



# DADS, MATES & MENTORS: LET’S CELEBRATE OUR LOCAL LEGENDS!

Welcome to September! Spring has sprung, the days are getting longer, and our community is abuzz with exciting events and activities. What’s on your calendar this month?

The first Sunday in September is Father’s Day. It’s the perfect excuse to spoil the men in your life who lift you up, cheer you on, and make the world a little brighter. One of the greatest gifts you can give someone is recognition. Whether that person is your own father, a neighbour, a good mate, or someone in the community who’s a father figure, a simple gesture like a card or a phone call can let them know how much you appreciate them – that’s the real gift.

In this issue, we hear from Bruce, Harrison and Laurence. They represent three generations of a Redlands family – the youngest being nine – who’ve given us their take on Father’s Day and what it means to them. Check out their stories on page 20.

As always, we love sharing good news from around the community, so if you’ve got something worth celebrating, send it our way!

*Pictured: Bruce, Harrison and Laurence Smith at Wellington Point.*



## YOU'RE INVITED TO THE 5<sup>TH</sup> ANNUAL *There's No Place Like Home* CHARITY DINNER AND AUCTION

Redlands Coast real estate agents unite with local businesses, raising much-needed funds for Redland Community Centre’s “Homeless United” program.

See Page 13 for more information or to purchase tickets.

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Properties**

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OCT 11 2025  
6:30PM**

ALEXANDRA HILLS  
HOTEL



# REDLANDS SUPPORT GROUP HELPS MEN TO NAVIGATE CANCER

Richard Tetley has confronted and overcome cancer three times – and he’s turned his experience to a good cause, volunteering with the Redlands Men’s Cancer Support Group as its publicity and welfare officer. A major part of his responsibility is speaking to men’s community groups; as a self-confessed “people person” with 16 years of experience on air at radio Bay FM, he’s the obvious choice for the role.

“A support group specifically for men is important,” he says.

“Some of the issues with cancer are very personal and men aren’t always comfortable speaking about their personal feelings. We don’t offer medical advice or anything like that, but we offer support, no matter what cancer they’re going through. If they come along to a meeting, they can share what their problem is – a problem shared is a problem halved, and there’s bound to be someone in the group who’s had a similar experience. Then they can get together, have a chat, and work on ways to get through it.”

Richard says that a cancer diagnosis can trigger many complex emotional responses.

“Your first reaction when you’re diagnosed is oh, well, that’s it; will I survive? There’s a sense of loss and fear of the unknown, and if it’s prostate cancer, there’s the possibility of erectile dysfunction. You grieve, but you don’t have to grieve alone; you can grieve with your family, or you can come along to a group like ours and just have someone to talk to – and sometimes that’s all you need.”

Richard says that self-confidence can take a hammering, but that for him, having a sense of humour and his faith really helped.

“You have to believe in yourself and know that you’re not alone; there’s a support group that cares, they’ve been on that journey.”



Photos: Supplied.

In helping the men, the group also takes some of the load off their partners, who are included in some of the social events like morning teas the group organises. The group sometimes sets up a stall in a shopping centre, complete with banners, leaflets, and friendly faces. The group is affiliated with the Prostate Cancer Foundation of Australia, and September is Prostate Cancer Awareness Month. Look out for a flashing blue light in a shopping mall near you!

Meetings are held on the first Tuesday of each month at Victoria Point Library. For more information, call Richard on 0410 722 261.



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# BRING OUT YOUR COLLECTABLES – DON'T BOTTLE THEM UP!

What is there about old bottles that is so fascinating? You can find out at the Antique Bottle and Collectables Association's annual fair in September.

"For many collectors, it's the history that they carry, particularly of a specific area," says Yvonne Taylor, secretary of the association. "Our members have bottles that are up to three hundred years old – oil, pickles, alcohol, and medicine bottles. Some of the colours in the glass are incredible.

"Pottery bottles are most likely to be old ginger beer bottles – one of them sold recently for \$36,000. They're very sought after, especially if they have a good imprint on them – or a thumbprint that will identify them as convict-made."

Yvonne, an ardent collector, has a collection of cemetery vases – floral-designed vases made to hold flowers on a grave. The floral decoration guaranteed that there would always be 'flowers' there, even when the real ones died.

In addition to the opportunity to buy and sell, the fair features an exhibition that's a judged competition for entries in any of the 87 different categories. For those who have a treasure of unknown value, there will be a valuer at the fair, as well as experts in specific types to help with classifications.

The term 'collectables' encompasses a wide range of articles, varying in age and provenance, including everything from pie funnels to money boxes, Avon figurines, shaving and smoking accessories, early plastic items, postage stamps, pot lids, and railway memorabilia, as well as model and real items. 'Garagenalia' refers to collectables related to motoring; enamel signs, petrol pumps, oil bottles, advertising and promotional material, and 'Kitchenalia' embraces appliances that many of us remember from our grandmother's kitchen.



Photos: Supplied.



"We have expanded our category list to include 'retro' because that's a category on its own now," says Yvonne. "There's also a fantasy/sci-fi category – Star Wars is in! – and one for promotional toys and collectables."

So if you still have that boxful of wind-up toys that came with the kiddies' hamburgers, dig them out – you may have an unexpected nest egg!

*The Antique Bottle & Collectables Fair will be held on Saturday, 27 September 2025, from 9:00am to 2:00pm at Cleveland State School, corner of Queen and Wynyard Streets, Cleveland. For more information, call 0411 124 722.*

### Australian Celtic Women

11 October - from 2pm





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# Transform Your Garage

## Refresh Your Floor with Epoxy Coating

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

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

### Why Choose Epoxy Coating?

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

#### 1. DURABILITY

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

#### 2. AESTHETIC APPEAL

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

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

#### 3. EASY MAINTENANCE

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

#### 4. SAFETY FEATURES

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

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



### Contact Us Today

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



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# LIVELY SENIORS: SING, SPLASH AND CELEBRATE AT CLEVELAND AQUATIC CENTRE

The Redlands community is invited to dive into a morning of fun, fitness, and festivities at the Lively Seniors Celebration, held Thursday 9 October 2025 at the Cleveland Aquatic Centre. This free event honours the vibrant contributions of seniors across the region, with activities designed to bring all generations together.

Kicking off at 9:00am, the day begins with a high-energy Mega Aquaerobics class, followed by a playful bath cap competition sure to make a splash! From 9:00am to 11:00am, guests can visit the Cancer Council Redlands Branch stall for information and giveaways, while morning tea will be served at 10:00am to keep spirits high and stomachs happy.

Entertainment continues at 10:30am with a toe-tapping performance by the U3A Ukulele Band and a lively pétanque demonstration. Prizes will be up for grabs throughout the morning, adding a dash of excitement to the celebration.

Proudly supported by Redland City Council through the Redlands Coast Seniors Month Grant Program, the event highlights the importance of community connection, healthy living, and joyful ageing. Families, friends, and neighbours are all welcome to join in the festivities at 222 Russell Street, Cleveland.

Whether you're there to move, mingle, or simply soak up the atmosphere, the Lively Seniors Celebration promises a morning of warmth, wellness, and wonderful company.



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# LOCAL EVENTS

See what local events are happening in your community.

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



COOCHIAMUDLO ISLAND PIRATE DAY MARKETS

Saturday September 20, 9:00am to 1:00pm, Victoria Parade South, Coochiemudlo Island

Ahoy, adventurers! Just a short stroll from the ferry, the Coochiemudlo Island Pirate Day Markets offer a swashbuckling Saturday of family fun. Join local pirates for games, kids’ activities, role-playing, and a treasure hunt – with prizes for the best pirate costume. Discover market stalls featuring fashion, arts, crafts, homewares, live music, and much more. Enjoy morning tea or lunch at the Curlew Café or the licensed Coochie Beach Bar, take a dip, wander the Emerald Fringe, and visit the Artisan Collective Gallery. A golden day out for little buccaneers and grown-up explorers alike!



PUPPYPALOOZA MARKET

Sunday September 14, 8:00am to 12:00pm, Faith Lutheran College, Beveridge Road, Thornlands

PuppyPalooza is back – and it’s the ultimate free morning out for dog lovers and their furry sidekicks! With 40-plus pet stalls, tasty treats, hooman-friendly food trucks, and tail-wagging competitions, there’s something for every pup and pawrent. Snap a selfie, join a trick-training workshop, or kick back in the Chill Out Zone while your pup dives into a ball pit. Don’t miss Pet Photographer Debbie from DK Imagery capturing those cuddle moments.



ECO MARKETS AND FAMILY KOALA FAIR

Saturday September 6, 8:00am to 12:00pm, IndigiScapes, 17 Runnymede Road, Capalaba

Nestled in the native botanic gardens of IndigiScapes, the Eco Market Lane returns with fresh artisan produce, sustainable stalls, live music and tasty eats – plus the exciting debut of Griffith University’s Family Koala Fair! Ranger Stacey headlines a vibrant lineup of conservation experts, while kids can enjoy craft stations, scavenger hunts, and nature play. Join exhibitors from across Southeast Queensland (including koala detection dogs!) to learn, laugh and connect in this family-friendly celebration of local creativity, and koala conservation.



REDLAND SINFONIA TRIBUTE CONCERT

Saturday September 13, 2:00pm, RPAC, Middle Street, Cleveland

The final concert of Redland Sinfonia’s season, this program celebrates the remarkable life and music of Redlands artist and oboist Jindrich Degen. Former Melbourne Symphony Orchestra oboist Eve Newsome pays tribute with stirring solos, including Albinoni’s Oboe Concerto Op.2 No. 2 and Morricone’s Gabriel’s Oboe. The program sparkles with beloved classics, sweeping waltzes, and film themes by Beethoven, Strauss, Gershwin, and more. Join the Sinfonia in honouring a legacy that links Prague to Redlands through music. For tickets, visit [rpac.com.au](http://rpac.com.au) or phone (07) 3829 8131.



HARRY POTTER AFTERNOON

Thursday September 25, 2:00pm to 4:00pm Capalaba Library, Moreton Bay Road, Capalaba

Wands at the ready! Capalaba Library’s legendary Harry Potter Afternoon promises a spellbinding celebration! Budding witches, wizards, and magical muggles aged six and up are invited to enjoy enchanted games, crafty creations, and mystical activities in this free school holiday event. Costumes are encouraged, and bookings are essential. Mark your calendars: registration opens 9:00am, Saturday September 6. Parents and carers must supervise children under 12. Don’t miss this magical journey through the world of wizardry! For more information, scan the QR code.

## GOLDENS ON THE GRASS goes to the beach

SUNDAY 21 SEPTEMBER 2025  
10am-2pm, Broadwater Parklands

Scan the QR code to BOOK TICKETS

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# REDLANDS ORCHID SOCIETY’S COLOURFUL LEGACY IN BLOOM

At 98 years old, Ugo Belligoi still brings quiet strength and wisdom to the Redlands Orchid Society – a group he helped found decades ago. Ugo remains an active member, and his life story is deeply entwined with the region’s agricultural and community spirit.

