

The Community Leader

WE'RE ALL ABOUT GOOD NEWS

Redlands



SUPPORT IN STEREO: REDLANDS TO ROCK FOR BROOKE!

If there's one thing you can count on in the Redlands, it's that when someone needs a hand, the whole community rolls up their sleeves. When it comes to fundraising, we really know how to crank up the volume for a good cause! The spirit of "locals supporting locals" is what keeps the Redlands' strong sense of community roaring.

And that's precisely what the Brookestar Rock Fundraiser is all about. On Sunday, November 16, the Grand View Hotel will be pumping with the sounds of classic rock, good times, and generosity as tribute bands channel the legends – Cold Chisel, Creedence, The Eagles, and AC/DC – in one epic day of music.

The event is all about beautiful Brooke, with proceeds from the day going towards modifying a Kia Carnival to support her mobility needs.

With raffles, games, auctions, and even a visit from Batman, this event is a fantastic way to spend a Sunday arvo. So, whether you're there for the music, the meat trays, or the jelly bean guessing comp, you'll be part of something bigger – a community that rocks together, rolls together, and always has each other's backs. Let's do it for Brooke! Find out more on page 2.

Pictured: Tania Alexandra with Brooke Prowse at Victoria Point.



ON OCTOBER 11, THE 5TH ANNUAL

There's No Place Like Home

CHARITY DINNER AND AUCTION

RAISED AN INCREDIBLE \$85,711

For Redland Community Centre's Homeless United Program.

A heartfelt thank you to those within our community who continue to support this event.

Redlands Coast Properties

SAVE THE DATE
FOR NEXT YEAR!

OCT 17 2026
ALEXANDRA HILLS
HOTEL

A GOOD TIME FOR A GREAT CAUSE: THE BROOKESTAR ROCK FUNDRAISER

Brooke, a resilient young girl from Redland Bay, has faced extraordinary medical challenges since birth. Diagnosed with Lennox-Gastaut Syndrome (LGS) – a severe and complex form of epilepsy – Brooke’s early life was marked by prolonged hospital stays and countless invasive tests. Her condition, resistant to multiple anti-convulsant medications, has led to thousands of cluster seizures, resulting in brain scarring and additional diagnoses, including low-functioning autism, intellectual and physical impairments, and non-verbal communication.

Despite these hurdles, Brooke’s spirit remains unbreakable. Her mother, Tania, describes her daughter’s daily fight for life as “something I cannot possibly put into words,” expressing deep admiration for Brooke’s unwavering resilience.

Tania says that although Brooke is non-verbal, she has a remarkable ability to connect with others. Her joyful expressions and radiant presence leave a lasting impression on those who take a moment to engage with her.

Now, the community is coming together to support Brooke through the *Brookestar Rock Fundraiser*, to be held at The Grand View Hotel on 16 November from 11:00am to 5:00pm. The event will raise funds for a new Kia Carnival, which will be modified to accommodate Brooke’s power-assist wheelchair.

“This new vehicle will allow me to continue to maintain both her independence and dignity whilst also ensuring a quality of life that she deserves,” says Tania.

This high-energy fundraiser will feature four epic tribute acts paying homage to Cold Chisel, Creedence Clearwater Revival, The Eagles, and AC/DC – along with a host of family-friendly activities including a photo booth, pinball and arcade games, music memorabilia auctions, raffles, lucky dips, and even a special appearance by Batman!

Tickets are just \$25 per person and can be purchased by scanning the QR code or online at <https://www.trybooking.com/events/landing/1475839>.

Brooke would love to see you there! Your support brings Brooke one step closer to a future filled with new memories and greater mobility.

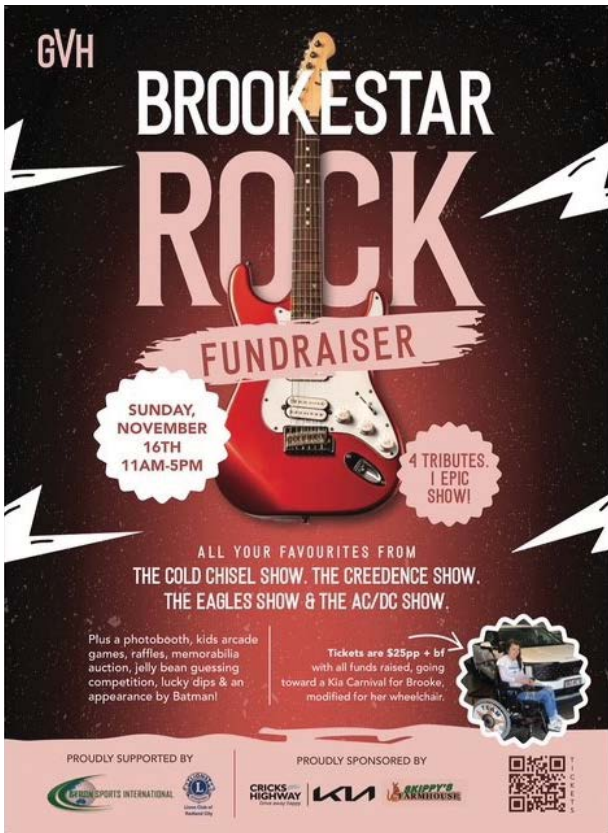


Photo: Supplied.

TOM OLIVER PRODUCTIONS, TRIGGER HAPPY PRODUCTIONS & HEAD FIRST ACROBATS PRESENTS

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SUMMER IN THE AUGATHELLA SPIEGELTENT

A NEW CHAPTER FOR Y SCHOOLS QUEENSLAND OPENS AT VICTORIA POINT

Y Schools Queensland has opened a Redlands Junior Campus at Victoria Point, marking the organisation’s 11th school across the state.

The Redlands site is already home to Y Schools’ Senior Campus, which serves students in Years 10 to 12. The addition of the new Junior Campus now enables local young people in Years 7 to 9 to access a comprehensive learning pathway from Year 7 to 12 at one location.

The Redlands Junior Campus has been purpose-built to provide an alternative education pathway that nurtures wellbeing, confidence, and connection.

Y Schools Queensland’s unique Thrive Wellbeing Pathway underpins the program, combining trauma-aware, evidence-based practices with individualised learning support. The Thrive model, developed in partnership with QUT and funded by Hand Heart Pocket, helps young people develop emotional regulation, resilience, and lifelong learning skills.

“This new campus represents hope and opportunity for young people who may not have found success in mainstream education,” said Heather Allan, President and Board Chair of Y Queensland. “At Y Schools, every student is seen, heard and supported to grow

academically, socially and emotionally.”

“When young people feel safe, connected and understood, their potential is unlimited,” said Damian Foley, Chief Executive Officer of Y Queensland. “Our schools exist to re-engage students, nurture confidence, and equip them with the skills to succeed, not just in school, but in life.”

Recent research reinforces the impact of Y Schools Queensland’s approach. The 2025 Parent and Carer Report found that 87 per cent of families are satisfied or very satisfied with Y Schools Queensland, with 99 per cent agreeing that the school supports their young person’s wellbeing. Nearly all families reported improvements in their child’s mental health, confidence and engagement in learning.

The 2024 Pathways to Success Report also found that Y Schools graduates report higher employment rates, stronger community connection and greater wellbeing outcomes than peers from similar backgrounds. Many go on to apprenticeships, TAFE study or meaningful employment, highlighting the long-term impact of the program.

Head of Campus, Cam Hales, described the new site as a place where learning and belonging go hand in hand.



Photo: Supplied.

“Our students are capable, creative and resilient,” Mr Hales said. “This campus has been built to continue to support their future and give young people more possibilities.”

The Redlands Junior Campus expands access for local families seeking a smaller, more supportive school environment where each student’s strengths are celebrated.

RECOMMENDED BY

BEST OF QUEENSLAND EXPERIENCE

2025

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2024 CHAMPION

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3



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REMEMBRANCE DAY: HONOUR. REMEMBER. REFLECT.

FROM REDLANDS RSL SUB-BRANCH

Each year on the 11th of November, Australians pause to honour the courage and sacrifice of those who have served and fallen in wars, conflicts, and peacekeeping operations. Remembrance Day marks the moment the guns fell silent on the Western Front in 1918, ending the First World War — a day that has since become a time for all Australians to reflect on the price of peace and freedom.

As a mark of respect, we will pause at 11:00am to observe one minute's silence and remember those who died or suffered for Australia's cause in all wars and armed conflicts.

We invite our community to gather for the Remembrance Day Service on Tuesday, 11th November, commencing at 10:30am at Anzac Memorial Park, beside the Redlands RSL Sub-Branch HQ, 1–11 Passage Street, Cleveland. Together, we will observe the traditional minute's silence, lay wreaths, and pay tribute to those who served, those who returned, and those who never came home.



Following the service, all are welcome to continue the spirit of camaraderie at the Redlands RSL.

Let us stand together as a community to remember, reflect, and give thanks.


Lest we forget.




Photos: Supplied.

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LOCAL EVENTS

See what local events are happening in your community.

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



NO LIGHTS NO LYCRA

Wednesday November 12, 5:45pm, RPAC, Middle Street, Cleveland

No Lights No Lycra (NLNL) offers a liberating dance experience like no other. In a dark, music-filled space free from judgement, instruction, and inhibition, participants are invited to move freely and joyfully. With an eclectic playlist spanning decades and genres, the event welcomes all ages and abilities. Whether you’re a seasoned dancer or just looking to shake off the week, NLNL is a chance to reconnect with your body, boost your mood, and dance like nobody’s watching. Tickets are limited – don’t miss your chance to join the global movement that’s been lighting up dance floors in cities from New York to Tokyo. Tickets are \$10 and can be booked online at rpc.com.au or by calling (07) 3829 8131.



RANGER STACEY’S JOEY CLUB

Tuesday November 11 from 9:00am to 10:00am, IndigiScapes, Runnymede Road, Capalaba

Ranger Stacey’s Joey Club invites little explorers (ages 0 to 6) to a lively morning of nature discovery and wildlife fun. Kids will bellow like koalas, stretch like birds, and hop like kangaroos before joining Ranger Stacey for story time and a sensory bushwalk adventure. It’s the perfect way to spark curiosity and care for the environment. Children must be under adult supervision at all times. It is recommended that you bring sun-safe clothes, a hat and a water bottle. For tickets, scan the QR code.



STRADDIE OYSTER AND SEAFOOD FESTIVAL

Saturday November 29, 2 Ballow Road, Dunwich

The Straddie Oyster Festival is a vibrant celebration of North Stradbroke Island’s freshest oysters and prawns, featuring live entertainment from DJ Vanguard and bustling market stalls. Festival-goers can cheer on the thrilling mud crab races and dive into the popular oyster and prawn competitions. With laughing clowns, a jumping castle, and face painting, there’s plenty to keep the kids smiling. This lively event offers something for everyone, blending delicious seafood, local culture, and family-friendly fun in one unforgettable day.



