

The Community Leader

WE'RE ALL ABOUT GOOD NEWS

Redlands



COOKING UP COMMUNITY: REDLANDS ON A PLATE, PRESERVED IN PRINT!

Food brings people together – across kitchen tables, across generations, and across our Redlands Coast community. Now, Redlands Coast Museum is creating a culinary time capsule in the form of a community cookbook, and you're invited to contribute.

This month, we're sharing a callout to the community to get involved in an exciting project. On page 15, you'll find the full story behind *Our Redlands Table: A Community Cookbook*, an initiative from the Redlands Coast Museum inviting locals to share their favourite recipes and the stories behind them. It's a fantastic idea that preserves our past while supporting the museum's future.

We're also featuring some exciting local events – check out pages 6 and 7 for a sample of what's happening in your community this month.

Thank you to everyone who shared their stories in this edition – we love publishing them! And a big thank you to our advertisers, whose support helps all this good news reach our community.

Pictured: Jill Tilson, Sue Tanner, Bruce Smith, Samantha Kingsley, Tatum Young, and Jan Banks at Redlands Coast Museum.



Curious to know the value of your home?

Scan the QR code or call me for your complimentary detailed report

Courtney Brown | 0410 232 200



WALKING FOR CHANGE: JOIN THE REDLANDS ONE WALK FOR DIABETES

CONTRIBUTED BY KYLIE MAIRS

For the past 15 years, the Redlands Diabetes One Walk has brought the community together to raise funds for Type 1 Diabetes research. On Sunday, 8 March 2026, the community will once again rally at Les Moore Park in Victoria Point in support of a future without Type 1 Diabetes.

At the heart of the Redlands One Walk is Jess Ward, whose journey with Type 1 Diabetes began at just 15 years old. Like many families facing a diagnosis, Jess and her mum were suddenly thrown into a world of blood glucose checks, insulin injections and constant vigilance. Determined to turn that challenge into something positive, Jess and her mum helped establish the very first Redlands One Walk – one of many held across Australia to bring the Type 1 Diabetes community together.

What started as a personal mission has grown into a deeply meaningful annual event. Today, Jess continues her involvement alongside her mum, partner, aunty and grandma, forming a truly family-led committee that understands firsthand the daily realities of living with Type 1 Diabetes.

Kylie, another local who knows the condition all too well, joined the committee eight years ago. Diagnosed at 11 years old, Kylie has lived

most of her life managing Type 1 Diabetes. Now happily married with two boys, she refuses to let the condition define or limit her, staying active by running half and full marathons while balancing family life.

"I first attended the walk at Thorneside about eight years ago," Kylie said. "I met the team, saw what they were doing, and immediately knew I wanted to be part of it. The walk is such a powerful way to raise awareness and much-needed funds. Every step we take really is one step closer to a cure."

Together, Jess, Kylie and their small but mighty committee have helped the Redlands Diabetes One Walk raise more than \$200,000 over the past 15 years – funds that directly support Breakthrough T1D's mission of a world without Type 1 Diabetes.

On the day, the park will be filled with a welcoming, festival-style atmosphere, including entertainment, activities for children, and opportunities for families affected by Type 1 Diabetes to connect, share stories and feel less alone.

"Type 1 Diabetes is a lifelong condition, and there is no cure yet," Jess said. "But days like this remind us that we are not facing it alone. The support from the Redlands community over the years has been incredible."



Photo: Supplied.

After 15 years, the message remains the same: hope, connection and progress. With every step taken at Les Moore Park this March, the Redlands community continues to move closer to a future without Type 1 Diabetes.

The event will open at 8:00am, with the family-friendly 4km walk starting at 9:00am. The walk is designed for people of all ages and abilities, and it's all about participation, connection and showing support – whether you walk every step with your furry friend, push a pram, or simply come along.

For registrations, donations or more information, visit: <https://walk.breakthrough1d.org.au/event/walk-redlands-26>

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JACK'S LEGACY GROWS THROUGH LOCAL GIVING ACROSS REDLANDS

CONTRIBUTED BY CHRIS BEATH, BOARD MEMBER, JACK BROWN FOUNDATION

The Jack Brown Foundation has taken another meaningful step in honouring the legacy of Jack Brown, with its first Education Grant awarded and its second Community Grant recipient now announced.

Established in memory of five-year-old Jack Brown, the Redlands-based charitable foundation supports children and community projects across four focus areas that reflected Jack's greatest loves: education, sport, community, and nature.

The foundation's inaugural Education Grant of \$500 has been awarded to C&K Redlands Community Kindergarten, recognising their commitment to creating nurturing and enriching learning environments for young children.

Jack's father and the foundation's co-founder Jim Brown said the decision was an easy one.

"C&K Redlands Community Kindergarten embodies everything the foundation stands for – supporting children, fostering curiosity, and creating spaces filled with care and connection," Mr Brown said.

"We're incredibly proud that our very first grant is going towards a local organisation doing such important work for families in our community."

The foundation is also pleased to announce its Community Grant of \$500 has been awarded to Night Ninjas, supporting their work with people experiencing homelessness and those living close to or below the poverty line in the Redland City area.

"This foundation exists to ensure Jack's spirit continues to live on through positive action," Mr Brown said.

"Every grant represents an opportunity to make life a little brighter for children and families – and that's exactly what Jack brought into the world."

The foundation now plans to award 12 grants annually, and recently held a community launch that drew strong local support.

Jack's mother and co-founder Carla Brown said the response has been overwhelming.



Photo: Supplied.

"We've been humbled by the generosity and encouragement from the community," Mrs Brown said.

Although donations will open soon, the foundation is currently accepting pledges of support via the website. For more information, visit www.jackbrownfoundation.org.

CAPALABA SPORTS CLUB

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TOUGH GUY BOOK CLUB: A PINT, A CHASER – AND A BOOK!

BY JAN NARY

Shay Leighton set up the Tough Guy Book Club when he realised that he – and blokes like him – were spending time in the pub. Following the mantra, “If you want to catch fish, go where the fish are”, he started the men’s reading group where the men already were – in the pub.

“I was a guy who didn’t read enough – hadn’t read a book since leaving high school; somehow life gets in the way. I thought the only way to solve that problem was to get some men together and read books with them. I started inviting guys who don’t look like ‘book club’ types; most of our members are tradies, but we get all sorts. One of the club rules is we don’t talk about work; that knocks down a lot of social barriers.”

Shay says that just offering an invitation to someone who’s never been asked to join a book club can be all it takes.

“We didn’t start book clubs and bring them into pubs – we were already in pubs, and we just started book clubs there. Not everyone’s going to enjoy every book, but the ones you do like might introduce you to a new genre or a new author, and your reading’s going to

increase. People talk about books in the way they understand.

“We read all kinds of books but only fiction,” he says. “Last year, we covered eight genres and six countries. We’re currently reading about paranormal investigators in a town invaded by drug-dealing demons, so it doesn’t have to be high-brow stuff.”

Shay says that men join for a variety of reasons: to read more, to talk more or to make more local friends – and that having differing tastes and opinions about books gives an added element.

“There’s nothing as good on a hot day as having an argument about a book over a cold beer!”

The volunteer organisation started 14 years ago in a Collingwood pub by Shay and his mate Tom Scott, and now has an international membership (in eight countries) of 5000 in 180 chapters.

Chapter meetings are held on the first Wednesday of the month. For more information about your local Redlands chapter, visit www.toughguybookclub.com/redlands_qld

Happy reading!



Photos: Supplied.