Pictured is the Cleveland farm where Ugo and his family once cultivated small crops. During World War II, American servicemen would collect carrots from the Belligoi farm and deliver them to Archerfield Aerodrome, where they were flown across the Pacific to support troops. It’s a legacy of service and resilience that continues today through Ugo’s involvement in the orchid society.

The Redlands Orchid Society offers a vibrant calendar of events for anyone curious about the gentle art of growing orchids. From monthly meetings – held on the third Tuesday of each month and beginning with a welcoming beginner’s class – to 12 educational and social Orchid Morning Teas, the society fosters learning and connection. Members also enjoy two festive Christmas parties and two annual charity shows, all designed to bring orchid lovers together in a spirit of generosity and joy.

This year’s Charity Orchid Show is set to be a highlight. On Saturday, October 11, 2025, from 8:30am to 3:00pm, the Birkdale Sports Club at Judy Holt Park will transform into a floral wonderland. Whether you’re a seasoned grower or simply orchid-curious, the event promises expert advice, stunning displays, and a warm community atmosphere. Visitors can enjoy refreshments, browse items for sale, and enter raffles – all in support of the Redlands Hospital Auxiliary, which receives all proceeds from the show.



Pictured (above left): Ugo Belligoi, and the Cleveland farm. Photos: Supplied.

To learn more or connect with the society, visit [redlandsorchidsociety.org](http://redlandsorchidsociety.org) or find them on Facebook. Come along, meet passionate growers like Ugo, and discover how orchids – and the people who nurture them – continue to bloom in Redlands.



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# Spring has sprung in **Redland City**



## Mayor's message

Redlands Coast is ready to embrace spring. It's a fantastic time to get outside and enjoy our natural environment and all it has to offer.

Our catchments and waterways are a vital element and it's important to consider how we, and the flora and fauna that inhabit them, can co-exist and thrive. I was pleased at the recent announcement of a record \$30 million being allocated over two years for the Resilient Rivers (SEQ) program. This investment will help protect and improve the health of our waterways, wetlands and Moreton Bay, making them more resilient for generations to come.

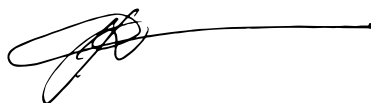
For Redlands Coast, the program includes exciting projects such as improving a fish passage along Hilliards Creek in Ormiston, which will help fish migrate and improve habitats. There's also important revegetation and bank stabilisation work planned for Erapah Creek in Victoria Point.

There are many local native plant species to admire. Erapah wattle brings colour to our conservation areas across the city.



It is also breeding season for some of our local wildlife, so please keep an eye out for koalas, echidnas and other native animals that are more active this time of year.

Council is committed to working with landholders, local groups and the wider community to help protect and care for our unique natural spaces. I encourage you to contact Council if you would like information on any of our environmental education programs or pop into Redlands IndigiScapes, Council's environment and education centre, in Capalaba.



**Cr Jos Mitchell**  
**Mayor of Redland City**  
**Email: [mayor@redland.qld.gov.au](mailto:mayor@redland.qld.gov.au)**

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



## High-tech help for our flying-foxes

Redland City Council is using a thermal-imaging drone to better protect flying-fox colonies across the Redlands Coast mainland.

The drone flies high above roosting sites and captures real-time data without disturbing the animals. It's made it much easier to accurately count flying-foxes in the roost, especially in areas with thick bushland or limited access.

This clever technology has boosted the accuracy of flying-fox counts by up to ninety-five per cent and can even detect other species like koalas. It's also proving handy during park maintenance and firebreak works, helping Council identify where the animals are and adjust plans to keep wildlife safe.

At Primrose Drive Wetlands in Thornlands, the drone helped monitor a large colony while nearby works were carried out, ensuring the flying-foxes stayed safe and undisturbed.

This new technology adds to Council's suite of conservation tools, which already includes koala Bluetooth tracking, digital mapping, and AI (artificial intelligence) trials demonstrating a strong commitment to protecting local wildlife and their habitats.





## Help keep koalas safe this breeding season



Breeding season is here, and Redlands Coast koalas are on the move. From now until December, you're more likely to see them as they search for mates, especially around local roads, parks and even in backyards.

Now is the perfect time to get involved in Redlands Coast Koala Watch. By reporting koala sightings, you will be helping Redland City Council and researchers better understand where koalas are, how they are moving, and what challenges they face.

Koala Watch has had a recent upgrade, making it even easier to take part. The new online form is quick and easy to complete, with no sign up or registration needed. Just visit the Koala Watch webpage and follow the prompts to report what you see.

You can also use the free Survey123 app, which automatically records your location to make your

sighting even more accurate. No special skills are needed, just a few minutes and a keen eye.

If you spot a koala that appears sick or injured, please call the Redlands 24-hour Wildlife Rescue Service on (07) 3833 4031 so it can receive prompt care.

You can also support local koalas by making your property safer. Check that fences and pools are wildlife friendly, keep pets secured at night, and give koalas space to move freely through your yard.

By staying alert and reporting what you see, you're playing an important part in protecting local koalas this season.

Visit Council's Koala Watch webpage to find out more or to report a sighting. Every sighting helps.

## Turning the tide on litter in Redlands Coast waterways

Ever wondered where litter ends up after it hits the ground? A new Redland City Council project is shedding light on that journey using GPS tracked bottles to follow rubbish as it moves through our local waterways.

In June, nine tracked bottles were released at four sites: Tingalpa Creek, Erapah Creek, Hilliards Creek, and the Torquay Road boat ramp. Tracked over 21 days, the bottles showed how litter travels through our catchments and into the bay.

The Litter Quest: Creek to Coast project is the first of its kind in Queensland and is helping Council understand where litter goes and how to stop it.



The findings will support local efforts to reduce marine debris and keep our waterways healthy.

Everyone can help. Picking up rubbish, washing your car on the grass, using fertiliser carefully, and properly disposing of leaves and aquarium waste all make a big difference.

Together, these small everyday actions can help keep Redlands Coast clean and beautiful for generations to come.



## Pitch in to protect our patch

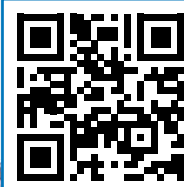
Redland City Council has launched two new volunteer programs and is inviting locals who love the outdoors to get involved and give back to their environment.

Parkcare and Trailcare are hands-on programs that bring together like-minded people to help care for the parks, tracks and open spaces that make Redlands Coast such a great place to live. Whether you are a seasoned bushwalker, a passionate nature lover or simply want to contribute to your community, there is a place for you.

Already successful in other councils around Australia, these programs offer a practical and rewarding way to make a difference in your own backyard.

Council will provide the tools, equipment, training and insurance — you just bring your enthusiasm and willingness to help. Volunteers will support the care and upkeep of more than 175 kilometres of tracks and trails, and over 19,000 hectares of local parks and open space. Current sites include Bayview, Scribbly Gums, and Eastern Escarpment Conservation areas. Whether you can volunteer regularly or just every now and then, your time and energy will help protect and preserve the places we all enjoy.

To register or find out more, scan the QR code or visit [redland.qld.gov.au/ParkCare](http://redland.qld.gov.au/ParkCare)



IndigiScapes  
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8am to midday

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# Maggie's Mates

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Photo: Supplied.

**What's your name?** Valley. I'm a Mexican hairless xoloitzcuintle. Need help? It's pronounced sholoh-in-squintly.

**Where do you live?** I live in Capalaba.

**How long have you lived there?** I have lived in Queensland for two years, but I originally came from Russia, even though I'm Mexican. My pre-emigration Russian name was Valina, which means 'valley'.

**What's your favourite local walk?** Wellington Point beach walk is my favourite walk because I love the attention and photo opportunities it offers. I'd be a model if I could...any agents out there?

**Your most treasured toy?** My favourite toys are my soft pumpkin toy and my boxing ball; I can treat 'em roughly and they don't fight back.

**What is your favourite food?** I love peeled prawns and Moreton Bay bugs (alright, I'm spoilt, but really, I'm worth it), and I love cooked steak.

**What's your worst habit?** It would have to be when I wipe my moisturiser off after mum has taken so much trouble to apply it. I know a chap should look after his complexion, but really...

**Your favourite local hangout?** Cafe 63 with Mum, and watching the windsurfers at the beach.

**Do you have any funny or embarrassing stories?** When my mum gets home from work, my tail spins like a helicopter and I dance. I haven't taken off yet, but maybe one day I could join the windsurfers!

**What do people love most about you?** People love most that I am different and that I have no hair. Like some men. I wonder if they get as many pats as I do?

**Valley's favourite charity is the Animal Welfare League QLD.**

**We have made a \$50 donation on Valley's behalf.**



Would you like your best mate to be featured in Maggie's Mates? Email us at [sales@market2market.com.au](mailto: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.

# SPOOKTACULAR

## FAMILY FUN DAY

Saturday 18th October 12pm to 4pm

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# MISS MAGGIE OF MANLY





Panel 1: Maggie looks at a sparkly collar. "OHEMGEE! This sparkly flower collar is EVERYTHING."

Panel 2: Maggie looks at a phone showing a sparkly collar. "I NEED this. Urgent."

Panel 3: A person's face is shown. "Sweetie, that costs a month of treats."

Panel 4: Maggie thinks. "Hmm. Style or snacks..."

Panel 5: Maggie is on a ladder painting a sparkly collar. "Don't worry Mum. I barked a brand deal!"

Panel 6: A person looks at Maggie. "So she was bred to retrieve gold. But she thinks that means accessories!"

# THE COST OF NOT USING TICK PREVENTION ALL YEAR ROUND

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

As we move into the warmer spring months in Brisbane, paralysis ticks become even more active, and the risk to our babies rises sharply. Just one tick can cause life-threatening paralysis, leading to emergency treatment and, tragically, in some cases, the loss of a beloved family member.



The financial cost can also be significant. Severe cases often require multiple days in hospital, 24-hour monitoring, anti-tick serum, intensive veterinary care, and, in some cases, life support.

At Manly Road 24-hour Veterinary Hospital, we know unexpected expenses can be daunting, which is why we offer several payment solutions:

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# STARFISH TRI ATHLETIC CLUB – MAKING A DIFFERENCE

In 2001, Ben Luscombe developed Starfish Tri Athletic Club, a swim/bike/run concept of training that focuses on participation, fun, and wellbeing.

“I used to be a triathlete myself, and I built the club around coaching that would create opportunities for everyone, regardless of their skill level or ability. All athletes deserve the same focus and support whether they’re ‘everyday’ athletes or want to go on to high-level competition,” Ben says. “We have group sessions, but each individual athlete is cared for.”

Ben is certainly the right man in the right job; he was recently presented the AusTriathlon QLD Junior Coach of the Year 2024 – 2025 award.

“It’s actually quite humbling to receive the award; I prefer to stay in the background and let the athletes be the best that they can be,” he says.

