

# The Community Leader

WE'RE ALL ABOUT GOOD NEWS

## Redlands



## WELCOME TO 2026 - A NEW YEAR OF POSSIBILITIES!

We're excited to bring you our first edition of The Community Leader for 2026. This year, we're looking forward to showcasing everything that's good in the Redlands, starting with some fun events this month.

If you love shiny things, check out page 3, where you'll find all the details about Bayside Vehicle Restorer's Australia Day meet-up at Ormiston. There will be an incredible display of classic and vintage cars for everyone to drool over. Kudos to the dedicated vehicle owners who put in the time and effort to preserve these magnificent machines.

If you're keen to expand your mind and social connections, Redlands' University of the Third Age has an

open day on January 16. See page 5 for more info. And if you'd like to belt out a tune with others who love to sing, now's the time to sign up for Jonathon Welch's Rock Choir – no audition required! (page 16).

We're also thrilled to bring you another year of stories highlighting the talented people in our community, like Cor Marcus, a machinery wizard! Read all about his talents and creations on page 14.

Thanks to everyone who continues to send us their good news stories – we love celebrating your wins as a community!

*Pictured: Bayside Vehicle Restorer's Club members Cheryl Nott with her Holden and Albert Budworth with his Bentley, which will be on display on January 26.*

**Happy New Year Redlanders**  
Wishing you all a fabulous 2026

**Courtney Brown** | 0410 232 200

 **LJ Hooker**

# REDLAND RHAPSODY HITS A HIGH NOTE ON THE WORLD STAGE

The voices of Redland Rhapsody Chorus are soaring higher than ever, carrying their harmony from the Redland Performing Arts Centre all the way to the world stage.

Fresh from Ohio, USA, the talented women's a cappella group proudly brought home third place in the prestigious Sweet Adelines International Harmony Classic (AA Division). Even more impressive, they became one of only three Australian choruses ever to break the 1200 point barrier – a milestone that cements their place in history.

Redland City Mayor Jos Mitchell was quick to applaud the achievement, calling it "a stunning and well deserved result". The chorus had already proven its strength earlier in the year by winning the 2024 Sweet Adelines Region 34 Championship, which earned them the chance to compete internationally.

Looking ahead, Redland Rhapsody Chorus has been named a Program Partner in the Redlands Arts Partnership Program (RAPP) for 2026. This initiative, supported by Redland City Council and RPAC, will provide tailored opportunities to help the chorus grow creatively and connect even more deeply with the local community.

As Mayor Mitchell put it, "We can't wait to see, and hear, the harmony they bring – both on stage and in our Redlands Coast community".

The RAPP program includes two tiers: long term Companies in Residence, and Program Partners, such as Redland Rhapsody Chorus, who are supported in delivering projects and strengthening their sustainability. With fellow partners including Redland Sinfonia, Brisbane Excelsior Band, and Theatre Redlands, the future of arts on the Redlands Coast is looking bright – and full of song!



Redland Rhapsody Chorus and Mayor Jos Mitchell. Photo: Supplied.

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# Dinkum Assorted Australia Day Play

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# AUSTRALIA DAY DRIVE: CLASSIC CARS ON DISPLAY AT ORMISTON

If your passion is classic old cars – or pretty well anything big with wheels – January 26th is the day to get along to Ormiston State School, where the Bayside Vehicle Restorers Club will have up to 800 vehicles lined up to look at and love.

Sponsored by RACQ Batteries, the day will feature everything from pre-1920 veterans to classic collectibles such as Ford Mustangs. Organisers are hopeful that the lineup will include standouts such as a Ferret – a military personnel carrier – and a Stanley Steamer (with a top speed of 25 kph). Cross fingers, there may even be a flyable fold-up jet... it seems the flatpack syndrome has reached everywhere!

Steve Mellish, BVRC Special Events Committee Chairman, says that diversity makes the day particularly interesting.

"Quite a few of our club members belong to other specialist clubs as well, so we get quite a variety of vehicles – trucks, motorbikes, jeeps, bubble cars, Volkswagen combies, Morrises, and all sorts of stationary steam and traction engines. No matter what comes along, it'll be a spectacular day."

Steve says the vehicles' provenance is always interesting.

"Sometimes, they're handed down through the family from grandparents, or dad might have spent 20 years or more doing it up; sometimes people buy old wrecks and restore them, top to toe. One fellow in the club has spent 30 years restoring an old Talbot; he's 93 now, and he's still driving it – as well as his early Toyota Corolla.

"My story is that I grew up with my father's old Chev in the yard, which I loved. I came home from school one afternoon and it was gone – he'd sold it. That drove me to buy my own; now I've got a 1927 Chevrolet and I love it to death."



Cheryl Nott with her classic Holden.

The day isn't all self-indulgence.

"A huge raffle helps cover the cost of the day, and any profit goes to Sailability, 'freedom on the water regardless of ability', one of the charities that we support," says Steve.

Steve says that the day is open to the public from 7am.

"We'll be doing breakfast for about 1400 people, so it's a good idea to get in early!"

For more information, visit <https://baysideclub.org.au/>.

[www.kateredman.com.au](http://www.kateredman.com.au)

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# UNIVERSITY OF THE THIRD AGE REDLANDS TO HOST OPEN DAY



U3A Redlands Theatre members performing a Shakespearean spoof.  
Photos: Supplied.



Greater Redlands Ukulele Band (GRUBs) perform for visitors at the Cleveland Aquatic Centre.



U3A Sea Shanties group entertains at the Aquatic Centre.

The University of the Third Age (U3A) Redlands continues to enrich the lives of local seniors by offering opportunities to learn, connect, and celebrate community. During Queensland's Seniors Month in October, U3A Redlands played an active role in festivities, hosting and joining events that highlighted the vibrancy of older residents. Activities ranged from a sunset cruise on Moreton Bay and a golf tournament at Carbrook, to a lively entertainment showcase at the Redlands Performing Arts Centre and participation in the Cleveland Aquatic Centre's

seniors' celebration. These events not only encouraged seniors to try new experiences, but also showcased the dedication of volunteers who organised them.

U3A Redlands is part of a worldwide movement that promotes lifelong learning and social engagement for people in their "third age" – the stage of life beyond full-time work and child-rearing. Members can choose from a wide variety of classes and activities, from arts and languages to fitness and technology, all designed to foster curiosity,

creativity, and friendship.

To welcome newcomers and showcase its programs, U3A Redlands will host its annual Open Day on Friday, 16 January 2026, from 9:00am to 11:30am at the Birkdale Sports Club. The event offers a chance to meet tutors, explore course options, and discover how joining U3A can open doors to new skills and connections.

For more information, visit [u3aredlands.com.au](http://u3aredlands.com.au).

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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.



## AUSTRALIA DAY MARKETS AND FUN DAY

Monday January 26, 9:00am to 1:00pm, Main Beach, Coochiemudlo Island

Hop on a ferry and visit Coochiemudlo Island on Monday, 26 January 2026, for a morning of markets and fun! Main Beach will come alive with family-friendly activities, including thong throwing, corn hole toss, and costume prizes. Visitors can browse stalls offering arts, crafts, fashion, homewares, food, and live music – all just a ten-minute ferry ride from Victoria Point. This free event is a joyful way to embrace unity, diversity, and national pride while enjoying laughter, community spirit, and seaside fun.



## AUSTRALIA DAY PLAY 2026: DINKUM ASSORTED

From January 23 to February 1, Redlands Coast Museum, 60 Smith Street, Cleveland

Theatre Redlands proudly presents *Dinkum Assorted*, a play directed by Jan Nary. Set in 1942 Warrabadanga, this heartfelt play follows 15 spirited women keeping a biscuit factory alive amidst war, weaving drama, humour, and camaraderie. As a major museum fundraiser, audiences will enjoy raffle prizes, delicious meals or Devonshire teas, and full access to the museum's exhibits. Evening shows include a two-course dinner and matinee attendees will enjoy afternoon tea. A story of resilience and solidarity, *Dinkum Assorted* promises an unforgettable, distinctly Australian theatre experience.



## MEAT LOAF: THE CONCERT

Saturday February 7, 7:00pm, RPAC Concert Hall, Middle Street, Cleveland

*Meat Loaf: The Concert* storms into RPAC on Saturday 7 February, delivering a powerhouse tribute to rock legend Meat Loaf and songwriter Jim Steinman. Fronted by Rick Szabo, Australia's premier Meat Loaf performer since 1989, this epic two-hour show features eight incredible musicians performing iconic anthems live – no tricks, no backing tracks. Audiences will relive the magic of hits from Meat Loaf, Bonnie Tyler, Celine Dion, and Air Supply in a night where rock and roll dreams truly come alive. For tickets, go to [rpac.com.au](http://rpac.com.au).



## POINT LOOKOUT MARKETS

Sunday, January 4, 11, 18 and 25, from 8:00am to 12:00pm, Point Lookout Bowls Club, 75 Dickson Way, Point Lookout

Fancy a trip to Straddie, a delicious breakfast, and a spot of shopping? Discover the spirit of Point Lookout at the vibrant Sunday markets held at the bowls club. Explore handcrafted treasures, unique artworks, and savour Bowlsie's famous Sunday breakfast. Perfect for families and friends, these markets celebrate local artisans and community connection in a relaxed, authentic atmosphere. Make a day of it and stroll the Gorge Walk, and hit the beach for a post-brekkie swim at Cylinder or Main Beach – you'll feel like you're on holidays!



## NATURE JOURNALING WORKSHOP

Tuesday January 20, 10:00am to 11:30am, IndigiScapes, Runnymede Road, Capalaba

Join illustrator Megan Forward who will guide you through the process of creating a nature journal at this IndigiScapes workshop suitable for students aged 12 to 18. You'll learn how to capture nature on a page using clever techniques and tricks. All materials are provided and the workshop costs \$45. For bookings, scan the QR code.



## BVRC RACQ BATTERIES AUSTRALIA DAY EVENT 2026

Monday January 26, gates open at 7:00am to 10:30am, Ormiston State School, Gordon Street, Ormiston

The Bayside Vehicle Restorers Club (BVRC) will host the RACQ Batteries Australia Day Event on Monday, 26 January 2026, at Ormiston State School. Visitors can enjoy a spectacular display of historical, vintage and classic hot rods, trucks, bikes, and military vehicles from 7:00am until 10:30am, when the vehicles will depart on a navigation run through the Redlands. A raffle will be held on the day (drawn at 10:00am) with proceeds going to Sailability.

# NEW YEAR'S RESOLUTIONS – TO DO OR NOT TO DO?

BY JAN NARY

Evolving as hunter-gatherers in a natural world has patterned us to have rituals around the seasons, the phases of the moon, solstices and turning points in the year, hence our New Year celebrations – complete with New Year's resolutions.

