collect as much recycling as you can
- Download the RecycleMate app or check out Council's A-Z of waste and recycling so you know what to recycle and how
- Consider a larger recycling bin if you need more space it's just a \$30 one-off set up fee and no additional costs

Thanks Redlands Coast for helping to get our waste sorted.



Photo: Supplied.



LOCAL GARDENING WITH KAT

NATIVE VIOLETS ARE HAPPY AT HOME IN POTS OR AS GROUNDCOVER

BY KAT PEARSON, GIRL IN THE GREEN

Recently, I bought some native violets to plant in a client's garden. As I normally do, I popped them down in the carport for a couple of days until I needed them. Two days later, I came back to neatly trimmed plants, no flowers, minimal leaves, and a sea of fine green stalks. CHICKENS! Whoops! I bought new plants for the client, but have been enjoying the dainty little flowers of the old pots while they recover.

Native violets are often sold as Viola hederacea, but now they are said to be V. banksii. This is largely immaterial to most of us, but I'm a plant nerd and find it interesting. V. hederacea is actually a smaller plant with a less impressive flower. V. banskii was discovered by naturalist Joseph Banks on Captain Cook's 1770 visit to Botany Bay (look at that, primary school history is becoming vaguely useful). Regardless, native violets make the perfect little groundcover for a damp spot (and with all this rain we've had, we should all have damp spots). Naturally, they grow in semi-open woodlands and on forest floors, as long as the soil is moist. They are happy in semi-shade but will also take full sun with enough water, although the foliage won't look quite as lush. They spread via runners (stolons) and happily creep through the garden bed. They look great as a groundcover between stepping stones, with their happy little flowers standing tall through most of the year.

If the soil dries out, native violets will die back, but they are hardy and will return when the water returns. If you don't have a spot for them in the garden, why not try them in a pot or even a hanging basket? Keep them well watered and they'll trail over the sides. Their leaves and flowers are edible by humans and chickens. I can't say I can see a reason to eat the leaves, but the flowers make cute decorations on cakes and desserts if that's your thing.





My little pot of semi-recovered native violets. The left side is still a bit stalky, but at least it has some flowers! Photo by Kat Pearson.







COMMUNITY HUBS LINK SUPPORT SERVICES ACROSS THE REDLANDS

CONTRIBUTED BY BREE TUKAVKIN, QUEENSLAND SHELTER

We invite you to attend our regular Community Hubs, designed to support you, your family, friends and neighbours in need, with access to a range of essential services.

The hubs connect people with service providers from many different cohorts in one location — it's like a drop-in centre for services and essential items you may need.

We hold Redland Community Hubs across the Redlands and Russell/Macleay Islands twice a month. The first one we have is at the Comfort Hotel at Cleveland on the first Wednesday of each month from 9:00am to 1:00pm. The second is either on Russell Island or Macleay Island (we alternate between islands) on the second Wednesday of each month from 9:30am to 12:30pm at the Russell Island rec hall or the Macleay Island rec hall.

The service providers that attend the hubs generally include:

- Housing
- Homelessness
- Mental Health
- Health
- Centrelink and Financial supports
- · Seniors' supports
- Disability supports
- Men's supports
- Women's supports
- Employment and Job supports



Photo: Supplied.

We also have a lovely, warm, and welcoming morning tea and sometimes a delicious BBQ. We offer free clothes and groceries, but since we're not a funded program, this is limited to one small bag per client.

If you'd like further information, please email redlands@qshelter.asn.au.







1980S FUN AT RPAC: DIRTY FAME FLASH CANDLES CLUB

BY JAN NARY

Party dresses are made of stiff taffeta, lipstick is iridescent, women are crimping and perming their hair, David Bowie is everybody's darling, and the dancing is dirty – can you identify the decade?

Of course it's the 1980s, brought back to life on the RPAC stage in all its iridescent, excessive glory by acclaimed cabaret performer Melissa Western and her three-woman cohort; a cabaret female foursome sandwiched between caring for children and caring for parents, holding down jobs and holding up friends, who cling to precious memories of their teen years.

"It's one hundred per cent nostalgia for me," says Melissa, "that zeitgeist of iconic 1980s movies — you just have to say the title of the show for people around my age to get what it means!"

Melissa, well-known for her solo cabaret work, says a foursome is appropriate for this show, which has already won two coveted Matilda awards.

"I really wanted to create this show as a 'club' that keeps us connected to our peers; the notion of a group is really important and it was the best fun to do the creative development for."

"There's been a lot of post-show parties and nostalgia, for the cast and for the

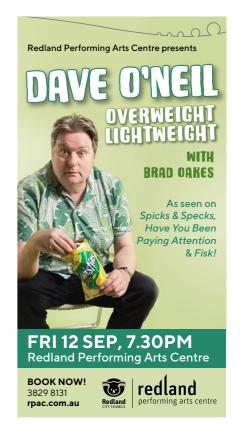


Photo: Supplied.

audiences who just want to stay and talk about their eighties experiences – it makes people feel so connected to each other."

And it's fun, whether you remember the '80s or you just want to find out what they were about.

Dirty Fame Flash Candles Club will play RPAC on September 6. For more information and bookings, visit rpac.com.au.





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THE SURFING SCIENTIST HELPS KIDS RIDE THE WAVE OF CURIOSITY

"Curiosity has its own reason for existing." Albert Einstein.

For those of us who, as students, wrestled (often unsuccessfully) with science, having access to someone like Ruben Meerman would have been a great advantage. Ruben, the Surfing Scientist, is equally at home in the surf, in a laboratory, or on a stage. An acclaimed science communicator, he sees multiple benefits to opening young minds to scientific concepts.

"Kids want to learn science, it feeds their natural curiosity. If you ask kids, 'What would you like to learn today?' they won't ask to learn more spelling or more about fractions — they'll opt for things like dinosaurs, volcanoes or space. If you can work with that, you have kids who are happy about learning, and you can use those lessons to introduce the other stuff about fractions, new words and spelling, a bit like a Trojan Horse, as part of a whole thematic unit."

Ruben says that working with little kids is the best training for a science communicator.

"You have to use 'normal person speak' – no jargon or technical words. The beauty of working with little kids is that if you're boring them, they'll let you know! If you're losing them, it's not their fault; you need to think about your presentation. It's got to be exciting and big and within their realm of understanding.

"We're all entertained by visuals, and they're a great hook for kids," he says. "For a show, you need things that go pop and bang, but I like to give them a roller coaster of some pop and bang, then an explanation of safety measures and what could go wrong if they try these things at home.

"It gets serious then; they really love hearing about how you could potentially die if you do the wrong thing – then we go back to more pop and bang, keeping them swinging between laughter and serious thought."

On the question of serious thought Ruben says there are many big questions to keep kids engaged and they're usually about what we don't know rather than what we do.

"Why don't we live forever? Why do we need to sleep? We know what happened immediately after the Big Bang, but what about immediately before the Big Bang? The universe is expanding, but what if we turned the process around and went backwards until it was just a speck – what then?" Ruben says that science opens up young people to learning in general and can unlock doors to lots of professions.

"I impress on them that to do anything useful with what they learn or discover, they'll need reading and writing and maths and communication skills. Communication is so important to all of us; we're all humans, storytelling animals. We all love this stuff, no matter



Photo: Supplied.

what our age, and we respond so much better to a story than to just a presentation of cold, hard facts. I always introduce someone's story into the presentation – something to make audiences realise that there was a real person involved in these discoveries."

Redlands Coast Museum is expecting the usual mass involvement at Ruben's Switch on to Science 2025 Science Week presentation on Redlands Ekka Day, Monday, August 11. For more information, visit redlandscoastmuseum.org.au.