JERRY COLEBY-WILLIAMS AT ROGI

Thursday November 13, 7:00pm, Bayside Community Church, MacArthur Street, Alexandra Hills

ABC Gardening presenter Jerry Coleby-Williams will give an enlightening talk on what a 21st-century cottage garden looks like when he visits ROGI (Redland Organic Growers Inc). Learn how to take advantage of climate change by choosing plants more suited to our increasingly warmer temperatures. Discover the winners and losers of predatory insects, how to encourage the good bugs and much more. Come at 6:15pm to browse ROGI’s library, shop for seeds, plants and local organic produce. Entry for members is \$5, visitors \$10. To join or renew memberships, visit <https://www.rogi.com.au/membership.php>



TWILIGHT MAKERS MARKET

November 8 and 22, 4:00pm to 8:00pm, Raby Bay Harbour Park, Cleveland

Discover the magic of the Twilight Makers Market, held at Raby Bay Harbour Park in Cleveland. With over 60 artisan stalls, delicious food trucks, and live local music, it’s the perfect family outing by the bay. Why not start your Christmas shopping early and beat the crowds? Located opposite Cleveland train station, this vibrant market showcases a diverse range of handmade treasures and creative flair. Follow on socials or visit the website www.twilightmakersmarket.com.au to stay in the loop!



THE OLD SCHOOLHOUSE GALLERY CHRISTMAS MARKET

Saturday November 15, The Old SchoolHouse Gallery, Shore Street North, Cleveland

Fancy a bit of early Christmas shopping without the crowds? If you’re looking for unique, hand-crafted gifts, the artists of the Old SchoolHouse Gallery will be offering their creations for sale at this Christmas market pop-up. From sculptures to paintings and photographs, come along and browse the amazing talents of our local artisans, and treat yourself or someone you love to a gift to be treasured. There will also be activities for the kids and tea and coffee for the adults.

MYSTERY QUEST BRINGS INTERACTIVE THEATRE TO REDLANDS

With a thrilling blend of live performance, gaming and adventure, *Mystery Quest* is a brand-new, interactive theatre experience where kids are the heroes of their own story.

Written by Maxine Mellor and developed with Indelarts, this interactive stage play follows three preteens – Quinn, Milo, and Evie – as they dive into an epic online game, battling trolls, solving riddles, and chasing clues. But when real life becomes complicated, the boundaries between game and reality begin to blur. When a shadowy stranger in the digital world threatens to spill into the real world, Quinn must rely on her friends and family to navigate her way out of potential danger.

Mystery Quest is created in collaboration with Brisbane's cutting-edge digital artists Counterpilot, who create immersive arts experiences with new technology, real-time interaction and transmedia storytelling. The production helps kids explore the digital world with curiosity, caution and confidence. As the action unfolds, kids will pick up essential online skills that last a lifetime, while adults will love the nods to classics like Atari, Nintendo 64, PlayStation, Wii, Game Boy, and even Carmen Sandiego.

Combining sharp dialogue, physical comedy, and live audience participation through mini-games, *Mystery Quest* is a thrilling, funny, and deeply relatable story about friendship, obsession, and the dangers of online anonymity.

With immersive projections and a script as intelligent as it is heartfelt, it's a must-see for schools, families, and anyone who's ever lost hours "playing". Game on, because in this story, real life is the greatest adventure of all!

The show is suitable for young adventurers aged eight to 11 years, and also features Auslan interpreting.

Mystery Quest will be staged on December 4 at 10:30am at Redlands Performing Arts Centre, 2-16 Middle Street, Cleveland. For bookings, go to rpac.com.au.



Photo: Supplied.



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7

Celebrating the festive season in Redland City



Mayor's message

The festive season is fast approaching and it's a great time to connect, reflect and celebrate our Redland community!

Redland City Council is supporting a wide range of free and family-friendly events this year. The *Christmas on Redland Coast* festivities will officially begin with the *Redlands Coast Lighting of the Christmas Tree* at Raby Bay Harbour Park, now extended over two nights — Friday 28 and Saturday 29 November. There will be much-loved community Christmas carols and these events promise to be a heartwarming start to the season.

Across the city, residents and visitors can enjoy a trail of festive activities for all ages, from creative workshops at our libraries and galleries to live performances at Redland Performing Arts Centre and nature-inspired fun at Redlands IndigiScapes Centre.

The popular *Christmas Hub* at the Redlands Coast Visitor Information Centre in Cleveland is returning and from 28 November families can pick up a festive program, meet the friendly team and make a special call to Santa from the festive phone booth.



Don't miss the sparkling Christmas light displays and the free Christmas carousel at Raby Bay Harbour Park, a magical experience for the whole family.

Local schools, churches, community groups and traders will also host markets and celebrations across the Redlands. These events are a testament to the generosity and spirit of our community.

You can visit Council's What's On page on the website for the full festive program.

As you get ready to celebrate, I hope you are able to explore our local shopping precincts to 'Shop Local', consider others who may need a helping hand and take time to enjoy our fantastic environment with your family and friends.



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

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



Light up the season

Redlands Coast Lighting of the Christmas Tree

Presented by Redland City Council, enjoy two enchanting nights of festive celebration:

Friday 28 and Saturday 29 November

4.30pm to 8.30pm

Raby Bay Harbour Park, Cleveland.

While the evenings' highlight will be the lighting of the Christmas tree, this magical, family-friendly event will once again delight visitors with the main stage show. Curated by presenting partner Mirusia Productions, this year's lineup will showcase some exciting local talent.

Be sure to warm up your vocal cords for the community carols that will bring everyone together in a joyful finale.

After the lights shine bright, stay for a Festive Flick under the stars to complete this magical celebration.

Stage show

Christmas carols

Santa photos

Kid's rides

Roving performers

Market stalls

Food trucks

Festive Flick

Christmas

on Redlands Coast



Map index of free festive activities on Redlands Coast



Lighting of the Christmas Tree

- Raby Bay Harbour Park
4.30pm to 8.30pm, 28 November
- Raby Bay Harbour Park
4.30pm to 8.30pm, 29 November



Festive Flicks

- Raby Bay Harbour Park
7.15pm to 8.30pm, 28 November
- Raby Bay Harbour Park
7.15pm to 8.30pm, 29 November
- Russell Island Sport and Recreation Park
4pm to 7.30pm, 5 December



Christmas carousel

- Raby Bay Harbour Park, Cleveland
4pm to 9pm, 28 November;
9am to 9pm, 29 and 30 November;
4pm to 9pm, 1 to 4 December



Lighting installations

Nightly from **28 November until the New Year**. Raby Bay Harbour Boardwalk, Wellington Point Village Green, Cleveland Point, Capalaba Youth Plaza and Stradbroke Street, Redland Bay



Augmented reality experience

From **28 November until the New Year**, Cleveland Lighthouse, Cleveland Point, Raby Bay Harbour Park, Redlands Coast Visitor Information Centre, Redlands Coast Museum, Sirromet Winery and Amity Point Community Club Inc



Christmas hub

Redlands Coast Visitor Information Centre, Cleveland **9am to 4pm, 28 November until the New Year**



Council Christmas Program

Redland City Council Libraries, Redland Performing Arts Centre, Redland Art Gallery and Redlands IndigiScapes Centre.



Sponsored community events

- Christmas in the Park, Mount Cotton Community Park
30 November
- Bells in the Bayside, Capalaba Football Club,
13 December



Christmas colouring-in competition

14 November to 24 December
Redlands Coast Visitor Information Centre
Redlands IndigiScapes Centre
Redland City Council Libraries Cleveland, Capalaba and Victoria Point locations.

**This information was correct at time of printing.*



Follow the festive trail

Beyond the much-loved Redlands Coast Lighting of the Christmas Tree, Redland City Council is excited to present a trail of festive events and activities across Redlands Coast.



Enjoy a **Festive Flick** under the stars with enchanting lights, roving performers, food vendors, and free Santa photos across three magical nights.



Get into the Christmas spirit at five stunning **Christmas light displays** across the city. These magical spots are lit up nightly, perfect to snap a festive family photo.



Step into the magic of the season on the free **Christmas carousel** at Raby Bay Harbour Park, Cleveland. Generously sponsored by Raby Bay Harbour.



Uncover our magical coastal Santa through **augmented reality** across multiple locations on Redlands Coast.



Visit the **Christmas Hub** and discover what's on, call Santa from the festive phone booth, join in fun kids' activities, shop local gifts and plan your staycation.



Uncover an exciting program of activities and events across Redland City Council libraries, Redlands Performing Arts Centre, Redland Art Gallery and Redlands IndigiScapes Centre.



Enter the **Christmas colouring-in competition**.

Download the sheet online or collect and mail your entries at one of five Santa Mailboxes throughout the city.

Scan here or visit redland.qld.gov.au/christmas to uncover the full festive coastal Christmas program.



Maggie's Mates

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Photo: Supplied.

What's your name? Hi, my name is Buddy.

Suburb: I live in lovely Redland Bay.

How long have you lived there? All of my five years.

What is your favourite local walk? I really like walking in the area, as I get lots of pats from lots of human friends. I especially enjoy swimming in the bay at the swimming enclosure. I would be a pretty good meal for any sharks in the area, so the enclosure keeps me safe. It's also a favourite hangout for the local pelicans. We sometimes chat while they check out the fishing.

What is your favourite toy? I just love, love, love to chew bones. It saves my family's furniture, apparently.

What is your favourite food? A favourite food? That's like choosing a favourite child! Well, actually a great lamb roast. I like to supervise the cooking process, and if I'm given the opportunity, I add some extra 'drool' flavour. Hanging out in the kitchen also saves the floor from any escapee food, so there's no 'clean up on aisle three' announcement. I also redirect any food from the bin (and landfill), because we all need to do our bit to save the planet.

What is your worst habit? My family thinks this is a bad habit; they call it a 'nervous bark', but really, I'm just trying to get some attention, because

you can never have too many pats. They don't like it much when I forage, but it's all about survival.

What is your favourite hangout? I love to just hang out with my lovely family. The love is very much mutual.

Do you have a bestie? I just love playing with my cousin Louis. He is a cocker spaniel and plays like a golden retriever, which is awesome. Sometimes I go to holiday camp and play with Maple, the camp pooch. She's a sweetie, pun intended!

Do you have any funny stories to share? Dad used to take me to work all the time – plenty of pats there. I'm not sure, but I think I was daydreaming and started chewing on the wooden furniture, thinking it was a chew bone. Now that I have a human brother and sister, I just love being around them at home.

What do people love most about you? People just love my lovable disposition. Look at my photo and you can see how adorable I am. Some humans may interpret it as attention seeking, but really, I'm just sharing the love, as I have so much love to give.

Buddy's favourite charity is the Animal Welfare League QLD, and we have made a \$50 donation on his behalf.

Join us for our Community Open Day

Saturday 29 November • 9am – 12pm

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new home.