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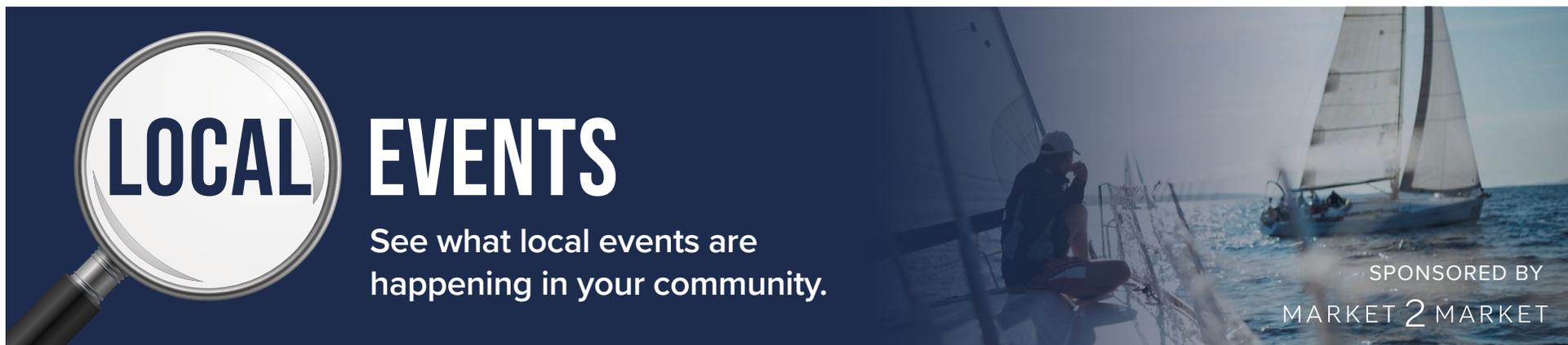
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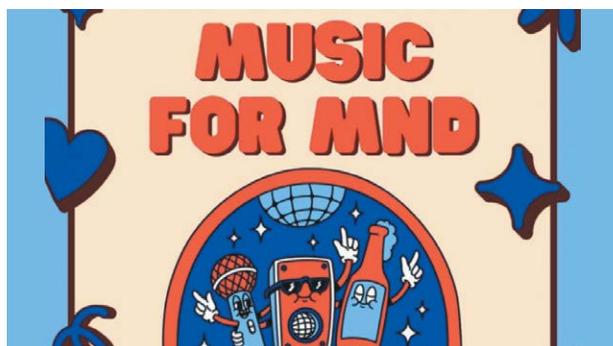
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CONDITIONS APPLY



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



MUSIC FOR MND 2026

Saturday March 14, 2:00pm to 8:00pm, Redlands Coast Distillery, 2 Christine Place, Capalaba

Music for MND brings the community together for an afternoon of live music in support of a great cause. Redlands Coast Distillery is the perfect venue for this all ages festival featuring Valley Green, Laurel Hill and Mermaid Waters, all in support of Motor Neurone Disease research. With great bands and warm energy, the event offers a chance to enjoy the day while backing an important cause. For tickets, scan the QR code.



INTERNATIONAL WOMEN'S DAY GIRLS' DAY OUT

Sunday March 8, 11:00am to 1:30pm, Grand View Hotel, Cleveland

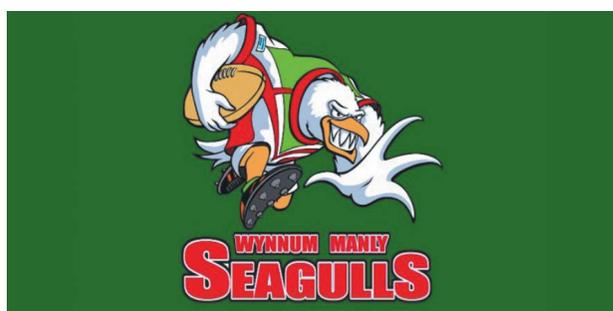
International Women's Day gets a sparkling twist as the Grand View Hotel hosts the ultimate Girls' Day Out on Sunday, March 8. Guests will enjoy 2.5 hours of bottomless bubbles, brunch bites, burlesque performances, cheeky games, and raffles supporting Mater Chicks in Pink, with \$10 from every ticket donated. It's a bold, bubbly celebration of women, friendship, and fun – pink outfits encouraged and inhibitions optional. For more information and tickets, scan the QR code.



REDLAND SINFONIA: PETER IN THE WILD

Saturday March 28, 11:00am and 2:00pm, RPAC, Middle Street, Cleveland

Join Peter and the Redland Sinfonia for a lively musical adventure as they present a playful, family friendly introduction to orchestral music. Held in the relaxed, sensory friendly RPAC Events Hall, children are invited to dress as their favourite animals and join an on stage soft toy parade. The concert features Prokofiev's Peter and the Wolf narrated by Cr Paul Bishop, alongside energetic animal themed favourites. With a sausage sizzle at the interval and a joyful atmosphere, it's a vibrant start to the Sinfonia's 40th birthday celebrations. For tickets, visit rpac.com.au.



WYNNUM MANLY SEAGULLS V REDCLIFFE DOLPHINS

Sunday March 22, 3:00pm, BMD Kougari Oval, Wondall Road, Manly West

Round 3 of the HostPlus Cup for 2026 is the second Seagulls' home game of the season, where they'll take on the Redcliffe Dolphins in what is expected to be a scintillating game of rugby league. Come along and get up close to the action at Kougari Oval, see the players representing the club this year, and cheer on the home team for a win! For more details, visit www.wynnumseagulls.com.au.



CAPALABA PARKRUN

Every Saturday, 7:00am, Capalaba Regional Park, 13 Pittwin Road North (behind Bunnings), Capalaba

Parkrun is where locals come together every Saturday at 7:00am for a free, friendly community 5km walk/run. Capalaba Parkrun invites walkers, joggers, runners, volunteers, and spectators to enjoy a relaxed, all abilities event in a scenic park setting. Participants simply register once, bring a scannable barcode, take part, and choose their pace. With a welcoming volunteer crew and a post run coffee meetup at Crema Espresso, it's an easy way to get active and connect with the community. For more, visit parkrun.com.au.



TWILIGHT MAKERS MARKET

Saturday March 21, 4:00pm to 8:00pm, Raby Bay Harbour, Cleveland

The Twilight Makers Market invites visitors to Raby Bay Harbour Park for an evening brimming with creativity and great local shopping. Guests can browse more than 65 handmade stalls, savour bites from local food trucks, and unwind to live music as the sun sets. With picnic blankets, friends, family, and well behaved dogs in tow, it's a perfect chance to support talented local makers while enjoying a laid back night by the harbour.

ARTIST PROFILE

SOROUR FATTAHI – THE HIDDEN AND THE HELD

As a child, Sorour Fattahi was surrounded by women who crafted with textiles. Sorour’s deeply personal artistic work uses whatever medium best suits her original concept.

“During COVID, I developed alopecia and lost almost one-third of my hair. Medication was hard to get, and I didn’t know if I could be cured or would lose something that I had always taken for granted. I went into deep depression, but when I started working again, I brought what I had learned through therapy into my art. “

This prompted Sorour to create a series of paintings of long-haired, naked women, often turned away from the viewer, holding scissors and combs. The paintings incorporate actual hair, a symbol of beauty in Persian poetry, alongside mirror writing and Persian calligraphy.

“The texts were ones I had used in therapy; because they’re hard to read, they become a visual element. I needed to ‘prune’ myself, which is why I used the feminine images of combing and cutting hair. The women were turned away because that was a time when I was turning into myself rather than to the outside world.”

Sorour kept her fallen hair and began to stitch it into self-portraits, a process of putting herself back together, which is the subject of her current exhibition.

“The artworks are about displacement. Minorities are considered different; being a migrant involves a change of language, a change of culture, and a change in our sense of belonging – the sense of being in a different place. It is similar to hair loss.”

Sorour’s exhibition, *The Hidden and the Held*, is at Redland Art Gallery until 22 March 2026.



Sorour Fattahi, *Once Fallen... (Detail)*, 2025, human hair stitched onto silk organza, 72 cm x 60cm. Photo: Supplied.



The Hidden and the Held
Sorour Fattahi

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Working for Redland City



Mayor's message

As I move around the city, I consistently hear from other residents that they want Council to focus on its core business – providing the essential infrastructure and services we need, as well as delivering and maintaining the community spaces we love.

Council provides much more than that, and it is important to understand the depth and breadth of operational Council services, and the challenges and complexity that come with their delivery across our city, including to our six residential islands.

It is also important to understand the assets Council maintains and the work that must be undertaken to renew those assets.

Council must also deal with the increased demand and need for services, in an environment of increasing costs and limited sources of funding.

Redland City Council is not alone, with local governments across Australia having to make difficult decisions and seek new solutions to deliver core services.

A key strategic focus for Council continues to be finding innovations and efficiencies in how Council provides service to our community. Council is undergoing an external review to assist with this process.