New Year's resolutions are reputed to have started in Babylon 4,000 years ago at crop planting time, traditionally including intentions of renewing loyalty to the king, paying debts and returning things you'd borrowed – like your neighbour's wheelbarrow.

Julius Caesar shifted the New Year to January in honour of Janus, the two-faced deity of transition who looked forward and backward, and in the 18th century, John Wesley strove to subdue the usually riotous celebrations into Methodist sobriety and a determination to be better people in the coming year.

Our resolutions are probably the product of things that have been chewing at us for a while; the need to lose weight, to exercise more, to quit smoking,

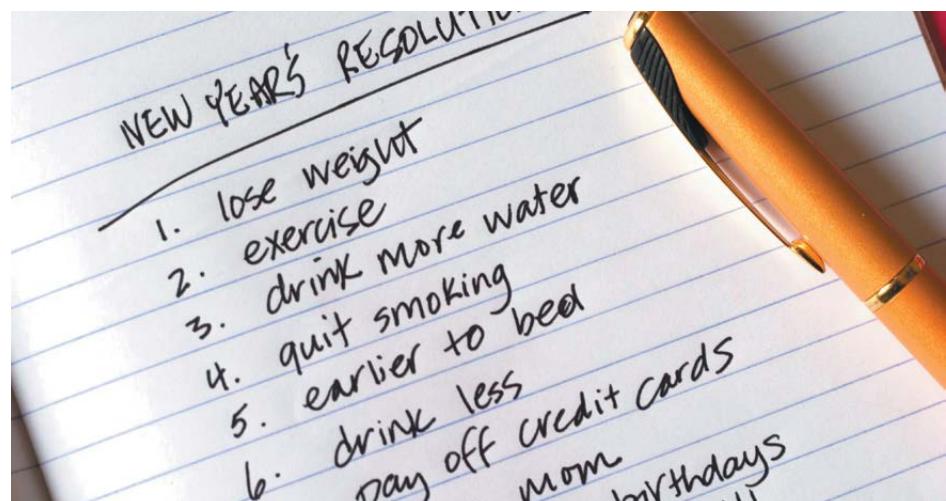
to reduce alcohol consumption, to take up a mind-improving hobby...The opportunities are numerous, but we have to really want change to achieve them, and if we understand our motivation for seeking change, we're less likely to revert to old habits that we're comfortable with.

Psychologists have pointed out that many resolutions fail (about 90% is one assessment), because they're too big or there are too many of them, and that we may have better luck if we make them a series of smaller steps rather than an indigestible chunk.

So what are some of our neighbours intending for the brave new year?

**Lorraine, Capalaba:** *No resolutions because I wouldn't keep them, but I do make little lists of parts of my life – health, creativity, career – that need attention in the coming year.*

**Jim, Cleveland:** *I don't make them and people I know who do either break them or forget them – I think they're an urban myth.*



**Kathy, Capalaba:** *Every year I resolve to lose weight, but this year I'm going to do it – because I need to stay healthy for my grandchildren.*

**Ian, Wellington Point:** *I wouldn't keep them, so I don't make any.*

**Fiona, Cleveland:** *I don't make them – I don't have time!*

**Cheryl, Wellington Point:** *Every challenge is an opportunity – make the resolutions as you need them!*

So maybe now is a good time for reflection – and for returning that wheelbarrow to the neighbour.

# WEDDING PLANS A TRIAL? TRY THE REDLANDS TRAIL!

The complexity of planning a wedding sometimes leaves the happy couple celebrating their nuptials in a fog of near-exhaustion. Romana Saeheng has simplified the whole process with the creation of the Redlands Coast Wedding Trail, a one-day tour of options for everything wedding. That includes a lot.

"There's the ceremony location and the reception location – sometimes they're the same, sometimes separate – there's the celebrant, the photographer, videography, flowers, cake makers, transport, decorations, catering, wedding gowns and suits. For the Wedding Trail showcase day, we have stylists go in and decorate the venues so that visitors can see what it would look like for a real wedding," she says.

"There are also bespoke arrangements available for weddings at home or on a property, things like a mobile 'combi' bar and a portable photo booth. Or for a cocktail party on the lawn, you can have cute little bicycle-type gelato serveries. The Redlands has wonderful places – a winery, nurseries, beaches, rainforests, the oldest licensed pub in Queensland – everything from full formal to barefoot on the beach."

Romana, a professional small wedding planner and photographer, is used to the multi-layered planning necessary and feels quite at home with it.

"It's a chance for the entire local industry to showcase what's available and for us to demonstrate what a wonderful place the Redlands is for that very special day."

The 2026 Wedding Trail will take place on February 22. Find out more online at [rcwt.com.au](http://rcwt.com.au).



# A new year in Redland City



## Mayor's New Year message

2026 is here and it offers a range of opportunities to join in making Redland City a standout in South East Queensland.

One way to help the community is by volunteering. We have a wonderful spirit of support across our city and Census data indicates about 18,000 people volunteer each year.

Volunteers play an important role in helping to foster a sense of belonging, enhancing social connections and building a stronger, more compassionate city.

About 400 people volunteer to assist Redland City Council with programs including Community Bushcare, Wildlife Rescue, Redlands Coast Koala Watch and TrailCare.

Whether you volunteer your time regularly, or help out wherever you can, your efforts make a real difference.

We appreciate each and every person who gives their time, energy and skills – whether it's through local community groups, sporting clubs, or other organisations. Thank you for your generosity and commitment.

If you are considering how you might get involved this year, I hope the inspiring stories on these pages encourage you to get involved and make a positive impact.



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

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Do you speak more than one language and enjoy connecting with people from all walks of life? Our weekly **English Conversation Circle** sessions – at Victoria Point and Capalaba libraries – where people from across the world share stories and learn from one another might be your perfect volunteer fit.

Visit [redland.qld.gov.au/volunteering](http://redland.qld.gov.au/volunteering) to find out more.

*Speaking English helps people feel part of our cosmopolitan Australian society. I have learnt a lot about other cultures and values in this safe place where there is always warmth and supportive human contact.*

**Helen, volunteer**



*Laughter and smiles reward me every meeting.*  
**Ainsley, volunteer**

*Participants enjoying an English Conversation Circle.*

## Helping local wildlife

It's not always easy to help sick, injured, and orphaned wildlife, but our **Redlands 24-hour Wildlife Rescue Service** volunteers bring extraordinary care and dedication to every rescue and value the volunteer experience.

Join a team that truly makes a difference every single day.

Visit [redland.qld.gov.au/volunteering](http://redland.qld.gov.au/volunteering) to find out more.

*A favourite memory is passing an orphaned wallaby joey to a dedicated carer and knowing it would have the best chance of survival.*

**Current volunteer**



*It is good to feel that you are helping both the community and the wildlife.*

**Current volunteer**

## Opportunities for nature lovers



### Redland Wildlife Care Network

Work the phones to provide advice and connect community members who've found sick or injured wildlife with local vets, carers or wildlife groups.

[redland.qld.gov.au/rwcn](http://redland.qld.gov.au/rwcn)

### Trailcare

Restore and care for our conservation areas.

[redland.qld.gov.au/trailcare](http://redland.qld.gov.au/trailcare)

*Volunteering strengthens the connection between people and place, reflecting our community's passion for the outdoors. **Pat, volunteer***

## Cool in a crisis?

We're not new to crises or disasters in this city – just think of the massive hail during the thunderstorms late last year and ex-TC Alfred last March.

When disasters strike, Redlands counts on the cool heads and steady hands of our **Community Champions**.

Combining local knowledge with emergency training, they help to set up and assist at evacuation centres, strengthen disaster preparedness

and resilience through community engagement and provide local insights when it matters most.

We're actively seeking more island-based volunteers, so if you're cool in a crisis, keen to help and live on NSI, Coochiemudlo or a SMBI, register now – you could be a community champion too! Visit [redlandsdisasterplan.com.au/community-champions](http://redlandsdisasterplan.com.au/community-champions) to find out more.



## Volunteering find-a-word

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## The of the gallery

At Redland Art Gallery (RAG), art comes alive not just through the works on display – but through the people who bring them to life.

A dedicated team of passionate volunteers keep the gallery experience meaningful, vibrant and accessible. They are the welcoming faces, the storytellers and the behind-the-scenes heroes who help connect the community with inspiring exhibitions from local, Queensland, national and international artists.

Most contribute a few hours, twice a month and receive training in a creative and supportive environment.

Visit [redland.qld.gov.au/volunteering](http://redland.qld.gov.au/volunteering) to find out more.



*Volunteers prepare for an upcoming exhibition, sharing insights to enhance the visitor experience.*

# Maggie's Mates

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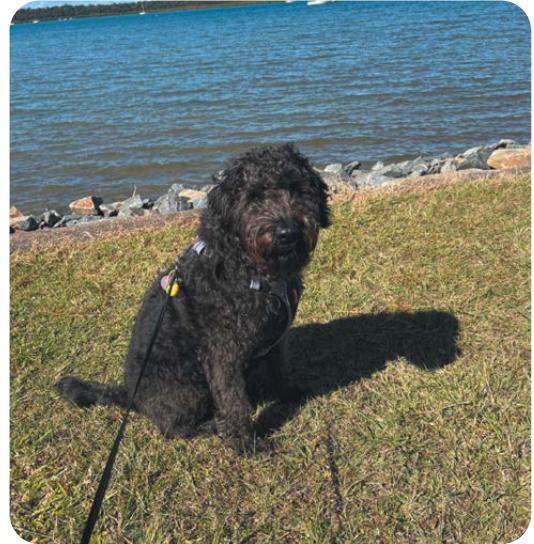


Photo: Supplied.

**What's your name?** Hi, my name is Chillie. I am a labradoodle.

**Suburb:** I am from Thornlands.

**How long have you lived there?** For nearly three years.

**What is your favourite local walk?** I do love to walk along Orana Esplanade, Victoria Point, or anywhere close to the water.

**What is your most treasured toy?** My plush crab toy from Aldi. I haven't been able to pull it apart yet!

**What is your favourite food?** I love chicken. Who doesn't?

**What is your worst habit?** Chewing my bed, so my parents buy me a new one.

**What's your favourite local hangout?** It has to be the local dog park. Fun!

**Who is your best doggo friend?** Lucy, she is a cocker spaniel. She lives in Wynnum.

**Do you have any funny or embarrassing stories you'd like to share?** When I get too excited about going out for a walk, I sometimes miss a step on the stairs and I fall!