Estia Health Cleveland
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[Q estiahealth.com.au/cleveland](https://estiahealth.com.au/cleveland)

MISS MAGGIE OF MANLY



RAT BAITS AND PETS

BY DR NICKY THOMAS, WYNNUM MANLY VETERINARY HOSPITAL

Rodenticides are poisons designed to kill mice and rats, but they are just as dangerous for dogs and cats. Dogs and cats may be exposed to rodenticides through direct ingestion of the products or through ingestion of poisoned rats and mice.



Clinical signs of rodenticide intoxication
There are several different rodenticides available on the market. The most commonly used products work by stopping the blood from clotting. Internal bleeding occurs with signs including:

- Lethargy or weakness
- Pale gums
- Bruising or bleeding from the mouth, nose, anus, or in the faeces
- Coughing due to bleeding into the chest
- Collapse or sudden death

Other products may interfere with Vitamin D levels, resulting in increased calcium in the blood, which can lead to kidney failure. Meanwhile, others may affect the nervous system, causing muscle tremors, twitching, or seizures.

What should you do if you suspect your pet has ingested rodenticide?
If you see your pet eating or suspect your pet has eaten rodenticide, you should ring your local veterinarian or emergency centre and present your pet for treatment as soon as possible.

If you have the packaging, you should show it to your vet so that they can determine the treatment required.

If ingestion is recent, your vet will likely induce vomiting in your pet to remove the material from their digestive system. In cases of suspected bleeding, your vet may run a blood test to check clotting times.

Treatment will vary depending on the type of rodenticide.

- Preventing rodenticide ingestion**
- Avoid using rodenticide
 - Use live traps or ultrasonic deterrents
 - Ask pest control services about safe alternatives
 - Supervise pets in new environments, around sheds, farms, and garages

Secondary poisoning (through ingestion of poisoned rodents) is very rare and would require your pet to eat a large number of rats or mice. Removing deceased rodents from the environment as soon as they are found can reduce the risk of secondary exposure.

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NATURALLY WONDERFUL ... WITH RANGER STACEY

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

Everyone loves a baby, and each animal species has its own unique baby journey, whether new life hatches from an egg or begins from birth.

Marsupial mums have a short gestation period – a koala joey the size of a jellybean is born after 35 days gestation, while a squirrel glider arrives after just 18 days.

For human mums, pregnancy is typically 40 weeks. Once the precious little bundle arrives, it needs parental care and support for many years. In fact, even when our babies grow up and reach independence, they may choose to remain in the family “nest” for an extended period.

Speaking of nests, many birds are fantastic parents...like ducks, tawny frogmouths, ospreys, and kookaburras. They incubate eggs, feed, protect and teach their offspring, in preparation for life in the big wide world.

But what if you come across a baby bird alone? To determine if help is needed, check for feathers!

If the cute chick has no feathers or fluffy down, expert assistance is required. Redlands 24-hour Wildlife Rescue Service is just a phone call away (3833 4031).

If it's a fledgling with flight feathers it will be learning to fly, gaining strength as it flutters between the ground and low vegetation. The parents are most probably supervising from a nearby tree. You should leave these ones alone – we certainly don't want to be responsible for a chick-napping!

Animal parents display varying levels of care and dedication to their offspring. Some creatures like blue tongue lizards are independent from the start. Yep, these familiar backyard skinks give birth to up to 19 perfectly developed young. They immediately feed on the placenta for nourishment, shed their skin within a few days, and hit the ground running.

The echidna and platypus are the only egg-laying mammals in the world, known as monotremes. Babies are called puggles – even the name has the cute factor!

About 22 days after mating the echidna mum lays a single egg into a pouch-like fold of skin. After around ten days, the hairless and blind puggle uses its egg tooth to crack open the shell. From here, it drinks milk from mum's milk patches to grow and develop its spiky exterior.

Next time you see a baby bird, mammal, or reptile, take a moment to admire the beauty and wonder of nature!



Photo: Supplied.

Until next time ... Stay Wild!

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SAVE COSTS AND THE ENVIRONMENT: KEEP GREEN WASTE OUT OF LANDFILL

FROM REDLAND CITY COUNCIL

Organic garden waste makes up about 30 per cent of waste sent to landfill each year from Redlands Coast households' red-lid general waste bins.

This includes garden clippings, branches, leaves and other green waste, equating to more than 10,000 tonnes a year of material that could have otherwise been composted.

When green waste ends up in landfill, it breaks down without oxygen, producing methane – a greenhouse gas that contributes significantly to climate change.

But beyond the environmental impact, landfilling organic waste drives up costs.

More waste means more transport, higher landfill waste levies and increased pressure on limited landfill space.

The solution is to keep green waste out of landfill.

Redlands Coast residents have access to green waste bins on the mainland and drop-off services at all recycling and waste centres.

This green waste is sent to a composting facility and turned into mulch and garden soil, a valuable product that supports local landscaping, agriculture and soil health.

By using these services, we reduce emissions and help control the costs of waste management.

Here's how you can help:

- Use your green waste bin – or order one if you don't have it yet. There is an annual fee of \$75, which can be offset by downsizing your general waste bin from a 240 litre to a 140 litre general waste bin when you order your green bin at the same time. This also helps to free up space in your red-lid bin. Call Council on 3829 8999 or go online to redland.qld.gov.au/greenwaste for more information.
- Once you have your green bin, keep it clean – no plastic bags, food scraps, garden rubbish such as hoses and pot plants, or general waste.
- Encourage others – talk to neighbours and friends about the benefits of proper green waste disposal.

Reducing garden organic waste in landfill is one of the most effective ways to manage costs and environmental impacts at the same time.



Photo: Supplied.

Thank you

Redlands Coast

Redland CITY COUNCIL

LET'S GET IT SORTED

This initiative is supported by the Queensland Government's Recycling and Jobs Fund

Queensland Government

NOMINATE LOCAL HEROES NOW FOR 2026 REDLANDS COAST AUSTRALIA DAY AWARDS

Nominations are open for the 2026 Redlands Coast Australia Day Awards – the perfect opportunity to celebrate our local community heroes.

Redland City Mayor Jos Mitchell said the Council-run awards provide an opportunity to recognise individuals and community organisations for their valuable contributions.

“These awards help shine a light on the many amazing people who are making a real difference across all areas of Redlands Coast,” the Mayor said.

“Some of these people may be well known and highly visible, but others may be less obvious as they work behind the scenes giving freely of their time, knowledge and enthusiasm to improve the welfare and wellbeing of the community.

“Hundreds of local residents have been recognised and honoured through the Redlands Coast Australia Day Awards over the years and I urge everyone to consider nominating an inspirational resident for the 2026 awards.

“Last year’s recipients included a community advocate for women and young people, a supporter of vulnerable children and foster families, and a long-term volunteer in a wide range of community organisations.”

The nine award categories in the Redlands Coast Australia Day Awards are:

- Citizen of the Year
- Young Citizen of the Year
- Senior Citizen of the Year
- Community Organisation Award
- Local Hero Award
- Cultural Award
- Environment and Sustainability Award
- Sports Award
- Reconciliation Award

For information on each category and to submit a nomination, visit Council’s website.

Nominations close on 14 November 2025.

Finalists will be notified and invited to attend the 2026 Redlands Coast Australia Day Awards ceremony to be held in January 2026.



Mayor Jos Mitchell with Citizen of the Year 2025 winner Sandy Smith. Photo: Supplied.



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VPSHS CELEBRATES TALENT AND TEAMWORK AT ITS NIGHT OF DANCE

FROM VICTORIA POINT STATE HIGH SCHOOL

Although the stage lights have dimmed, the sense of community and collaboration remains strong following Victoria Point State High School's Annual Night of Dance. More than 100 dancers from Years 7–12 performed across three sold-out shows. The evenings not only showcased engaging performances but also demonstrated what is possible when students, staff, and creatives work together with dedication and care.

Students from the VPSHS Dance Academy, Dance Troupe, and Warra Warra Dancers presented routines they developed in class and during before-and after-school rehearsals with their teachers, industry professionals, and community leaders. From contemporary and hip-hop to jazz, musical theatre, lyrical, and cultural dance, each performance told a story and left an impression. What audiences saw onstage represented only part of the collective effort.

In the lead-up to the event, the Creative Arts Faculty focused on strengthening students' communication and collaboration skills alongside choreography, costuming, rehearsals, teamwork, and resilience. Their guidance supported students to grow not only as performers but as creative individuals, leaders, and problem

solvers. Throughout the year, dancers have also represented the school at various competitions, returning with outstanding results.

The VPTv media crew, a team of student directors, videographers, photographers, editors, and content creators, documented the production from rehearsals to the final bow. Their professionalism and attention to detail ensured the event could be shared with families and the wider community.

The Annual Night of Dance is a testament to what can be achieved when a school community supports the arts. Dance students will perform again at the Academic Awards Ceremony on the main stage at Redlands Performing Arts Centre on 18 November. Applications for the 2026 Dance & Media Academy are now open. For further



Photos: Supplied.

information, contact the school on 07 3820 5888 or email arts@vpshs.eq.edu.au

Thank you to everyone who performed, supported, filmed, created, or attended. Your involvement made the night a success. We look forward to next year's event.



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WHAT IS A REPAIR CAFÉ AND HOW CAN YOU TAKE ADVANTAGE OF ONE?

CONTRIBUTED BY CHRIS LINTOTT

Over the last four years, Repair Café Brisbane Bayside has saved over 2,000 kg of repairable items from landfills through a free repair service that is part of a worldwide initiative.

On the second Saturday of each month, volunteer 'fixers' undertake repairs to items that include toys, bikes, small items of furniture, household appliances, battery-powered tools and equipment, clocks, audio systems, games, etc. Other free services include sewing repairs on clothing, sharpening of scissors and garden tools, among others.

Visitors pay for replacement parts and materials, while donations help to offset running costs.

Fixers truly enjoy the satisfaction of restoring items to working order while simultaneously educating visitors on techniques to identify problems and how to make basic repairs.

Visitors observe, sometimes assist with repairs, learn how to triage faults, and gain confidence to tackle repairs themselves. Sometimes, items are brought in as faulty when all that is required is some

guidance on maintenance or how to interpret the instruction manual!

Volunteers manage the flow of visitors, allocate appropriate fixers (dependent on the item to be repaired), and keep the work area clean and safe for everyone. To satisfy the café aspect of the Repair Café, Devonshire Teas are available for purchase.

Many visitors come from around the Redlands, and it would be great to have another Repair Café operating to meet the needs of that growing region. Repair Café Brisbane Bayside is more than willing to assist in setting up another Repair Café.

If you are interested, please get in touch or, better yet, attend the next event on November 8 to see how it works. Want to know more? Contact Chris Lintott at 0413 619 047.

Repair Café Brisbane Bayside is open from 2:00pm to 4:00pm on the second Saturday of the month at the Waterloo Bay Leisure Centre, 241 Tingal Road, Wynnum.