RECOGNISING SIGNS OF DISTRESS IN YOUNG KOALAS

FROM REDLAND CITY COUNCIL

It's koala dispersal season on Redlands Coast – an essential rite of passage filled with both potential and peril.

This is the time when young koalas leave their mothers on a journey of independence, with many challenges along the way.

During dispersal, young koalas will travel long distances, crossing roads, yards and unfamiliar territories in search of a suitable home range. While exploring these new environments, they can become confused and stressed, leading to discomfort or health issues.

Sick koalas can display symptoms such as red, swollen or crusty eyes, fur loss, matted fur and wet, brown-stained rumps. They often sit on the ground or at low heights, sometimes remaining in the same spot for several days without moving. A koala that appears unresponsive on the ground requires immediate attention.

If a koala is admitted to care in the early stages of illness, there is usually an excellent chance of successful treatment and release back into the wild.

Moving through an urban landscape makes young koalas also vulnerable to injury. Some injuries, such as dog bites, may not be immediately apparent. Look for wet, matted fur from dog saliva and puncture marks. Because koalas have very little fat beneath their skin, their internal organs can be easily punctured.

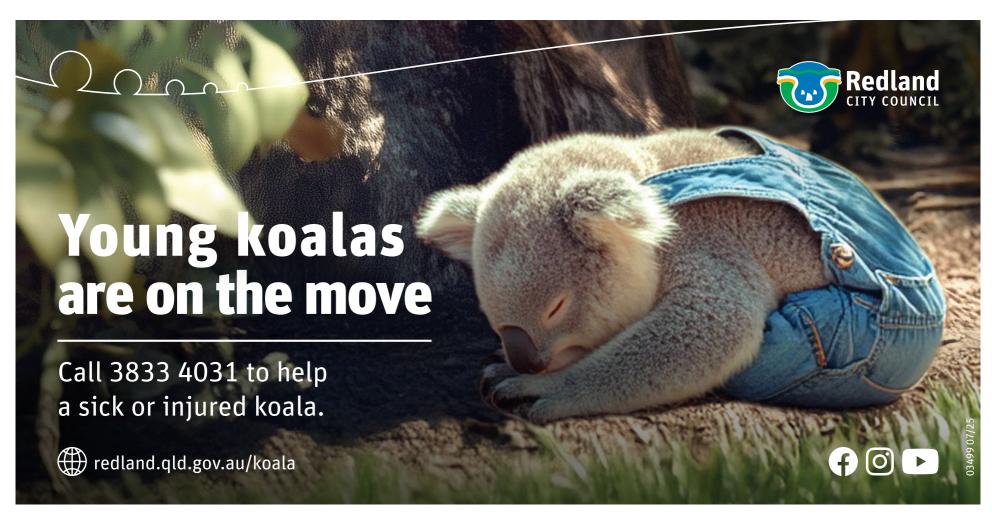
If you spot a koala that appears sick or injured, contact the Redlands 24-hour Wildlife Rescue Service on 3833 4031. The wildlife volunteers have the training and resources to assess the koala and provide the necessary care.

Place an overturned laundry basket or box over a sick koala to prevent it from wandering off or climbing a tree. This will keep you and the koala safe and make it easier for the wildlife volunteer to collect the koala

Together, let's keep a watchful eye on our young travellers and help them make a life for themselves.



Photo: Suppled.



NATURALLY WONDERFUL ... WITH RANGER STACEY

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

My office at Redlands IndigiScapes Centre is a naturally wonderful work environment. Sure, there's the familiar tapping of computer keyboards, meetings and office chatter. But the surrounding bushland is what sets it apart...oh, and there's often delicious cake on the staff kitchen bench!

From the wraparound office windows, the canopy of tall trees sways in the breeze and the sunlight creates a soft dappled effect.

For the past few months, my colleagues and I have delighted in daily visits from a local kookaburra. He arrives to perch on a horizontal branch just outside the window, settles in for a while, takes off for a snack, and returns. This bird has captured our collective attention with his handsome looks and relaxed disposition.

Now, while this may not seem extraordinary, it's nature's simple pleasures that can brighten our days, right? I wonder if this resident kookaburra watches us too...and ponders the curious humans on the other side of the glass?

Many people are fascinated by birds. From super enthusiastic "twitchers" who travel far and wide to spot rare or unusual species to backyard birdwatchers. Quietly observing birds in our gardens and local environments can reveal interesting behaviours, like feeding habits, nest building techniques, and the serious job of raising chicks.

Understanding our feathered friends through observation is a fascinating pastime. Perhaps you're someone who loves the flamboyant colour and energy of lorikeets, the clever camouflage of tawny frogmouths, or a procession of waddling ducks.

Magpies and plovers are high profile suburban birds - especially now that breeding season has arrived!

This means protective parents may occasionally swoop if they sense their babies are under threat. It's only a small percentage of birds that use this defensive behaviour, which is the result of previous negative human interaction.

Magpies and plovers are totally devoted parents, so let's give them a break during breeding season. If a bird shows defensive behaviour, keep yourself (and them) safe, change direction and avoid the nesting zone. It won't be long before the chicks are big enough to fend for themselves.

And just like our fondness for the kookaburra outside the IndigiScapes office window, we can all get to know and love our local birds from a distance, quirks and all!

Until next time ... Stay Wild!

Ranger Stacey





BIRKDALE'S WWII SECRETS REVEALED AT VP DAY COMMEMORATION

CONTRIBUTED BY COL SUTCLIFFE

On Saturday 16 August, the Redlands community is invited to uncover some of the remarkable, yet little-known local stories from World War II at Reflections on VP Day, a free commemorative event at Birkdale State School from 2:00pm to 4:30pm.

Marking 80 years since victory in the Pacific was declared, this special afternoon will highlight the role that Birkdale, Capalaba, and Wellington Point played in the final stages of WWII.

Discover how local farmers and Land Army Girls supported the war effort, how American and Australian troops occupied local landmarks, and how two young Birkdale boys helped spread the news of Japan's surrender.

Few realise that a secret U.S. Army radio receiving station - built in a Birkdale paddock - was the first in Australia to receive the Japanese surrender message. This high-tech facility, now State

Heritage listed, continued operating under top-secret surveillance protocols until 2017, laying foundations for the technology behind the modern internet.

Live music by Redland City Bands, historical displays from Redlands Coast Museum, and involvement from Birkdale Scouts, Capalaba Rotary, and local schools and other groups will bring the stories of our region's wartime past to life.

This is a rare chance to reflect, remember, and recognise the local legacies of peace, justice and democracy. Tickets are free, but

must be booked via Humanitix by scanning the QR code or searching for 'Reflections on VP Day - Victory in the Pacific 80th Anniversary' on humanitix.com.





Redlands June Market Wrap-up

SUBURB	FOR SALE	LAST MTH VARIANCE	SOLD	LAST MTH VARIANCE	% SOLD	AV. DAYS ON MARKET	MEDIAN SALE PRICE
VICTORIA POINT	144	22	19	-5	13.19	20	\$1,020,250
REDLAND BAY	157	4	19	1	12.10	22	\$985,000
THORNLANDS	53	-13	17	2	32.08	18	\$1,055,000
MOUNT COTTON	14	-4	5	3	35.71	16	\$1,035,000
CLEVELAND	90	-6	29	11	32.22	18	\$1,242,000
ALEXANDRA HILLS	16	-7	9	0	56.25	11	\$898,000
CAPALABA	31	1	7	0	22.58	12	\$918,000
WELLINGTON POINT	23	-1	11	0	47.83	20	\$1,227,500
BIRKDALE	61	3	15	7	24.59	14	\$1,195,000
THORNESIDE	15	0	0	-1	0.00	11	\$1,139,625
ORMISTON	35	-8	7	-8	20.00	23	\$1,300,000
SHELDON	5	2	1	0	20.00	20	\$1,715,000
REDLAND CITY TOTAL	644	-7	139	10	21.58	17	\$1,097,313

As we hit the halfway mark of 2025, here's how property prices have performed over the Redland City suburbs in the past 12 months.