The proof of the pudding is in the eating and Ben’s approach bears fruit; six Starfish athletes have competed at the national championships, 32 athletes have made it to the state championships and this year, eight triathletes – aged from 16 to 45 – will be competing at the world championships in Wollongong in October.

Ben says that Starfish is registered with Qld. Athletics, which gives Starfish members the opportunity to compete all over Queensland. This provides the athletes more competition opportunities without having to join multiple clubs and pay multiple fees. He points out that

triathlon is an expensive sport, especially when competing at state and national levels.

“There’s the cost of equipment, races, travel, uniforms, entry fees, and accommodation. We try to cover what costs we can to make the sport more accessible and affordable.

“Part of the club is funded by our swim club, a fully enclosed and heated learn-to-swim facility staffed by a team of qualified instructors. We provide a safe and encouraging environment for kids to learn how to overcome their fears, learn to swim, respect the water, and have lots of fun doing it. We’ve also opened a reduced-rate kindy program, complete with a pick-up bus.”

A large part of Ben’s success is probably due to his approach of creating a caring and supportive environment.

“A lot of our sessions have a mix of adults and kids,” he says, “We’ve found it creates a good sense of competition and camaraderie and the adult athletes become unofficial mentors for the kids. We’re like one big family.

“No matter what sporting group you have, I think it’s important in society today to have these groups that help form friendships, where people support each other – it makes a much happier community.”

For more information about the club, visit [starfishfitness.com](http://starfishfitness.com).



Photo: Supplied.



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# NOT ALL HARD PLASTICS ARE CREATED EQUAL

FROM REDLAND CITY COUNCIL

Recycling has become a routine part of daily life for many of us, but confusion still lingers around one common material: hard plastic. While it might seem like all rigid plastic should go in the recycling bin, that's not always the case. Understanding the difference between recyclable and non-recyclable hard plastics can help reduce contamination and improve the efficiency of recycling systems.

So, what can be recycled? Typically, the containers we use every day – milk bottles, cleaning spray bottles, detergent bottles, yoghurt tubs, meat and biscuit trays, and some takeout containers – can go in your kerbside yellow-lid recycling bin. These are made from plastic types that recycling facilities are equipped to process. They are durable, lightweight, and melt at predictable temperatures, making them suitable for re-use in manufacturing.

And what cannot be recycled? While plastic coat hangers, toys, storage bins, buckets, kitchenware (like Tupperware) and garden furniture may be sturdy and seem similar to recyclable hard plastics, they're made from a different type of plastic than what is accepted in the plastic recycling process where a milk bottle is turned into a milk bottle and a soft drink bottle is turned into a soft drink bottle.

To make recycling plastics work, remember this one simple rule: if it's a rigid plastic container that you have bought from the supermarket, containing a product that is edible or that you'll use to wash yourself or to clean your clothes or house, then it is highly likely it can be recycled.

Keeping the right types of plastic in the right bins helps reduce contamination levels, increasing recycling rates and keeping rubbish out of landfill.

To find out more, download the RecycleMate app or visit [www.Redland.qld.gov.au/recycling](http://www.Redland.qld.gov.au/recycling)



**DID YOU KNOW?**  
The triangle symbol with the number in the middle doesn't always mean something is recyclable. Instead, it indicates the type of plastic the material is made from – which might not be the recyclable kind.





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# \$2 BOOKFEST ON STRADDIE TO HELP FUND MARINE RESCUE

BY JAN NARY

**“I guess there are never enough books.” John Steinbeck**

Despite the upsurge in electronic books, it seems that the good old paper variety is still a firm favourite with a lot of readers. That's good news for the North Stradbroke Island Marine Rescue Unit, which over a decade has benefited from thousands of dollars raised at their annual Bookfest. That's a lot of money raised from an annual event at which the books sell for \$2 each.

Richard Dunn, coxswain and Marine Rescue past unit commander, says that the annual festival began in 2014 when a Point Lookout philanthropist donated his extensive library to Marine Rescue.

“It was decided to form a group of volunteers, headed by Ursula Cotterill, to hold a jumble sale including the books. The event was a huge success, especially the books, so it was decided to run a Bookfest every September during school holidays.

“In recent years, Ursula has been joined at the helm by Debra Dunn. All the fiction goes to Debra, and she sorts the books alphabetically by author. Ursula is the drop-off point for books, and she deals with

sorting all the non-fiction donations into categories and organises volunteers for the sale days.”

The Marine Rescue crew provides the sale day muscle; transporting the books and setting up the tables to a design from retired architect Frank Way. They also run a very popular sausage sizzle featuring local produce from the Dunwich Butchery and bread rolls from local Dunwich Baker Martin Pie.

Richard says that most donations come from locals and holidaymakers.

“The fastest sellers are kids' books,” he says. “It's great to see the youngsters enjoying a sausage sizzle and engrossed in a book. They often finish the book in one go, donate it back and buy another one. Adults on holidays look for escapism and fiction; they'll track down their favourite author and maybe try a few they don't know; at two dollars a book you can afford to go a bit mad!”

The 2025 Bookfest will take place in the Point Lookout Community Hall on 27 and 28 September. To make a donation or for more information, call 0467 162 933 or email Richard.Dunn@mrq.qld.gov.au.



Debra and Ursula preparing for the 2025 Bookfest. Photo: Supplied.

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# NEW REDLANDS POP-UP LOCATIONS TO MAKE DONATING BLOOD EASY

The first of Australian Red Cross Lifeblood's new Brisbane Pop-Up Donor Centres will open its doors to blood donors for the first time.

Lifeblood spokesperson Belinda Smetioukh said that Lifeblood is aiming to collect 10,000 blood donations at the Pop-Up Donor Centres over the next 12 months.

"We know the community are very excited to start donating blood at the new Pop-Up Donor Centres, and we're encouraging everyone to visit [lifeblood.com.au](http://lifeblood.com.au) and book in their donation from today," she said.

"We want to make donating blood as convenient as possible, and while we're confident there are enough potential donors in these locations, we need community support to fill the appointments so that we can continue to pop-up in these locations."

Pop-up donor centres are mobile donor centres that operate from a local venue, such as a community hall, and are set up and packed down for each visit.

To donate blood at the Pop-Ups, drop in, book an appointment at [Lifeblood.com.au](http://Lifeblood.com.au), call 13 14 95 or download the free Donate Blood app.

### POP-UP LOCATIONS AND DATES

**Cleveland:** Comfort Hotel Pacific Cleveland, 128 Middle Street: 15 to 21 September, 20 to 26 October, 17 to 23 November, 8 to 14 December.

**Victoria Point:** YMCA Victoria Point, 128 Link Road: 22 September to 3 October, 15 to 24 December.

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# WALTZING THE WILARRA AROUND AUSTRALIA

BY JAN NARY

David Milroy's *Waltzing the Wilarra* is set in a mixed-race dance club in post-World War II Perth, where locals escape everyday struggles for a brief moment. Elsa, one of the stolen generation, is the club singer, finding solace from a fractured relationship with her mother and her marriage to a veteran battling PTSD and alcoholism. Her husband's best friend Charlie is in love with her, and her half-sister Fay is in love with Charlie. Forty years on, the community gathers one last time before the club is demolished, and buried truths emerge.

Lorinda May Merrypor plays Elsa, and like her character, she loves to sing.

"It's the way I process things too," says Lorinda. "At the beginning I related to her being a singer. For act two, 40 years later, I play an 80-year-old woman. I'm 27, so how do I do that? I drew on my grandmother a lot – my Dad made voice recordings with her, and I used those and videos to study how she talks and walks."

Elsa has developed and changed – as characters do – since the tour took to the road.

"That's the amazing thing about acting; there's no final product, it's always changing and evolving – especially with a story as dramatic as this one, with so many relationships. I get to bounce off these incredible actors and feel everything brand new every night."



Photo by Matthew Chen.

With a two-man band "that puts out the energy of a ten-man combo" and a cast of eight, Lorinda says the show is both powerful and fun.

"I'd be exhausted after every show if I didn't enjoy it so much. We're lucky to have Brittanie Shipway as director; she instilled in us the need to leave the emotion on stage and just reunite as friends. The RPAC show is nearly the end of the tour, so you'll get a very polished, worked-in performance!" added Lorinda.

*Waltzing the Wilarra* will play at RPAC on the evening of Saturday October 11. For tickets, go to [rpac.com.au](http://rpac.com.au) or phone (07) 3829 8131.

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## LOCAL ARTIST DELVENE COCKATOO-COLLINS IS CREATING A LEGACY OF WEARABLE ART

**Delvene Cockatoo-Collins was destined to create wearable art. Her mother, Evelyn, taught her to sew at 12, on a sewing machine bought 40 years ago.**

Delvene spent her childhood on Minjerribah, walking with her mother and grandmother, always aware of the natural surroundings – rushes, shells, and plants later inspired her art. She moved off the Island in primary school.

"I missed everyone terribly, I missed the place. I'm so grateful that family stayed. I knew that eventually, one day, I'd go back."

Delvene returned to open a shop, sell hand-printed homewares, and exhibit on the mainland.

"Then I thought: I really should be wearing my prints, so I made a few simple box tops and wore one to a Redlands Chamber of Commerce event about seven years ago. I had the second one on display – it was a dusty pink with a design of eugarie shells – and Kim Richards, our State member, bought it – and still has it. She was the first customer of my garments – and she was a great model!

"I had a local seamstress run up batches of 'commercial' wearable art and they'd sell out so quickly that I was constantly disappointing people.

"I find screen printing a meditative process. Once I've decided the colours and process I can just switch off. Sometimes for bigger shows I outsource printing; to take a bit of pressure off."

Delvene's designs earned stage commissions, including *Capricorn*, *Dear Brother*, and *Dear Son*.

"Stage costumes are a whole other scene – the costume has to work on stage and be durable enough for performances. I learned a lot from Natt Rayner, Queensland Theatre costume manager."

She designed the 2024–2025 Broncos' jerseys, a two-year commitment involving training visits, talks, and player island visits.

Delvene regards as "true art", the exhibition one-off runway garments made from flat, pearly quampie shells, rushes, cottontree, ochre, clay and seeds, referencing cultural resources.

"It's all sustainable," says Delvene. "Quampie are a food source on the Island and the shells are discards," she says; "I don't use freshwater reeds in my workshops as they're used by weavers. My dyes are natural made from banksia."

Delvene is home from World Expo in Japan and is heading to USA for her third trip with a company that brings groups to the Island.

She now has a shop in Brisbane CBD, and two seamstresses to cope with demand. "I'll give it 12 months, if it doesn't work, I'll go back to the Island. It's a calculated risk, yet the way I work!"

Create Exchange is supported by Haymans Electrical, Queensland Art Gallery, Gallery of Modern Art (QAGOMA), Redland Art Gallery and Redland City Council.