**What do people love most about you?** I am super friendly and playful.

*Chillie's charity of choice is the RSPCA Qld, and we have made a \$50 donation on her behalf.*



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

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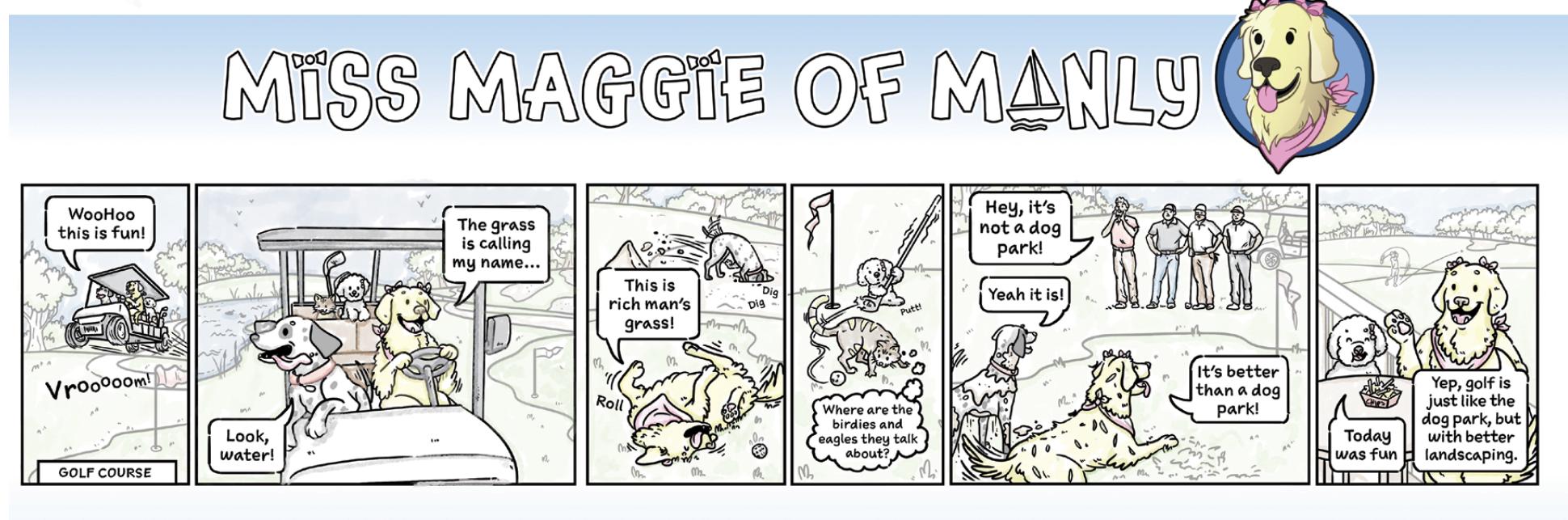
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## LOOKING AFTER YOUR PETS IN THE SUMMER HEAT

BY DR NICKY THOMAS, WYNNUM MANLY VETERINARY HOSPITAL

Summer time is well and truly upon us, and with this comes some extreme weather. From consistently hot, sunny days, to intense thunderstorms with severe wind gusts and hail (as we all experienced in November and December) and tropical storms verging on cyclones (a la Alfred), Brisbane is prone to some very dramatic conditions. It is important to ensure that our pets are kept safe throughout these challenging weather events.



### Signs of heat stroke include:

- Seizures, dizziness, confusion, collapsing, staggering.
- Lethargy, restlessness.
- High body temperature and racing heart.
- Vomiting, diarrhoea, excessive salivation.
- Heavy panting and a change in gum colour.

### How to avoid heat stroke:

- NEVER leave pets in parked cars.
- Avoid exercising your pet during the hottest part of the day.
- Do not walk pets on hot sand, concrete or bitumen.
- Ensure your pet has a reliable supply of cool, clean water and access to shade and shelter.

### STORM SAFETY

Dogs and cats may become very frightened during storms, with some animals developing a noise phobia related to the wind and thunder which often accompany summer storms.

### During a storm:

- Keep your pets inside where possible during severe weather; provide a safe, quiet space to help reduce anxiety.
- Secure all gates and doors to prevent panicked animals from escaping.

- Make sure your pet is wearing a collar and is microchipped with all details up to date.
- If your pet is extremely anxious, have a chat with your vet about medication options to help reduce their stress.
- Make sure you have food, water and medication supplies to last for at least three days in the event of severe weather.

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Labels by the Bay is situated in two great Bayside locations, Cleveland and Manly.

# SHOW 'N' SHARE INITIATIVE BRINGS THE MUSEUM TO THE PEOPLE

Every month, the volunteers from the Redlands Coast Museum venture out of their display cabinets and into the heart of the community – not to show artefacts behind glass, but to bring them alive in the hands of residents of aged-care homes. The museum's Show 'n' Share program has become a highlight at local residential and respite centres, where a box of curious historical items is placed on a table, and memories begin to stir.

Armed with a themed loan-kit of artefacts (sometimes with a "challenge object" whose use is puzzling), the volunteers introduce the items and a short story. Then they sit back and watch: within minutes, a resident will lean forward, eyes lighting up, and say: "Oh yes – I remember that!" Moments later, the room is alive with recollections of childhood jobs, local places, family rituals and long-forgotten pastimes.

Memory-triggering in this way is much more than a pleasant social time. Across Australia, the condition of dementia is growing in prevalence and significance: latest data from the Australian Bureau of Statistics shows that in 2024, dementia (including Alzheimer's disease) was the leading cause of death in Australia, accounting for 9.4 per cent of all deaths – over 17,500 lives.<sup>1</sup> The burden is particularly heavy among older age groups, with around 95 per cent of dementia-related deaths occurring in people aged over 75.<sup>2</sup>

Research confirms that the simple act of handling familiar objects can help people living with dementia and memory loss to reconnect with their identity, share stories, and engage socially. A scoping review of "object-handling" interventions found positive effects on well-being, mood and social inclusion in people with dementia.<sup>3</sup>

The Show 'n' Share sessions embrace that approach. Volunteers present an unfamiliar object, invite comments, listen, and ask a gentle question: "Have you seen one of these before?" Soon someone exclaims, "We used these on the farm when I was a boy!" or "My mum had one just like that in her kitchen." What follows is a cascade of storytelling.

For the volunteers, it is deeply rewarding. They bring the museum to people rather than waiting for people to come to the museum, and in doing so brighten a day, spark a conversation, and validate lives. For residents, it is an opportunity to reclaim a part of their past in the present, share it with others, and feel seen. It's a chance for the museum to share the real people and the real stories with the community.

In a world where dementia is a growing challenge, initiatives like Show 'n' Share remind us of the power of memory, connection and community. The museum's monthly visits underscore the simple truth that objects carry stories – and stories carry us.



Photo: Supplied.

The Redlands Coast Museum is open seven days a week in Cleveland. For more information, visit [www.redlandscoastmuseum.org.au](http://www.redlandscoastmuseum.org.au).

1. Australian Bureau of Statistics – Dementia as leading cause of death (2024): <https://www.abs.gov.au/statistics/health/causes-death/leading-causes-death-australia/latest-release>

2. Aged Care Inside – Dementia-related deaths among older Australians: <https://www.agedcareinside.com.au/2024/09/dementia-leading-cause-of-death-in-australia>

3. ResearchGate – Object-handling interventions for dementia: [https://www.researchgate.net/publication/343123456\\_Object-handling\\_interventions\\_for\\_people\\_with\\_dementia\\_A\\_scoping\\_review](https://www.researchgate.net/publication/343123456_Object-handling_interventions_for_people_with_dementia_A_scoping_review)

# SELF-DEFENCE PROGRAM FOR SENIORS LAUNCHES AT VICTORIA PT

CONTRIBUTED BY BASE GRACIE JIU-JITSU

After a decade of teaching in Australia and more than 1,400 students trained, renowned Gracie Jiu-Jitsu Professor, Carlos Bozano Collor, is expanding his impact once again – this time with a dedicated Self-Defence for Seniors program at Base Gracie Jiu-Jitsu, Victoria Point.

Professor Collor, a 6th Degree Black Belt, has built a reputation for delivering authentic, effective, and accessible martial arts training for children, teens, and adults. His academy is known for its supportive culture, technical excellence, and a commitment to helping everyday people feel safer, stronger, and more capable.

Now, responding to community demand and the growing focus on the wellbeing and independence of older Australians, Base Gracie Jiu-Jitsu is proud to introduce a weekly class specifically for seniors.

The classes are designed to promote safety, confidence, and mobility in seniors. Launching Wednesday, 4 February 2026, from 10:00am to 11:00am, the new program focuses on:

- Improving balance and stability;
- Developing practical self-defence skills;
- Increasing situational awareness;
- Supporting mobility and functional movement;
- Building confidence in a familiar, friendly environment;
- Thinking clearly under pressure.

The first class is free, giving seniors the opportunity to try the program with zero pressure.

These sessions are tailored to meet seniors where they are – no experience needed, no pressure, just smart, effective training that empowers participants while respecting their individual capabilities.

"All seniors are welcome," says Professor Collor. "Our goal is to provide a safe, encouraging space where older adults can learn skills that genuinely make a difference in their daily lives."



Photo: Supplied.

Located at 21/27 Bunker Road, Victoria Point, Base Gracie Jiu-Jitsu is a trusted martial arts academy offering established programs in Gracie Jiu-Jitsu and self-defence for all ages. With a focus on authenticity, technique, and fun, the academy has become a hub for community connection and personal development.

For more information, visit [www.brisbanegraciejiujitsu.com](http://www.brisbanegraciejiujitsu.com).

# MAKE PROPER BATTERY DISPOSAL YOUR NEW YEAR'S RESOLUTION

FROM REDLAND CITY COUNCIL

Redlands Coast, we need your help to prevent fires from occurring as a result of incorrect battery disposal in household waste and recycling bins.

Across the past 12 months, a total of six battery fires were detected in Council's collection trucks, with a further two occurring at Recycling and Waste Centres.

This is putting our waste truck drivers, waste facility staff and the broader Redlands Coast community at risk.

It is also costly, with fires potentially resulting in damage to waste trucks and other waste and recycling infrastructure.

Compaction, or contact with a heat or water source, is all it takes for a lithium-ion battery to catch fire or explode.

We don't want to see someone getting injured – or worse – as a result of a battery being thrown away in a household waste or recycling bin.

That's why we're asking the community to make proper battery disposal part of their New Year's resolution for 2026.

By taking your used household batteries to dedicated drop-off points at locations such as Aldi, Woolworths, Coles, Bunnings and Battery World, you can do your part in keeping the community safe.

Residents can check their nearest battery drop-off locations on the Recycle Mate app or through the B-cycle website.