Victoria Point	Cleveland	Birkdale
↑ up 8%	↑ up 11.7%	↑ up 15.1%
Redland Bay	Alexandra Hills	Thorneside
↑ up 9.1%	↑ up 11.2%	↑ up 10.9%
Thornlands	Capalaba	Ormiston
↑ up 8.6%	↑ up 6.7%	↑ up 3.8%
Mt Cotton	Wellington Point	Sheldon
↑ up 12.7%	↑up 8.8%	↑ up 12.5%

10 Property Pitfalls

10 Property Pitfalls: How to Avoid Underselling your Greatest Asset

Selling any property represents the final chance to unlock its full financial value, and your goal to secure the highest possible selling price. It's common for sellers to choose an agent, only to later discover the agent's strategies led to underselling their property.

1. Underpricing Your Property

There are two 'perceptions' every buyer develops when looking to purchase:

- 1) Their 'Value Perception' in short what they believe a property to be worth.
- 2) Their 'Purchase Perception' what they believe a property can be bought for.

2. Overpricing Your Property

To avoid underpricing, you must increase the price. Yet, arriving in overpricing territory exposes you to another pitfall. Sellers make many decisions around property - plenty are rooted in facts, yet many are based on feelings and assumptions.

3. Believing Either of the 2 Lies

The Improbable Lie: An agent deliberatly inflates a homeowner's potential selling price (especially when competing with other agents).

The Lie of Omission: An agent, knowing the probable selling price, chooses not to tell the owner; it's a more subtle lie, but still prevalent in the industry. This lie arises when a seller asks whether they could receive a figure higher than what is possible. So as to not lose the listing, the agent simply agrees their price is achievable.

4. Showing Your Cards

Headlines such as 'Marriage bust-up', 'Owners bought elsewhere', 'Deceased estate', etc. are used frequently within the industry. Agents claim they will attract more buyers, creating more competition. Advertising this information often results in a lower offer. Someone may love your property, but knowing that you have to sell will be factored into any offer they make.

5. Poor First Impressions

How a property is presented for sale affects both price and time on market. Many homes can be sold for more if well presented. Property presentation is one of the simplest improvements to ensure you sell for the highest price possible.

6. Limiting Property Access

Limiting access to only one or two times a week risks your best buyer not being able to attend. Speed is imperative with buyer inspections. When a buyer feels they've made a connection with your property and want to inspect, ensure your agent has the ability to get them through as soon as possible.

7. Rejecting the Right Offer

The best offers often come early because they are buyers with an emotional connection to your property. These buyers think with their heart and not their head, often offering above what would be considered market value.

8. Hiring an Agent that can't Negotiate

Many agents are simply not trained negotiators. If agents are not trained on how to conduct themselves during a negotiation, how to introduce your property to the market, to never reveal your reasons for sale and how to communicate with buyers, then the same outcome is inevitable – an undersold property.

9. Buying Before Selling

Many sellers undersell their current home due to the timeframe constraints. They then overpay for the home they purchased through fear of missing out. Both can lead to financial loss. To avoid this danger, you can employ The Safe Move. A simple four-step strategy offered by Smartre Agencies across the country, providing the confidence of selling without financial risk or the worry of not finding your perfect new home.

10. Waiting for the Market to Improve

Price shouldn't be your primary consideration if selling and buying in the same market. Changeover costs are the key consideration. If the selling price does rise, most likely the purchase price will also. Why not simply sell the house you don't want and buy the house you do want? Then, wait for it to go up in value.

For your full complimentary copy of the 10 Property Pitfalls to Avoid, visit our website at tidboldrealestate.com.au or call us on 3207 6000.

The SMARTRE SALE is your solution to avoiding the 10 Property Pitfalls.



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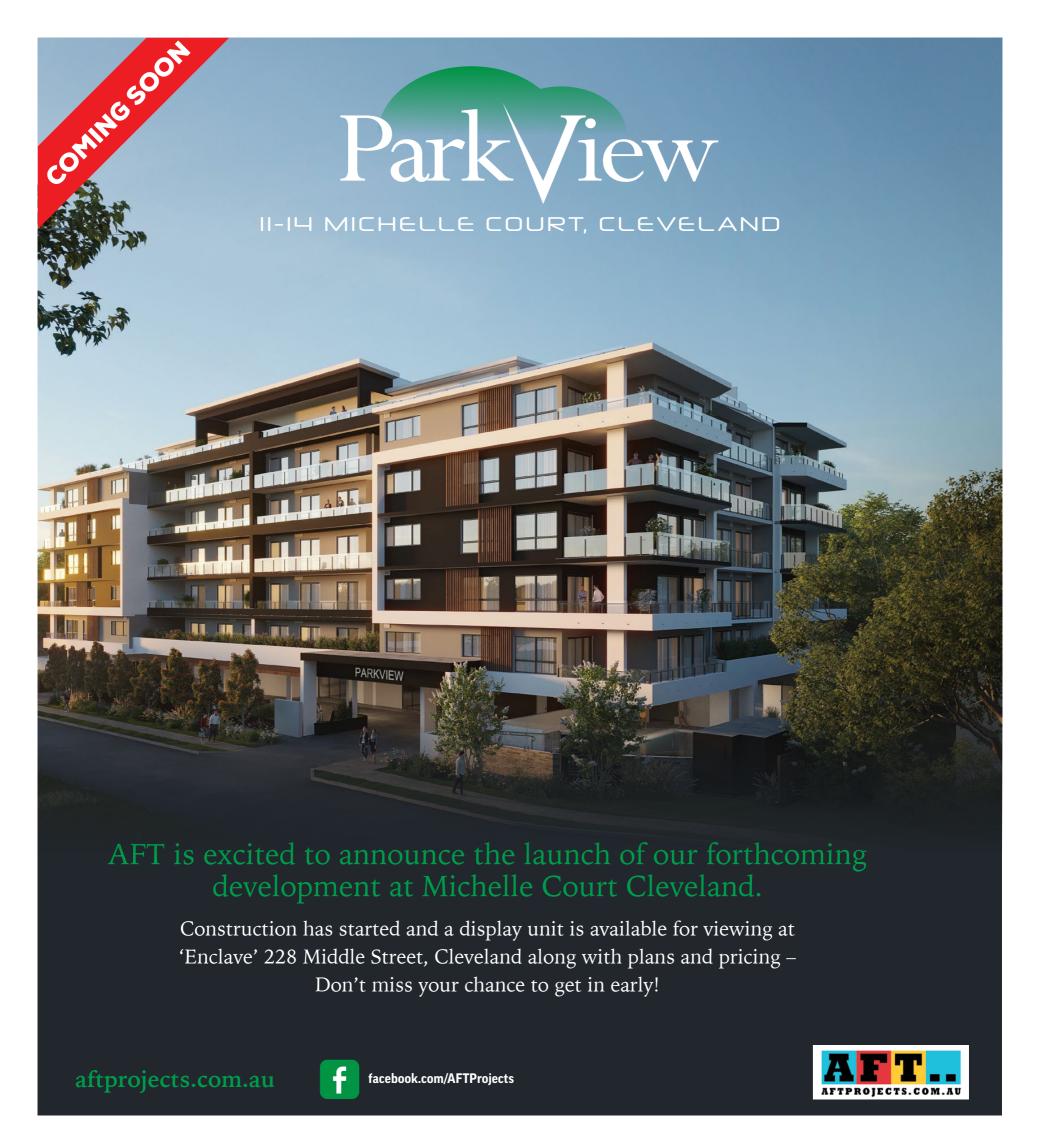
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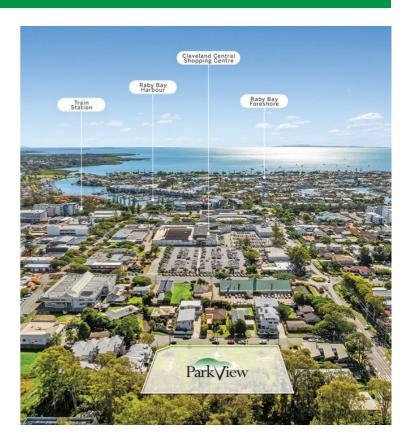
Apartments range in price with 2 bedroom residences starting at \$800,000 and 3 bedroom residences starting at \$1,050,000.