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

What's keeping Council officers busy? 2025 by the numbers (compared to 2024)

Customer Contact Centre Email requests  41,228 <small>includes webforms</small> ▲ 31.74% <hr/> Phone requests  108,806	Greening Conservation Area plantings  52,000+ <small>excl. Bushcare & offset plantings</small> ▲ 49% <hr/> Plants propagated from seed  17,041 <hr/> IndigiScapes plants sold  30,972
Roads: 2024–2025 Financial Year Potholes fixed  1,284 ▲ 15%* <small>* from 2023–2024</small> <hr/> Green sealing roads on the Southern Moreton Bay Islands  4.4km ▲ 275%* <small>* from 2023–2024</small>	Animal shelter Number of animals: Adopted  355 Reunited  568
Waste management  15,800 requests 43 requests per day!	

Faster, smarter roadworks

Roadworks across the city are getting quicker and cleaner thanks to an innovative resurfacing method.

Known as foam bitumen stabilisation, the technique blends existing road materials with water and bitumen to create a strong and long-lasting road base.

It's a cost-effective approach that's quieter, less smelly, and more durable than traditional methods. Drive along Redland Bay Road (between Moreton Bay Road and Old Cleveland Road), Capalaba to feel quality resurfacing outcomes.

While it isn't suitable for every road, it's a smart and valuable option to have in our toolkit.



Casper's happy homecoming

A reminder to microchip

Redland City Council's animal shelter team recently experienced the joy of reuniting a missing cat with his very relieved family. A resident arrived at the shelter believing her white cat with two different coloured eyes was in Council's care. After confirming details, reviewing photos and the area he went missing from, the team was confident the cat in care was indeed Casper, who had been missing for more than a month after accidentally slipping out.

When the team brought him out, his owner immediately recognised him and held him close, shedding happy tears. Her young son proudly welcomed back his beloved 'Cappa', delighted to have him home again. It was a beautiful reunion and a reminder of just how much our pets mean to us.

Casper was lucky, but not all lost pets find their way home. Microchipping your pet and keeping your details up to date is the best way to ensure they can be safely returned if they go missing.



Diverting waste from landfill

Disposing of our waste to landfill is one of the biggest and growing costs for ratepayers.

Of the more than 3,000 requests for new bins during 2025, more than 1,700 (57%) were for new green bins and 613 (20%) were to upgrade to a bigger recycling bin.

Keep up the great work everyone!

Most asked waste requests in 2025:

I need to replace my bin: **4,000+**

I'd like a new bin: **3,000+**

My bin needs repairing: **2,200+**

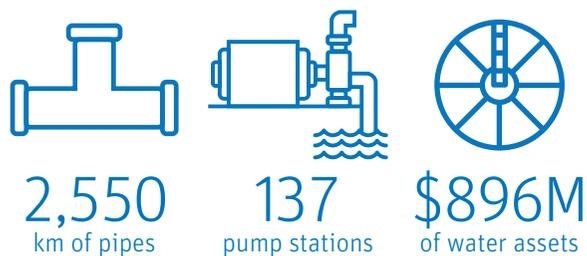


Liquid assets

Each year, Council's City Water team delivers around 14,380 megalitres of water across the city, and treats 14,392 megalitres of wastewater.

We achieve this through our network of around 2,550 km of pipes, 137 pump stations and seven treatment plants (or around \$896 million of water assets).

It's a big and ageing network. Council is committed to continuing to reliably deliver essential water services into the future – we take this responsibility seriously.



Ensuring community health, and reliable services, is at the forefront of our water operations and we're always looking for better ways of doing things.

In January Council launched a new digital dashboard at Cleveland Wastewater Treatment Plant that allows us to better respond to real-time information – helping maintain plant efficiency, save money for our ratepayers, and protect the naturally wonderful environment of Redlands Coast.

Beyond the bin

Smarter recycling at IndigiScapes

Our Recycling and Waste Centres are great for recycling usual items like glass, cardboard and aluminium cans.

But what about the weird and wonderful things that don't quite fit? That's where the IndigiScapes Recycling Station comes in.

This one-of-a-kind drop-off point helps keep unusual items like beauty products, DVDs and old mobile phones out of landfill – giving them a second life instead.

There are plenty of other easy ways to reduce, reuse and recycle, like composting food scraps at home, using your green bin for garden waste, and donating clothes and textiles to local charity shops.

And for soft plastics like cereal bags, crisp packets and lolly wrappers, just search for 'recycle mate' to find a drop-off location near you.

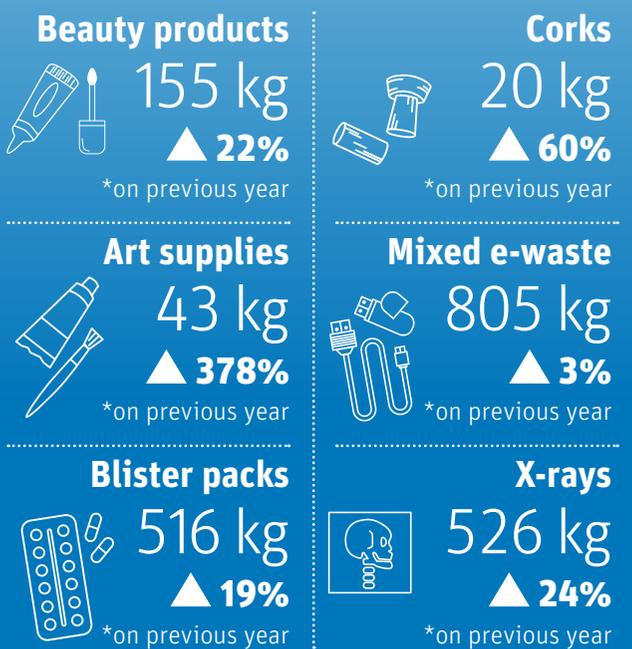
Find out more at redland.qld.gov.au/indigiscapes and redland.qld.gov.au/recycling.



Ranger Stacey (Thomson), our Principal Environmental Education Adviser

IndigiScapes Recycling Station

Unusual items recycled during 2025



Maggie's Mates

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Photo: Supplied.

What's your name? Hello, my name is Lottie, and I am a guinea pig.

Where do you live? I have an air-conditioned apartment in my landlady's garage and a manor house in the garden.

How old are you? Seven, which makes me a senior citizen.

Are you married? Sadly, I am a widow, having lost my husband, Bob, earlier this year.

Do you have any plans for a new husband? Unless they have been to the vet, I have found most suitors serial pests. These days, I love my own company.

What is your favourite food? I'm on a 'seafood' diet! If I see food, I eat it! I am fond of baby cucumbers, and I try to eat at least five types of vegetables every single day.

What's your worst habit? I am not potty-trained. Oops.

What is your favourite local hangout? I like sunbaking in the gazebo of my manor house.

Who is your best friend? A regular butcherbird drops by most days for a quick chat. I am not a fan of the resident brush turkey, who I wouldn't trust as far as I could kick!

What do people love most about you? I am not a great talker. I prefer to listen! I am also not averse to a daily tickle from my landlady, because I'm aware that I get a reward after the cuddle is finished.

Lottie's charity of choice is Qld Guinea Pig Refuge Inc., 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 and we'll send you a questionnaire. We will donate \$50 to a registered animal charity of your choice for each profile published in The Community Leader.





LET'S KEEP RECYCLING OUT OF LANDFILL

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- Read the top four tips for getting your recycling sorted.



🔍
redland recycling

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MISS MAGGIE OF MANLY



THE BENEFITS OF PET OWNERSHIP

BY DR NICKY THOMAS, WYNNUM MANLY VETERINARY HOSPITAL

We know pets provide us with companionship and unconditional love but did you know that there are many other health benefits associated with pet ownership? Choosing an appropriate pet to suit your lifestyle and routine can improve your life in numerous ways.

- **Companionship and emotional support** – pets help to reduce loneliness and provide support during times of emotional need.
- **Stress reduction** – patting and playing with pets can reduce stress through reduced cortisol (stress hormone) production.
- **Physical activity** – pets rely on owners to provide them with exercise. Regular walks with your dog can lead to improved cardiovascular health and maintaining a healthy weight.
- **Physical health** – regular activity with pets can help to reduce blood pressure and heart rate.
- **Social interaction** – pets are the ultimate ice breakers and conversation starters, and help build connection within the community.
- **Mental health benefits** – interacting with pets has been shown to improve the production of oxytocin, serotonin and dopamine, which can alleviate symptoms of depression and anxiety.
- **Pain management** – pets can play a part in the management of chronic pain conditions through distraction and improved mood.