Photo: Supplied.

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WANT TO LEARN ITALIAN OR STUDY FAMILY LAW? GREG'S YOUR MAN!

If you have a yen to learn Italian – or to study Family Law – Greg Cudmore could be your one-stop shop. He runs courses in both subjects at Redlands Coast Museum. Italian and law may seem mismatched interests, but that's what can happen when you're a dedicated lifelong teacher and school principal.

Greg gained his teaching degree, got a job as a teacher, and was then faced with the need to teach specialised subjects. Undaunted and a natural student himself, he went on to university studies in politics, philosophy, legal studies and arts.

"I fell in love with studying," he says, "I had no social life; I just wanted to accumulate ideas. I thought I'd do a PhD but was prevented because of my other ongoing studies so I settled for a Master's in Education.

"When I retired there was a sudden void; I'm not a natural 'joiner' so I thought to I'd do something I like. I offered adult courses for seniors and found that I love it – and the students come with such enthusiasm and appreciation," Greg says.

Greg has been teaching basic law for over 50 years, offering ten law units with a different aspect of law covered each term. The current term will cover Family Law. "Students who complete all ten units are awarded a 'Bush Law' degree," Greg says with a grin.

Greg started learning Italian as a school student and it became a lifetime habit, reinforced by visits to Italy. His Italian classes cater for absolute beginners and those who already have some understanding of the language.

"Many students come because they're attracted to the romance of the language, and some come because they're going to visit Italy. It does require a lot of work and study; one class a week won't be enough. Visitors to Italy have to be prepared for a lot of dialects and vernacular words, especially in the south, which has been



Greg Cudmore with a graduating class of students. Photo: Supplied.

impacted by incursions and invasions of other cultures over the centuries."

Greg says that a bonus of learning a language is that the challenge for the brain is a powerful weapon against dementia.

For more information, email redlanduni@gmail.com or contact Redlands Coast Museum's reception on (07) 3286 3494.

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FINDING THE BEAUTY IN LITTLE GEMS – RIGHT IN FRONT OF US

BY JAN NARY

“The moment one gives close attention to anything, even a blade of grass, it becomes a mysterious, awesome, indescribably magnificent world in itself.” (Henry Miller, author).

Seeing beauty in simple, natural things is a quality shared by the four contributing artists at the Redland Coast Museum’s *Little Gems* October/November exhibition. All are committed to honouring the beauty and mystery of nature in a collection that encompasses a wide range of media.

Rhyl Henzell, whose contribution is a collection of cyanotype, eco-print, water colour and gold leaf, has explored the interconnectedness of life forms.

“It’s about connections between the cosmos, trees, birds, mycelium – I’m trying to put that into a visual form,” she says. “It’s quite a challenge to tell a story like that, to make people aware of the miracles that are all around us, fall in love with it and want to preserve it. That’s my message to the world.”

Rhyl’s paintings are of birds (including her favourite, the wren) and she has created silk and linen scarves patterned with complex layered colours and overlapping stencils.

A sturdier art form is found in Louise Saunders’ garden sculptures; free-standing metre-high totem poles comprising several handmade individual stoneware pieces that slide onto a central pole in whatever order the user pleases – one topped by a dolphin, one by a barn owl. There’s also a flock of stoneware guinea fowl that would add a dash of whimsy to any garden. It’s a reawakening for Louise to be working with clay again.

“My audience knows me best for my botanical and natural history paintings, eco-printing and finely-

detailed water colours. All of the work is nature-themed; ‘Drawing from Nature’ is my tag line,” she says. “There’ll be everything from big pieces to little knick-knacks, a range of gifts including artists’ cards, bookmarks, prints and very special bi-fold artist’s books.”

A committed conservationist, Louise was awarded an OAM for service to conservation and the arts.

The softer side of art is Jen Henzell’s specialty.

“Most of it is handstitched work; wall hangings featuring fish I found in a vintage book of tropical aquarium fish, a few little square canvases covered with fabric and embroidery, and a crown sculpture covered in fabric and handstitched Australian native flowers,” says Jen. “I’ve also made little mosaic moths and beetles out of ceramic and glass pieces.”

Conversations with silver, hammer and flame are goldsmith Emma Dusting’s specialty and she loves the demands of concentration that the craft demands.

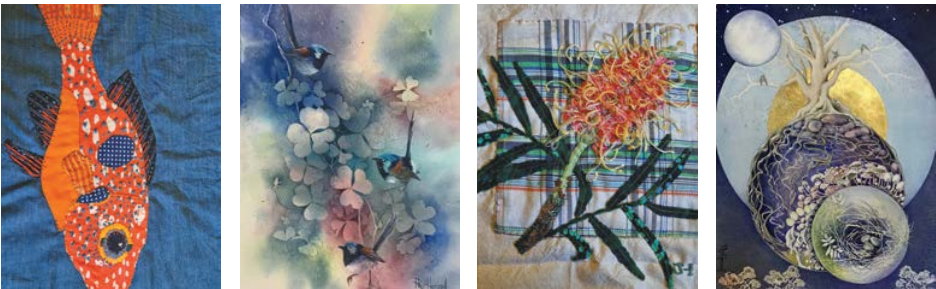
“You have to give total focus to goldsmithing to be at one with the metal that you’re working with, you have to listen to it talking back to you,” she says. “New students sometimes expect it to be easier than it is but even basic things can be a surprise – how to saw metal, tightening the saw blade so that it gives the right note, then using it like a violin bow...”

“It’s a primitive craft that essentially still works the same way as it did hundreds of years ago. Something as simple as making little silver balls is a miracle to me. The early smiths were regarded as magicians – turning a rock into a liquid then into a piece of art. My favourite subjects are natural

– I love flowing lines, flowers and leaves – I think they’re delicious.”

As well as the glow of metal and gemstones, Emma will display imaginative leadlight pieces, more lustre and light and flowing lines.

The artists will give floor talks during the exhibition and there will be a range of artistic creations to suit every taste and every pocket. For more details, visit <https://redlandscostmuseum.org.au/exhibitions/little-gems/>



Photos: Supplied.

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Craig began his real estate career in Cleveland in 2001, quickly gaining a reputation for trust, drive, and deep community ties. As Principal of Raine & Horne Cleveland from 2006 to 2012, he led a team of 20-plus, helping shape one of the region’s most respected agencies.

His leadership continued nationally as a General Manager of a major real estate franchise, followed by a role as State Manager for Purplebricks Queensland – experience that reinforced his belief in efficient, client-first real estate.

From 2020 to 2023, Craig returned to hands-on selling as Principal of his own agency in Redland City, an area he’s called home for decades. A long-time resident of Manly West, Craig understands the lifestyle, market trends, and needs of local buyers and sellers alike.

Now joining One Percent Property Sales, Craig is excited to align with a model that reflects his values: cutting-edge technology, transparent pricing, and genuine savings for sellers.

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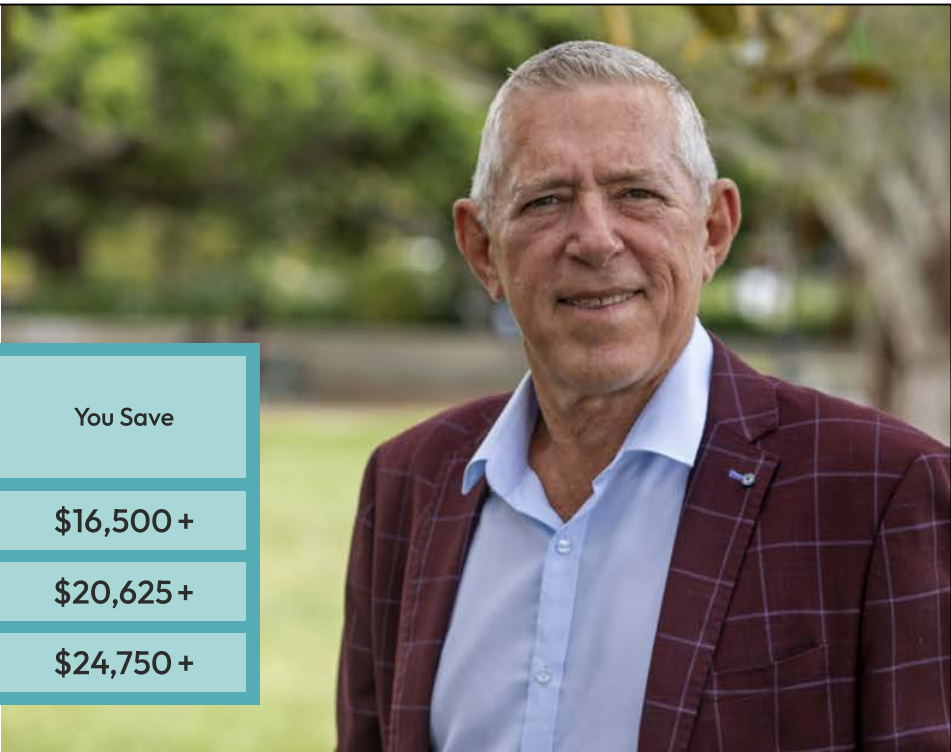


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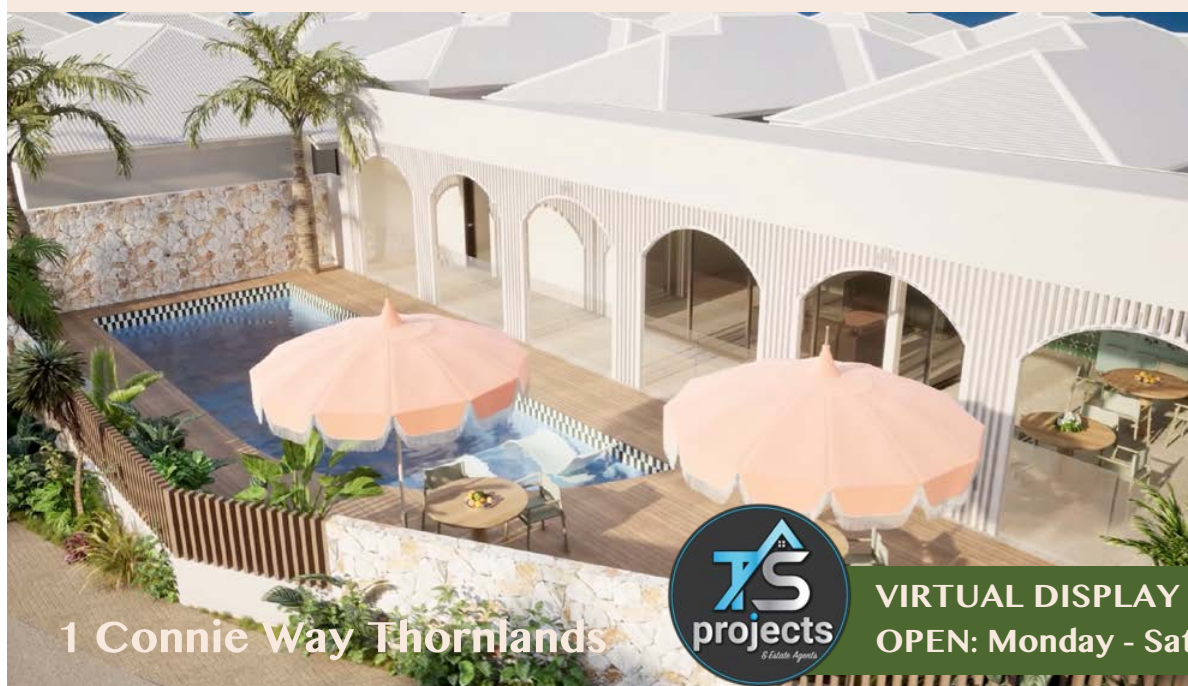
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As the temperature rises and the Bayside sun comes out in full force, now is the ideal time to take control of your power bills with solar and battery storage. Heading into summer, demand for solar energy and batteries is surging once again – and with new federal rebates available, there's never been a better moment to make the switch.