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North Facing Apartment
Living - 131m²
Balcony - 29m²
Total area - 160m²



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RLOA: Disability Support and Aged Care That Feels Like Home

At Rural Lifestyle Options Australia (RLOA), your home and your independence are our top priorities. Support should feel like a partnership, not a process.

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NDIS Support That Feels Personal

We work with you to deliver the services that match your goals, from community access to daily personal care.

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As a Home Care Package and 'Support At Home'

provider, we help older Redlands locals stay safe and independent, with familiar faces and flexible supports.

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Supporting Redlands

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To learn more about Rural Lifestyle Options Australia and our range of services, call 1300 032 175 or visit www.rloa.org.au

Local Support. Lifelong Impact. That's the RLOA difference.



QUICK AND EASY PUMPKIN, PEPITA AND GOAT CHEESE SALAD RECIPE

This delicious roast pumpkin salad makes a great light meal on its own, or a versatile side that looks as good as it tastes!

SALAD INGREDIENTS

- 500g pumpkin (butternut or Kent), peeled and cubed
- · 2 tbsp olive oil
- · Salt and pepper, to taste
- 1 tsp ground cumin

- 2 cups baby spinach and rocket (mixed)
- 1/4 cup pepitas (pumpkin seeds)
- 100g goat cheese, crumbled (or use feta if you find the flavour of goat cheese too strong)

DRESSING INGREDIENTS

- · 4 tbsp of olive oil
- 2 tsp of wholegrain mustard
- 2 tbsp of red wine vinegar
- 1 crushed clove of garlic
- · A pinch of salt and pepper
- An optional tsp of honey (if you prefer a sweet dressing)

METHOD

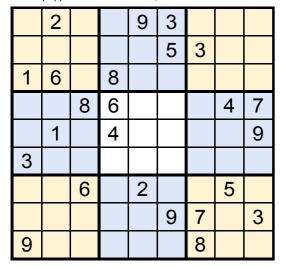
- Preheat the oven to 200°C (fan-forced). Toss the cubed pumpkin in olive oil, salt, pepper, and cumin.
 Line a baking tray with baking paper and roast the pumpkin for 25 to 30 minutes, or until it's a lovely warm golden colour and tender.
- 2. While your pumpkin is roasting in the oven, you can toast the pepitas in a dry pan over medium heat for about 1 to 2 minutes, stirring or tossing until they're lightly toasted. Don't burn them or they'll taste terrible!
- 3. On a large serving plate, layer the spinach and rocket, roast pumpkin, crumbled goat cheese, and toasted pepitas.
- 4. Now make the dressing. Put all the dressing ingredients in a small jar with a lid and shake it well.
- 5. Drizzle the dressing over the salad, and you're ready to serve your delicious pumpkin salad!

Notes: For a heartier salad, add cooked brown rice or quinoa, along with any protein you have on hand, such as roast lamb, bacon, chicken, or beef. If you can't be bothered making a dressing, drizzle some store-bought balsamic plaze over the salad.



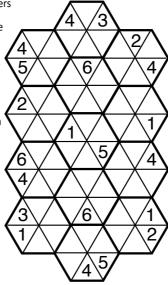
Sudoku

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

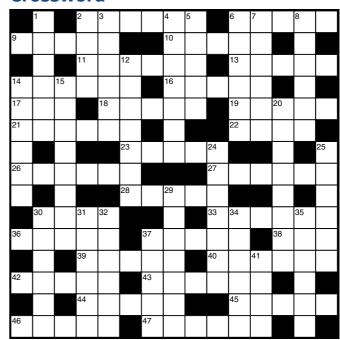


Quick Workout

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



Crossword



Focus

An All Australian **Word Game**

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

TODAY'S Good: 10 words **FOCUS** Very good: 16 words Excellent: 24 words

Ε N M

Reference: Macquarie Concise Dictionary Focus No. 3896

ACROSS

- 2 Peril
- 6 Retard
- 9 Opposite in character
- 10 Flaxen cloth 11 Took a chance
- 13 Condition
- 14 Dairy product
- 16 Measuring instrument
- **17** Border on material
- 18 Church office bearer
- 19 Insurgent 21 Smoothly polite
- 22 Rain heavily
- 23 Quotes
- 26 Join up
- 27 Less difficult
- 28 Of sound waves
- 30 Raw hide
- 33 Steal cattle
- 36 Tracking system

39 Tasmanian river 40 Rounded swellings 42 Confronted

37 Sleeveless garments

43 Harsh 44 Salamanders

38 Boy

- 45 Corolla leaf
- 46 Biblical quotations
- 47 Emphasise

DOWN

- 1 Parent 2 Challenge
- 3 Got up
- 4 Component
- 5 Added clause
- 6 Barren place
- 7 Meal course 8 National song
- 12 Chooses

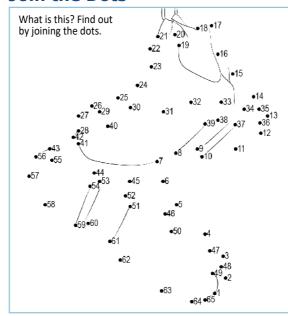
- 14 Sloping troughs 15 Preserved a body
- 20 Disparage
- 24 Hide away
- 25 Systems of belief
- 29 Closest **30** Roof of the mouth
- **31** Hid
- 32 Barters
- 34 Takes unjustly 35 Mustering rope
- 37 Throws
- 41 Insects

Spot the 5 Differences





Join the Dots



Solutions



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Wing missing feather.

SPOT THE 5 DIFFERENCES: Extra fold on forehead, Missing fold in chin, Adams apple missing, Branch missing node, Wips missing fashber

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PREGNANCY AND BREASTFEEDING SUPPORT

BY CHEREE SHELDON, QUALIFIED NATUROPATH, FLANNERYS ORGANIC WHOLEFOOD MARKET, VICTORIA POINT HOMECO CENTRE

August is a special month as we celebrate World Breastfeeding Week. From pregnancy to two years of age, known as the first thousand days, you're laying foundations for your child's lifelong health.

HYDRATION IS REALLY IMPORTANT.

You need more than ever before. This time is ideal for nourishing your body with warming soups and stews. Add hydration salts to your water and consume healthy fats like avocado and olive oil. Nuts and seeds are incredibly important due to their high nutritional content. If your nutritional intake is low, your body draws from its own reserves, even from your bones, just to produce milk. That's why it's so important to stay nourished and hydrated.