It also pays to be mindful that batteries can be found in everyday household items such as electric toothbrushes, children's toys, drills, laptops, vapes, vacuums and light-up decorations used for festive celebrations.

While waste trucks are equipped with cameras to detect incorrectly disposed items, batteries can be hard to spot when they become mixed up with other items.

Our waste truck drivers and workers at waste and recycling facilities deserve a safe working environment – and we can all contribute to this by keeping batteries out of bins.

Let's aim for a fire-free 2026.



For more information on hazardous waste disposal, visit Council's website at [redland.qld.gov.au](http://redland.qld.gov.au).

## DON'T BIN BATTERIES

**Batteries and items containing batteries don't belong in the bin.**

When disposed of kerbside, they can cause fires that endanger waste truck drivers, waste facilities, our community and the environment.

Scan the QR code to find out how to safely dispose of different types of batteries.



 [redland battery disposal](#)

 3829 8999

# INGENUITY IN MOTION: THE CREATIONS OF COR MARCUS

Cor Marcus is a born inventor/maker/fixer of machines.

"I was fiddling with machines from the day I could walk," Cor says. "I was 12 years old when I built my first motorbike."

Cor went on to build a speedway race car, the Cor Marc Special, which won 17 of its 23 races. He then built a miniature version for his three-year-old son, as well as a three-wheeler motorbike and sidecar. For a disabled friend, he created a motorised bicycle that could go up stairs, and a bicycle-powered trishaw that can power two wheelchairs at 14km/hr.

One of Cor's more outrageous creations is a three-person bicycle; the front and rear riders pedal forwards, as in a tandem bike; the rider in the middle pedals backwards, propelling the bike to speeds of 50km/hr. His can crusher is slower, but pleasingly effective.

"At the Mt Gravatt Show, a fellow had a can-crushing machine that was steam engine driven. I asked if I could pinch a few of his ideas, and he said, 'Mate, use anything you like'. A neighbour gave me her exercise bike and using the principle of a push-along toy car, I made a bicycle-powered can crusher."

Cor, a qualified motor mechanic, machinist and welder, was born into circumstances that encouraged his inventive turn of mind.

"My father was an interstate truck driver and a self-taught mechanic," he says. "When he was home at weekends, he worked on things, and I learned a lot from him. I served my apprenticeship in post-war Holland; the war had severely reduced Holland's resources, so we had to improvise, using German car parts to repair English cars, things like that. I learned a lot about welding techniques and now I have five welders of my own."

Cor's tools, equipment and imagination are truly impressive, in both range and meticulous organisation – and they're put to good use.

"After losing power in the recent cyclone, a neighbour borrowed my generator to run her fridge; it was fine but really noisy. That gave me an idea. I thought, hang on, they've got hybrid cars, why not build a hybrid generator?"

The result was an arrangement that links a battery to a car alternator and a solar panel with a petrol motor as backup for the solar panel. Silently.

Perhaps the best-known of Cor's restorations is the vintage dentist chair on display at the Redlands Coast Museum.

"When I joined the Redlands Museum, Norm Dean found that I like to restore things, so he asked me to repair the internal cracks in the cast iron frame of the dentist chair. I took it home, and while I was working on it, listening to the ABC, a program



Inventor Cor Marcus. Photo: Supplied.

came on about the chair! The job's still holding up; I had to reinforce it using cup-head screws and fibreglass, and now you can't even see the cracks."

Cor's next project is still under wraps – watch this space!

## STRAP YOURSELF IN BEFORE 360 ALLSTARS BLOWS YOU AWAY!

BMX, basketball, breakdancing, acrobatics, drumming, and more – the international smash hit *360 ALLSTARS* is back at RPAC!

This is an adrenaline rush of physical theatre meets top-shelf street culture meets high intensity sports, supported and driven by spectacular lighting and a live soundtrack. The drummer keeping the pulse is Gene Peterson, who's also the director, producer, composer, and ringmaster of this high-energy urban circus.

"We've reinvented a traditional stereotype circus by replacing the conventional disciplines with contemporary street styles, so instead of acrobats we have break dancers, instead of a juggler we have a basketball freestyler, instead of a unicyclist we have a BMX rider – everything's been given a twist from the street," Gene says.

"It really is the street meets the elite because we've headhunted the world's best from each of those disciplines – world champions, world record holders, award-winning artists and athletes in a dream team cast."

Gene says the concept was born of childlike enthusiasm and the question of how many types of awesome he could get on one stage. The structure grew from building relationships across the different disciplines, finding which motions married up between a BMXer and a breakdancer, or between a cyr wheel artist and a basketball freestyler, and from trying to find natural collaborations and working as a squad. Then there's the theatricality added by the production values, with brilliant lighting, an incredible video design, and a



Photo: Supplied.

stunning live soundtrack performed by award-winning musicians.

"This show appeals to all ages because we all have an inner child and the performance is delivered as a high-energy spectacle suitable for anyone and everyone. Dads can bring their daughters, grandmothers can bring their grandsons. They'll all enjoy it equally," Gene says.

There are only five shows at RPAC from January 15 to 17 before the show heads overseas for a world tour. For tickets, go to [rpac.com.au](http://rpac.com.au).

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# NATURALLY WONDERFUL ... WITH RANGER STACEY

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



## Happy 2026!

I'm excited to be back at work on Redlands Coast for a brand-new year. If you're reading this while still enjoying the summer holidays, I'm secretly a little jealous.

Now is a fantastic time of year to soak up and explore nature. Although my career has always centred around wildlife, I still pinch myself when I spot something furry, feathered, spiky, or scaly in its natural habitat. With birds, there are more than 350 species on Redlands Coast – some choose to holiday here, while many are permanent residents.

The pelican is a personal feathered favourite of mine. I can't help but be amazed by this big bird with the big bill. They always look impeccable thanks to a special oil gland at the base of the tail. Pelicans preen their feathers with oil to keep them not just healthy, but waterproof. I know I'm not the only one to love pelicans, they're cool!

Some creatures aren't so popular – like mozzies! Yep, mosquitoes are a part of life particularly during summer. On a positive note, they are pollinators and part of nature's food chain. But I totally get it, that's

cold comfort when you become the victim.

Right now, Redland City Council's year-round mosquito management program is in full swing, with regular treatments that are not only effective but safe for us, other animals, and the environment.

A few fun mozzie facts to sink your teeth into...

- Female mosquitoes are responsible for biting humans and other animals.
- Heat sensors around the mouth detect warm blood inside our body.
- A mozzie can drink up to three times its body weight in blood.
- They can sniff out humans from the carbon dioxide in our breath.
- The bumps that appear on our skin from a bite is from mozzie saliva.

This mozzie season, remember to play your part at home. Keep in mind they only need a small amount of water to breed, so let's not give them the opportunity – empty any standing water from pot plant



Photo: Supplied.

trays and gutters. And while bird baths are great, ensure you change the water regularly.

Until next time ... Stay Wild!

*Ranger Stacey*

# POWER OF SMALL – WHY YOU DON'T NEED ACREAGE TO FEED A FAMILY

CONTRIBUTED BY ADELIA BERRIDGE

**Green spaces significantly drive Australian home values and buyer demand, with recent research indicating they can add a premium of over 17% to house prices and help properties sell faster. This trend is driven by buyers seeking lifestyle value, quality, and liveability benefits.**

These were the key findings in recent reports, such as the October 2025 *Plant Value Report* by Domain, and *Greener Spaces Better Places*, highlighting specific metrics on how greenery impacts the Australian property market.

Redlands Organic Growers Inc (ROGI) scooped a winner at their last meeting with ABC presenter from Gardening Australia, Jerry Coleby-Williams. Jerry travelled from his Wynnum home to Redlands to present to a packed room, explaining why backyard veggie gardens are now in demand and how anyone can live sustainably on an 800-square-metre block. His own 815m<sup>2</sup> block with a lowset house was the example of 'the power of small' and proof that you don't need acreage to feed a family all year round. In fact, 100m<sup>2</sup> of good soil is sufficient.

Jerry's food growing area is 310m<sup>2</sup>, and the rest is companion planting and fruit, nut, berry bushes and trees, and he recently sold enough

marmalade to pay six weeks' mortgage payments. Basil seeds provide a good predator border, as do the spider plant and amaranth leaf, noting bugs are attracted away from food plants to the companion plants.

No words were wasted getting the message across that pesticides are the gardener's enemy.

"Over the long term, pesticides can cause soil degradation by harming beneficial microorganisms, which reduces soil fertility and its ability to retain water and nutrients. This can lead to a loss of biodiversity, soil contamination, and the persistence of harmful chemical byproducts in the soil. Long-term pesticide use can also lead to pesticide-resistant pests, creating an ecological imbalance."

Wasps, while not his favourite species, do a tremendous job in removing caterpillars, flies, and aphids, so are treated with great respect.

Jerry is no stranger to Redlands, and he adds his voice to protect flora and fauna. Jerry's message in 2020 emphasised that koalas need their native food trees and shade for resting periods, as their diet is highly specialised and they cannot survive on alternative foods like bananas.



Photo: Supplied.

The take-home message – train the kids early with nutritious sprouts, because every meal they help grow is a daily vote for an edible system.

# ROCK CHOIR IS BACK IN 2026 – WILL YOU BE PART OF IT?

“I’ve been calling the Redlands Coast the ‘Arts Coast’ because it has such a vibrant arts community and is so supportive of the arts.”

Jonathon Welch should know; *Play It Forward*, his vision and legacy for the future of inclusive arts programs, has for years been drawing people in for massed choir experiences, and in February, the second Rock Choir, with support from RPAC and Redland City Council, will be launched in the Redlands.

Jonathon, a professional performer, choir master, musician, singer, and community motivator, says that the Rock Choir is the fourth iteration of the massed-choir projects in the Redlands.

“Each year, we’ve had nearly 200 singers from the Redlands community and surrounding areas coming to the choirs to enjoy the experience of singing and learning together. Over the years, we’ve developed a core of singers who keep coming back for each of the projects; about two-thirds of the singers are regulars. The choir has built a musical village, a community within a community and some really lovely friendships have developed.”

“The Greatest Show choir performed recently at QPAC with the addition of singers from the Fraser Coast, Maryborough, the Darling Downs and Toowoomba. The choir performed to a packed QPAC concert hall, showcasing what’s happening here in the Redlands.”

Jonathon says that people are attracted through their interest in various musical styles.

“This is one for the rockers, so we’ll be working on classics from INXS, AC/DC, R.E.M., Pink Floyd, Creedence Clearwater, Coldplay, Bon Jovi and Queen. The arrangements are adaptations of classic songs, and we provide rehearsal tracks for those who can’t read music.”

All the *Play It Forward* choirs are un-auditioned; Jonathon works with whoever turns up.