# Expanding Redlands Hospital



As well as expanding Redlands Hospital, here are some of the ways the new Queensland Government is delivering for Redlands:

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- ➔ Upgrading sports clubs
- ➔ Fixing the Valley Way – Mount Cotton Road intersection
- ➔ Opening a Marine Centre of Excellence for the Southern Moreton Bay Islands
- ➔ Upgrading schools in Ormiston, Birkdale South, and Thornlands
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# LET WATTLE SHINE IN 2032: LOCAL PUSH TO BLOOM IN TIME FOR OLYMPICS

*You can put it in a bottle, you can hold it in your hand.* Thus goes the Monty Python’s Flying Circus doggerel about a blossom known and loved by Australians – and perhaps no one loves it more than Mike Gilmour. Mike, president of the Queensland Wattle Association, is on a crusade to raise awareness of the wattle plant and encourage more local wattles to be planted in time to blossom for the 2032 Olympic Games.

“There are over a thousand species of wattle in Australia; varieties are found in every state and territory and in a really wide range of environments. It’s said that there’s a wattle tree blooming somewhere in Australia every month of the year,” he says.

“The first wattle celebration was held in 1838 in Hobart; the story has it that people who turned up wearing a sprig of wattle were given a free beer and sandwich!”

Mike says that wattle’s rise to floral authority was gradual.

“Wattle was included in our coat of arms in 1913, but it wasn’t until Bob Hawke’s prime ministership that Golden Wattle was declared Australia’s national floral emblem. Green and gold were declared

Australia’s national colours, and National Wattle Day was established under Paul Keating’s stewardship.”

Indigenous Australians used wattle for food, tools, weapons, handles and medicine; seeds were roasted and eaten, or ground to make flour for baking, sap could be eaten, made into a drink or be used as a glue. White settlers were quick to appreciate the home-building potential of wattle-and-daub.

Wattles are quick to establish and spread, often unwelcome on farms because they encroach on cropland, but they’re welcomed by native birds, insects, and mammalian insectivores for the food and shelter they provide.

“One thing we don’t have here is a passion for our floral emblem,” Mike says. “We’re hoping that the councils and communities in South East Queensland will plant the local wattle varieties – Golden, Silver, Zigzag and Erapah – so that they’ll all be in blossom in time for the 2032 Olympics.”

Mike will be giving a talk at Victoria Point Library on the morning of Thursday, September 4; bookings required.



Mike Gilmour, president of the Queensland Wattle Association. Photo: Supplied.

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# THREE GENERATIONS, ONE DAY: HOW A REDLANDS FAMILY CELEBRATES FATHER’S DAY

*Here, we’ve asked three generations of a Redlands family what Father’s Day means to them.*

Father’s Day originated in the USA in 1910 and reached Australia by 1936. Explanations for the September date include a desire to avoid all the public holidays in the first half of the year, a celebration of spring, and the commercial consideration of spacing it out from Mother’s Day and Christmas. Over the years, it has grown into a gift-giving extravaganza, but for three generations of one Redlands family, it still retains the original ethos of family and appreciation.

Bruce Smith remembers the day as being low-key during his childhood in the 1950s

“It wasn’t a big deal; we were probably only aware of it because it was on the calendar. There was no TV, and we listened to the ABC on the radio, so if there were any ads, we didn’t hear them. We didn’t buy Dad a present, just a card from the newsagent – and he wasn’t expected to do much on the day. I was in boarding school for secondary schooling, so we didn’t even think about it; there were no societal or family expectations.”

For Bruce, the strongest memory of Father’s Day was the focus on what sort of man his father was.

“My father always seemed to be doing something for other people, and he’d often get me to help, so Father’s Day came to symbolise the role model of what I thought a father should be; I hope I’ve set as good an example. A meaningful Father’s Day for me is just having a family day, keeping it simple, and enjoying the experience.”

For Laurence Smith, like his father, the concept of Father’s Day is a broader brushstroke than the “one day” concept.

“I don’t recall making too much of a fuss about Father’s Day. There were stalls at school and we used to be smuggled a little bit of money clandestinely from Mum. We usually bought Dad liquorice allsorts – always gratefully accepted – and the standard card. For all that, I have a high regard for community – I’m less volunteer-oriented and more family-oriented. It’s awareness of the role of the



*Harrison Smith (middle) with his father Laurence (left) and grandfather Bruce (right).*

father that matters. Spending time together with Dad is important; you don’t need just one day of the year for it.”

Harrison, Laurence’s nine-year-old son, has a beautifully uncomplicated – and generous – nine-year-old’s take on Father’s Day.

“Mum gives me money and I go to the shop in the school’s music room and buy something for Dad. Last year, I got him a sort of car with a tyre for keeping paper clips in. For Dad and Poppy (Bruce), I make a card – I pick something out of my line drawing book. This year, I think I’ll draw a picture of Dad in the middle. I haven’t decided on his present yet – and I haven’t decided yet what to cook him for

breakfast. The best thing to do on Father’s Day is just hang out with my Dad. I love my Dad – he’s the best Dad in the world.”

So, has Father’s Day changed? Laurence has the last word.

“I think it’s easy to fall for the current commercialism of Father’s Day – ad campaigns implying that you should cover dad’s workshop wall with matching power tools because that’s what dads want and expect – and you can pay \$12 for a basic Father’s Day card. We’re trying to resist the philosophy that all you need to show someone you care is a price tag. The most expensive thing you can give is what there’s only a limited amount of: time.”



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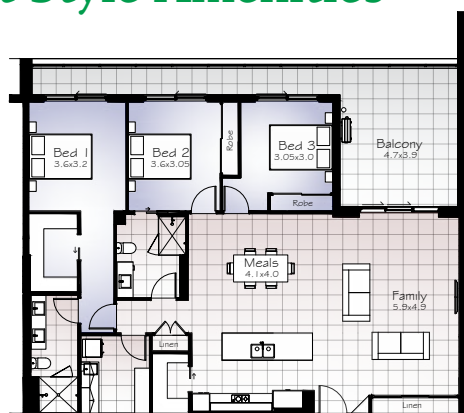
The location is perfect. A quiet cul de sac position, a parkland vista and only a 5 minute walk to Cleveland CBD.

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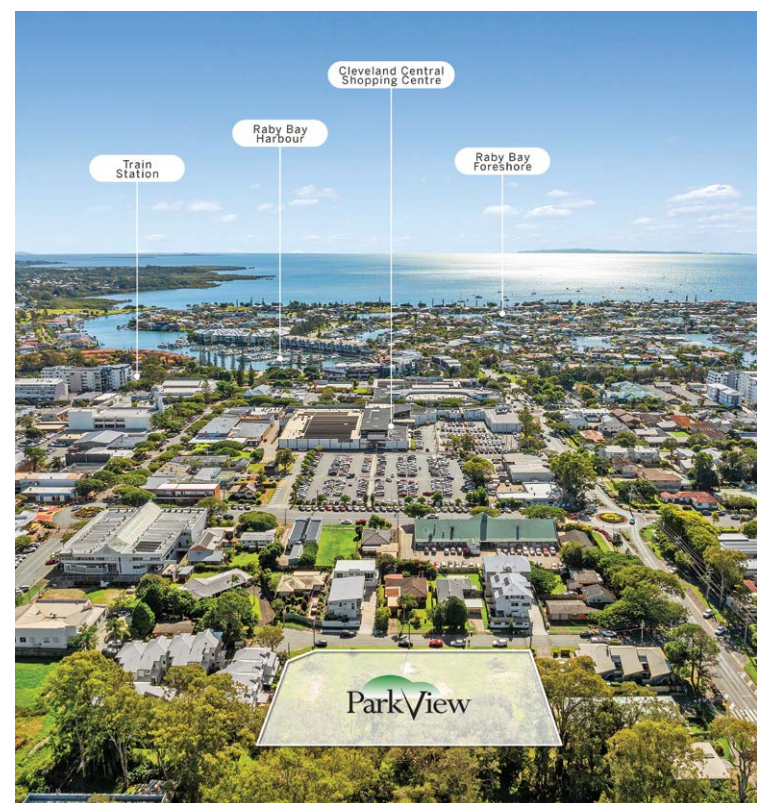
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# LOCAL FAMILIES ARE POWERING AHEAD WITH THE BATTERY REBATE

FROM GOODHEW ELECTRICAL & SOLAR

As energy prices rise and time-of-use tariffs roll out across the Bayside, more locals are turning to home battery storage. The Australian Government's Cheaper Home Battery Rebate is making it easier than ever to invest in the latest energy storage technology.

At Goodhew Electrical & Solar, we've seen a surge of interest in two standout brands – SAJ and Sungrow. Both manufacturers have developed some of the most reliable battery systems available on the market. These systems allow families to store excess solar energy generated during the day and use it when it matters most – at night or during peak demand periods. For many of our customers, the financial and lifestyle benefits are remarkable.

It is important to realise that not all batteries are created equal. We have seen a number of low-budget, low-quality batteries installed by others across the Bayside under the rebate scheme. Some have already failed and the customers are unable to make contact with the original installer, so they have reached out to us. Choosing a proven brand is critical for long-term peace of mind, and equally important is the company that installs it. A local, reputable installer understands not only the products but also the unique requirements of a Bayside household. At Goodhew, our decades of experience mean every installation is designed for

maximum efficiency, safety, and future expansion.

The results speak for themselves. One of our recent customers, who invested in a 40kWh Sungrow battery system, is already seeing significant returns by participating in wholesale energy trading. In their words: "Our battery has completely changed how we think about electricity. We're not just saving money – we're actually earning credits by selling power back to the grid at night. It's good to know we're ahead of the curve and in control of our future."

This is the future of clean, smart energy. The Cheaper Home Battery Rebate won't last forever, so now is the time for households to act. By investing in a quality battery system, installed by a trusted local company, families can protect themselves from rising bills, embrace sustainability, and even create new income streams.

As the Bayside's multi-award-winning solar and battery experts, we've been helping homes and businesses reduce their energy costs for over 18 years. Our team of licenced electricians delivers systems designed for performance, safety, and long-term savings. We don't just sell you a battery – we guide you through the entire process, from designing a tailored solution to applying the rebate and commissioning your system with full monitoring and support.



Photo: Supplied.

This is your moment to power up and push back against rising energy bills. If you've been thinking about adding a battery or upgrading your existing solar system, don't wait. Contact our team today on (07) 3286 1422 or visit [www.goodhewsolar.com.au](http://www.goodhewsolar.com.au).





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# LOCAL GARDENING WITH KAT

## WHY SO BLUE?

BY KAT PEARSON, *GIRL IN THE GREEN*

Surely everyone has heard of superfood turmeric by now. It's the latest latte, capsule, powder, anti-inflammatory paste (with the added benefit of providing skin tone vibes that would fit a Simpson character), and, of course, curry ingredient. *Curcuma longa* comes in a variety of shades from yellow to orange and is eaten all over the world for its colour, flavour, and health benefits. But have you heard of black turmeric?