Solar panels naturally produce the most energy when you need it most on those hot, sunny days when air-conditioning, fridges and pool pumps are all working hard. By adding a battery, households can store that excess solar power to use in the evening, during blackouts, or when grid prices spike. Together, solar and battery systems can dramatically cut electricity costs, boost energy independence, and provide peace of mind when storms roll through.

Right now, two major federal rebates are helping homeowners make the move. The long-standing Small-scale Renewable Energy Scheme continues to reduce the up-front cost of installing solar panels. In addition, the new Cheaper Home Batteries Program – a \$2.3 billion initiative – is offering households a substantial saving to the cost of a battery installation. This program has seen strong interest across the country, with homeowners eager to secure their rebate before demand peaks through summer.

"We've seen a huge increase in enquiries since the new battery rebate launched," says the team at Goodhew Electrical & Solar, based in Cleveland. "Homeowners that have been putting it off and waiting for the right time to invest in a battery are now finding that the numbers really do stack up."

Goodhew Electrical & Solar has been servicing the Redlands and Bayside area for more than 18 years, designing and installing award-winning solar, battery, and electrical systems for homes and businesses alike. Their team are SAA accredited, licensed Electricians and well-known for using high-quality products built to last.

Beyond the savings, battery storage also improves resilience. With increasing pressure on the grid and the storm season ahead, having backup power can keep essential appliances running when it matters most.

If you're considering solar or looking to add a battery to your existing system, now is the time to enquire. With strong demand for the Cheaper Home Battery rebate and summer installations filling quickly, early planning ensures you won't miss out on the current federal discounts or timely installation before the heat sets in.



Photo: Supplied.

To arrange a free site assessment or to learn how much you can save with solar and battery storage, contact Goodhew Electrical & Solar – the local award-winning solar, battery and electrical experts on (07) 3286 1422 or visit www.goodhewsolar.com.au.



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JAPANESE MEDICAL STUDENTS TOUR REDLANDS COAST



Cr Paul Bishop with students and delegates from Gifu University, Japan, during their visit to Redland City Council Chambers. Photo: Supplied.

As part of their tour of Redlands Coast, 33 Japanese university students dropped into Redland City Council Chambers ahead of visiting several of the city’s medical facilities.

The students from the Gifu University Medical Science Faculty are on an Australian study tour organised by the Australia-Japan Wildlife Conservation and Education Foundation (AJWCEF).

Redland City Mayor Jos Mitchell said the group had visited Minjerribah (North Stradbroke Island) and intended to tour the Mater Private Hospital Redland and Vacenti’s new aged care facility Sorrento, both in Cleveland.

“Council has been welcoming student delegations from Gifu for many years now and it continues to strengthen the relationship we have with the city and Japan in general,” the Mayor said.

Council’s Arts, Culture and Heritage Portfolio representative Councillor Paul Bishop welcomed the delegation on behalf of the Mayor.

“Council values the exchange of information that these meetings bring between our two regions,” Cr Bishop said.

Gifu University is located in the south-central Gifu Prefecture of Japan. Council recently hosted a delegation of 15 high school students from Kani City, which is located about 30km from Gifu City.

AJWCEF is dedicated to fostering collaboration between Australia and Japan and plays a crucial role in promoting cross-cultural understanding and environmental preservation.

TRIBAL EXHIBITION CELEBRATES ARTISTIC AND CULTURAL SIGNIFICANCE

CONTRIBUTED BY THE OLD SCHOOLHOUSE GALLERY

Redlands photographer Pia Jessen EFIAP/p APSEM Hon FAPS will present her solo exhibition *Tribal* at the Old SchoolHouse Gallery in Cleveland from Thursday, November 13 to Sunday, November 30.

The exhibition, which has been officially selected as part of Sydney’s Head On Photo Festival Open Program, offers audiences an opportunity to experience a body of work that has gained national recognition.

The Head On Photo Festival is a world-leading annual photography festival based in Sydney, presented by the not-for-profit Head On Foundation. A diverse program of exhibitions, talks, and workshops showcases Australian and international artists and thought leaders across all genres.

Being selected for the Head On Festival Open Program places *Tribal* among a curated group of exhibitions recognised for their artistic and cultural significance, bringing international attention to Pia Jessen’s work and offering Queensland audiences an opportunity to experience this series.

A passionate travel and portrait photographer, Pia’s love of adventure has taken her to remote and off-the-beaten-track destinations. Deeply motivated by human connection and cultural storytelling, her work is driven by respect and authentically, the Cleveland *Tribal*

exhibition reflects her long-standing fascination with the Suri people of southwestern Ethiopia, whose traditions and identities have been preserved for thousands of years.

The exhibition showcases personal portraits of the people and the rich cultural practices of these communities, including body painting with white ash, chalk, and red ochre clay, as well as adornments made from beads, feathers, shells, and other prized objects crafted with creativity. Scarification, piercings, and distinctive lip plates worn voluntarily and with pride by women are presented not as curiosities, but as expressions of beauty, strength, and cultural identity.

“With *Tribal*, I wanted to honour the strength and beauty of cultural traditions that continue to shape identity today. These images are about respect, resilience, and the stories that live within communities,” said Pia Jessen.

While lip plates are often misunderstood by outsiders, within the Suri and Mursi tribes, they are a symbol of beauty, status, and commitment to culture. Traditionally worn during weddings, dances, and ceremonial gatherings, they remain a powerful marker of identity. Pia presents these practices with dignity and context.

In November, the Old SchoolHouse Gallery will also be installing pop-up shops featuring Christmas gifts by members, offering a plethora of



Pia Jessen with one of her photographs. Photo: Supplied.

artwork and artisan products to help with your Christmas shopping. The gallery will also host a Christmas Market on November 15, featuring gifts, coffee, children’s activities, and much more.

The exhibition will be shown at the Old SchoolHouse Gallery, located on Shore Street North, Cleveland, and will be open from 9:30 am to 4:30 pm, Thursday through Sunday, and on Public Holidays. Entry is free.

A special morning tea to celebrate the exhibition’s opening will be held on Sunday, November 16, from 10:00a.m. to 12:00 noon, where you can meet Pia and discuss her work. Everyone is welcome.

PAINT THE TOWN ORANGE: ZONTA SAYS NO TO VIOLENCE AGAINST WOMEN

BY ELIZABETH LEWIS AND ROSLYN KINDER

This month, Zonta Clubs across the world will be raising awareness of the plight of women affected by Gender Based Violence. The annual United Nations 16 Days of Activism begins on November 25, with the United Nations Day for the Elimination of Violence Against Women, and continues through to December 10, with the United Nations Day for Human Rights. During these 16 days, Zonta Clubs worldwide raise awareness of the impact of domestic and family violence against women and girls.

Brisbane is no exception to these activities, with the Zonta Clubs of District 22 Ltd coming together to raise awareness locally. Activities across the city include the lighting of the Brisbane CBD in orange, banners in prominent positions, the strategic placement of orange wooden silhouettes carrying information on domestic and family violence, as well as breakfasts and lunches featuring guest speakers and seminars addressing the topic.

On November 27, under the orange lights illuminating the city, over 60 Zonta Members will walk a city circuit in their traditional orange Zonta Says NO shirts, alongside family members, survivors, and furry friends. We encourage the Brisbane Community to join us on the night, so please check out the Zonta District 22 website zontadistrict22.org for more details.

Of special interest to bayside residents will be the Paint the Bayside Orange Breakfast at the Wynnum Manly Leagues Club on November 26 from 6:45am to 8:30am. The breakfast is now in its 10th year and raises funds to train facilitators to conduct the NAPCAN LoveBites – Respectful Relationships in High Schools. The guest speaker for the event is Darryl Gardiner, Founder of Rolling With the Punches, who will speak on domestic and family violence from the male perspective. For tickets, visit <https://events.humanitix.com/10th-paint-the-bayside-orange-breakfast> or scan the QR code.



Photo: Supplied.

CLEVELAND ROTARY'S REPURPOSING EFFORTS SHIP SUPPLIES TO THOSE IN NEED

FROM THE ROTARY CLUB OF CLEVELAND

Here in Alexandra Hills, we have our depot for Rotary Australia Repurposing Equipment Northern Region (RARE), a section of Rotary Australia World Community Services (RAWCS). On Thursday and Saturday mornings, volunteers sort and pack donated medical and educational equipment that is no longer of use here, but is very welcome in many areas of the world.

Recently, containers of goods have been sent to Papua New Guinea, Manus Island, Vanuatu, Solomon Islands, Fiji, the Republic of Congo, and Uganda, filled with requested items. Once a month, we call upon Rotarians from several Brisbane clubs to come and assist, and recently, they answered the call with 16 volunteers from Cleveland out of a total of 60 volunteers, made up of Rotarians and friends. It's a wonderful way to help others in the world who do not have the privileges that we in Australia take for granted.



Rotary Club of Cleveland members and friends Gavin Becker, Gerry Taylor, Cynthia Archer, Anna Bray, Bob Neich, Luis Filardi Carneiro, Robin Archer, Shirley Mahon, with exchange student Amanda Monteiro from Brazil and a friend, pause for a photo during a busy morning sorting and packing books, linen, school uniforms, school and office furniture etc. bound for different parts of the world where the need is great. Photos: Supplied.



President of Cleveland Rotary Bob Neich, a retired school principal, puts on his education hat again to sort books destined to help teachers in other countries. To have volunteers with the appropriate skills really helps us to be able to sort the goods and only send what is appropriate for the needs of the recipients.



Medical and dental equipment being loaded for PNG, by members of the Rotary Club of Wynnum and Manly.

AFTER 174 YEARS, CLEVELAND’S GRAND OLD BEAUTY GETS HER FACELIFT – AND WE’RE READY FOR IT!