“Once they’re in there’s an enormous amount of training – 60 hours of rehearsal over three months,” he says. “We try to give everybody the tools and the skills to sing in a choir, which is quite different from singing solo or in a small group. I work on building a choral sound, and it’s very exciting to hear the improvement in the quality and standard of singing now that we have three years of skill and training. I say to the singers, give yourself time.”

The choir will be joined by special guest soloist Ellen Reed (2016 *The Voice* finalist). The performances are in May; rehearsals begin early February on Thursday evenings at the Donald Simpson Centre. Registering someone as a singer could be a wonderful solution to a Christmas – or Mother’s Day – gift dilemma. For more information, contact Matthew Jones: matthew@playitforward.org.au or 0439 244 429.

**ROCK CHOIR ROCKS THE REDLANDS!**

**ELLEN REED**  
Special Guest Soloist

**ROCK CHOIR**

**JONATHON WELCH AM**  
Founding Artistic Director

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**INXS, AC/DC, R.E.M., PINK FLOYD, CREEDENCE CLEARWATER, COLDPLAY, BON JOVI, QUEEN & MORE!**

Perform these stunning new arrangements of great classic rock songs with a sensational massed choir of 200 local Redlands rockstars and special guest soloist, powerhouse 2016 *The Voice* Finalist  
**ELLEN REED**

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**JONATHON WELCH AM**

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Rehearsals begin early February on Thursday evenings at the Donald Simpson Centre, as you prepare to rock the stage of Redland Performing Arts Centre on Saturday May 9, 2026 in two incredible concerts.

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Check out all the dates, details & to register now by using the QR Code or visit [www.playitforward.org.au](http://www.playitforward.org.au)

## COMMUNITY ORGANISATION PROFILE: ORMISTON CRUSHERS

Founded in December 2022, the Ormiston Crushers Basketball Club has quickly established itself as a vibrant part of the Redlands sporting community. What began as a solution for two local families seeking a place for their children to play basketball has grown into a thriving organisation that opens doors for young athletes across the region.

The Crushers pride themselves on being family-focused, offering a welcoming environment where children of all ages can learn, compete, and develop a lifelong love of the game. Behind the scenes, a dedicated team of volunteers ensures every player feels supported, valued, and encouraged to reach their potential.

Leadership has been a key driver of the club’s success. Twelve months ago, Toby Simm took on the role of president, joining founding committee members Leigh and Jackie. Together, they bring passion for basketball, strong community spirit, and renewed energy to guide the Crushers into their next phase of growth. Under their direction, the club continues to expand its reach, strengthen community connections, and inspire the next generation of players.

Through teamwork, dedication, and a commitment to inclusivity, the Ormiston Crushers are shaping the future of basketball in the Redlands – one family, and one game, at a time.

For more information, visit: [www.ormistoncrushers.com.au](http://www.ormistoncrushers.com.au).



Photo: Supplied.



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# SOLAR AND BATTERY UPDATE FOR THE NEW YEAR

FROM GOODHEW ELECTRICAL & SOLAR

Moving into 2026, the solar and battery market continues to surge with interest. There are a number of new and continuing Government programs currently in place, with this year promising to be a great time to add solar and battery storage for homeowners, investors and even renters.

## CHEAPER HOME BATTERIES PROGRAM

One of the biggest developments in the industry of recent years is the Cheaper Home Batteries Program, which offers around a 30% rebate on eligible battery systems. This scheme has driven unprecedented demand with forecasts suggesting the \$2.3 billion budget may be used up by mid-2026 due to booming installations across Australia.

For local homeowners, this means now is a prime opportunity to act. Solar battery installations not only help households shift more of their rooftop solar into usable stored energy, they also provide backup power during outages, reduce peak-time grid consumption and significantly cut electricity bills.

From an installation perspective, we are experiencing

sustained interest, with many customers upgrading their existing solar systems with battery storage or taking the opportunity to install more capacity while the rebate is available. If you're thinking about battery storage or taking advantage of the current battery rebate, it's important that you speak to our team to get the ball rolling.

## SUPERCHARGED SOLAR FOR RENTERS

Another exciting initiative for our community is the new Supercharged Solar for Renters program launched by the Queensland Government last month. This program offers rebates of up to \$3,500 per rental property for landlords who install solar PV systems.

The program is designed to help bring renewable energy savings to renting households, with projected average savings of around \$700 per year on electricity bills for an estimated 6,500 renters.

For landlords in the Bayside and Redlands, this is a great opportunity to add value to your investment properties, reduce tenant energy costs, and differentiate your rental offering. If you would like

more information on this program or assistance with your application, please visit our website or contact our office on (07) 3286 1422.

## SYSTEM MAINTENANCE

With so many solar and battery systems being installed across our region, system performance and ongoing maintenance can't be an afterthought. Summer is when solar production should be strongest, but without regular checks you risk avoidable issues such as reduced output, inverter faults, or unseen damage – especially following severe weather.

A good example of this need came in November's hail storm, which impacted hundreds of properties on the Bayside. Many arrays were damaged, sometimes without obvious signs from the ground. Getting a professional solar inspection ensures that your system is operating safely and at peak performance, protecting your investment and keeping your energy savings on track.

As the Bayside's multi award-winning solar and battery experts, we've been helping homes and



Photo: Supplied.

businesses reduce their energy costs for over 18 years. Our team of licenced electricians deliver systems designed for performance, safety and long-term savings and provide maintenance and back-up support for the lifetime of your system.

Ready to improve your energy independence? From batteries to system upgrades and maintenance, Goodhew Electrical & Solar has you covered. Get in early while incentives remain strong – contact us today on (07) 3286 1422 or visit [www.goodhewsolar.com.au](http://www.goodhewsolar.com.au).

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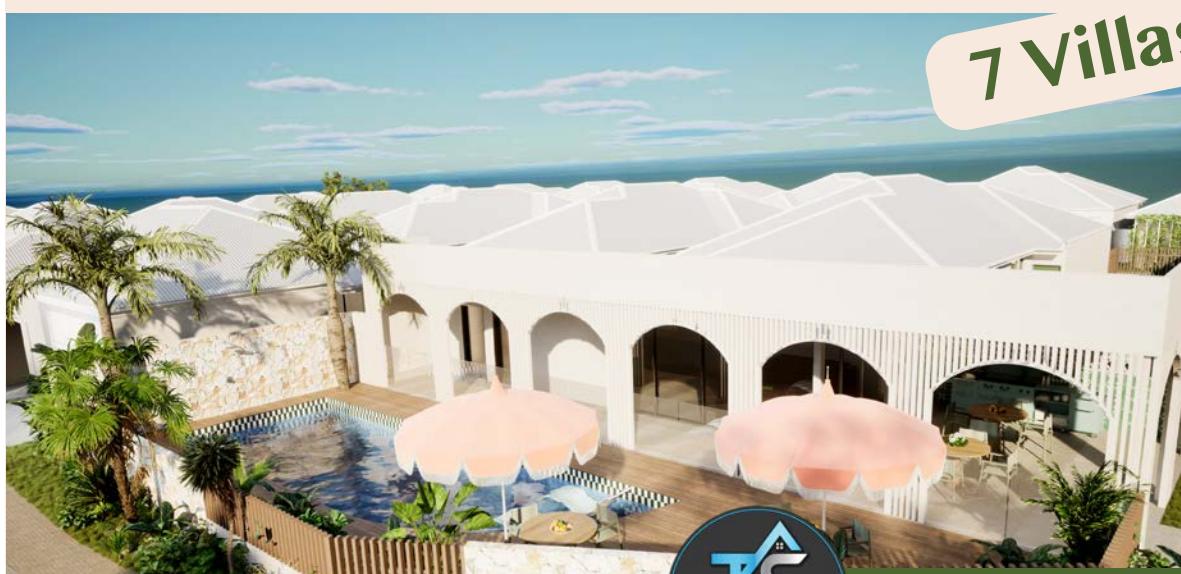
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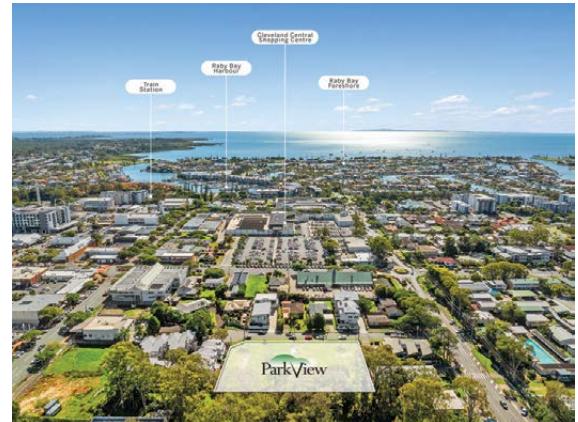
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CONTRIBUTED BY JAKE SEVINC, BEARE FLOORING

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Photo: Supplied.

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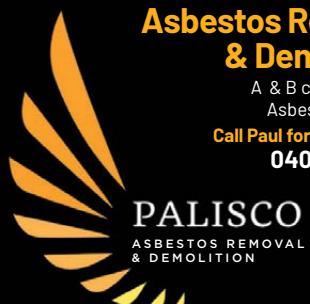
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The Community Leader is a monthly publication, home delivered to parts of Alexandra Hills, Birkdale, Capalaba, Cleveland, Ormiston, Redland Bay, Thornlands, Thorneside, Victoria Point and Wellington Point. Please note that if your home has a 'no junk mail' or 'Australia Post Only' label, then we are unable to deliver the newsletter to you. However, copies will be available around the local area for you to read. If your home does not get a copy, you can collect one from a local pick up point. Maps are subject to change and availability of walkers, however the total number of copies delivered remains constant.

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Various shopping centres, cafes, clubs and local businesses.



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- Community editorial 16th of January or earlier
- Advertising cut off 14th of January
- Distribution to commence 2nd of February
- Bookings are for a minimum of 3 months and space is limited
- Market to Market Communications reserves the right to refuse any advertising
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# CORN & ZUCCHINI FRITTERS WITH A TANGY AVOCADO SALSA RECIPE

These fritters are an easy summer brunch option for a steamy Brissie summer. They're light, fresh, and use seasonal produce, and you don't need to run your oven in the heat!