Black turmeric is a close relative of our common edible turmeric and (despite what the name suggests) is BRIGHT BLUE! The scientific name is *Curcuma caesia*. *Caesia* means bluish-grey, so I'm not really sure how black came into it, but regardless, the colour is outstanding. It grows in similar conditions to common turmeric, preferring warm, sheltered, part-shade locations in rich, moist soils. The long and broad, lance-shaped leaves have a very ornamental dark pink/purple stripe down the mid-rib (centre), and the flowers, or rather bracts, are a bit like a pinecone that is pinkish white with darker tips. The real flowers that peak out of each 'pinecone hole' are yellow, but they're a little bit insignificant.

Although the rhizome is technically edible, it is primarily used medicinally and has a very bitter taste. As a plant, black turmeric is an extremely lush ornamental plant that would make itself at home in a tropical garden. Be warned, though, it completely dies back over winter. This is when you can harvest the rhizome to use or split and spread around the garden (or simply marvel at the not-quite-natural-seeming colour!). When the weather finally warms up (I'm sure we're all ready for that now), the leaves appear first, sometimes hiding the flowers that come a little later, so keep an eye out. As a cut flower, they last well in a vase, and you aren't harming the plant by cutting them, so bring them inside where you can see them better!

On a side note, if you really love the flowers, why not try Cape York Lily (*Curcuma australasica*)? It's a native turmeric that sends its flowers up first and makes for a wonderful sub-tropical substitute for that spring-bulb impact.



Photos: Kat Pearson.

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### ABOUT KAT

I love gardening, growing my own food and plants in general. I've been working on our current garden in subtropical Brisbane for the last six-plus years, but have been gardening for much, much longer in all sorts of places. I'm an ex-engineer, recently turned horticulturist (life's too short not to work in something you love!). I grow edibles and ornamentals in an often wild, rambling jungle, filled with birds and bugs, including a handful of pet chooks and a brand new puppy (who likes to chase said chickens, and is not averse to helping me dig a hole!).

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# NATURALLY WONDERFUL ... WITH RANGER STACEY

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



Spring has sprung! This is the season when Mother Nature embraces the warmer weather and longer daylight hours. For many native species, spring sparks courtship and mating behaviours across a range of wild habitats, both terrestrial and aquatic.

On land and in trees, birds are creating cosy nests and marsupials like koalas are busy attracting a mate in preparation for the arrival of tiny offspring.

Redlands Coast is the gateway to magnificent Moreton Bay – pure paradise – and permanent home to schools of fish, pods of dolphins, herds of dugong, and turtles (which are mostly solitary).

At this time of year, the ocean beyond our naturally wonderful coastline transforms into Humpback Highway.

If you haven't watched whales frolicking off our coast this year, let me remind you, there's still time!

Magnificent southern humpback whales are currently cruising past, on their annual migration up and down Australia's east coast. From June until around November, an estimated 40,000 whales will make

the mammoth journey all the way from their feeding grounds in Antarctica to Queensland...and back again.

The Great Barrier Reef is the ultimate destination for breeding and calving, its warm tropical waters providing shelter for the whales. Mothers make the long journey back to where they were once born, to welcome a single calf.

Right on our doorstep, you'll find the ideal vantage point to watch whales breach, tail slap, and spyhop ... North Stradbroke Island, aka Straddie, aka Minjerribah.

High above the vivid blue ocean, Point Lookout is the perfect place on dry land to spot this natural phenomenon – forget about any risk of getting seasick!

Humpback whales are humongous, yet graceful. I'm constantly in awe of their aquatic acrobatics, tail flukes so unique that researchers use them to identify individuals, innate sense of navigation, as well as the use of complex underwater songs to communicate over long distances.

Aren't we lucky to be able to enjoy one of the best land-based whale



Photo: Supplied.

watching locations in the country? If you're yet to experience this natural wonder, go for it... and if you've done it before, do it again. It's always a giant thrill!

Until next time ... Stay Wild!

*Ranger Stacey*



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# BAYSIDE SPRING FESTIVAL BLOOMS AGAIN ON SEPTEMBER 12 AND 13

After more than a decade away, the much-loved Bayside Spring Festival is making a comeback.

The free festival is set to be a highlight of the community calendar, bringing laughter, live music, and family fun back to George Clayton Park on Friday, 12 September, and Saturday, 13 September.

Brisbane City Council and Wynnum Commerce Inc. are joining forces to bring the Bayside Spring Festival to life, in conjunction with the Brisbane Festival for the Friday night program, featuring:

- Rachael Fahim – powerhouse country-pop artist with chart-topping hits
- Midwest Molly – country favourites with a fresh twist
- Briana Dinsdale – rising star with soulful vocals and heartfelt songwriting

Alongside the music, festival-goers can enjoy roaming performers, face painting, a giant jumping castle, food trucks, a bustling makers market, and a spectacular fireworks finale on Saturday night.

"The Bayside Spring Festival is part of our community's story and celebrates what makes this part of Brisbane so special," said Councillor Alex Givney.

"Bringing it back after all these years means more opportunities for

families, friends and neighbours to connect and make lasting memories on Brisbane's bayside.



"The energy and commitment from our volunteers so far has been nothing short of inspiring, and I want to thank them from the bottom of my heart for all their amazing work."

## SATURDAY HIGHLIGHTS

- Local bands, school performers, and dance groups
- Ranger Stacey as MC and wildlife presentation by D'Aguilar Wildlife
- Royal Australian Navy Band
- Charlotte Street Jazz Band
- The Kunins
- Phoenix

The Bayside Spring Festival is supported by the Lord Mayor's Community Fund, Brisbane City Council, and Ampol.

The Bayside Spring Festival will be held on September 12 and 13 at George Clayton Park, Manly. For more information, check the festival's Facebook page.



*Pictured: Popular local musicians Ken Kunin and Lily Maia will perform at the Bayside Spring Festival.*

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# HOLIDAY BOATIES URGED TO TAKE THE HELM ON LIFEJACKETS AND SPEEDING

**Maritime Safety Queensland (MSQ) is urging Queensland boaties to turn the tide these school holidays, after a worrying number of skippers were found flouting the rules on speeding and lifejacket requirements over Easter.**

During the Easter break, more than one in three boats intercepted by MSQ’s compliance officers were caught speeding, while one in four weren’t complying with lifejacket laws, despite new lifejacket rules having been in effect since 1 December 2024.

Despite the cooler weather, thousands of Queensland families are expected to be out on the water over the school holidays, and MSQ is reminding skippers that there is a clear need for them to do better to ensure family fun does not turn into tragedy.

MSQ’s data has consistently shown that most boating fatalities involve boaties who drown, or are never seen again, after falling overboard while not wearing lifejackets.

Over the five years between 2019/20 and 2023/24, 64 people drowned in boating accidents in Queensland. Only five were known to have been wearing lifejackets.

Following extensive consultation, MSQ introduced new laws from 1 December 2024 requiring that lifejackets be worn by all skippers and passengers operating vessels in certain high-risk situations.

Boaties were given a six-month period of adjustment to understand and comply with the new requirements before Maritime Safety Queensland began enforcing them from 1 July. Fines for non-compliance with lifejacket rules start at \$333.

MSQ is also reminding skippers that speeding is always dangerous, but is especially so during holiday seasons, when many more boaties are out on the water and waterways become congested.

Speeding reduces a skipper’s ability to respond and adjust to developing or unexpected situations on the water and increases the chances of a marine incident occurring.

Queensland laws require that lifejackets must be worn when:

- Boating alone (or only with children under 12 years) on an open boat that is less than 4.8 metres in length whilst underway.
- Crossing a designated coastal bar on an open boat, or on an open area of a boat, of any length.
- Boating at night, that is between sunset and sunrise, on an open boat that is less than 4.8 metres in length whilst underway.
- If you are under 12 years (aged one year or more, but less than 12 years) in an open boat, or open area of a boat, of any length while underway.



Further, wearing a lifejacket is compulsory when crossing a coastal bar on certain craft in the style and risk profile of:

- Small sailing boats (such as lasers, herons).
- Pedal boats.
- Rafts, including inflatable rafts.
- Rowboats (excluding Surf Life Saving Australia Club Surfboats).
- Sea and surf kayaks.

# DOGGIES’ YOUTH ACADEMY PLAYERS SHINE AT STATE CHAMPIONSHIPS

CONTRIBUTED BY KEVAN SANGSTER FOR CAPALABA BULLDOGS

**Capalaba Bulldogs’ Youth Academy teams had a wildly successful State Championships during the last school holidays, with two of their boys’ teams taking home winners’ medals.**

The Doggies under 13 Boys (pictured) took out the main prize in their age group, beating a Far North Queensland representative side in the final of a competition that saw teams from all regions of the state participate.

Under-13 boys Academy coach Zak Meuli had this to say about his team’s performance.

“The boys showed a lot of character. We were undefeated in the group, and they showed amazing resilience to get all the way to the final and then get the win.”

Not to be outdone, the combined Under 15/16 boys Academy side also claimed victory in their competition, again beating Far North Queensland in the final.

Football Queensland’s Youth State Championship is an annual event for Under-13 to Under-17 FQ Academy teams across Queensland, held this year at South Pine Sports Complex in Brendale.

Capalaba president Shaun McAney was delighted with his club’s Youth Academy performances at such a prestigious event.

“It’s fantastic to see the hard work and dedication from both the coaching staff and players being rewarded with these wins,” said Shaun.



Photo: Supplied.

Shaun went on to explain how the club fields both boys and girls Youth Academy teams across under-13 to under-18 age groups, representing Capalaba in the Football Queensland Academy Leagues.

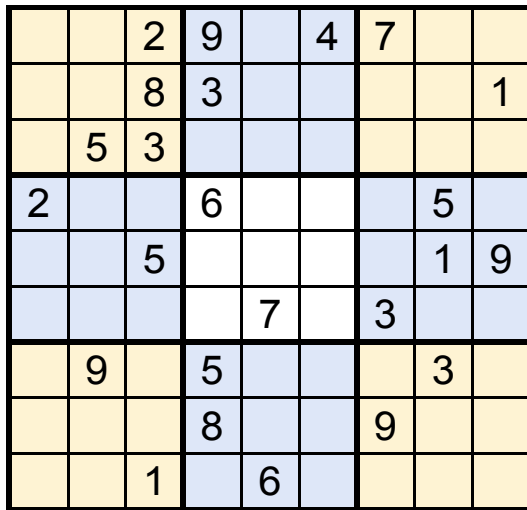
They also have a Junior Academy for boys and girls from Under-9 to Under-12, as well as a thriving junior community football program.

And many of those younger players now have a benchmark for success in their own club’s Youth Academy. The future looks bright for the Doggies!