Since its origins in the early 1850s, the Grand View Hotel has been a cornerstone of Cleveland, evolving from the original Cleveland House into one of Queensland’s oldest licensed pubs. Over nearly two centuries, it has witnessed the region’s transformation, serving as a gathering place for travellers, locals and generations of families who’ve made memories within its walls.

In 2022, the Grand View entered a bold new chapter under the ownership of the Kickon Group, which set out to reimagine the historic pub for a new era. With deep respect for its heritage, the venue temporarily closed in 2024 for a design-led renovation, preserving the bones of the building while elevating its offering for today’s guests.

Early in the works, a remarkable discovery was made: a 19th-century underground well, perfectly intact beneath a concrete slab between the old Emu Bar and what is now the new kitchen. This find aligned with historical records referencing an original “water tank capable of holding many hundred gallons” on the property. The team worked closely with heritage consultants to showcase the well as a feature, one of many ways the past now meets the present at the Grand View.

Today, the reimagined Grand View blends coastal charm and modern hospitality with unmistakable echoes of its history. The original foyer, hallway and “Cleveland Room” remain preserved, while newly added spaces include a state-of-the-art kitchen with Australia’s largest rotisserie oven, a Josper Grill, Italian pizza oven, multiple dining areas, and a 120-guest function marquee complete with private bar and amenities. The function space is designed to suit every occasion, seating up to 120 guests or hosting up to 150 cocktail style, making it perfect for weddings, milestone celebrations, and corporate events alike.



Photo: Supplied.

Outdoors, the pet-friendly beer garden spills across landscaped lawns, with a big screen for live sport, a children’s play area and an atmosphere that reflects the spirit of a true community pub. Regular live music will bring even more energy to the bayside, showcasing local talent and creating the perfect soundtrack for lazy weekends and long lunches.

The Grand View has always been more than bricks and mortar. It’s a living archive of memory, connection and celebration, and now, with 174 years behind it and a new chapter just begun, the best is yet to come.

LOCAL SHORES, GLOBAL IMPACTS: GUARDIANS OF THE TIDES

BY ADELIA BERRIDGE

Each year, as the tides shift and the weather warms, thousands of migratory shorebirds arrive on the shores of Redlands, Wynnum, Manly, and across Moreton Bay, some having flown all the way from Siberia and Alaska. Watching over them is a group of quiet heroes – the Queensland Wader Study Group (QWSG). For more than 30 years, these passionate volunteers have been rising early, binoculars in hand, carefully counting and recording the birds that feed on our tidal flats and roost along our shores.

Their meticulous work helps scientists understand how bird populations are changing, where they rest, and what pressures they face along the East Asian–Australasian Flyway, one of the world’s great migration routes. The data QWSG collects is more than numbers on a page; it’s crucial evidence that helps protect the Ramsar-listed wetlands of Moreton Bay, ensuring planners and decision-makers recognise the global significance of these areas.

Species like the Eastern Curlew, Bar-tailed Godwit, and Grey-tailed Tattler depend on these safe feeding grounds to recover from their

long flights. “Without healthy mudflats and mangroves, their future is at risk. Thanks to QWSG’s ongoing commitment, we’re not just counting birds, we’re keeping watch over the health of an entire ecosystem,” said Una Sanderman. Their work reminds us that what happens on our local shores truly connects us to the rest of the world.

Moreton Bay is one of the most important stopover sites for shorebirds travelling between Alaska, Siberia, and Australia, some flying over 10,000 kilometres to rest and feed on our tidal flats. These athletic birds rely on healthy mudflats and mangroves to survive their epic journeys. With increasing coastal development pressures, QWSG’s long-term data provides essential evidence for environmental planning and habitat protection. Their citizen science work is all voluntary to help ensure that future generations can continue to see these remarkable birds along our shores each summer.

The Ramsar Convention is an international treaty for the conservation and wise use of wetlands, signed in Ramsar, Iran, in 1971. Its main goals are to stop the worldwide loss of wetlands and conserve those



Photo: Supplied.

that remain through national actions and international cooperation. Countries that are part of the convention must protect a designated Ramsar site, which is a wetland of international importance, and work to conserve all wetlands within their borders.

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LOCAL PICK UP POINTS

Various shopping centres, cafes, clubs and local businesses.



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SMASHED POTATOES WITH SPICED BLACK BEANS AND AVOCADO LIME CREAM RECIPE

Here's an easy yet flavour-packed recipe that turns humble ingredients into a knockout dish – perfect for spring or summer! You can also cater for picky eaters by leaving the potatoes plain, because they still taste delicious.

INGREDIENTS

- 6 to 8 whole white potatoes (medium size)
- 1 tin of black beans, drained and rinsed
- 1 tsp ground cumin
- Salt and pepper, to taste
- 1 tbsp olive oil
- 1 cup sour cream
- ¼ cup parmesan cheese, grated
- 1 ripe avocado
- Juice of 1 lime
- 1 tomato, diced
- 1 small red or yellow capsicum, diced
- Optional: fresh coriander or spring onion for garnish

METHOD

1. Boil and Smash the Potatoes

- Place whole potatoes in a large pot of salted water.
- Boil until fork-tender (about 20 minutes).
- Drain and let cool slightly.
- Preheat oven to 220°C (fan-forced).
- Place potatoes on a lined baking tray and gently smash each one with a fork, the bottom of a heavy glass, or a potato masher.

- Drizzle with olive oil, scatter the parmesan over them, and season with salt and pepper.
- Bake for 25 to 30 minutes until golden and crispy.

2. Roast the Black Beans

- Spread black beans on a separate lined tray.
- Toss with cumin, olive oil, salt, and pepper.
- Bake in the same oven for 10 to 15 minutes until slightly crisped and fragrant.

3. Make the Avocado Lime Cream

- In a bowl, mash avocado until smooth.
- Stir in lime juice and a pinch of salt and pepper.
- Whip until creamy (use a fork or small blender for extra smoothness).

4. Assemble

- Top each smashed potato with a very generous dollop of sour cream – because sour cream makes everything better!

- Spoon the roasted black beans over the sour cream.
- Sprinkle with diced tomato and capsicum.
- Finish with a swirl of avocado lime cream.
- Garnish with fresh herbs if you have them.



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LOCAL FISHING WITH SPERO

GET YOUR POTS IN THE WATER — THE CRABS ARE ON THE CRAWL!

BY SPERO KARTANOS

The weather has warmed up nicely, and it's time to get your crab pots in the water. There are plenty of crabs around the bay, and you can tell as there are so many more crab pots you need to dodge on the way to your favourite fishing spots, and some folks just drop them anywhere — even in the channels where all the boats have to travel.

The crabs seem to be all over the bay now, from close in between the foreshore and Green Island, St Helena, and Mud Island, and in the deep and fast-running water on the eastern side of the Hope Banks and Amity Banks. I personally love to eat crabs, but I hate the mess of having pots on the boat, so I'm happy when a mate or two drops off a few.

As the water warms up even more, the crabbing should get better, so fresh boiled crabs and chili crab will be on my menu over the summer months.

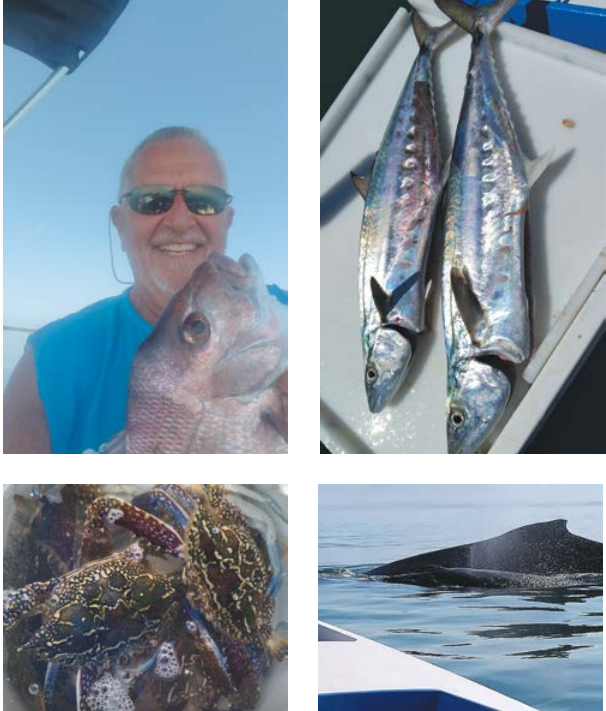
The whiting fishing should be very good in the Rous and Chain Banks, with squid strips and bloodworms best for bait. I have been trying to save a few dollars and have been using frozen pipis as bait, which is working a treat and is very economical (and I find the paternoster rig works the best).

The school mackerel will be hit or miss this time of the year as the small ones are growing and having a break close in, but it's worth trying in the shipping channels. I am hoping the spotty mackerel season starts this year, as the water temperature will be warming up nicely — 71 degrees to 74 is the ideal temperature for the spotties to come into the bay. I hope it doesn't get too hot like last year when the spotties bypassed the bay, but all we can do is get the spinning gear and chrome slugs ready and hope for a good season.

The squire and snapper season should be very good in November, and the fishing should be good around Mt Cotton Reach. The Rous Channel and Harry's Artificial Reef are two of the best spots this time of year. Whole whiting is by far the best bait, followed by half crabs if you can afford to use them, and octopus and garfish are also very good options.

Wow! What a whale season in the bay! In October, it was amazing to see so many whales in the bay and so close again, and we might still see a few in November as well.

Till next month, good fishing, and good luck in the Melbourne Cup if you are having a bet; I am sticking with Zardozi if she runs ... haha!



Photos by Spero Kartanos.

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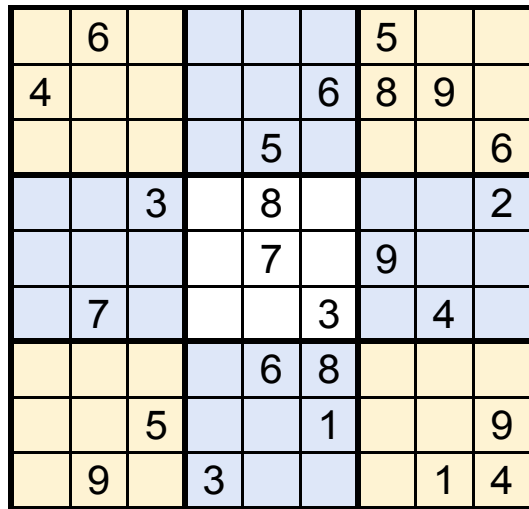
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The Redland City Council logo features a stylized blue and green circular emblem with a koala silhouette, followed by the text "Redland CITY COUNCIL".

A hand holds an orange smartphone displaying a photo of a koala with a joey on its back, perched on a tree branch.