Let's talk about formula. There's a lot on the market, and it can be confusing and difficult to pinpoint what's best for your baby. If you have food intolerances, then it's quite possible your baby may have the same. Choosing a less reactive formula such goat's milk might be a better choice for your baby.

PROBIOTICS

Probiotics are important not only for mum but bub. Breastfed babies have a gut microbiome that is Bifidobacterium. This helps build a strong immune system and reduces the risk of illness. For those who are formula feeding, consider including probiotics for your baby's gut microbiome that will support a healthy, diverse microbiome as well as reduce digestive discomfort and infant colic. Speak to us in store about the right one for you and your baby.

MASTITIS AND BREAST CARE

There is a particular probiotic strain researched to support a healthy microbiome and reduce the symptoms of mastitis. Cracked nipples are very common, so support your skin with hydrating creams, aloe vera, marshmallow, and natural plant oils. It's not just about supplements though. There are products available in store that can support your nipple health when you are on your breastfeeding journey. It comes with challenges, but with the right nutrition and holistic support, it can be a truly rewarding journey.

HERBS AND NUTRITION

Raspberry leaf is a great herb that's been traditionally used to support breastfeeding and birth recovery. You can begin taking raspberry leaf during your second trimester. It's called a uterine tonic and it can help your contractions during labour as well as birth recovery. Galactagogues are wonderful herbs that can support your breastfeeding journey. Lesser thistle and fenugreek are traditionally used to support breast milk production.

If there's one product to have in the cupboard, it's a Super Greens powder. Simply blend it with water and it's the easiest way to boost your nutrition. Packed with fibre and antioxidants, it's a plethora of fruit and vegetables. Protein is really important to meet your nutritional needs, to help you feel fuller for longer, but also to help make rich, nourishing milk for your baby. Plant-based protein is a great option to top up when diet alone is not enough.



Weleda Nipple Care, Sodii Hydration, Amazonia Raw Protein, Herbs of Gold Breastfeeding Support.

It's important to seek professional healthcare advice before consuming supplements to ensure they're right for you. There are many remedies to help with all symptoms you can face as a new mum, and we want you to know that you are not alone. Post-partum hormone fluctuations are very real – so don't be afraid to ask for help.

Come and speak with one of our naturopaths. We'd love to support you on this journey.



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REDLAND HOSPITAL'S AMITY WARD OPENS AND WELCOMES FIRST PATIENTS

Redland Hospital's brand-new Amity Ward is now open, boosting medical and respiratory care for the Redlands Coast.

Cleveland's Roy Slater was the first patient through the doors, and he praised staff for their warm welcome and outstanding care.

"The staff has set the bar incredibly high," Roy said.

Executive Director Greg Nolan said seeing the first patients arrive was a proud moment for staff.

"Moments like this make the mammoth effort behind the scenes worthwhile," he said. "From the project team to allied health,

pharmacy, operational and food services, to our nursing and medical teams, the logistics and care involved behind the scenes can't be underestimated.

"Our hospital has grown by more than 30 per cent in the past two years, which is an enormous achievement, and despite this growth, visitors continue to comment on the friendly atmosphere here at Redland Hospital.

"As Roy said, the attitude of our staff reflects the entire organisation, and we should all be really proud of that."



Photo: Supplied.

CLUB PROFILE: VIEW CLUBS PROVIDE FRIENDSHIP AND PURPOSE

FROM JEAN CLARKE, REDLANDS VIEW CLUB

Are you new to the area and hoping to make friends? Recently retired and keen to explore new interests? Or maybe you're simply looking to connect with others and enjoy some social activities? Whatever the reason, a VIEW Club could be just what you're looking for.

Redlands VIEW is always seeking new members and looking to promote the wonderful work that members do to support the education of disadvantaged children.

VIEW is 65 years old this year, was established in 1960, and is a national women's organisation. VIEW currently has 13,000 members in clubs around Australia. VIEW stands for Voice, Interests and Education of Women, and it empowers women to make a positive difference to the lives of Australian children and young people experiencing disadvantage.

George Forbes started VIEW as a means of supporting women

who were at home raising children in an era when women did not work. It provided friendship in neighbourhoods, which grew and eventually established into clubs, first in New South Wales, ACT, and then Queensland, closely followed by other States and the Northern Territory.

Redlands VIEW Club currently supports 10 disadvantaged students on the Learning for Life Program in partnership with The Smith Family.

The club meets on the fourth Tuesday of the month for a lunch meeting at 10:30am for an 11:00am start at Fiction Bar, Raby Bay, with a guest speaker presenting an interesting topic.

In between meetings, we enjoy a social activity each month – a coffee morning or a bus trip, and we fundraise to support the students through street stalls, special fundraising events and monthly raffles.

If you would like to join us for a lunch meeting, please contact Jean Clarke on 0409 268 646 or email redlandsview@gmail.com.



Photo: Supplied.

Redlands Coast on the Move

Help shape future access and parking at your favourite Redlands Coast destinations

The Draft Redlands Coast Access and Parking Strategy outlines how Council plans to make it easier to get to our destinations as the city grows – whether it's by walking, riding, catching public transport, or driving and parking.

Council is seeking feedback to inform our approach and future detailed planning to keep our city's destinations accessible, safe and enjoyable into the future.

Q your say redlands coast





Have your say from 4 August 2025

Explore the strategy online, fill out the survey and comment on the interactive map

Meet a Council Officer and share your views at our in-person engagements

Visit a Council library or Customer Service
Centre for details



CHAMPIONS NURTURING CHAMPIONS AT CAPALABA SPORTS CLUB

FROM CAPALABA SPORTS CLUB

Capalaba Sports Club is proud to be home to world-class talent – and a thriving junior program that's shaping the future of the sport.

Leading the charge is Kane Nelson, the current Under 25 World Singles Champion and Australian representative, alongside his brother Jacob. Both ranked in Australia's top 10, the Nelson brothers dedicate their Wednesday afternoons to coaching juniors, sharing their skills and passion with the next generation.

Their commitment is already bearing fruit. Two young bowlers — Keala Nukunuku (13) and Euan Ironside — have recently earned selection in the Queensland Under 18 training squad, a testament to the quality of coaching and support at Capalaba.

Annually, for the past four years, alongside our regular Wednesday afternoon coaching, we've had the pleasure of welcoming 50 students from Coolnwynpin State School to participate in lawn bowls as part of their sports program.

The junior program is free and open to anyone under 18, making it an accessible and welcoming pathway into the sport. And it's not just for juniors — Capalaba Sports Club caters to all ages, from enthusiastic teens to seasoned players in their nineties. Coaching is available for new bowlers of any age, ensuring everyone feels supported and included.

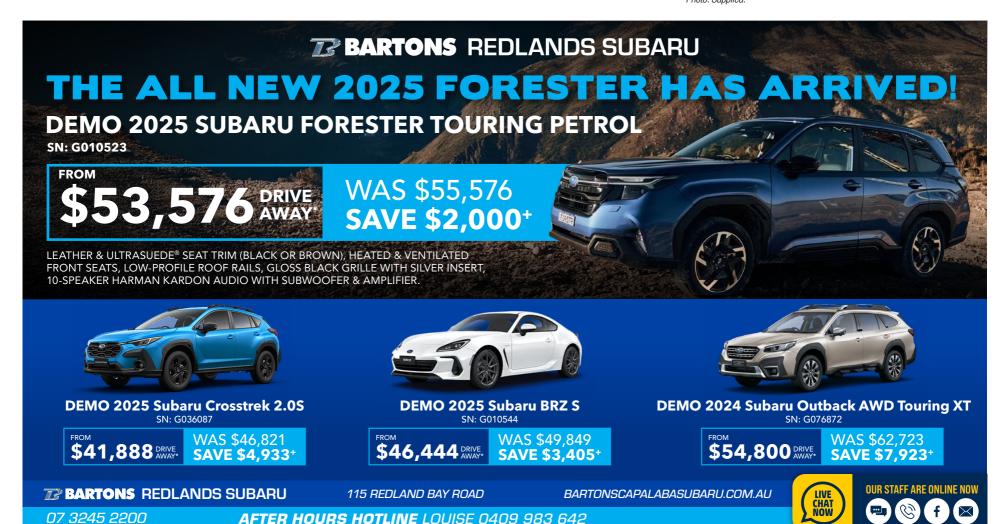
With many of our members representing Queensland and District sides, Capalaba Sports Club is more than a place to play - it's a community where champions are made and friendships flourish.