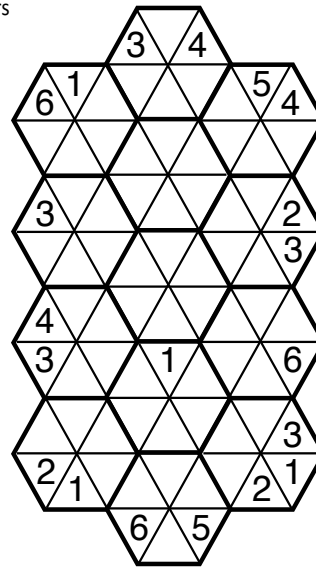
# Sudoku

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

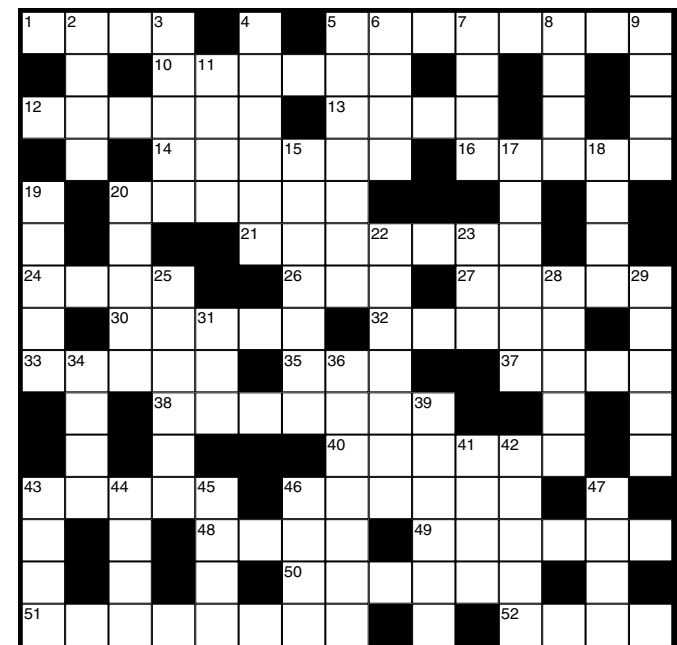


## Quick Workout

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



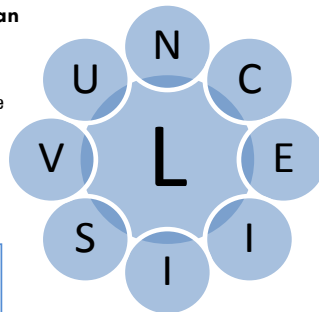
## Crossword



## Focus

## An All Australian Word Game

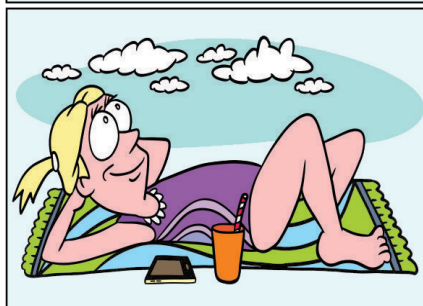
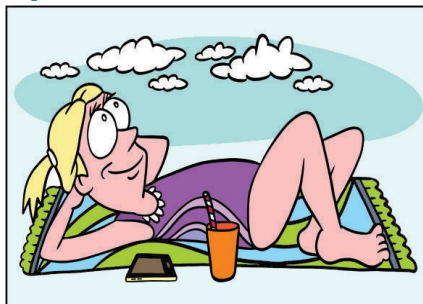
- \* Each word must contain the centre **'Focus'** letter and each letter may be used only once
- \* Each word must be four letters or more
- \* Find at least one nine letter word
- \* No swear words
- \* No verb forms or plurals ending in 's'
- \* No proper nouns and no hyphenated words



**TODAY'S FOCUS** Good: 10 words  
Very good: 15 words  
Excellent: 27 words

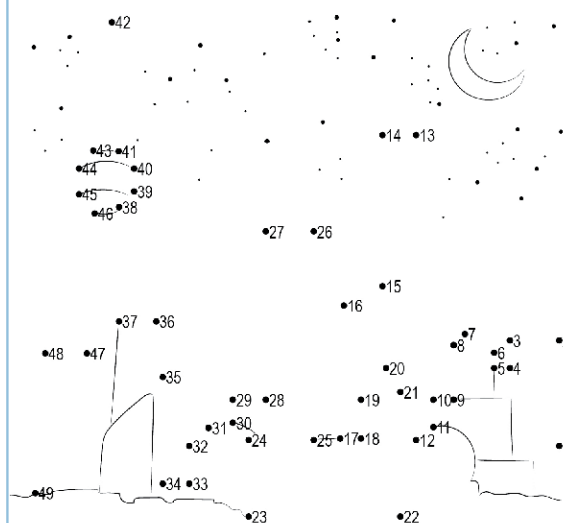
**Reference: Macquarie Concise Dictionary**  
Focus No. 3897

## Spot the 5 Differences



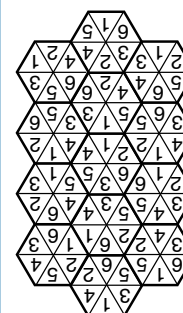
## Join the Dots

What is this? Find out by joining the dots.

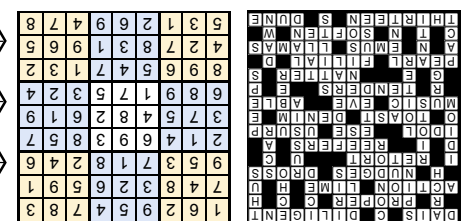


## Solutions

Puzzles and pagination  
supplied by Auspac Media



**SPOT THE DIFFERENCES:** Pony tail moved, Phone moved, Drink flipped, Missing foot, Towel colours reversed.



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## The Difference



# STRESS, ANXIETY, AND ADRENAL HEALTH

BY CHEREE SHELDON, QUALIFIED NATUROPATH, FLANNERY'S ORGANIC WHOLEFOOD MARKET, VICTORIA POINT HOMECO CENTRE

Are you feeling irritable, nervous, and having trouble regulating your emotions? Is your brain busy, whirling thoughts around, or are you running on empty, experiencing energy slumps in the afternoons, or having trouble getting started in the morning? Or maybe you feel like you're always run-down, and just can't get back your 'zing'. If so, we need to have a chat about stress and anxiety.

### CORTISOL AND STRESS

When you hear 'stress hormones', the main hormone being referred to is cortisol. It's produced by the adrenal glands. When in rhythm, it is highest in the morning, which wakes us up and gives us a bit of pep, and then it peters out during the day, aligning with the natural rhythm of sleep, activity, and energy.

A significant number of Australians experience mental health struggles, including stress and anxiety. Prolonged stress can lead to more serious health conditions, such as adrenal fatigue, weight gain, heart disease, impaired kidney function, etc. It's important to include holistic strategies to manage and improve our mental health.

### SIMPLE TIPS TO HELP LOWER CORTISOL LEVELS

**Improve your sleep.** The circadian rhythm is your

internal body clock. It is what will help you fall asleep, stay asleep, and wake up feeling refreshed. One way to improve your sleep is to establish a consistent bedtime routine. Look to remove blue light, incorporate relaxing behaviors, and generally support your body and brain in preparing for a great night's sleep. A good bedtime routine begins late in the afternoon, as the sun begins to set. Slow your brain down – use lavender oil and Epsom salts, take a bath, drink herbal tea, read a good book, or listen to some chill-out music.

Use a quality magnesium to support relaxation of the mind and body. It's also important to remove sugars and stimulants – especially after midday.

Melatonin is a neurotransmitter we produce to support our circadian rhythm. Sour cherry is packed with melatonin, so a handy tip is to have cherry juice before bed. Our naturopaths can also prescribe you a wonderful plant-based melatonin from our practitioner-only brands.

**Herbal medicine** has a whole heap of herbs that are adrenal tonics and anxiolytic herbs. They support your nervous system and can improve symptoms of mild anxiety and stress. Hops, passionflower, ashwagandha, Siberian ginseng, rhodiola, and liquorice are just a few

that you can use to support you during times of stress.

**Listen to your gut.** Feeling flat? Tossing and turning at night? The answer could be in your gut. Did you know your gut and brain are constantly talking? It's called the gut-brain axis, and it plays a big role in how you feel, think, and sleep. A targeted, quality probiotic can do wonders. If your gut microbiome is out of balance, consider a premium formula to support your mood, reduce anxiety, ease fatigue, and improve sleep. It works by nourishing your gut microbiome – the community of good bacteria that helps keep the gut-brain axis in sync.

**Nutrition is critical.** The gut-brain connection needs to be supported with great nutrition. Include fibre and fermented foods to feed your microbiome. Without adequate nutrients, we can be left feeling depleted, making stress symptoms worse. You need to ensure that you are meeting your protein needs, as this breaks down into amino acids, which are essential for neurotransmitter production.

**Lastly, let's talk about the MIND-BODY connection.** Living in a mindful way helps you learn how to rein in your busy brain and focus on the 'here and now'. Being present and then attaching a neutral or positive emotion



Photo: Supplied.

to day-to-day tasks can make a massive difference in how you experience the world and manage stress. Bush flower essence can help your body adjust on an energetic level and may be a lovely addition to your stress management plan. Seek out a great therapist to support you. We all need extra support sometimes, and it's always a good idea to consult with a qualified professional. Our team is here to help you navigate any questions you may have.

Remember, it's important to seek professional healthcare advice before consuming any supplements to ensure they're right for you.



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# SMOKED SALMON, ASPARAGUS, AND FETTA FRITTATA RECIPE

The weather's not too hot, not too cold – what to eat? This fantastic frittata makes a quick and easy meal for breakfast, lunch, or dinner, which is just as good eaten cold as it is warm.

## INGREDIENTS (SERVES 4 TO 6)

- 8 large eggs
- 100ml milk (or cream for richness)
- 4-5 asparagus spears, trimmed and chopped into 3cm pieces
- 100g smoked salmon, torn into strips
- 80g Danish-style fetta, crumbled
- A handful of grated mozzarella cheese (freshly grated tastes better!)
- 1 spring onion, finely sliced
- Salt and pepper, to taste
- Olive oil or butter, for greasing
- Optional, but delicious: fresh dill or chives for garnish

## METHOD

1. Preheat your oven to 180°C (fan-forced). Grease a 20cm oven-safe frying pan (or a 30cm pan for a thinner frittata) or baking dish with butter or olive oil.
2. In a small frypan, sauté the asparagus until it's just tender (about 2 minutes). Set aside.
3. In a large bowl, whisk the eggs and the milk, then season with salt and pepper.
4. Stir in the sliced spring onion, cooked asparagus, the smoked salmon, and ¾ of the fetta.
5. Pour the mixture into the pan. Scatter remaining fetta and all the grated mozzarella on top.
6. Bake for about 20 to 25 minutes until it's puffed, golden, and cooked in the middle – the time this takes to cook through will depend on how deep your frittata dish/pan is. Let it rest for about 5 minutes before cutting and serving.
7. Top your frittata with fresh herbs, and serve with fresh crusty bread or a green leafy salad.