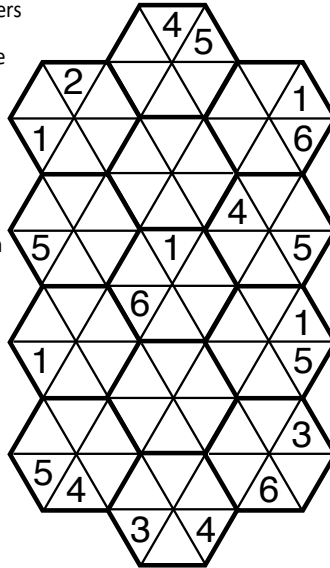
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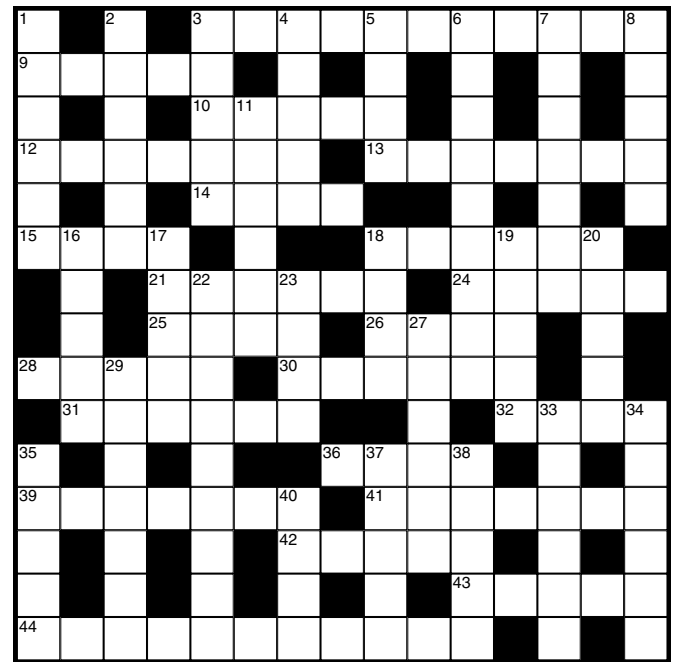


Quick Workout

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



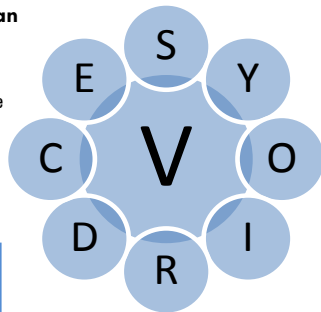
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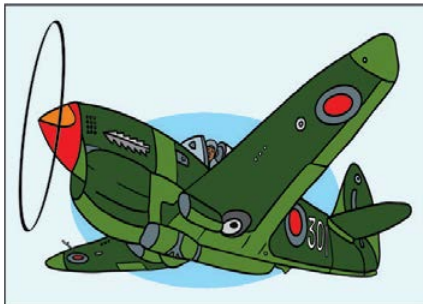
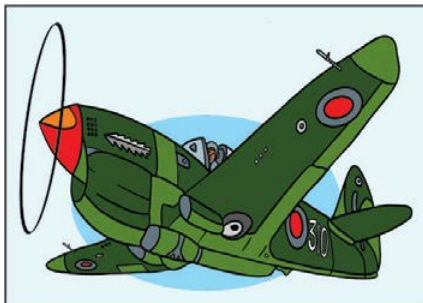
- * Each word must contain the centre **'Focus'** letter and each letter may be used only once
- * Each word must be four letters or more
- * Find at least one nine letter word
- * No swear words
- * No verb forms or plurals ending in 's'
- * No proper nouns and no hyphenated words



TODAY'S FOCUS Good: 12 words
Very good: 19 words
Excellent: 33 words

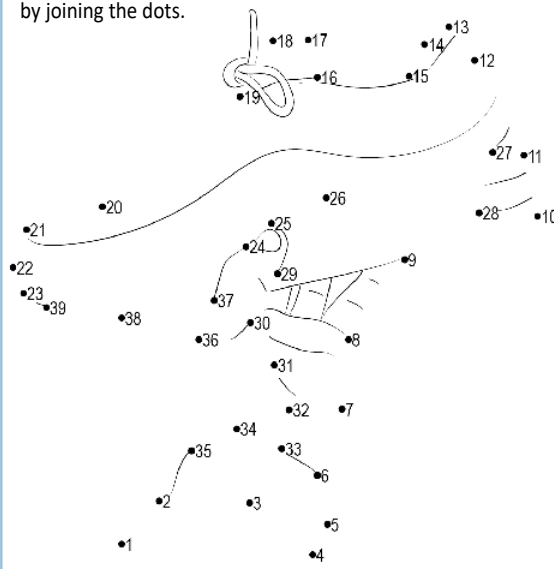
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Spot the 5 Differences



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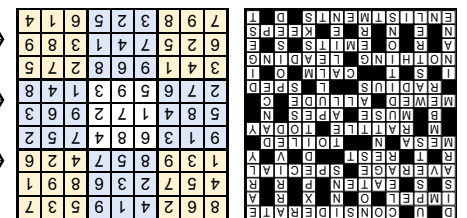
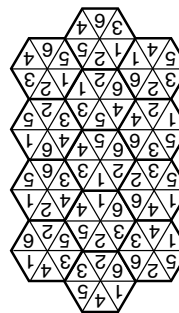
What is this? Find out
by joining the dots.



Solutions

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SPOT THE 5 DIFFERENCES: Number has changed, circle on wing moved, extra bolt on wing tip, tail missing colour, wing gun missing.



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THRIVING ON A VEGAN DIET

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

In Australia, one in five people are consciously cutting back on their meat consumption. For many, veganism goes beyond food choices; it's a lifestyle and philosophy that seeks to eliminate all forms of animal exploitation and cruelty.

At the heart of a vegan lifestyle is a plant-based diet, free from all animal-derived products – including meat, fish, honey, dairy, eggs, and even insects. But going vegan isn't just about what you cut out; it's about understanding what your body still needs to thrive.

Transitioning to a Vegan Diet

If you're considering going vegan, it can be overwhelming to navigate all the "rules" and food swaps. A gradual transition tends to be more sustainable than switching 100% overnight. Start by replacing one meal or ingredient at a time and experiment with plant-based alternatives. Today, nearly every animal product has a vegan-friendly counterpart – from dairy-free cheese to plant-based meats – so you won't have to give up your favourite dishes.

A thriving vegan diet is one that's diverse. Fill your plate with a rainbow of fruits and vegetables, nuts, seeds, grains, legumes, and pulses. Variety is key to

meeting your nutritional needs.

Health Benefits

Research consistently shows that vegan diets can be linked to lower rates of chronic illnesses like obesity, type 2 diabetes, and heart disease. A vegan label doesn't always mean healthy, with many processed vegan foods (snacks, frozen meals, and sweets) as nutrient-poor as their non-vegan counterparts.

One major risk with a restrictive diet is nutritional deficiencies such as vitamin B12, iron, calcium, vitamin D, iodine, zinc, and omega-3 fatty acids. Left unaddressed, these gaps can lead to serious health issues such as anemia, osteoporosis, cognitive decline, and nerve damage.

Spotlight on Vitamin B12

Among these nutrients, vitamin B12 stands out as especially critical. It plays a vital role in energy production, nerve function, and cognitive health. Since B12 is naturally found only in animal products, vegans must rely on fortified foods or supplements. Even then, absorption can be an issue due to individual digestive health.

To avoid deficiency, it's important to take a high-quality B12 supplement and monitor your blood

levels regularly. You can then determine the right dosage based on your needs.

Don't Forget Protein

Protein is essential for muscle repair, bone health, immune function, and mental wellbeing. Vegans may need more to account for lower absorption rates of plant proteins.

Plant-based protein sources include lentils, chickpeas, black beans, nuts (especially peanuts), soy products like tofu and tempeh, hemp seeds, and sea vegetables. Some plant foods, such as quinoa, chia seeds, soy, and buckwheat, are complete proteins, meaning they contain all nine essential amino acids. Combining different protein sources – like rice and beans – can also help ensure you're meeting your requirements.

Omega-3 Fatty Acids: The Inflammation Factor

Omega-3s, especially EPA and DHA, are crucial for brain, heart, and skin health. These fatty acids are usually found in oily fish, making it easy for vegan diets to fall short. Meanwhile, omega-6 fats – found in many plant oils – are often overconsumed, leading to inflammation when the omega-6:3 ratio is out of balance.



Photo: Supplied.

To counter this, include more omega-3-rich plant foods such as flaxseeds, chia seeds, walnuts, and hemp seeds. A clean algal oil supplement is also a great way to boost DHA and EPA intake.

Plan to Thrive

Eating well on a vegan diet takes planning, but it's entirely possible to meet all your nutritional needs with the right approach. Focusing on whole, minimally processed foods, supplementing smartly, and checking in on your nutrient levels can help you avoid the pitfalls of "vegan depletion".

Always consult a qualified healthcare professional before starting any supplements to ensure they're appropriate for your individual needs. For personalised guidance, visit Flannery's Organic and chat with one of our qualified naturopaths – we're here to help.



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LOCAL GARDENING WITH KAT

FINE PINES!

BY KAT PEARSON, *GIRL IN THE GREEN*

Surely most people like pineapples. Unless they're on pizza, in which case it's swords drawn. But let's not go down THAT particular path. Pineapples exude tropical holidays – fresh slices wedged on the side of your cocktail (or mocktail) or tiny triangles adding a bit of zing to a fruit salad. Delicious.

Did you know that the pineapple you are savouring took anywhere from 18 to 24 months to grow? Definitely patience-testing – but that being said, they don't require any interference during that time, so you can set and forget.

Pineapple plants (*Ananas comosus*) are a member of the Bromeliaceae (bromeliad) family. They come from the Brazilian region in South America and their genus name, *Ananas*, means 'excellent fruit' in the Indigenous Tupi language.

The fruit is a compound fruit – the flower head has lots of individual flowers that each form a little fruit that then fuse together to make the pineapple we know, and at the top of the pineapple fruit is the start of another plant! The original plant your fruit grew on will die, so that more or less leaves you with a perpetual pineapple

situation. Unless, of course, you're lucky and your plant produces pups or 'slips' (baby plants) at the base, which can also flower and grow pineapples.

Pineapples are a non-climacteric fruit, which means they don't ripen after you pick them. They may continue to soften, and the chlorophyll (green colour) will fade, so they might get more yellow, but technically, they will not get sweeter. This means that pineapples grown at home are the best, because you can wait until they're golden yellow and perfectly ripe to give you the most excellent fruit!

To grow your own pineapple, take the top leafy section off a store-bought fruit, peel off the bottom few layers of leaves, and sit it in a saucer of water until it develops roots. Then, find a sunny spot to plant it (either in the ground or a pot) and water it a few times until it's established. Wait two years, testing your patience particularly over the last six months from the beginning of your flower (very exciting) until the fruit is perfectly ripe, and then be devastated when you realise there's a rat-sized hole in the other side and you need to start the process all over again. So, maybe plant a couple for backup...