Whether you're picking up a bowl for the first time or chasing a state title, there's a place for you here.

To learn more about what we have on offer, contact Daren Kelso (Bowls Manager) at 3390 3011.



Keala Nukunuku has earned selection in the Queensland Under 18 training squad. Photo: Supplied.



LOCAL PERSONALITY PROFILE

Name: Doug Alexander.

Suburb: Thorneside (with an 'e'!).

What's your business? I am a full-time volunteer at Redlands Coast Museum, located in Cleveland.

Do you have any fun/interesting stories about your job? We hold events all the time, and one big one was the Queensland Day Play, *Summer of the Seventeenth Doll.* Now, that was FUN! Apart from that, Redlands Coast Museum is a community-run organisation, which has about 170 volunteers working on 40 different projects supported by five amazing staff members, all with the backing of close to 600 members, other community groups, and Redland City Council.

What's your favourite local dine-in and take-away? Crikey! I hope the café owners not mentioned are not reading this! In Cleveland, Julz Café on Bloomfield Street is my go-to for lunch. Blue Tongue at Thorneside, is great for breakfast, and Seafuel, at Cleveland in Middle Street, does excellent take-away fish and chips.

Best local activity: This is a trick question! Is it the best activity in the area or my best local activity? That's why I was never very good at exams! In the area there is so much happening. Boating, sailing, fishing, trekking. My personal ones are bike riding (pedal and motor), and playing golf with the U3A blokes or anyone really! Of course, the Redlands Coast Museum is also a great place to spend some time.

What was the last book you read? Thankfully, I have just read a great one so I can answer honestly, but it took a while to finish. (Not its fault; it was all me.) It was *To Sing of War* by Catherine McKinnon.

What's the last tv show or movie you watched? I love movies at the cinema, but these days I spend more time watching streaming services. The last movie I watched was the Jason Statham action movie *Working Man.* I am just as comfortable watching romance, but can't seem to convince my wife Annabelle about this!

Is there anything you'd like to see happen in the local area? I will start with the simplest. When travelling and someone asks where you live, please don't say Brisbane — say Redlands Coast! We live in a wonderful place. The more complex problem is encouraging businesses to set up in the Redlands and employ people, so that our young people don't need to leave our city, or can at least get a job here

Is there a local business/community group/club you'd like to give a shout-out to? If someone has made it this far, they know the answer. Redlands Coast Museum is the place to visit and bring friends. If you bring a group, book ahead for a guided tour. Our museum has changing displays and exhibitions, events, and activities that are based on real people and real stories. Don't miss the opportunity to visit. I look forward to seeing you there!



Photo: Supplied.

CELEBRATE LOCAL CREATIVITY AT YURARA'S MAJOR ART EXHIBITION

Redlands' vibrant art scene is set to shine this August with the launch of the *Major Art Exhibition* 2025, hosted by the Redland Yurara Art Society. From Saturday, August 9 to Sunday, September 21, the Yurara Art Gallery at Pinklands Reserve will transform into a hub of inspiration, showcasing an impressive collection of works by local artists.

The exhibition's official opening takes place on Sunday, August 10 at 2:00pm, with special guest Mayor Jos Mitchell presiding over the festivities. Mayor Mitchell will present prizes and certificates of commendation to this year's standout artists, celebrating the dedication and talent flourishing in the region.

Guests are invited to enjoy complimentary wine, soft drinks, and snacks as they take in the diverse range of artwork on display — all available for purchase. Whether you're a seasoned collector or a curious newcomer to the art world, this is a sensational opportunity to experience the creative energy of the Redland community up close.

Held at the Redland Yurara Art Gallery (262 Cleveland-Redland Bay Rd, Thornlands), this annual event has become a cultural highlight for the region, bringing together artists, supporters, and visitors in a welcoming setting.

Everyone is welcome — come along and be inspired by the talent on show, support your local arts community, and maybe even take home a piece that speaks to you.



Photo: Supplied.

LOCAL READERS

MEMORIAL DAYS BY GERALDINE BROOKS, AND THE YEAR OF **MAGICAL THINKING BY JOAN DIDION**

BY ANNE CROWLEY

WHAT THE EXPERTS SAID:

Memorial Days (GB): A heartrending and beautiful memoir of sudden loss and a journey to find peace from the bestselling, Pulitzer Prize-winning author. Google Books.

The Year of Magical Thinking (JD): You get her peerless, sharp, stylish reporting and almost forensic attention to detail. To see her turning these instruments on her own ordeal is as shocking as it is moving. Grief, writes Didion, takes us to a place none of us knows till we reach it. David Robson, Daily Express.

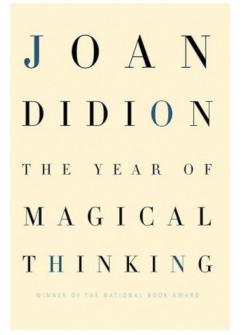
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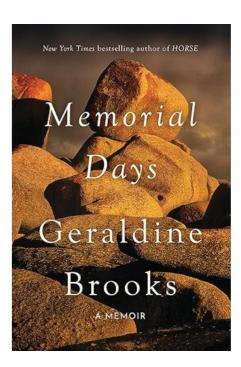
Each of these women reflect on their decades-long life with their partner, and their experience of its abrupt end resulting from his sudden death. Each pair were writers (various genres) and lived closely integrated lives working from home, travelling, raising children together – the sudden loss of their husbands coming as a great shock and upheaval. But their approaches to dealing with it were different.

After her husband's death away on a book tour, Geraldine was overwhelmed with unfamiliar and difficult admin related to his death, and life beyond, such as finances and insurance. She juggled her own writing obligations and her young-adult sons. She felt she didn't have the opportunity to grieve, but engaged in an exhausting performance: 'woman being normal'. Four years later, she isolated herself on Flinders Island for an indefinite period and describes her process of 'getting the business of grieving' done. She devotes a large amount of detail to describing Flinders Island while there. Almost a post-script to her book is practical advice for partners to prepare 'how to live your life' explanatory notes of the tasks they each perform, to ease the challenges of loss.

Joan and her husband were dealing with the life-threatening – and ultimately life-extinguishing – illness of their daughter, when her husband died instantly, sitting with Joan at their dinner table. She devoted her initial effort to trying to understand her husband's death, researching, questioning, and reflecting on her own experiences as they evolved. She noted how unremarkable the circumstances were when the unthinkable happened – as is often the case preceding such drama.

Among JD's insights were the difference between uncomplicated and complicated grief - the latter arising when the survivor and deceased had been unusually dependent on one another. Grief is passive (it happens automatically with significant loss), but mourning is active, requiring attention. Also, that grief from the loss of a loved one is also grief for the person you were, as you will not be the same. And the irrationality of grief - she kept John's shoes in case he came back, even after receiving his autopsy report.