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# LOCAL READERS

## A BOOK REVIEW: *THE EASEMENT* BY LOCAL AUTHOR LARAIN DILLON

REVIEW BY RON NORTON

After a career in journalism spanning more than half a century, much of that time as a newspaper and magazine editor and publisher, I believe that I am qualified to cast an opinion on the merits of literary manuscripts. And within the bounds of that background and experience I must confess that editing Laraine Dillon’s *The Easement* gave me enormous satisfaction.

First-time authors seldom have the ability to immediately find their niche in the literary world. But Laraine has achieved this with *The Easement*. That she is able to develop her craft from the opening pages and expand it throughout the story is a remarkable achievement. It is a cleverly written work that held my interest from the moment I glanced through the opening pages to the last paragraph of the final chapter. I can’t recall having become so absorbed in the betrayal of a book’s characters.

Thankfully, I resisted the temptation to flick to the final chapter for the ending. The author has cleverly disguised the completely unexpected ending until the very last sentence. When I finished editing the penultimate chapter I was convinced that Laraine had written herself into a corner because she had satiated all the angles. Not so; there is no anti-climax. The ultimate ‘punch-line’ is brilliantly conceived. So much so, that a sequel is inevitable.

Laraine appropriately describes the genre as “humorous fiction”. The humour is subtle and cleverly interwoven with each character’s indelible imprint on the story.

*The Easement* is a great story, relevant, totally believable and written with the technique of an established, experienced author.



Local author Laraine Dillon.

# CHAI TIME AT CINNAMON GARDENS BY SHANKARI CHANDRAN

REVIEW BY ANNE CROWLEY

WHAT THE EXPERTS SAID:

“*Chai Time* [Booker Prize winner 2023] is set in contemporary Australia, in a nurturing old-age nursing home in Sydney started by Sri Lankan Tamil refugees [Maya and Zhakir], but open to all. The novel keeps flashing back to Sri Lanka during the country’s nearly four-decade civil war... it charts their twin traumas: racism in their adopted country after having fled persecution at home. But it also celebrates their resilience.

“It raises a host of penetrating questions ... Yet these questions emerge organically from an engrossing story peopled with vividly-drawn characters and told in elegant prose.” (Frontline: Interview with Shankari Chandran).

MY THOUGHTS:

I had been largely ignorant about the long-contested history of the first occupants of Sri Lanka, the atrocities committed against the Tamils, and their battle for recognition and independence (culminating in the civil war 1983-2009).

Parallels are drawn with the impact of Australian colonisation on our First Nations people. In explaining to his seven-year-old son why he had removed a statue of Captain Cook from the nursing home, Zhakir explained, “I don’t like him because he was a conqueror and a

coloniser... When he came here, he told a story about this country. His story erased the past and rewrote the future...”.

Zakhir’s act eventually became the excuse for an application to the Human Rights Commission by Gareth, rapidly disintegrating after the death of his young daughter and rupture of his marriage (and his contributions to those). This plot line is a bit farfetched, and quoting provisions from the Act unnecessary, but it provided a vehicle for discussing racism experienced by these immigrants (and others in real life) – a serious physical attack on Ruben, a kind and dedicated nursing home handyman, media fanning the fear and anger of white folk because the non-white immigrants ‘are coming to take what’s ours’, and ultimately a deadly attack on the nursing home itself.

But there’s more here than all the serious stuff.

My favourite characters were Maya and Ruben. The respect and love shown by Maya and her family to the residents of the nursing home, engendering a sense of community was refreshing – if I end up in a nursing home, I hope it will be like this one!

The irony is not lost on Maya that she is unable to get her first book published until she takes on a pseudonym - then she becomes a best-selling author whose lead character is an indomitable white Australian woman whom readers imagine as the author herself.

And I laughed with Maya. By now a resident herself, in competition with one of the other residents about the appropriate configuration of Hindu God figurines in a shrine – based on their own opinion of which deserved the most deference – they raced each day to get there first to arrange them so.

Ruben is an unfolding mystery. Committed and loyal, he helps staff and residents alike – no task is too menial. And he is also fluent in 10 languages! Gradually, we learn more about his Sri Lankan background as well as solving other mysteries – what happened to Zhakir, and why Ruben has chosen to work at the nursing home despite his exceptional qualifications.

The weightiness of some subjects in the book is balanced by the colour, humour, and human kindness of others, making it a very readable and memorable book.





# LOCAL FISHING WITH SPERO

## SEPTEMBER IS THE HEIGHT OF WHALE SEASON ON MORETON BAY

BY SPERO KARTANOS

I know this is a fishing column, but when the whales are in, and when you see the size of them as they go past your boat and you realise that the calf is as big as your little karavaki (small boat), it's pretty amazing! Seeing Mum being so protective is one of the best sights in the bay this time of year, and how lucky are we to see them just east of Green Island, Wellington Point, and around Peel Island? Looking at my past records, the next four weeks are when some whales will come in to rest in the bay before their long journey to the South Pole. So, if you get the chance during the school holidays, it's worth a look around the bay to see these magnificent mammals. To be honest, I love fishing, but seeing the whales so close in takes your breath away.

Fishing-wise, the school mackerel season should be on in earnest with fish all through the bay from close in at the last leads to harbour entrance through to King and Green Islands, all the way to Ormiston,

and east to the Naval and Hope Banks. So, there's no excuse for not getting a good feed!

The whiting will be going strong in the Small Boat Channel, Rous, and the Sand Hills time of year, and there will be plenty of snapper and squire in the bay to keep us all happy. Try the shallows around the Bay Islands and artificial reefs. As for cuttlefish, the season has not been the best, and the same applies to arrow squid – very hit and miss. The last few weeks have seen the tiger squid in good supply around Green Island and Wellington Point.

Remember the laws regarding whales and dolphins in the bay. Keep a safe distance from them and don't approach them – just admire their beauty and grace.

Till next month, good fishing and whale watching.



Photos: Spero Kartanos.



## REDLANDS COAST MUSEUM'S NEW EXHIBITION: WE ARE ALL DIFFERENT

FROM REDLANDS COAST MUSEUM

**From the first stroke of a paintbrush to the final chisel on stone, no two artists see – or create – the world in exactly the same way. This September, the Redlands Coast Museum invites you to celebrate those differences in *We Are All Different*, an exhibition brimming with originality, creativity, and passion.**

Art is as varied as the people who make it. Whether working in oils, acrylics, watercolours, or pastels, on canvas, paper, or timber – each medium shapes the artist's style and story. Sculptors working with clay, stone, wood, or metal choose their tools and forms based on the unique challenges and possibilities of their material.

But the magic goes beyond the medium. Some artists embrace improvisation; others meticulously plan every detail. Some build intricate layers slowly, others capture an idea in a single, swift session. Inspiration may be drawn from realism, abstraction,

symbolism, or social commentary. Each approach breathes life into the work – pushing the boundaries of art and making the creative world endlessly rich and diverse.

*We Are All Different* is a vibrant salute to these individual styles, featuring works by:

May Sheppard, Robin Wilson, Chris Huber, Peter Stellar, Leo Herregers, Delisa Appleton, Sharyn Talbot, and Anna Bray.

### EXHIBITION SNAPSHOT

**Where:** Redlands Coast Museum – Dunn Wing Gallery  
**When:** 1st September – 10th October 2025  
**Open:** 7 Days a week, 10:00am – 3:30pm  
**Entry:** General museum admission applies



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# LOCAL POETRY

## FOR FATHER'S DAY

BY GEOFF SMILEY

We sit watching with him  
as the cancer overwhelms.  
My wife giving care,  
I am remembering the years

when Max was father figure  
caring for me. And had  
made me feel safe  
through childhood.

Now he lies defenseless.  
The 70-year-old who  
during the war was a young  
man in that photo

wearing his flight cap  
at the rakish angle -  
the carefree way,  
of young men in 1939.

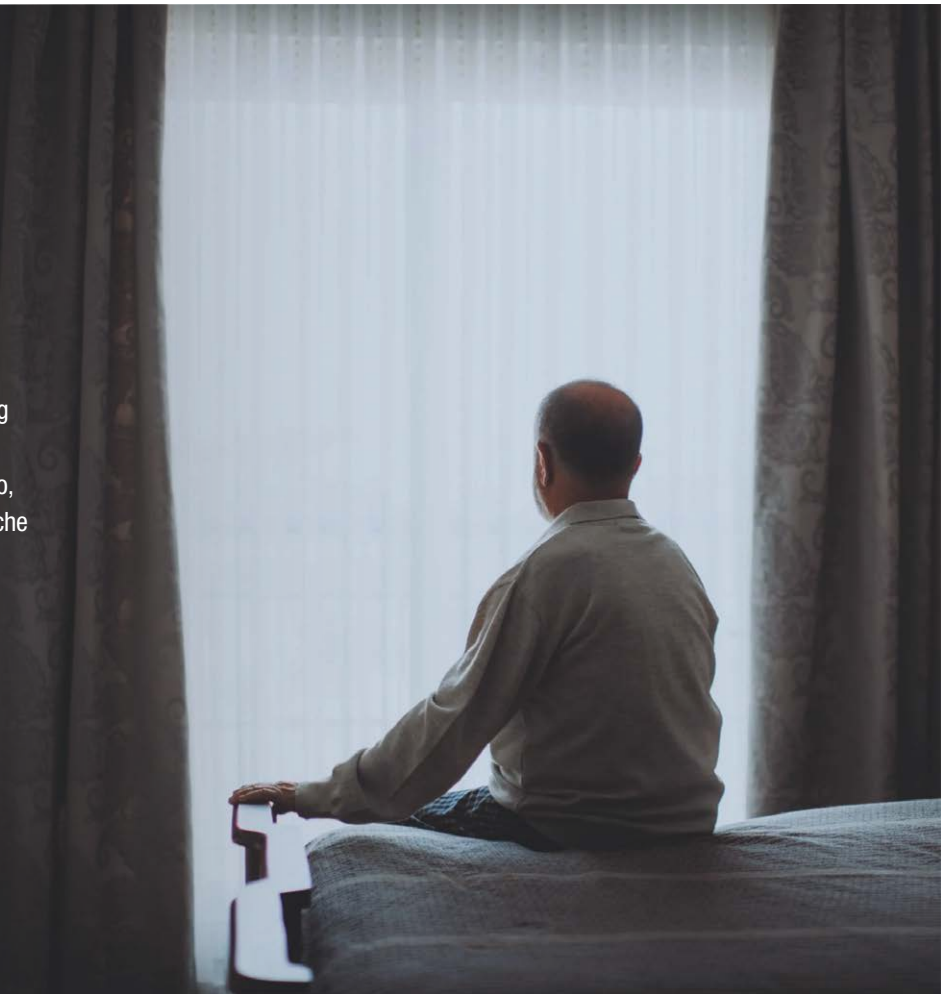
In maturity he became  
careful from responsibility  
and the war.  
In childhood I too was  
careful, from past losses.

Max died two days before  
my mother's sudden passing.  
His was the loss I most felt  
at a time so confusing.