- **Routine and responsibility** – owning a pet can provide structure to an otherwise disorganised life. Children can learn responsibility by being involved in caring for the family pets.
- **Enhanced mood and happiness** – interacting with a pet can lead to increased endorphin release.



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BUILDING BELONGING: THE REDLANDS CENTRE FOR WOMEN

BY JAN NARY

Communities have changed over the years. There seem to be more of us, but ironically it's sometimes harder to make connections, particularly for women who may have been out of social and work networks or may be new to the neighbourhood.

The Redlands Centre for Women (RCW) started 15 years ago as a charity distributing Pink Pamper Packs to women in need throughout the community. Since then it has grown to an organisation with 122 members and a vast active contact base.

"We've had 20 new members since December," says Liz Manricks, president of RCW. "Some of them are new here and don't know anyone or they've just retired or they may be feeling isolated at home. This is a very warm and welcoming group – and we're very big on hugging!"

The activities offer something for everyone.

"We usually get about 40 women along to our Monday morning

coffee gatherings, in fact there are so many of us we had to move from the local coffee shops to the RSL!" Liz says.

"We have a book club, a walking club, a dinner club and a travel group and we have guest-speaking nights on a wide range of topics. Some of the women knit baby layettes for local newborns and new mothers get their own pamper packs. We have weekly craft meetings for ladies with challenges, the Diversity Group, who come along with their carers; even making something as simple as a card can be a real achievement.

"We also have outings to putt-putt, trivia days, show and movie outings, craft groups and lots of morning teas – always one for International Women's Day in March! We do things to connect women, to get them out of the house and out of isolation, to give them a sense of belonging to a community."

For more information, call 0407 949 762, or email office@redlandscentreforwomen.com.



Photos: Supplied.

COURAGE IN ACTION: FROM WARTIME CHALLENGES TO MODERN CONFIDENCE

CONTRIBUTED BY ADELIA BERRIDGE

The phrase, "Do something every day that scares you," often attributed to Eleanor Roosevelt, is a powerful reminder to deliberately challenge yourself. By intentionally stepping outside your comfort zone, you create opportunities for personal growth, develop resilience, and confront self-imposed barriers. This daily practice is not about reckless risk-taking, but about embracing manageable discomfort that stimulates progress and broadens your perspective.

Stepping back to World War II, the mass mobilisation of men into the armed forces led to significant labour shortages across many industries. This urgent demand for workers resulted in a dramatic shift, with women entering the workforce in unprecedented numbers. Women began working in sectors previously considered the sole domain of men, including heavy engineering, shipbuilding, and aircraft production. This transformation challenged traditional gender roles and expectations, altering the landscape of the Australian workplace.

While the men were away serving in the military, women faced their own battles on the home front. Many experienced anxiety and apprehension, often struggling with the fear of public speaking and interacting with strangers. These challenges underscored the importance of building confidence, which became crucial as women adapted to their new roles and responsibilities.

For these women, the establishment of Forum Communicators 85 years ago as a not-for-profit was a vital step towards empowering themselves. The group was created to foster confidence among women, enabling them to navigate and succeed in what was then considered a man's world. By coming together, these women supported each other not only in adapting to new professional environments but also in challenging conventional expectations, symbolised by leaving their lipstick at home as they entered the workforce.

These days, Forum is open to all genders and ages for online and face-to-face meetings at the Cleveland and Bayside clubs. Regular fortnightly meetings provide a supportive environment where members can foster confidence and self-expression. These gatherings are designed to help members reduce the fear that can hinder performance, and in doing so, they pave the way for new experiences and a broader outlook on life.

Confidence is critical, and Forum Communicators never underestimate its significance. Last month, Forum Communicators expressed their gratitude to Capalaba Park Centre Management for the opportunity to host a pop-up at the entrance, allowing members to meet and greet visitors. Such initiatives strengthen community connections and provide valuable opportunities for members to practise their communication skills in real-world settings.



Photo: Supplied.

If you would like more information about meeting days, meeting nights, online meetings, and times, please contact the secretary, Pam Tranter, at pamtranter46@outlook.com or phone 0408 550 435.

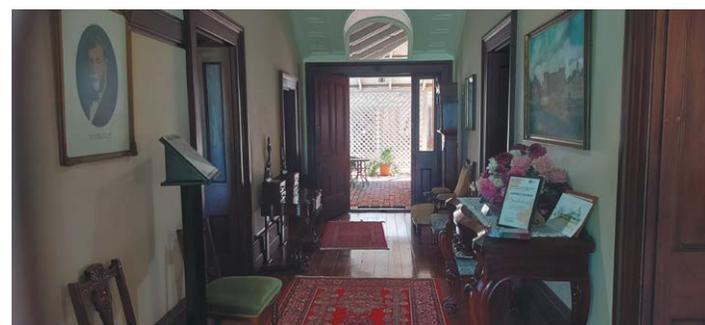
GHOST TOUR EXPERIENCE EXPLORES REDLANDS' HAUNTED HISTORY

Small business owner Jack Sim, founder of Ghost Tours Australia, is bringing Redlands Ghost Tours back to life after COVID-19 forced them into hiatus. The revived tours will launch in early March, beginning with the Haunted Redlands Ghost Bus Tour and Dinner at the Grand View Hotel, as well as the Ormiston House After Dark Tour.

Jack is confident that Redlands locals are eager to reconnect with the region's rich tapestry of ghost stories, legends, and folklore. Local guide, actress, and storyteller Sarah – the face of Redlands Ghost Tours – shares that passion. She believes shining a light on the past helps strengthen the community's sense of identity.

"It's about recognising the pioneers of the past – it's the backbone of what makes a community," Sarah says.

The tours aim to spark curiosity among Redlands residents, inviting them to explore the myths, mysteries, and historic haunts woven through their own backyard. Ghost Tours Australia hopes the renewed experiences will encourage both locals and visitors to discover more of the Redlands region, supporting nearby businesses



Top left: Local guide Sarah, of Ghost Tours Australia. Photos: Supplied.

and aligning closely with Redland City Council's Events Strategy 2024–2029.

"On the Haunted Redlands Ghost Bus Tour and Dinner at the Grand View Hotel, we'll meet at the hotel, travel to various locations around the Redlands coast, hear the stories tied to those places, and return to enjoy a lovely dinner at the

newly renovated landmark," Jack explains.

Jack has interviewed around 40 people connected to iconic local sites, including the Old Courthouse Restaurant, the Grand View Hotel, Whepstead Manor, Ormiston House, and the area around Spook Hill.

"The stories we share come from local residents or people who visited the Redlands. Some date back to the 1950s and even earlier."

For more information or to book a tour, call 0401 666 441 or email bookings@historicaustralia.com.au.

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16TH MARCH

Redlands RSL (Tobruk Room)
10:00am - 12:00pm
8 Passage St, Cleveland

Wynnum RSL (Pandanus Lounge)
1:00pm - 3:00pm
174 Tingal Rd, Wynnum

Home Visits
3:00pm - 6:00pm
Phone 0426 820 646

TUESDAY
17TH MARCH

Victoria Point Sharks Sporting Club (Sharks Function Room)
10:00am - 1:00pm
325 Colburn Avenue, Victoria Point

Home Visits
1:00pm - 6:00pm
Phone 0426 820 646
For a Home Visit

WEDNESDAY
18TH MARCH

Redlands Sporting Club (Room 3, behind Haven Restaurant)
10:00am - 2:00pm
Anson Road, Wellington Point

Home Visits
2:00pm - 6:00pm
Phone 0426 820 646
For a Home Visit

THURSDAY
19TH MARCH

Redlands RSL (Tobruk Room)
10:00am - 2:00pm
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OUR REDLANDS TABLE — WHERE EVERY RECIPE HAS A STORY

Redlands Coast Museum invites the community to share their recipes and preserve local heritage through its new cookbook project.

The Redlands Coast Museum is calling on the community to stir up their favourite family recipes, heart-warming stories, and treasured food traditions as part of its latest fundraising campaign, *Our Redlands Table: A Community Cookbook*.

This unique initiative invites residents to purchase a page in the cookbook for a \$150 donation, with all proceeds supporting the preservation and promotion of local history through the museum's exhibitions, programs, and conservation efforts.