I found GB's book extremely self-indulgent (almost by definition). While the details of her life with Tony were interesting, I felt the book was more like a journal – perhaps something she needed to do for herself, but not something she needed to publish.

I preferred JD's book – I could relate to her wanting to understand in detail what had happened to John. My mother died when I was in my early 20s in a car accident, and I was driven to understand how and why, in an effort to accept the unacceptable. And as to irrationality, when my mother died, I believed, as some quid pro quo, that I would therefore have my father for a long time to come – but he died three years later.

Both JD and GB posed almost side-bar reflections that the loss of a long-term partner is more significant than that of your parents, because their parents had led long, full lives. I don't doubt this, but grief for the loss of parents at a much younger age, where it effectively pulls the rug out from under you, is different from theirs.

Each person's experience of both grief and books is their own. My book club friends were equally divided as to which book they preferred, but agreed that readers may draw comfort and inspiration from both.



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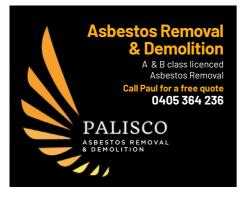
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HOIST THAT LOAD AND CRANK THAT CRANE—THE POLLY SCHWARTZ WAY

Having stepped out of the kitchen and into a wider post-war workplace, women have moved into jobs that would have once been unthinkable. As a youngster, Polly Schwartz had no idea that she'd find a career as a crane driver. Possibly influenced by having four brothers, she loved cars and trucks, and thought that driving an old sanitary truck would be a fine life.

"My first jobs were in an animal shelter and at a veterinary surgery, but I moved on to doing set construction at Movie World, on the tools and driving a forklift," she says. "After tailing cranes around for a while, I thought, I want to go bigger! So I did. I started as a dogger, establishing the weight of the lift, choosing chains or slings, appropriate lifting devices, directing the cranes, checking power lines — then moved up to operating cranes."

Polly's 'personal' slew crane weighs 70 tonnes. Its name is Inferno — with appropriate artwork — but it's known in the DLB Cranes Yatala yard as 'Polly's crane' — and she gives it as much care as an owner would lavish on a classic car.

"It needs to be greased, degreased, washed with a high-pressure hose and brooms – that's deck, body, wheels and boom; checked for

oil leaks and secure pinning, checking the eight tyres and detailing the cabin. Jess my dogger and I are pretty thorough."

What's the hardest thing about driving a crane? "In the beginning it's about pushing past the fear of the outriggers punching through the ground and the whole rig tipping over — I used to refer to my big spirit level for reassurance! Experience overcomes that, and realising that you're working with a team who are specialists in reading the lay of the land."

Polly is training and mentoring Jess Cook, who was drawn to the industry a year ago because of a fascination with construction and building, despite having a very real fear of heights.

"I hadn't appreciated what a challenge it would be," Jess says. "When I started, I had trouble just climbing a ladder, but we're lucky, we've got a great team. I knew a lot of them because I worked at the shop where they called in for coffee or lunch — that made it easier to shift into an industry I knew nothing about.

"Now I've got my White Card – permission to work on a construction site – and my dogger's and rigger's tickets. Polly is really good at what she does and she's a great teacher so I rely a lot on her experience



Photo: Supplied.

and when to take the next step."

Polly's response to anyone who might say they're doing men's jobs? "No, we're not; we're doing our jobs!"

THE PINAFORE SAILS AGAIN AT REDLANDS COAST MUSEUM

BY JAN NARY

For cooking over a campfire, a hessian bag tied around the cook's middle was enough to protect the wearer from splashes and burns. As housework – including cooking – became an appliance-heavy lifestyle, aprons became a must-have for the woman of the house. From practical protection, they evolved into a virtual fashion accessory for the dedicated homemaker and the "hostess with the mostest". From a masterpiece (or mistresspiece) of hand-made embroidery to a saucy little soubrette apron, the pinafore had its place.

Technical advances in kitchens have seen a decline in the use of aprons, but pinny aficionados still love them. Jan Banks, head of the textile department at Redlands Coast Museum has drawn together a rotating exhibition of nearly 60 aprons from 1890 to 2000.

"For a long time I've wanted to base a display on four aprons made during World War 2. They are works of art that were given to us in 2010," says Jan.

"One in particular is a stand-out; every inch of the apron's surface is covered in embroidery. It has no signs of use, so it was obviously made as a showpiece."

Jan points out that while aprons began as clothes protectors ("People couldn't afford many clothes and it was easier to wash the apron than to wash the gown!"), they grew to convey a great deal about status. Women servants in wealthy late-Victorian era families usually wore plain white "bib" pinafores, white being a demonstration of how spotlessly clean the household was. If guests were present, the maids would wear fancier, ornately frilled pinafores and the lady of the house, to indicate her familiarity and involvement with running a substantial household, would often wear a black waist apron of expensive but totally non-utilitarian fabric. Another apron style based on attractiveness rather than functionality appeared briefly in the 1950s-60s, aprons fashioned from cotton or nylon ladies' handkerchiefs.

"Aprons reached their peak in the 1950s – nearly all ads for domestic appliances or products featured an elegantly dressed woman wearing an apron – but they fell from favour in the 1960s. Women had developed a vision wider than the kitchen, though men at the barbecue led to an upswing in novelty aprons in the 1980s."

Jan says that in addition to the museum's collection, some of the



Jackie Wiley at the museum. Photo by Greg Pope.

exhibits have been loaned by members and friends, one of whom loaned her collection of twenty aprons; "I can't function in the kitchen without a pinny on!"

"Apron" comes from Old French "napron", a small piece of cloth. Over time, rebracketing led to "a napron" becoming "an apron". The word "pinafore" carries its own history; the front bib was originally pinned to the wearer's blouse.

COME AND TRY WALKING FOOTBALL FOR EXERCISE, FUN AND FRIENDSHIP

CONTRIBUTED BY REDLANDS UNITED FOOTBALL CLUB'S WALKING FOOTBALL TEAM

Every Wednesday at 7:00pm, Cleveland's Redlands United Football Club grounds host a thriving walking football session. Organiser Siggy Nowak proudly proclaims that it's the second fastestgrowing team sport in the world for older people, after pickleball.

Siggy is the manager of the Australian Walking Football Representative Over 70 team, which will be competing in the Walking Football World Cup in Spain in October.

"Walking football is a sport found all over the world," he says. Siggy's passion for the game is evident as he emphasises its numerous benefits. "It's a great way to coax older people out of the house and off their couches, meeting like-minded souls in the spirit of camaraderie and togetherness," he says. "The advantages are countless. We even have Mark Thig, president of RUFC, joining in." Mark cleverly reflects the club's policy that "football never stops in Redlands United – you start as a junior, progress to seniors, graduate to veterans, and finish with a flourish playing walking football. Some would even call this our walking football development program!"

Walking football, introduced about eight years ago, aims to encourage people to enjoy kicking a round ball for fun and exercise. Its appeal lies in its accessibility, as it's a sport that doesn't involve running and has a no-tackling rule for added safety. The ball can't go higher than head height, making it the one that does all the 'running'. The pitch is small, and the goals are equally compact.

Each week, local mums, dads, and grandparents gather for an hour of exercise. There's no need to be a seasoned player; anyone can join in and experience the excitement. Claire recently visited the session and is now totally hooked. "I'll be bringing my son along next week," she exclaims. "It's such a cool sport – exactly what I needed. It's safe, everyone is so welcoming, and even for a newbie like me with no background in soccer at all."

Siggy quickly emphasises the open invitation, welcoming everyone to join.