## INGREDIENTS (FOR 4 SERVES)

- 3 medium zucchinis
- 1 cup corn kernels (canned is convenient, but fresh is best)
- 2 big eggs
- ½ cup of self-raising flour, sifted
- ½ cup of grated cheese (cheddar, tasty, parmesan – or use a mix)
- 2 spring onions, finely chopped
- Salt and pepper to taste
- A dash of olive oil for frying

## METHOD

1. Using a box grater, grate the zucchini (watch your fingers!), then wrap it in a clean tea towel and squeeze out any excess water.
2. In a large bowl, mix the zucchini, corn, eggs, flour, cheese, and spring onions, and season with salt and pepper.
3. Heat a dash of olive oil in a non-stick frypan over a medium heat. Just like making pancakes, dollop circles of the mixture

## AVOCADO SALSA

- 1 ripe avocado, diced
- 1 roma tomato, diced and de-seeded
- 1 small red onion, very finely chopped
- The juice of 1 lime
- Coriander leaves to garnish – optional (so don't panic if it gives you the 'ick'!)
- ½ teaspoon of cayenne pepper for some spice – optional
- Salt and pepper to taste



(about the size of your palm) into the pan and fry on each side for around 3 to 4 minutes, or until they're golden. Set aside, but keep the fritters warm under a tea towel (not the one you used in point 1!).

4. For salsa: Gently combine the avocado, tomato, onion, lime juice, cayenne pepper and coriander (if using). Season with salt and pepper.

5. Serve up the fritters while they're warm and top with the salsa. You can also add a dollop of Greek yoghurt or sour cream for extra depth of flavour.

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## LOCAL READERS

# A BOOK REVIEW – *CONVENIENCE STORE WOMAN* BY SAYAKA MURATA

BY ANNE CROWLEY

#### WHAT THE EXPERTS SAID:

"Not all novel titles manage so very literally to describe the contents, but this one – unapologetically deadpan yet enticingly comic – absolutely does."

"Keiko has been a worry to her family all her life, bullied and friendless, her behaviour sometimes even chilling... Her salvation appears when, aged 18, she secures a job at the local convenience store and, paying conscientious attention to the training video, realises 'it was the first time anyone had ever taught me how to accomplish a normal facial expression and manner of speech'... Now part of the 'machine of society', she reckons she's at long last 'pulled off being a 'person'.'

"But now Keiko is 36 years old and her family still isn't happy. Concerned that she's hurtling towards a childless middle age in a dead-end job, they hanker to 'fix' her." *The Guardian*.

#### MY THOUGHTS:

This is a quick read, and I found the main character, Keiko, intriguing, if not the story itself!

A couple of anecdotes from Keiko's childhood show her as logical in the extreme, and lacking the ability to empathise with the emotional reactions of others. On finding a dead bird in a park, while other children mourn it, she wants to take it home and cook it – like yakitori. When two boys are fighting in school and the crowd yells, "someone stop them", Keiko grabs a shovel and hits one over the head – the quickest way to stop them. While she intellectually knows (from her family's reactions) she has done something wrong, she doesn't understand why it's wrong.

The convenience store's operational manual provides a very detailed prescription for Keiko to function – one that isn't available in other jobs or in life (apart from her sister's occasional help with a script to manage

awkward social interactions). So she stays there for 18 years, happy with her routines and surroundings, much to the concern of her family and society that she will be a failure as a woman.

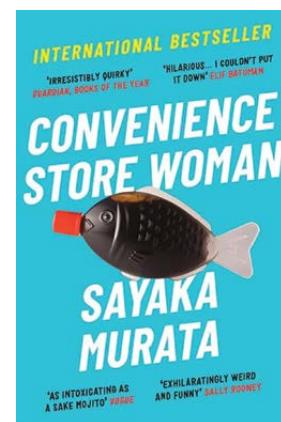
Constantly under pressure to conform, Keiko mimics and mirrors the behaviours and language styles of her convenience store colleagues. "My present self is formed almost completely of the people around me.

I am currently made up of 30% Mrs. Izumi, 30% Sugawara, 20% the manager, and the rest absorbed from my past colleagues... I think the same goes for most people."

Fitting in is a matter of survival. Following the dismissal of another convenience store worker, Keiko reflects, "...If I ever became a foreign object, I'd no doubt be eliminated in much the same way... so that's why I need to be cured". Keiko takes some desperate measures to enable her to fit, and thus lift the pressure, including her involvement with Shiraha – a totally obnoxious and shallow character, who was very uninteresting in my opinion.

The reactions of my book club friends to the book and particularly Keiko were diverse in the extreme. Some found her charming and simple, some wondered if neurodivergence explained some of her behaviours, others felt she was psychopathic, pointing to her seeing herself as machine-like, not sure how to be human. (Please note, none of us are experts in psychology or psychiatry.)

Most were pleased we had read the book as it made for an interesting discussion, but only one found it thoroughly enjoyable. Your thoughts?



## LOCAL POETRY MEDITATION ON LIFE

BY GEOFF SMILEY

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From competence  
we achieve success.

From experience  
we gain humility.

From loss  
we find wisdom.

From acceptance,  
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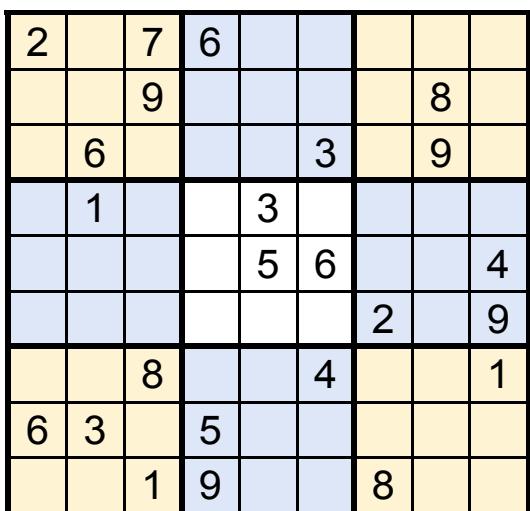


## PERFORM

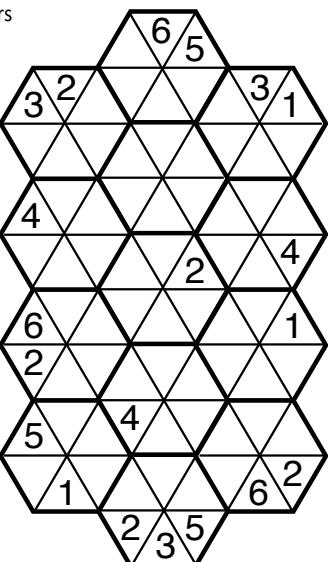
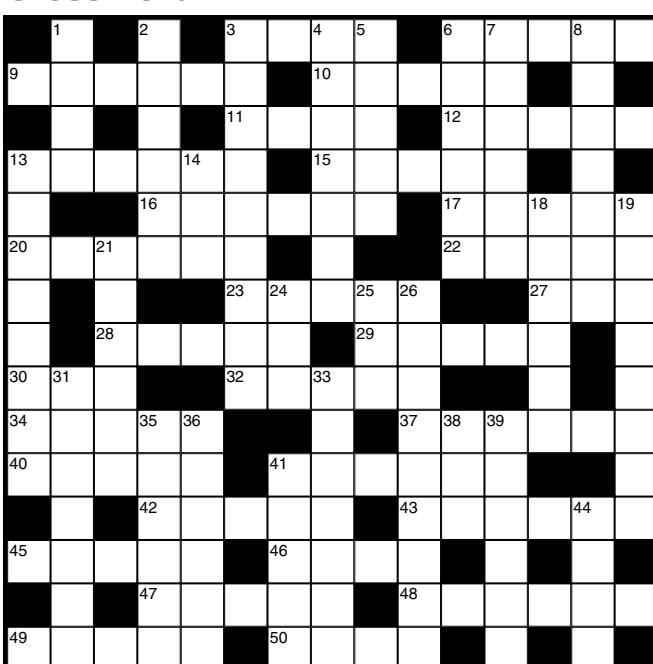


**Sudoku**

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.

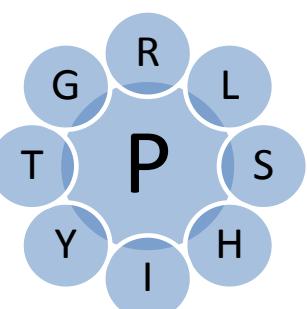
**Crossword****Focus****An All Australian Word Game**

- \* 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

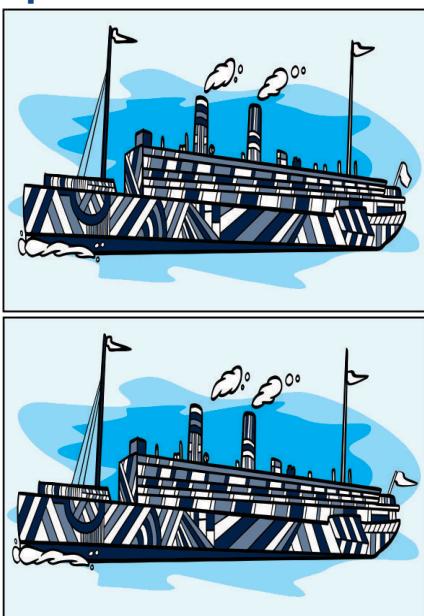
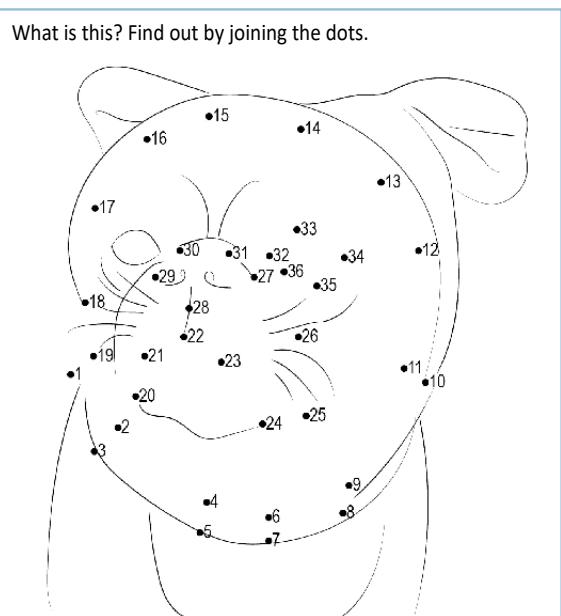
TODAY'S Good: 10 words