Each page will showcase a home-cooked recipe submitted by donors, alongside a story, photo, or family anecdote that brings the dish to life. From cherished Sunday roasts to handwritten biscuit recipes passed down through generations, *Our Redlands Table* is set to become a deliciously rich snapshot of Redlands' cultural heritage.

"This campaign is about more than just food – it's about preserving our stories and celebrating the diverse flavours and histories that make Redlands unique," said Belinda Hayes, manager of Redlands Coast Museum.

"We're inviting every household to be part of our shared table."

The final published cookbook will feature sections such as Savoury Delights, Sweet Treats, First Nations Flavours, Family Favourites, and more. Donors will receive a complimentary copy of the book, which will also be available for sale at the museum's gift shop and through local retailers.



The museum aims to include at least 64 pages of community-contributed content and encourages early submissions as space is limited. Submissions include a recipe, story, and up to three photos.

Community members, local businesses, and cultural groups are encouraged to get involved. Secure your page today and help us protect local stories, one delicious dish at a time!

To donate and secure your page in this cookbook, or find out more visit: <https://redlandscostmuseum.org.au/our-redlands-table-a-community-cookbook/>



Our Redlands Table

A COMMUNITY COOKBOOK

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RECOGNISE THE RISK: BE ASBESTOS AWARE

CONTRIBUTED BY CHERIE BARBER

In the wake of the recent scare of asbestos being identified in children’s play sand, now more than ever, parents need to understand that with asbestos-containing materials (ACMs) remaining in one-in-three Aussie homes, if these materials are not managed safely, they can pose a significant health risk to families.

There’s no doubting Australia’s passion for renovating. We love the challenge! But what many don’t know is that they could be risking their lives and the lives of their loved ones (including their children) if they fail to respect asbestos risks and ensure asbestos-containing materials (ACMs) are managed safely.

It’s heartbreaking that around 4,000 Australians die needlessly every year from avoidable asbestos-related diseases – that’s three times the national road toll. With 51% of current mesothelioma deaths directly linked to home renovations, the number of Australians who will lose their lives is predicted to rise if we don’t get serious about asbestos awareness and how to manage this potentially deadly material safely.

To protect ourselves and our families, it’s vital that we stop playing renovation roulette and start playing it safe by ensuring we understand the risks, know the sorts of ACMs to look for and what to do to ensure this silent ‘serial killer’ is managed safely. What homeowners need

to know is that asbestos wasn’t only used in the manufacture of flat and corrugated sheeting materials. It was used in the manufacture of more than 3,000 building and decorator products that remain lurking in one third of homes including brick, weatherboard, clad homes and apartments. It was used everywhere!

ACMs were commonly used in wet areas such as bathrooms, kitchens and laundries but this potentially deadly fibre could be in places renovators might not expect. It could be lurking under carpets, linoleum, vinyl and ceramic floor and wall tiles, external and internal walls, ceilings, eaves, roofs and fences. Asbestos could be in any residential property, in any town or city across Australia if the home was built before 1990 and in any commercial property constructed before 2004.

Make no mistake, renovating, demolishing or maintaining properties that contains asbestos can be lethal if ACMs are disturbed and invisible asbestos fibres become airborne and are inhaled. So before taking up tools, learn how to manage asbestos safely by visiting asbestosawareness.com.au to access a range of free information for tradies, rural and commercial property owners, and homeowners including checklists and the *Asbestos in Homes: A Guide to Identification, Testing and Removal Video*.



Photo: Supplied.

Visit asbestosawareness.com.au to learn how to identify, test and safely manage asbestos because it could save your life or the life of a loved one.

Remember, when it comes to asbestos, Don’t cut it! Don’t drill it! Don’t drop it! Don’t sand it! Don’t saw it! Don’t scrape it! Don’t scrub it! Don’t dismantle it! Don’t tip it! Don’t waterblast it! Don’t demolish it! Don’t dump it! And whatever you do... DON’T remove it yourself! ONLY use licenced asbestos professionals because it’s not worth the risk!



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REDLAND YURARA ART SOCIETY PRESENTS DRAWN AND HUNG

BY JAN NARY

Redland Yurara Art Society's current exhibition is exclusively of drawings, and popular local artist Lynne Wright is one of the exhibiting artists. Lynne has chosen charcoal and pen and wash for her contributions, a charcoal self-portrait and a pen-and-wash portrait of a German Shepherd dog. And she knows well the different challenges posed by drawing.

"Pencil, charcoal and pen are far less forgiving than paint; using them requires skill and conscious effort, unless you do something that's completely abstract and a lot of artists – and buyers – aren't into abstract," Lynne says.

"A lot of people choose to work in charcoal, but you need a fixer spray to hold it – in the olden days, they used hairspray. Some artists feel that it ruins the surface of the charcoal, but work in charcoal or pastel can very easily become messy and damaged without a fixative.

"Pastel requires paper with a 'tooth' so that the pastel stays on, and if you're framing unfixed pastel pieces, the frame has to have a 'shelf' to catch falling pastel fragments.

"I like using pencil because of its accuracy and the degrees of softness. A nine B pencil is like charcoal and almost as smudgey, but it's graphite with clay bonded into it. Using the softer pencils gives you a lovely dark, rich colour but I rarely use anything more than a six B."



Maia (left), Wilson's Pde, Victoria Pt (right). Photos: Supplied.

Lynne also loves working in ink. Working in black and white means simplifying the "colour"; Lynne has her students create a grey scale, ten graduations from very pale to very dark, to use as a guide.

"Most of the work will be from the centre group of grey shades – three to seven – but you can make a very effective drawing using just the lightest and the darkest. Shadow can define a form, say a face half in dark shadow; the brain will add features to that half of the face."

The exhibition runs from March 2 to April 5. For more information, visit www.redlandyurara.com.au.

REDLANDS CAMERA CLUB LAUNCHES MONTHLY MEMBER EXHIBITION

The Redlands Camera Club has launched a new monthly member exhibition at the Old SchoolHouse Gallery in Cleveland, coordinated by club member Pia Jessen. The initiative gives the local community an opportunity to enjoy a rotating display of photographic work by club members.

The exhibition began in February with featured artist Leanne Stonehouse, whose themed collection, *The Architecture of Silence* explored the hidden stillness within some of Paris's most frequented monuments. By isolating soaring cathedral vaults and intricate ironwork in Parisian passages, her images strip away the city's frenetic energy to reveal its quieter, enduring soul.

March's featured artist is Gail Mooney, who turns her attention to the natural world with a series of intimate studies of fallen eucalyptus leaves collected from the bush. Photographed using a light pad, the images allow close examination of the leaves' structure, revealing subtle changes in colour, softened textures, and the organic shapes they form as they dry.

The Redlands Camera Club is a welcoming community for photographers who want to grow their skills, expand their creative expression, and connect with others who share a passion for photography. The club focuses on helping members develop both technical knowledge and artistic confidence, while also offering a friendly social environment where people can exchange ideas and build lasting friendships. Regular meetings, image critiques, exhibitions, and collaborative activities all support this mission, creating a supportive space for photographers at any stage of their journey. Find out more at redlandscameraclub.org.au.

The Redlands Camera Club's monthly exhibitions are open to the public during gallery opening hours at the Old SchoolHouse Gallery, located at 124 – 126 Shore Street North, Cleveland.



Leanne Stonehouse at the Old SchoolHouse Gallery. Photo: Supplied.



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SHARKS' COMMUNITY MEAT TRAY RAFFLES MAKE A POSITIVE DIFFERENCE

CONTRIBUTED BY THE VICTORIA POINT SHARKS

It was towards the end of last year that our General Manager, Rhys Faint, decided to open up our Friday and Sunday meat tray raffles to the broader community to help support a wider variety of local non-profit community groups and sporting organisations. The number of applications we received was overwhelming, with dates booking up very quickly.

Since our community raffles began in November, we have had over 17 non-profit sporting clubs and community groups join us for the weekend raffles, and they have collectively raised over \$15,500. This year's schedule has many more of our local clubs joining us for the first time, and many that have locked in regular bookings. As a result, this year is also booking up quickly, with very limited spots still available.

Our meat tray fundraising raffles are held every Friday night (5:00pm-7:30pm) and Sunday afternoon (2:00pm-4:30pm). We encourage any local non-profit community group seeking fundraising ideas to visit our webpage, sharksclub.com.au, to apply. We donate the meat trays (worth \$640, every weekend), and the clubs simply need to bring along their volunteers. The harder they sell, the more money they make, with 100% of all ticket sales going to their respective clubs.