Robbie Duncanson, one of the original walking football participants, is almost 80 and loves spending an



Photo: Supplied.

hour with his fellow footballers. Robbie is quick to explain the essence of the game: "Walking football demonstrates the fundamental principles of soccer. You stop the ball, look around, select the best option, pass it, and then move into an open position to receive the return ball. All the while, you're exercising without even realising it. And most importantly, you are not required to run."

If you haven't seen this rapidly growing sport in action, it's time to come over and give it a try. You'll find plenty of laughter, fun, and gentle exercise. The best part? The Wednesday night session is free; just turn up and look out for some oldies strolling around kicking the round ball, giggling and thoroughly enjoying the exercise. For more information, contact Siggy on 0413 620 743.





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LOCAL FISHING WITH SPERO

GET YOUR CALAMARI RINGS FRESH FROM THE BAY THIS MONTH!

BY SPERO KARTANOS

Winter fishing in Moreton Bay for arrow squid and cuttlefish is usually excellent in August. Almost everyone likes to eat squid rings or calamari rings (same thing) deep-fried in batter, stuffed, or any way you want to eat them. There will be plenty throughout the bay to go out and catch, along with my favourite: the cuttlefish.

Kids love catching them, and get hooked very quickly once they catch a couple and get inked (it's not that bad, just lots of cleaning after, but the laughs are worth it, and 30 Seconds cleaner from Bunnings makes the ink disappear).

You'll find them east of a line from Ormiston to St Helena Island, and at a depth of approximately 25 to 35ft. A good drift with your jigs just off the bottom is the way to get them, with either a ball sinker on top of the jig or a paternoster rig (either works well; I like the ball sinker on top of the jig).

As for jigs, the olive brown or silver grey jigs seem

to be working very well on dark, dull overcast days, while the orangered prawn-like jigs work



better on bright sunny days. It's a matter of trying a couple of different coloured jigs to see what the squid prefer on the day. So, it's easy to get out there, catch a few and have some fun with these very tasty little critters.

My other favourite – winter whiting – will be in good numbers in the Rous, Maroon Banks and Amity Banks, and they have been west of St Helena as well. Martha got some nice ones, and I managed a few squid without getting inked!

The school mackerel should be around by mid-August. They will be close in, so have fun and enjoy the bay. Also, the whales won't be too far away, and don't forget the westerly winds are treacherous in the bay, so please be careful - it's better to miss a day fishing than drown.









Photos: Spero Kartanos.





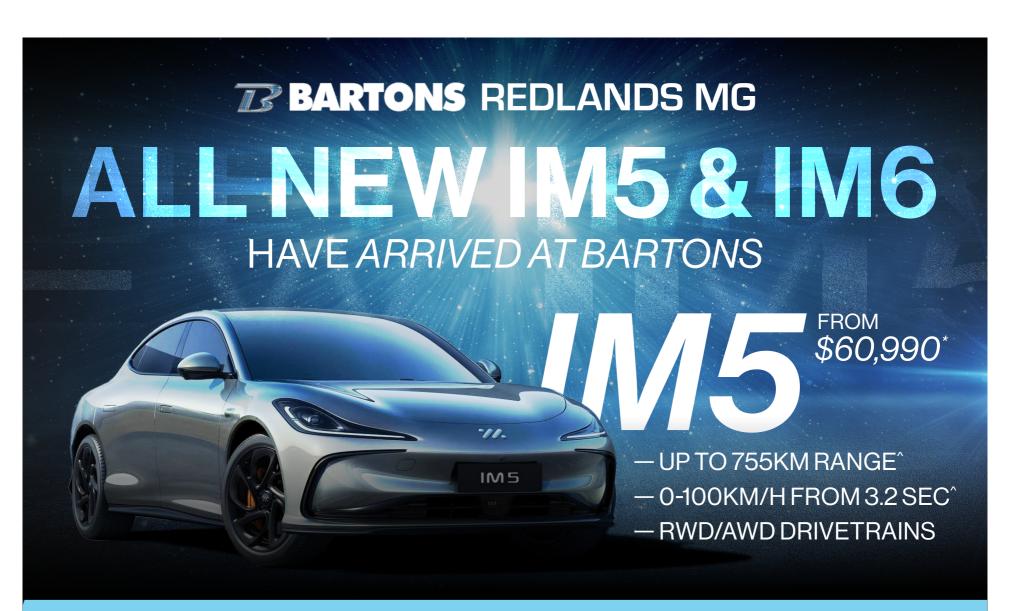


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How Home Loans Work

BY LAURENCE SMITH, FINANCIAL ADVISER, UEM WEALTH, AUTHORISED REPRESENTATIVE, LIFESPAN FINANCIAL PLANNING PTY LTD AFSL 229892

Home ownership remains the great Australian dream. Based on information from the last completed Census (2021), of the 9.8 million dwellings in Australia, 3.26 million of them were owned with a mortgage attached to them. While mortgage providers offer different packages and product features to suit differing needs, there are some key components (outlined below) that form a part of almost every mortgage.

Principal – this is the amount borrowed and still owed on the loan.

Loan-to-value ratio (or LVR) – an expression as a percentage of the outstanding principal divided by the value of the property that the mortgage relates to. For example, a \$500,000 loan outstanding against a \$1,000,000 home would present an LVR of 50% (\$500,000/\$1,000,000).

Interest – the rate of borrowing on a loan, normally presented as a percentage. The rate typically reported on home loan documentation is often the 'nominal' rate, meaning it is the stated annual interest rate for the loan. This differs from the 'effective' rate of the loan. The effective rate of interest is calculated by dividing the annual nominal rate by the number of days in a year (i.e., by dividing it by 365). This is then applied to the outstanding principal every night, and interest at this rate is accrued towards the overall interest expense each month.

Repayment Period – how frequently loan repayments must be made, e.g. weekly, fortnightly or monthly.

Repayments – the amount due each period to pay off the loan.

Amortisation – This is a term used to describe the interaction between the principal, interest rate, and repayments. It typically describes the length of time it will take to repay a loan.

Low Doc Home Loan – usually the most basic home loan offered by a lender. These loans may offer a slightly lower interest rate and may only be available to certain borrowers for a certain period of time. They normally offer basic features only.

Redraw – a redraw allows a borrower to make additional repayments into the principal of a loan and then access the additional funds if needed.

Offset account – An offset account is a type of bank account linked to the home loan. The balance held overnight in an offset account will effectively reduce the principal owing when interest is calculated.

Because of the impact of interest, it's convenient to think of a home loan in three phases. For the first third of the amortisation, most of each repayment goes towards funding interest expense rather than reducing the principal. Generally, only 17% of the principal owed on a home loan will be repaid in the first third of the loan term. During the second third of the loan term, the repayment rate starts to accelerate as more of each repayment is directed towards the principal rather than being used to cover interest. Typically, another

30% of the home loan is repaid during this period. Finally, the remaining 53% of the home loan is typically repaid during the final third of the loan's life.

There are some tried-and-true strategies used to accelerate the repayment term of a home loan; however, they all generally come down to temporarily reducing the principal owing to reduce the interest expense over the course of the loan. These commonly include making additional repayments (so that less interest accrues each month), depositing extra funds into a redraw (almost like using the redraw as a savings account), or running lifestyle expenses through a zero interest credit card to leave funds in an offset account (then repaying the credit card in full). Other more ambitious strategies may involve directing excess cashflow towards investments rather than making additional repayments, with a plan to utilise future earnings to make a lump sum repayment.

Whichever strategy is preferred, it must fit into the way that you would normally manage money. A qualified financial adviser is well-positioned to discuss any of these strategies and help determine which strategy will be most useful to apply to your lifestyle.

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