I was left with a longing  
to know the carefree  
young man in the photo,  
with his 1930's mustache  
and blue air force cap.

Before we were  
both changed.

© Geoff Smiley.



## GETTING TO THE HEART OF ART AT REDLANDS COAST ART SOCIETY

Ever wanted to try something artistic, new, and exciting? Something like jelly printing or art journaling, Cricut, or bookbinding? Perhaps your taste is more towards portraiture, still life studies, or urban sketching? Or maybe you've a yen to try different media – oil painting, watercolours, pastels, acrylic, cyanotype, or block printing? Whatever your inner artist wants to try, there's a good chance you'll find a class or a workshop to suit at the Redlands Coast Art Society.

The Society has 10 tutors; six art teachers and four craft teachers, including award-winners and full-time professionals, and occasional guest tutors for specialist workshops. The membership experience is varied, with about 25 percent being experienced, established artists, and nearly half being beginners. Peter Wallach, the Society's president, says that potential members are welcome to "try before they buy".

"Our fees are very reasonable, with a lot of added benefits – but there's no point in forking out for an annual membership if you don't enjoy it, so we offer the first lesson free. Membership includes a free weekly portrait lesson, a free weekly urban sketching session, and free Art Jam sessions twice a month."

The urban sketching sessions are in the open air and can be seascapes, landscapes, houses, and built environments, or – tutor Angela Bruce's favourite – industrial and back-street structures. As well as seeing the beauty in a rusty fire escape, Angela appreciates the finer things in life and insists that, in choosing locations for the sketching sessions, proximity to a good coffee shop is a prime consideration.

If the choice of artistic options is bewildering, it may be a good idea to visit an Art Jam, held on the second and fourth Sundays of each month at the clubhouse, which is nestled into Capalaba's Winter Memorial Park (the exterior murals make it easy to spot). Members gather there to work on their art, perhaps pick up hints



Photos: Supplied.



from any tutors present, swap ideas, techniques, and inspiration, let the littlies loose in the playground, and have a good natter and a cup of tea. Members also have the opportunity to save on equipment at the Society's de-stash days, when colleagues sell off art and craft tools that are surplus to their requirements.

For more information, check out the website [www.redlandcoastartsociety.com.au/contact](http://www.redlandcoastartsociety.com.au/contact).



## DANCERS DELIGHT AUDIENCES AND JUDGES AT LOCAL EISTEDDFODS

FROM HERE'S TO LIFE

We're absolutely thrilled to share that Here's to Life performers wowed the judges and audiences alike, taking home first place for the high-energy jazz routine *Knock on Wood* and an impressive second place for the toe-tapping tap number *Another One Bites the Dust* at the Wynnum Eisteddfod!

The talented dancers also placed second and third in the same section at the Beenleigh Eisteddfod – it was an incredible achievement that had audiences cheering all the way! The performers lit up the stage with passion, dedication, and pure love of dance.

And the magic doesn't stop there! We're taking our performances on the road with upcoming appearances at the Brisbane Seniors Concert and many more events across the region. Our mission? To spread joy, creativity, and inspiration, and get even more people up and dancing!

As our performance calendar grows, so do our class offerings. We're delighted to introduce a fabulous range of Disability Dancercise, Singing, and Drumbeats classes, designed to support, empower, and celebrate every individual's unique rhythm and voice.

Due to popular demand, we've also added a brand-new Lyrical Dance class on Wednesdays at 11:15am, and an exciting Beginner's Tap class, perfect for anyone who's ever wanted to give tap dancing a try.

Whether you're a seasoned performer or a complete beginner, there's a place for you at Here's to Life. Come experience the joy of movement, music, and community with a free trial class of your choice.

For more information, please call 0408 717 342.



*Photos: Supplied.*

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# SHELDON COLLEGE NAMED TENNIS AUSTRALIA NATIONAL TALENT HUB

Sheldon College has been selected as a Tennis Australia National Talent Hub, joining an elite group of programs across the country recognised for their outstanding commitment to junior player development. In what is a rare distinction among schools, Sheldon College is the only school-based Talent Hub in Greater Brisbane, and one of only three school-based Talent Hubs nation-wide.

This exciting development affirms the College's strategic investment in tennis and junior athlete development. Backed by Tennis Australia, the designation includes direct funding for the next two years to accelerate the growth of the program and provide additional development opportunities for aspiring players.

"This recognition not only reflects the great work of our coaching team but also validates our approach to long-term athlete development and the strong partnerships we've built within the industry," said Sheldon College principal Ms Kate Mortimer.

The program's success has also opened up international opportunities. Head Coach Jake Alchin has been selected to take part in a Tennis Australia-funded trip to Italy in September, where he will study global best practice in talent development.

A recent visit by Tennis Australia representatives praised the College's commitment, with feedback highlighting its clear player pathway, high-quality coaching, regular match play opportunities for younger players, and an integrated strength and conditioning program. The feedback also commended the College's use of Tennis Australia's 'Play to Learn' philosophy and its plans to further embed athletic development touchpoints across all levels.



Sheldon College campus, Taylor Road, Sheldon. Photo: Supplied.

Sheldon College looks forward to working closely with Tennis Australia to help shape the future of Australian tennis. This recognition reflects the high standards we set across all areas of our College, and affirms our commitment to supporting students in achieving their extraordinary — both on the court and beyond.

Sheldon College is proud to be named as a Tennis Australia  
**National Talent**  
*Hub*



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# How to Retire

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Every client I meet is chasing a different dream. A common desire is to never have to work again. It doesn't need to take a lotto win to make this happen, but it will take some planning, some thinking, and some time. Good thing too... as the chances of winning first division in Powerball are one in 134,490,400, and I'm interested in a bit more assurance for my client's financial future.

There are some common questions that need to be considered when thinking about retirement.

**First of all – retirement age.** This is the first question that requires some thought, because in Australia, there is actually no set age that determines retirement. Age-based eligibility for the Age Pension currently commences when a person reaches age 67, and Preservation Age (the age at which a person can access superannuation) is currently age 60. But Retirement Age should simply be when a person is no longer reliant upon working to meet their lifestyle expenses.

For some, this could be from 55 if they have investments or income outside of superannuation or 60 if they are planning to access their superannuation for regular income, but there is no hard and fast rule. I've come across individuals in the past who continue to work well into their 80s. Granted, they were owners of successful businesses that became multi-generational, and it allowed them to see their grandchildren every day as they became involved in the business, but it is still work. Keep in mind that the earlier one retires, the longer that retirement is likely to last.

**Secondly – lifestyle expectations.** Again, there is no hard-and-fast rule here. I've met people who said they needed a minimum \$150,000 per year to remain comfortable, and others who said all they needed was \$45,000 per year, a camp oven, and some stars overhead. To some degree, this will be influenced by the income you have been using leading up to your retirement. The best way to find out the expectation that is needed is to complete a budget exercise, but ignore the "income" side of it. Just concentrate on the estimated expenses of everyday life, plus an extra amount for luxuries or "wants". Things that come to mind may include holidays, travel, home renovations, car replacements, or experiences.

There are also plenty of resources that can help with this stage. For example, the Association of Superannuation Funds of Australia suggests that a comfortable lifestyle for a couple who own their home outright will cost an estimated \$73,875 per annum<sup>1</sup>. They also offer a detailed expenditure breakdown on their website for comparison or reference.

Next, looking at what resources are available to make the first part and the second part sing in perfect harmony. Or, at least march to the same beat. This is where financial advice becomes really useful, because funding retirement will come down to a large melting pot of complementary strategies. Will you be funding your own retirement through super? Will an early retiree continue to work part-time? Will someone downsize their family home? Is it important to be debt-free? What if superannuation rules change over time? Will it be

useful to use a guaranteed lifetime income product to meet basic expenditure needs?

Retirement isn't always a set-and-forget situation. Life can throw a few curveballs, and it's worth considering how things like family dynamics, the longevity of your savings, your changing needs or those of your loved ones might affect your best-laid retirement plans. In some cases, these factors could even lead you to return to work, whether by choice or necessity.

There's no one-size-fits-all approach to retirement, and it's never too early to start planning. Taking the time to prepare and think things through can make a real difference down the track, helping you build a retirement that truly suits your needs and lifestyle.



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

<sup>1</sup> <https://www.superannuation.asn.au/consumers/retirement-standard/>

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# SHOULD YOU SELL FIRST OR BUY FIRST?

Whether to buy or sell first is one of the most common questions in real estate.

It's also one of the toughest to answer.

So, if you already own property, and are looking to sell and buy again, let's take a look at the pros and cons of the different scenarios.

## The case for buying first

Generally, the argument for buying first is that it gives you more control over the property you move into. That's because you're not under time pressure to choose, but can take your time waiting for the right property to appear on the market. With no deadline looming and no need to go out into the rental market, you can also give yourself greater negotiating power.

There are downsides too. One of the biggest is that you have to be in a strong financial position to buy first. Unless you can sell quickly and arrange a simultaneous settlement, you'll usually have to take out a bridging loan. These aren't just expensive, they can also be difficult to qualify for if you don't have substantial equity in your home.

Many people try to buy subject to the sale of their existing house and will most likely get beaten to the table with someone who has already sold or has the finance.

If buying first is possible it usually works best in a rising market because you lock in today's prices on what you're buying but can potentially then sell your home for more than you'd get right now.

## The case for selling first

The argument for selling first is that it lets you know exactly how much you have to spend on your next home. After all, you'll have the money in your pocket (or at least coming into your pocket on settlement) and that can help set your budget when it comes time to buy, removing the risk you'll overspend.

Of course, there is always the risk you may find it difficult to find your next property and could even be forced to rent for a while until you do. And, if the property market were to rise after you've sold, you may not be able to afford as much as if you'd waited.

It's at this point that most people are forced into procrastination mode not knowing how to sell and buy at the same time.

## How to sell and buy at the same time

Selling first or at least getting your home on the market is the first step. But remember listing your house is not selling your house! The way to do it is select an agent (such as Tidbold Real Estate) that charges nothing for listing and nothing if you don't want to sell so the risk is totally removed. Then you can proceed to the next step of finding a buyer at the highest price.

Once the buyer is found - DON'T SIGN ANYTHING until you have a property to buy. It's that simple. You are in control. Now, hears a general warning: Real estate agents don't like this because they just want a sale. So, by natural selection you can select the right agent after chatting to a few.

The Tidbold method of sale we employ is called the SMARTRE SALE. The SMARTRE (Smart Real Estate) SALE was introduced to Australia in 1990 by real estate expert Neil Jenman, and accounts for almost 1,000 sales every month. It has been recognised as the only ethical and effective way to sell a property, whether there is one buyer or multiple buyers. The SMARTRE SALE Strategy guarantees sellers pay nothing upfront, and will not incur any expenses if they do not sell. The SMARTRE SALE is the genuine alternative to auction, no price marketing, VPA (vendor paid advertising) and typical industry methods.



### Dave Tidbold

Principal of Tidbold Real Estate  
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