As a non-profit community club, Victoria Point Sharks is committed to supporting our local community. We aim to make a positive difference to not-for-profit clubs, education and health providers, charity groups, sporting and community groups, and individuals by funding specific projects with community benefit. We have found that our meat tray fundraising raffles have provided some incredibly positive results for our smaller community clubs, which is an example of the power of what can be achieved when the community comes together.



Photos: Supplied.



LOCAL POETRY

THE DAY IT SNOWED IN BIGGENDEN

BY GEOFF SMILEY

Strange things can happen
but none is like
the day it snowed in Biggenden.
Sometimes
fish fall from the sky,
no one knows why.
But rarer the time
that snow came down in '59.

Dairy cows had not seen
a spectacle such as when
the snow came down in Biggenden.
The ground was white
for just one night
the time it snowed in Biggenden.

In all white history
the town's one mystery,
that single night of sheer delight
when the sky opened
and it snowed.

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- Community editorial 10th of March
- Advertising cut off 13th of March
- Distribution to commence 2nd of April
- 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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LOCAL FISHING WITH SPERO

MARCH FISHING ON THE BAY: WHAT'S BITING AND WHERE TO CATCH IT

BY SPERO KARTANOS

The weather in March is hit-or-miss, and the same goes for some of the species in the bay, but the fishing should still be good.

As mentioned last month, the squid are still in good numbers, but the whiting should also be in big numbers in the bay this month. Find them from the Chain Banks, all through the Rous, Amity Banks and the Maroon Passage. The Sand Hills should also be good this time of year. The school mackerel babies tend to be in big numbers during March, and you'll need to put in a decent effort to catch the bigger ones. I'm predicting that the spotty mackerel will be in the bay, but after the last few years, 'hoping' is all I can say!

I've seen lots of sand crabs and muddies being caught, and the prawn season started well last month, so this should be a good month for prawn fishing too.

But, in my opinion, chase the whiting this month. The gear you need is simple: a hand-line or a light 5 to 6-ft rod, a paternoster rig, fresh bloodworms, beach worms or prawns, and squid strips. You should get a feed with minimal effort. The only other thing we need is for the weather to play its part.

And for any advice about where to fish or any general fishing questions and up-to-date weekly reports, you can go to fishingmonthly.com.au for Moreton Bay fishing reports. Here you can find information about the fish species in the bay, and it's easy to find – just search for 'Spero features'.

Til next month, happy fishing!



Water Tower Bait and Tackle



Photos: Spero Kartanos.

REDLANDS INDOOR HOCKEY PLAYERS IMPRESS ON THE NATIONAL STAGE

CONTRIBUTED BY REDLANDS INDOOR HOCKEY

Three former Redlands Hockey Association players made waves in January while representing Queensland at the 2026 Indoor Hockey National Championships.

Sam Systa competed in the Open Men's tournament in Canberra from January 11-15, marking his second appearance at the open indoor level. Sam previously debuted for Queensland in the Under 21s in Brisbane in 2023 before stepping up to the open division in Canberra in 2024. His representative experience also includes outdoor hockey, having played for Queensland at the 2023 Australian Men's Country Championships in Shepparton, Victoria. That performance earned him selection in the Australian Under-21 Country men's team, which toured Borneo in January 2024.

Queensland finished fourth in the Open Men's competition after narrowly missing a medal with a loss to New South Wales in the bronze medal match. The result marked a significant improvement on 2025, when the team finished last, and is Queensland's best Open Men's finish since 2020. With several young debutants in the squad, the team is considered one to watch heading into 2027.

Chelsy Drews represented Queensland in the Under 16s tournament held in Goulburn from January 13-17. Her Queensland Maroon team claimed the gold medal with a 4-1 victory over traditional rivals New South Wales State team. Chelsy also competed at the 2025 outdoor national Under 16 championships in Adelaide, where Queensland secured its fourth consecutive title. That team was later recognised as the 2025 Queensland Junior Sport Team of the Year at the QSport Awards.



U16 indoor national champions, with Chelsy Drews second from the left in the front row. Photo: Supplied.

Continuing a strong family tradition in the sport, Chelsy's cousin Max Curnow made his Queensland debut in the Under-18 indoor Queensland Gold team. The side finished fourth overall after a 3-1 loss to the NSW Blues in the bronze medal playoff.

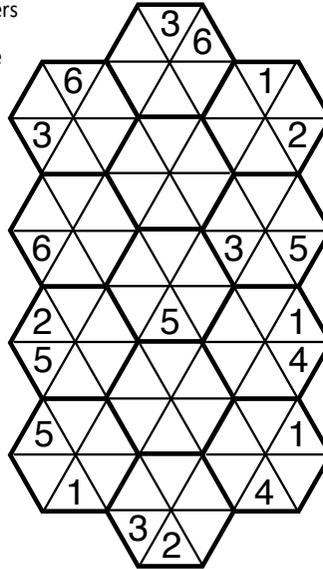
Sudoku

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

		6				7		
3	8	2	4			6		
							8	
	1	4		5				7
		7				3		
				4				8
6			1			9		
	7	3	6	9			4	
1								

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.



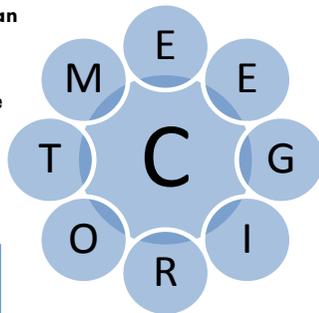
Crossword

1		2		3	4		5	6		7	8			9
10							11							
				12					13		14			
15								16						
				17		18								
19	20		21					22		23		24		
25						26			27					
	28			29						30		31		
				32		33					34			35
36		37									38			
					39			40		41				
42			43							44				
				45				46						
					47					48				
49								50						

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



Reference: Macquarie Concise Dictionary
Focus No. 3904

TODAY'S Good: 10 words
FOCUS Very good: 17 words
Excellent: 32 words

ACROSS

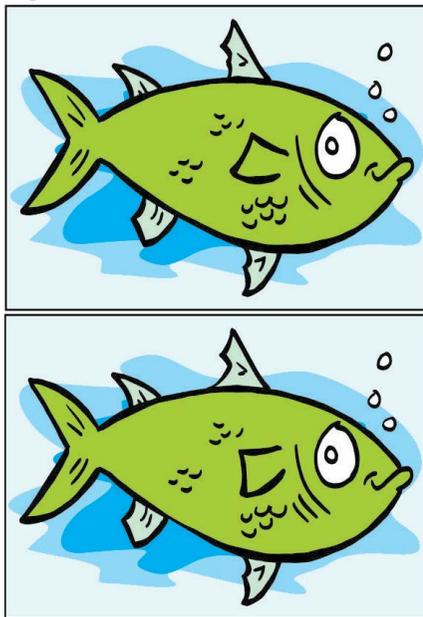
- 3 Radiolocation
- 7 Microbes
- 10 Played in a lively manner
- 11 Strength
- 12 Wool
- 13 Present
- 15 Slumbering
- 16 Consider as affront
- 17 Starry
- 19 Wicked giants
- 22 Teacher
- 25 Stagger
- 26 Card game
- 28 Mine entrance
- 30 Trees
- 32 Having left a will
- 34 Turn away
- 36 Agreement
- 38 Deputised group

DOWN

- 1 Maker
- 2 Beseched
- 3 Alcove
- 4 Take as one's own
- 5 Month
- 6 Decay
- 7 Produce
- 8 Love god
- 9 One courting a woman
- 14 Direction

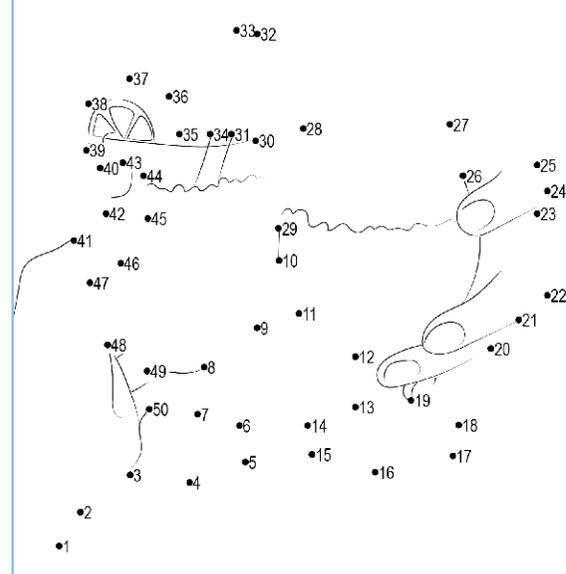
- 16 Male sheep
- 18 Praise
- 20 Driving mechanism
- 21 Select group
- 23 Artillery salute
- 24 Comforts
- 27 Sacrificial table
- 29 Offered
- 31 Errands
- 33 Agitate
- 35 Arbitrator
- 36 Way of viewing
- 37 Slender support
- 38 Annoy
- 40 Wear away
- 41 Sanity
- 43 Visage
- 46 Female swan

Spot the 5 Differences



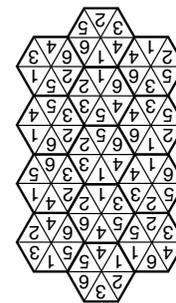
Join the Dots

What is this? Find out by joining the dots.