FOCUS Very good: 17 words

Excellent: 25 words



Reference: Macquarie Concise Dictionary  
Focus No. 3901

**Spot the 5 Differences****Join the Dots****ACROSS**

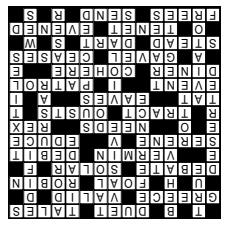
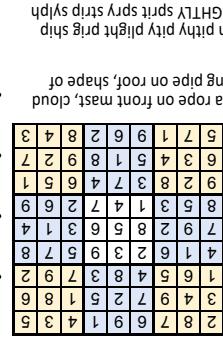
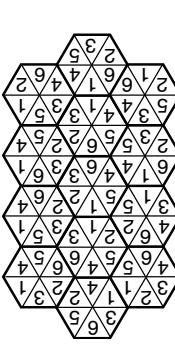
- 3 Song for two
- 6 Stories
- 9 Country
- 10 Well-founded
- 11 Young horse
- 12 Bird
- 13 Discussion
- 15 Of the sun
- 16 Obnoxious creatures
- 17 Charge with a debt
- 20 Calm
- 22 Bring out
- 23 Requires
- 27 King (L)
- 28 Region
- 29 Expels
- 30 Make lace
- 32 Roof's projecting edge
- 34 Happening
- 37 Do the rounds
- 40 Restaurant car
- 41 Stick together
- 42 Chairman's mallet
- 43 Stops
- 45 Place
- 46 Move quickly
- 47 Held principle
- 48 Made level
- 49 Liberates
- 50 Transmit

**DOWN**

- 1 Faithful
- 2 Conduct oneself
- 3 Respectful regard
- 4 Elusive
- 5 Hooked claw
- 6 Long angry speech
- 7 Worshipped
- 8 Large building
- 13 Left abandoned
- 14 Perfect score
- 18 College treasurer
- 19 Woven fabrics
- 21 Decayed
- 24 Greek letter
- 25 Female deer
- 26 Imagined guilty
- 31 Airman
- 33 Abuse
- 35 Nullify
- 36 Barters
- 38 Land measure
- 39 Tantalising puzzle
- 41 Yields
- 44 Female sheep

**Solutions**

Puzzles and pagination supplied by Auspac Media

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# CHILDREN'S MENTAL HEALTH AND WELLBEING TIPS

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

If your child is withdrawn, having meltdowns, struggling to regulate their emotions, or having trouble sleeping, their overall health may need some extra attention. Listen to your intuition – the earlier kids and teens get help for their mental wellbeing, the better their long-term outcomes as adults.

## Neurotransmitter Function.

Neurotransmitters are the brain's messengers; they communicate our feelings and emotional responses.

- **Dopamine** gives us that rush of joy and motivation when we achieve something. If we're not feeling any pleasure or drive, dopamine might be low.
- **Serotonin** supports happiness and good sleep. One simple way to boost serotonin is by getting morning sunlight.
- **GABA** is the calming neurotransmitter. Without balanced levels, we can feel more anxious or restless.

Neurotransmitters are built from micronutrients – vitamins and minerals that act like Lego blocks for the brain. So, we need a nutrient-rich diet to make sure we're feeding the brain what it needs. We also need to keep the pathways free from neurotoxins and inflammation.

One essential pathway in the brain for neurotransmitter production is called the methylation pathway.

It relies on:

- **Folate** – from leafy green vegetables
- **Vitamin B12** – from red meat

Important nutrients include vitamin B6, zinc, and magnesium.

Without these co-factors, the wheels get stuck and the pathway slows down, leading to low mood, irritability, sensory issues and more.

- **Vitamin B6** supports a healthy nervous system.
- **Zinc** is vital for cognition and immunity, found in pumpkin seeds, red meat, and shellfish. Without enough zinc, neurotransmitters can't form properly.
- **Magnesium** is another mineral many kids are deficient in. Supplementing with a quality magnesium can quieten excitatory brain signals and improve communication between brain cells.

Eating a nutrient-dense diet full of organic meats, fruits, vegetables, and living foods to feed gut bacteria is easier said than done with kids!

A quality multivitamin during their growth years can help cover the basics. Targeting brain health with methylation co-factors like zinc, B6, and magnesium can also make a difference.

If your little one has a busy mind, anxiety around school, or struggles with routine changes they might need extra emotional support. Nutrition and herbs can help with that.

A supplement called Affron® has been shown to help teens maintain a positive mood and ease stress, frustration, and tension. Saffron also boosts the body's production of melatonin, supporting better sleep.

## Sleep is critical for great mental health.

Think of sleep not as the end of the day but the start of good mental wellness.

If they wake up feeling grouchy or unrested, food choices are typically worse for the day as motivation drops, and connection feels harder.

For some kids, bedtime prep might need to start at lunchtime! From midday onwards, replace stimulating foods and drinks, cut out colours, sugars, caffeine, additives, and simple carbs that excite young minds.

**Chamomile tea** is a great herbal option for kids. Homeopathics and magnesium blends with calming herbs can also help support a peaceful night's sleep.

**Gut health matters.** The gut-brain pathway influences mood and behaviour. It's important to support a healthy microbiome with:

- **Fibre-rich** plant foods (prebiotics).
- **Living foods** like yoghurt, sauerkraut, and kombucha (probiotics).

You can also target mood and behaviour with species-specific probiotics – ask our team which strains would best benefit your child.

Social connection boosts oxytocin, the 'love' hormone. Family time, team activities, and community connection are vital for kids and for us, too.

Children need to feel valued, safe, and that they belong. Talk openly with your kids about how they're experiencing the world and teach them emotional skills to build resilience for hard times.

As always, it's important to consult with a qualified health professional if you'd like personalised support for your child. Our naturopaths are here to help guide you in a way that's right for you.



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## LOCAL FISHING WITH SPERO

# DROP A LINE: MORETON BAY'S SWIMMING WITH FISH THIS MONTH

BY SPERO KARTANOS

Happy New Year to all our readers, and a happy and healthy 2026!

Well, if you have a boat, January is a good time to get out on the bay to catch a fish or two. Thousands of boats will be out this month, with many families trying to catch fresh fish for the table. Busy spots are usually the western side of the islands from Tangalooma to the Sand Hills at Moreton Island, and from Amity to One Mile, and of course, Horseshoe Bay. It will be great to see so many boats on the bay.

The fishing should be good with plenty of whiting for all. Try the Small Boat Channel, the Rous, the Sand Hills at Moreton, and Amity Banks – there will be enough for everyone. The school mackerel will not be in the hundreds, but if you put some time into having a troll between east of the Hope Banks and the entrance to the Small Boat Channel (and at the start of the Chain Banks), then you might get a couple of nice fish. Hopefully, as I write this, the spotties should also be in the bay.

The tiger squid season will have started, and as the water clears a little more, they should front up at Green Island as well as around the weed banks at the Small Boat Channel, all through the Rous and Amity Banks, and in the weed banks at Moreton Island. All these areas will be producing plenty of squid, especially an hour each side of the tide, and at dawn and dusk.

For snapper and squire and some really nice sweet lip, try around Mud Island and the Lazaret Gutter at Peel. For me, the best fishing this time of year is for whitebait at Peel and Green Islands at night. All you need to catch these tasty critters is a butterfly net and a light at the back of the boat at night.

So all in all, what we want for January is great weather and no wind, and a few great weeks on the water and lots of fun. Let's hope 2026 brings health, happiness, and plenty of fish for all.

Till next month, good fishing!



Water Tower  
Bait and Tackle



Photos: Spero Kartanos.

## WOULD YOU LIKE TO SIGN-ON AND JOIN THE REDLANDS MUDDIES FAMILY?

If you think of Rugby Union as being a big, tough game exclusively for big, tough men, the Redlands Muddies could shift your thinking; they pride themselves on being a family-oriented club, dedicated to fostering a love for rugby across all ages and abilities. A central part of the Redlands sporting community since 1979, the club boasts intergenerational and gender- (and ability-) diverse teams, so everyone gets a jersey.

Mini Muddies caters for three to five year-olds; there's a six to nine category for boys and girls, a new Colts team for under 20s, Senior Men and Senior Women teams, a thriving Girls Rugby program, and inclusive initiatives like the Modified Rugby Program for players with learning and perceptual disabilities – and of course, the Golden Oldies (35 to 75).

Michael Anderson, coach and Muddies Vice-President, says safety is taken very seriously.

"The Golden Oldies have modified rules, such as uncontested scrums and wearing red shorts if you don't want to be tackled; the younger players have variations that include no tackling, only touch, and having the coach on the field with them."

Being able to field so many teams and having 460 registered players indicates that the club is appealing to many people. Mike says the sense of belonging to a big family is a real drawcard.

"The Muddies exemplify a real community spirit, encouraging families and volunteers to contribute. And we're looking forward to the Men's World Cup in 2027, the Women's World Cup in 2029 and the Olympics in 2032. The Muddies have offered their three fields, currently undergoing refurbishment, as a pre-tournament



Photo: Supplied.

training camp for the Men's World Cup, so there are some exciting events coming up!"

If you want to be part of the excitement in 2026, sign-on days are on 31 January and 1, 7, and 8 February at Judy Holt Park, Birkdale. For more information, visit [redlandsrugby.com.au](http://redlandsrugby.com.au).

# LOCAL GARDENING WITH KAT

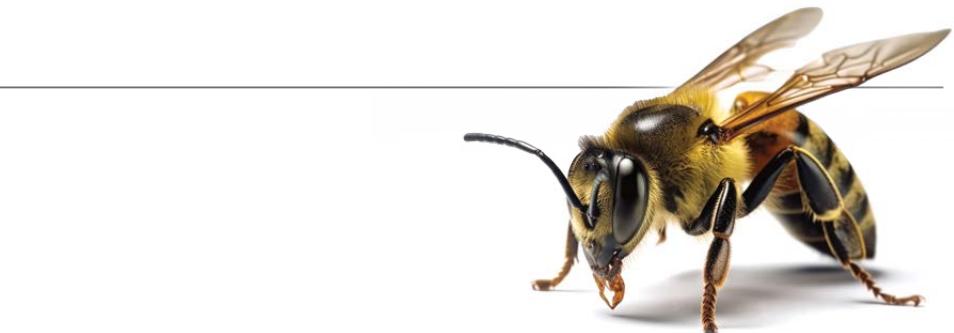
# SSSUMMER SSSNAKE BEANSSS

BY KAT PEARSON, *G/RL IN THE GREEN*

We may have farewelled the year of the snake, but with the warm weather, we should be welcoming the growth of snake beans! Move over delicate French runner beans, hardcore subtropically ideal snake beans are the new favourite. They're also known as yard-long beans – and while usually they're more like 'foot-long', that still makes one snake bean worth maybe ten French beans!

While we're lucky in the subtropics and can be reasonably successful with French/green beans (*Phaseolus vulgaris*) over summer, they can suffer a little in the heat. Snake beans (*Vigna unguiculata* ssp. *Sesquipedalis* – how's THAT for a scientific name!), on the other hand, THRIVE in heat and humidity. They are popular in many Asian cuisines and can be blanched, stir-fried or stewed. My favourite is frying them with lots of chilli and garlic and a splash of sweet soy sauce. Like French beans, pick them while they're young and tender, and twist them gently off the tip of the vine – more beans continue to develop from that growing point. The more you pick, the more that grow. Leaving pods of any sort on a plant (and this includes peas and sweet peas) lets the seed develop and signals to the plant that its job is done and can die now! Handily, they last ok in the fridge for a few days, so pick, pick, pick!