Photo: Kat Pearson.

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LOCAL READERS

A BOOK REVIEW – *SMALL BOAT* BY VINCENT DELECROIX

BY ANNE CROWLEY

WHAT THE EXPERTS SAID:

“In November 2021, an inflatable dinghy carrying migrants from France to the United Kingdom capsized in the Channel causing the death of 27 people on board. Despite receiving numerous calls for help, the French authorities wrongly told the migrants they were in British waters and had to call the British authorities for help. By the time rescue vessels arrived on the scene, all but two of the migrants had died.

[This is a true story, detailed in the book’s introduction, including conversations recorded among the boat’s occupants and marine rescue officers in France and UK.]

“The narrator of Delecroix’s fictional account of the events is the woman who took the calls. Accused of failing in her duty, she refuses to be held more responsible than others for this disaster. A shocking, moral tale of our times, *Small Boat* reminds us of the power of fiction to illuminate our darkest crimes.” *Source: Reading Guide for Small Boat, published on the Booker Prize website.*

MY THOUGHTS:

What a gob smacking, gut-wrenching story – both the real and fictional versions!

The book is in three parts: the first, apparently a police interrogation of the French marine rescue officer (the narrator) who received the refugees’ calls for help and failed to act; the second, the harrowing experience of the refugees on the boat as it filled with water and ejected them into the sea; and in the final, we are inside the marine rescue officer’s head as she interrogates herself.

She appeared to be inhumanely cold and indifferent, refusing to be apologetic for her callous remarks – “I didn’t ask you to leave”. “You will not be saved”. She said she had no opinions, no thoughts on the refugees. “[In my job] I’m required precisely not to have convictions or a conscience.”

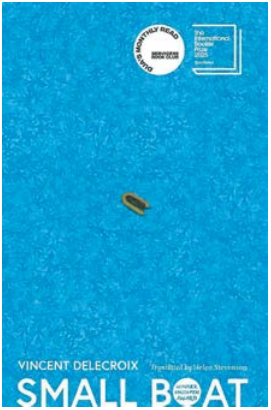
Regarding the sinking, she expressed exasperation and indifference. Boat people should have been calm and patient, “instead of continuing their endless pointless pleading . . . instead of calling 14 times in two hours to say they were sinking, instead of annoying me by saying it over and over again as if it was me that didn’t understand when I did... Your feet are in the water, but it’s English water, not French.”

Despite being astounded and disgusted by her heartlessness, through attempting to understand how she could have become so, I felt some sympathy for her. “When had the sinking begun? I was just the last

link in the chain.” Part of the author’s message is that we are all accomplices and bystanders in the suffering of refugees and the situations that make them so. I take the point.

And the narrator’s perception of empathy struck a chord: “You can either have it and do nothing, or act without it, but you can’t act with empathy”. I disagree, but I recall that as a trainee nurse, some of the more experienced nurses expressed a similar view. It was a self-protection mechanism to prevent themselves becoming too personally affected by others’ suffering – one that emerges when someone is burnt out by constantly facing misery they can’t avert.

In the end, despite her protests about having no conscience, I think her doubts about this prompted the very deep, circular personal interrogation she underwent to try to understand herself and how she had come to act as she did. The outcome of this is vague, but my interpretation was she found herself wanting.



LOCAL POETRY

OUR BAY

BY GEOFF SMILEY



There is wonder in
crested the Manly hill,
seeing the magnificence
of the bay in sunlight.
Five islands and
sand hills in the distance.
And St Helena with its
purposed, convict past.

That expanse of water
and a wide sky
bathed in white.
A sky transformed
into brilliant colour
by a winter sunrise.

Or seeing the beauty
of a full-moon rising
from a liquid horizon.

And how sometimes
on a calm pre-dawn tide,
lights from the shore
reflected on the water,
blending the sea and land.
As if anything
is possible.

There are those special times.
Early dawn when mullet run,
when dolphins patrol
and pelicans troll.

People too,
casting for fish.
Everlasting patterns
so close to our town.

The focus of the daytime
seeing boats leave harbour
venturing into the bay
with its clear sheltered waters;
under motor or sails set,
excitement in prospect.

A unique place
existing in the past,
enjoyed in the present
and in trust for the future.

© Geoff Smiley



COMMUNITY ORGANISATION PROFILE: UNIVERSITY OF THE THIRD AGE, REDLANDS

CONTRIBUTED BY U3A REDLANDS DISTRICT

University of the Third Age (U3A) Redlands is part of an international organisation that provides opportunities for people who are no longer working full-time to come together to learn, volunteer, continue their interests, and take up new pursuits. There are no exams or homework, just regular classes. It's learning for fun, for a new skill, or just for social connection.

There are no age limits. U3A is designed for people who no longer work full-time – retired or semi-retired. U3A Redlands aims to be as accessible as possible – classes are held in various locations throughout the Redlands in community halls, churches and libraries.

There is a wide range of courses including Languages, Theatre Performance, Dance, Music, Cards, Mahjong, Writing, Book Clubs, Physical Activities, Meditation, Computing, Travel, Art and Craft, Wine Appreciation, Dining Out and Lecture Series. Each class group has its own volunteer leader or coordinator who has a particular interest or expertise in the subject.

Each January, U3A Redlands holds an Open Day so people can meet tutors and coordinators and learn about the classes on offer. On January 16, 2026, from 9:00am to 11:30am, an Open Day will be held at the Birkdale Sports Club at Judy Holt Park, Holt Lane, Birkdale.



Photography by John Burt.

The big news is that we have almost completed the project of building our very own U3A Redlands Centre on land at the Redlands Research Facility in Delancey Street, Cleveland. This will be our office, our social hub and the venue for some classes.

For more information, you can contact us between 9:00am and 12:00pm, Mondays to Fridays in school terms:

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Redlands Research Facility
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DEMO 2025 GWM Haval H6GT Ultra PHEV

FROM \$48,800 DRIVE AWAY*

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DEMO 2025 GWM Tank 300 Ultra

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DEMO 2025 GWM Tank 500 Ultra Hybrid

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Your career is soaring. Is your wealth?

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

You're excelling in your career, climbing the corporate ladder, and earning a solid income. But are you making the most of your financial opportunities? For many Australian professionals, the answer is frustratingly unclear.

Between demanding work schedules, family commitments, and the overwhelming amount of financial information available online, it's easy to let money management slip down your priority list. Yet with each passing year, you're potentially missing out on thousands of dollars in growth, tax savings, and strategic opportunities.

IS YOUR MONEY WORKING AS HARD AS YOU?

How do I balance my lifestyle and financial future? You've worked hard to afford the lifestyle you want, but striking the right balance between enjoying today and securing tomorrow requires a personalised approach that reflects your values and long-term goals.

How can I make my money work for me? Beyond your salary, your money should generate returns through strategic investments, superannuation contributions, and leveraging tax-effective structures, aligning with your income level and career trajectory.

What are my options? With managed funds, ETFs, property, shares, and countless investment platforms available, the options can be paralyzing. The right strategy depends on your risk tolerance,

time horizon, and specific financial circumstances.

How can I pay less tax? As a higher-income earner, tax efficiency becomes increasingly important. From salary packaging and negative gearing to superannuation and insurance strategies and various investment structures, there are legitimate ways to reduce your tax burden while building wealth effectively.

Am I on track? Without clear benchmarks and regular reviews, it's impossible to know whether your current approach will deliver the financial freedom you're working toward.

THE PROFESSIONAL'S DILEMMA

You're time-poor but money-rich – or at least money-positive. You're making a good income, but suspect you're not making the most of it. You're drowning in financial information but starving for clarity and direction.

This is where professional, tailored financial advice becomes invaluable. Rather than generic solutions or one-size-fits-all approaches, you need strategies that work with your specific situation, career path, and lifestyle goals.

Your professional success deserves a financial strategy that matches your ambition and delivers the security and freedom you're working so hard to achieve.



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



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



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What Real Estate Agents Don't Want You to Know About Property Advertising!

The real estate industry's greatest fear is that home sellers will work out how easy it is to find a buyer in this current market for a property. In fact, most money spent by home sellers on advertising is not necessary.

The real estate industry's second greatest fear is home sellers will discover the excessive advertising costs they're paying is in fact used intentionally by the agent to attract more home sellers and to promote themselves.

Agents spend excessive amounts of home sellers' money advertising (called Vendor Paid Advertising) to the same buyers that came through last week's open house. These same lazy agents are finding buyers by using flawed selling strategies, such as auction and bait pricing tactics that undersell properties.

Buyers, (who are also often sellers) spend on average of 85 days researching a market before listing or buying. The excessive amount of home sellers' money being spent by agents looking for buyers is often a big waste.

Many agents have become obsessed with their profile. One of the reasons this happens is agents are hired by an agency on commission only as subcontractors or as mini-franchises. The actual agencies do not provide any advertising monies or support to sell a home.

Generally, agents do not sell many homes, so they need your money to actually afford the advertising.

But all this is covered up with corny lines like, 'you can't keep it a secret', and 'more exposure means more buyers' and on it goes. Agents also know the more you spend on advertising the more motivated you will become to sell and not lose money.

So, if the home seller is paying for the advertising costs, what should the home seller really be paying for?

Answer: the agent's negotiation and communication skills or lack of it in many cases.

Real estate agents have two primary roles when employed by a home seller.

The first is to find interested buyers. The second objective is the critical role of the agent, and that is to negotiate the highest possible price with the best terms for the home seller. Some agents can achieve this objective; however, many agents fail miserably and under-sell the property costing the home seller thousands.

Home sellers should consider the critical role of an agent, and always follow The Golden Rule of selling property, '**never pay upfront for advertising costs, or commit to paying if the property does not sell**'.

The cost of advertising and the agent's commission should only be payable if the home seller is satisfied with the end result. You need to ask yourself, can the agent sell my home for the highest price, or are they just trying to sell me an advertising campaign?

If you are thinking of selling, you can now choose an alternative to the typical agent methods and avoid all the risks. It's called the Smartre Sale.

Here's why Australians prefer the Smartre Sale.

The Smartre Sale has been respected nationally since 1990 and proves time and again that it is the best method of sale when a property attracts multiple buyers, yet stands alone as the only effective method of sale when there is just one buyer.

The Smartre Sale has become the most ethical, effective and risk-free way to sell a property that will provide a seller with the best outcome.

The best outcome is defined as:

- The highest price guaranteed - the Smartre Sale protects home sellers from under-selling.
- A sale within sellers' preferred timeframes.
- No upfront costs for a completely effective marketing campaign.
- No sale, no charge.

These outcomes stand in stark contrast to the vast majority of the real estate strategies, which focus on increasing the volume and ease of obtaining 'Vendor Paid Advertising', and on creating sales at any cost.

Tidbold Real Estate is a Smartre Agency and is proud to offer the Smartre Sale. The agency employs 'salary-paid' salespeople who are incentivised for their performance only on the outcome of a successful sale.



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