Solutions

Puzzles and pagination supplied by Auspac Media



recto rice ferce tence toric trice
GEOMETRIC meteoric metric micro morrice otic recte
FOCUS: ceto cert cite coir come comet core corfi corn
angle
SPOT THE 5 DIFFERENCES: Top fin changed shape, lower rear fin moved, missing scale, extra gill, middle fin changed

4	9	6	5	1	8	7	2	3
3	8	2	4	7	9	6	1	5
7	5	1	2	6	3	4	8	9
8	1	4	3	5	6	2	9	7
6	7	8	2	1	3	5	4	
2	3	5	9	4	7	1	6	8
3	4	5	6	7	8	9	1	2
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6	4	8	1	3	5	9	7	2
5	7	3	6	9	2	8	4	1
9	4	8	1	3				

HEALTHY WEIGHT: THE REAL SECRET TO LASTING SUCCESS

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

Maintaining a healthy weight isn't about quick fixes – it's about creating habits that last. Here's how to make changes that stick.

Ask yourself: Why am I making this change?

Understanding the “why” gives your intentions meaning and helps you stick with changes. Whether it's swapping soft drinks for fermented ones, adding more water, or taking a daily walk, small steps lead to lasting results. Begin with breakfast and work your way through your meal and ingredient choices methodically – assess whether it is the best choice you can make, and if not, how can you improve it?

Tools, Not Magic Bullets

The secret isn't just losing weight – it's learning how to keep it off. Meal plans, medications, and supplements can be helpful tools, but they're not magic. When choosing a plan or protocol to improve your health, you may be tempted to jump on the next wave of trends, but this habit might lead to a yo-yo effect of weight loss and regain. Choose an eating style that resonates with you, supports your health, and is sustainable to maintain and build habits that

support your health long after the scale hits your target number.

Beyond Calories: The Bigger Picture

“Calories in versus calories out” works for some, but weight loss is more complex for others. Hormones, inflammation, gut health, and genetics all play a role. Extreme calorie restriction can lead to muscle loss. Protein is your best friend for preserving muscle and curbing appetite. Clean protein powders, collagen, and protein-led snacks can help you meet your needs. Consider adding creatine for extra muscle support and energy.

Nutrition That Works

Ensuring you are meeting your nutritional needs and consuming all the vitamins and minerals required is vital. Once you've got the basic pillars of health covered, then you can tweak it with targeted approaches.

Certain nutrients can give your metabolism a gentle boost:

- Thermogenic ingredients like caffeine, green

tea, cayenne pepper, and bitter orange increase heat production in the body, helping burn fat and carbs more efficiently.

- Acetyl L-Carnitine, an amino acid, aids fat breakdown when paired with thermogenic strategies.
- Conjugated Linoleic Acid (CLA) signals fat cells to self-destruct. Combined with Acetyl L-Carnitine, it helps metabolise and eliminate fat cells, reducing rebound weight gain.
- Oleoylethanolamide (OEA) supports healthy metabolism, fat utilisation, balances blood sugar, and may help reduce persistent food cravings or “food noise.” OEA can be used as part of a practitioner-guided approach to weight and metabolic health. See one of our naturopaths for more information.

Hydration and Detox Support

Fat cells store toxins. As you lose weight, those toxins are released. Drink plenty of water, boost electrolytes, and keep digestion moving to avoid side effects. Daily bowel movements are essential

for healthy elimination during weight loss.

Mindset Matters

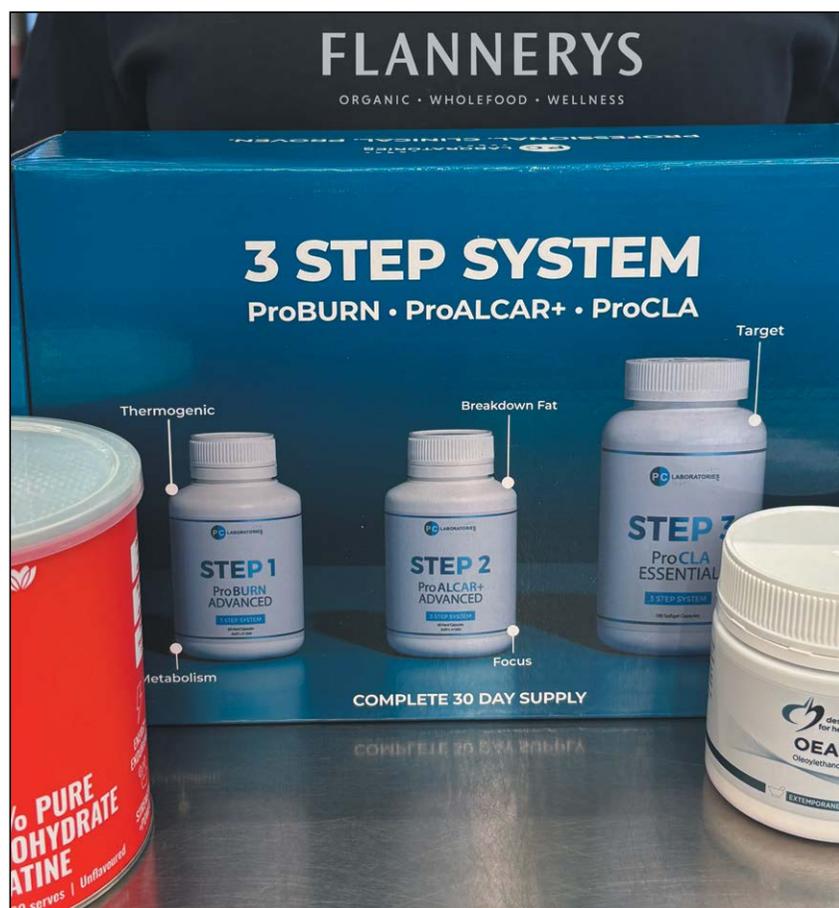
Weight loss isn't just physical; it has a psychological aspect. If habits run deep, professional support can help uncover emotional drivers behind food choices.

Plan Ahead

Meal prep is a game-changer. Start with breakfast – smoothies, overnight oats, or a batch of frittata can save you from last-minute choices that derail progress. Swap ingredients gradually and avoid pressure to be perfect. Aim for long-term health, not yo-yo dieting for short term results.

Healthy weight maintenance is about balance, education, and self-compassion. Use tools wisely, nourish your body, and embrace habits that last. For personalised advice, come and speak with a qualified naturopath. Your journey is unique – make it sustainable, make it yours.

It's important to consult with a qualified health professional before taking or making changes to your supplements.



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SWEET AND EASY OVERNIGHT CHOC-CHIP ICE CREAM DESSERT RECIPE

We think this frozen dessert is just as good as home-made ice cream, but the bonus is that you don't have to churn it. Let your freezer do all the work overnight, and you'll have this deliciously creamy and indulgent dessert, thanks to the sweet condensed milk!