You are unlikely to find snake bean seedlings for sale, and at any rate, they are happier grown from seed. Check online seed retailers, or if you're lucky, you might find a pack of Mr Fothergill's in your local nursery. You can get dwarf and red/purple varieties, but I think the regular green ones are the most successful. Sow seeds now, and you'll still have time for a crop before the weather cools. Push



the seeds a centimetre or two into the soil, water in, and don't water again until they have germinated (to prevent the seeds from rotting). Snake beans are enthusiastic climbers, so they need a good-sized trellis, but they aren't the kind of climber that's going to pull half your fence down, so don't fret. Mine are manageable in the veggie patch with a 1.8m climbing frame and two rickety wooden stakes.



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Left: Snake beans up a trellis; top right: doesn't the flower look like a purple Mickey Mouse?; Bottom right: beans form in twos. Twist them off gently and more flowers and beans will grow. Photos by Kat Pearson.

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# CLEVELAND YACHT CLUB: THE WIND, THE WATER – AND THE WILL

The Redlands Coast is a standout maritime environment, and it's home to a standout maritime club.

In September last year, Cleveland Yacht Club (CYC) was awarded Australian Sailing Queensland's top prize: Club of the Year (Cat B). That was no surprise to the many supporters of the club, which has recently experienced phenomenal growth: a 46% increase in membership and a 175% increase in volunteers.

Commodore Steve Lawie says the club's success can be attributed to its ethos of inclusivity, innovation, and engagement with the broader community. "This growth reflects not just numbers, but a thriving community. Participation at CYC is not just about activity — it's about connection, growth, and shared purpose. Even beyond sailing, the club takes its community responsibilities seriously, leading sustainability efforts through Containers for Change, solar reinvestment, and bay clean-up events."

While he's a comparatively recent convert to sailing, Steve's background makes him an ideal fit for the job of Commodore in a club that was ready for growth. Steve's professional background includes more than 30 years as a program and project manager; while working and living in Macau in 2011, he was left with weekends to fill. He discovered sailing, a love that has never left him. "You always fall in love with your first boat!" he laughs.

After an attempt at retirement, he came back into the industry as a trainer and specialist strategic planner.

"Our major aim is to get more people on the water in more ways, more often, as racers or on the safety boats or just sailing for enjoyment. Establishing a strategic plan for the club triggered an approach from a group of paddlers who have found a new home. There are similar opportunities on the table... watch this space!"

The club already has a wide-ranging program of in-house and interclub race meets, special programs for young and novice sailors, single- and multi-hull events, keelboat racing, paddlers, kite/windsurfers, and soon events for sailors with disabilities. Daniel Fitzgibbon OAM, a Paralympian multi-medallist, recently sought out Steve to offer the use of his boat and experience to train sailors with mental disability or mobility impairments. With the Olympics looming, excitement levels are rising, and there will be Cleveland Yacht Club members working as race officials. Steve says that it makes good sense for the community to get as much use from the fully-owned facility as possible, and having the club in constant use secures the future of the 121-year-old club.

Even after five years as Commodore, Steve's passion for the club is as intense as it ever was, something he says is made easier by having a supportive and stable committee and an incredibly



Photo: Supplied.

dedicated group of volunteers and members.

"It's not just about the competition sport side of things, it's about getting as many people as possible on the bay, connecting with nature and releasing all those stresses. It's about inclusivity; families and friends sail together, train together, and celebrate together, reinforcing our identity as a club where people belong."

It certainly sounds like a tempting option. Find out more about the club at [www.cyc.asn.au](http://www.cyc.asn.au).

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# The Strength of Simplicity

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

As a professional financial planner, I get to hear all kinds of ideas and strategies for building wealth. One of the amazing things about seeing a financial planner is being able to receive objective outside feedback. I'm not here to bolster my client's feelings. In fact, one of the primary obligations I have is to be frank and fair to each of my clients. This means that if a client has a bad investment idea, it's part of my role to talk through why.

Don't get me wrong – a lot of the time, if someone has thought through a strategy fully, they come to me with a great understanding. Unfortunately, being too close to something can give rise to bias that pushes people towards a conclusion without thinking about the potential for things to go wrong. When it comes to wealth creation strategies, something that sounds too good to be true generally will be.

Complicated schemes promising unbelievable success with very little chance of downside risk inspire two feelings for me: 1. The strategy is not truly understood. Or 2. Something is being sold. After seeing loads of schemes, strategies, and ideas along the way, I've come to the conclusion that when it comes to building personal wealth, it's best to keep things as simple as possible and only as complicated as they need to be.

Here are some actionable ideas to keep things simple but still build wealth:

**Control spending** – Household finances need a system to be sustainable. This starts with income earned, followed by setting priorities on how to allocate the income, and finishes with a surplus to be applied to other goals. If habit and impulse creep in, it can push spending above income. This is called a cash flow deficit. It's bad. First of all, it means that there's no money left to put towards growing wealth, and secondly, it needs to be funded from somewhere – either longer-term investments or (even worse) from debt.

**Allocate the surplus** – Once spending is under control, think about the best place to allocate the surplus depending on your personal goals, priorities, and preferences. A quick run through of potential targets could be: 1. Emergency Fund (at least 3 x months of core expenses); 2. Extra debt repayments; 3. A personal investment plan; 4. Superannuation or other long-term savings.

**If you can keep it simple, then do** – Before adding extra complication to your system, ask the obvious question: "Will this make a difference, and is that difference worth it?" Extra bells, cogs, whistles, and gears may make a difference to the outcome of a financial strategy, but will that difference be worth it? Will it be worth the additional risk of something going wrong, the additional time and strain that it takes to keep the system running, and what would be the comparative result

if things were kept simpler? If you can't run the more complicated system yourself, how much will it cost to hire assistance from an accountant, financial planner, or real estate agent?

**Don't start without considering the finish** – The best chess players in the world don't blunder blindly into strategies. They plan at the opening, monitor and modify through the mid-game, and keep an eye on the end-game. Wealth strategies are the same. Before diving into a new scheme promising riches, think through an exit strategy. Ideally, think through a number of different outcomes: One for if things happen perfectly as planned, one for an average outcome (is it still worthwhile), and one for if something goes wrong.

Building wealth isn't difficult, but it's not simple either. Ultimately, anyone can do it, and if you need help, it is readily available.

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# BEHIND THE SOLD SIGN: EXPOSING THE TACTICS OF SHADY REAL ESTATE AGENTS!

Check the 'profile' or watch 'social media' of any real estate agent these days and you'll notice that most make similar claims about knowing the secret to getting a seller the miracle price, being different or trying to appear one up on their competition with their latest award, or prize give-away.

Under the surface of all this 'fluffy' promotion, when it comes down to selling and buying houses, the real estate industry has used the same methods and tactics since the early 1900's. In fact, the public auction system is at least 2,500 years old, originating back in the slave trading days when getting the highest price was not the primary goal.



Another long-standing tactic is the unscrupulous tactic of bait pricing. Agents quote high to bait a seller into listing with them. They then quote or advertise low to get a sale. Bait pricing is much more sophisticated these days, as agents push 'no price marketing' so they can advertise without a price in a lower than market value price filter, to lure buyers and get low offers that are aimed to condition the sellers' expectations down. The outcome is detrimental to property sellers. Sellers often feel constantly like they are dropping their price to meet the market, but don't realise they are dropping their price to help the agent cunningly get a sale.

Just when you thought what else could an agent possibly do to a seller of a property. We must warn you about what's called VPA - vendor paid advertising! For decades agents have desperately tried to make the sellers pay for all the advertising upfront or at some point pay whether the house sells or not. This catches sellers out who don't realise most of the advertising (marketing) is cleverly designed to remove all financial risk from the agent and at the same time promote the agent.

These methods and tactics have meant the real estate industry has been lumped with a very low approval rating when it comes to honesty and ethics. Recent Morgan Poll research proves 95% of Aussies do not trust agents.

## The Smartre Sale is a smarter way!

If you are thinking of selling, there is another option that many property owners are choosing over the typical real estate agent methods - it's a proven way to sell a property risk-free, ethically and effectively while remaining in control of the sale as the seller. If you are a buyer, it gives you greater opportunities to find the right property and a genuinely more personalised service.

Tidbold Real Estate founded by Dave & Nicki Tidbold in 2003 have sold over 2,500 properties in Redland City using the Smartre Sale. Dave Tidbold commenced his career in 1994 and contributes his success as one of the country's top 20 performers because of the Smartre Sale which originated in 1990. He said, 'It is the genuine alternative to remove risks for the seller and protects the seller's property value'. The Smartre Sale is used Australia wide by a network of accredited Smartre Agencies. A Smartre Agency like Tidbold Real Estate is different from the ground up. For example:

- Central contact number and email, and one collective database.
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- An effective strategy that creates competition and upholds the true property value.
- NO UPFRONT COSTS and NO SALE, NO CHARGE.

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

If you really would like a much smarter way to sell your property, the team at Tidbold Real Estate is more than happy to share how the SMARTRE SALE Strategy can more effectively get you a better outcome.

The logo for 'THE SMARTRE SALE' features a yellow house outline with a lightbulb inside, containing a checkmark. The text 'THE SMARTRE SALE' is in a bold, sans-serif font, with 'SMARTRE' in yellow. Below it, the tagline 'The only ethical and effective way to sell your property!' is in a smaller, italicized font.

**THE SMARTRE SALE**  
The only ethical and effective way to sell your property!

A photograph showing three people (two adults and one child) standing in front of a house. They are holding up two signs: a 'FOR SALE' sign and a 'SOLD SMARTRE' sign. The signs are yellow and red, with the 'TIDBOLD REAL ESTATE' logo at the top. The 'SOLD SMARTRE' sign also displays the price '3207 6000'. The background shows a house and some trees.

The logo for 'TIDBOLD REAL ESTATE' features the word 'TIDBOLD' in a large, bold, blue serif font, with 'REAL ESTATE' in a smaller, blue sans-serif font below it. A blue bar with the text 'Ethics in Real Estate' is positioned below the main logo. At the bottom, the phone number '3207 6000' is displayed in a large, bold, blue font, along with the text 'Call us 7 days/24 hours' in a smaller blue font.

**TIDBOLD**  
REAL ESTATE  
Ethics in Real Estate  
Call us 7 days/24 hours  
**3207 6000**