INGREDIENTS

- 1 tbsp of vanilla extract (refrigerated, so it's cold)
- ½ cup of chocolate chips – dark or light chocolate
- 1 x 395g can of sweetened condensed milk
- 600ml double cream (or heavy cream), cold
- A pinch of sea salt

METHOD

1. Line a baking tin with baking/greaseproof paper. Make sure the sides and the bottom of the tin are lined. A bread loaf tin works well for this.
2. Whip the cream in a large bowl using a hand-held electric beater until it's thick and fluffy and forms peaks – just like making a meringue.
3. In another medium-sized bowl, gently combine the condensed milk, vanilla extract, sea salt and chocolate chips.
4. Fold the condensed milk mixture into your whipped cream.
5. Put the mixture in your pre-prepared tin, cover with plastic wrap and tuck it in so that the wrap touches the top of the ice cream. Freeze overnight, or for at least 8 hours.
6. Serve cold, on its own or in a cone, and top with fruit, nuts, chocolate topping or any kind of traditional ice cream accompaniments you like.





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LOCAL GARDENING WITH KAT

TO CORIANDER OR NOT TO CORIANDER, THAT IS THE QUESTION...

BY KAT PEARSON, *GIRL IN THE GREEN*

Coriander. The most divisive herb if there ever was one. In fact, there is a genetic variation in some people (primarily involving the OR6A2 olfactory receptor gene if you'd like a bit of trivia for the next pub night) that actually makes fresh coriander taste like soap to some people. Their receptors identify the aldehyde chemicals in coriander, which are the same ones that exist in soaps. If you are one of these people, unfortunately, I do not have a solution for you.

If you are one of the people that loves coriander but struggle to grow it in our hot, humid, gross summers, I DO have a solution for YOU!

Enter Mexican/sawtooth coriander, *Eryngium foetidum*. It has similar aldehyde chemicals, so it might not fix the soapy taste problem, but this spikey little beast gives off the same coriander vibes as regular coriander (*Coriandrum sativum*). It also loves heat and humidity and is easy to grow in the subtropics and tropics. It struggles a bit over winter, but we can usually manage with regular coriander then, and so we shall have banh mi all year round!

Mexican coriander is in the same family as regular

coriander, Apiaceae, or the carrot family. It is a low growing, bright green herb that forms a rosette of admittedly spikey-edged leaves – hence the sawtooth name. It's best grown in part shade as the leaves grow softer and the spikes less spikey. I used to chop the very edge of the leaf margin off before I used the leaves, but now I find if I chop them finely enough, it's not a problem.

The plants are a short-lived perennial, and if your winter is warm enough, they will last for a few years. To get the best out of the leaves, like many herbs, remove the flower spikes as they form. Considering the flower spikes are also incredibly spikey (I'm not selling this to you am I), it also makes harvesting much easier. If you're happy to brave the spikes (usually you can reach underneath) leave them to grow and they will happily self-seed in a warm, moist spot.

I promise, if you're a keen coriander lover and want to keep up your zingy herb supply for home-made *bahn mi*, curry garnishes, and guacamole improvements, Mexican coriander is one to grow. They can usually be found this time of year at nurseries in the specialist herb ranges.



Photo: Kat Pearson.

ABOUT KAT

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



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QUESTIONS EVERY PARENT CAN ASK ABOUT EXTENSION AND ACCELERATION

BY LACHLAN THATCHER, PRINCIPAL, CAPALABA STATE COLLEGE

Families across the Redlands Coast deeply value their children's learning. Parents want assurance that their child is supported when challenged and still stretched when learning comes easily.

Healthy school communities openly discuss learning extensions: how they're identified, addressed, and expectations maintained for every student. These are not questions reserved for a particular type of child or a particular school. They are reasonable questions for any parent, at any school, to ask.

How does the school identify students who need greater challenge?

Strong schools proactively use observation, assessments, and professional judgement to spot when students master content quickly or work beyond expectations.

What does the school do when a student already meets the standard?

Ask how thinking is extended, through deeper tasks, enrichment, or complex problem-solving, not just extra work or lunch time activities.

How does the school ensure high expectations daily?

Extension is more than programs. Clarify how questioning, feedback,

and tasks foster reasoning, creativity, and persistence in everyday classrooms.

What options are available for students ready for deeper or faster-paced learning?

Inquire about enrichment, subject acceleration, curriculum compaction, and how decisions weigh academic, social, and emotional needs.

How does the school balance support with challenge for all students?

High-quality schools do not choose between supporting students and challenging them; they do both. Parents can ask how schools ensure students who need extra support receive it, while also maintaining ambitious expectations for growth at every level.

How are families included in discussions about student progress and challenges?

At Capalaba State College, we welcome these conversations. Learning challenge is a right, not a reward, and high expectations should be visible, deliberate, and responsive to individual learners. Our approach recognises that students may need different levels of support or challenge at different times, and that movement between them is part of healthy growth.



Photo: Supplied.

Raising standards means ensuring every student is challenged, learning, and supported to realise their potential.

Thoughtful questions about learning challenges help raise expectations for students, schools, and our community.

LOCAL READERS – A BOOK REVIEW

THE LONELINESS OF SONIA AND SUNNY BY KIRAN DESAI

BY ANNE CROWLEY

WHAT THE EXPERTS SAID

"A spellbinding story of two young people whose fates intersect and diverge across continents and years – an epic of love and family, India and America, tradition and modernity.

"Sonia, an aspiring novelist who recently completed her studies in the snowy mountains of Vermont, has returned to her family in India, fearing she is haunted by a dark spell cast by an artist to whom she had once turned for intimacy and inspiration.

"Sunny, a struggling journalist resettled in New York City, is attempting to flee his imperious mother and the violence of his warring clan. Uncertain of their future, Sonia and Sunny embark on a search for happiness together as they confront the many alienations of our modern world.

"A love story, a family saga, and a rich novel of ideas." *Penguin Books Australia.*

MY THOUGHTS

Kiran Desai's novel is a long, expansive saga – ambitious in scale, with journeys across continents and generations. The attentive detail lavished on its myriad characters, even animals, makes even the most

mundane events, like a Delhi family selecting their evening meal, come alive. The book's winding roads and side stories mean it's not a quick read, but it's deeply immersive if you're willing to invest the time.

The story explores a wide range of themes – cultural contrasts between India's family and community and America's individualism, racism and social hierarchies, and magic realism that blurs the lines between superstition and the surreal. Food is a recurring motif; Sonia even writes about the history of the kebab. The lives of servants and their interdependence with employers are explored, as is corruption. The two most striking themes are loneliness and coercive control.

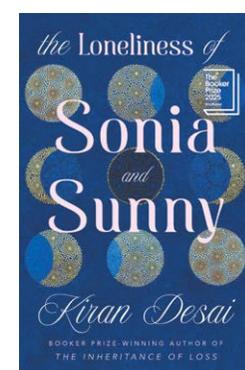
Loneliness is portrayed in nuanced ways. Sonia's family in India can't imagine loneliness, confusing being alone with feeling lonely, and many are lonely despite constant company. Sonia is acutely aware of loneliness in America, admitting, 'I spend all my time trying to pretend I'm not lonely. If you are lonely, you feel ashamed, and the only relief to your shame is being alone, which is what makes you lonely in the first place'. For both Sunny and Sonia, loneliness arises first from exile and displacement – from homeland, family and culture – and then persists as they become estranged from their sense of self.

Coercive control and abuse also figure prominently: Ilan's manipulation

of Sonia, Sonia's father's dominance over her mother, Sunny's mother's grip on him. Each character's long struggle to break free is depicted with empathy. Sonia's mother's triumph – choosing her own happiness and casting off guilt – stands out, offering Sonia a role model.

Though too long, the novel is beautifully written, often ironic and humorous. Circular arguments are amusing: 'A man can only change a system when he is in a position of power, and to get to a position of power he must perpetuate exactly what he wishes to transform.' Contrasts of weight and light recur – Sonia is 'too weighted by sadness, too light from emptiness,' and Sunny swims 'to exchange the heaviness of his guilt for an unbearable lightness of being'.

I enjoyed the book, though some plot detours felt unnecessary. Yet, their inclusion meant there was something for everyone in my book club. If you're willing to take your time, Desai's novel offers a wealth of insight and experience.



AUTHOR TALK

CHRISTINE LEONARD PRESENTS A MARINER'S MYSTERY AT CLEVELAND LIBRARY

What happens when an amateur historian and WWII aviation navigator takes on the Royal Historical Society of Queensland to solve a cartological mystery? Come along for a morning with indie author Christine Leonard as she shares her latest book, *Coochiemudlo: A Mariner's Mystery*, at Cleveland Library

ABOUT THE BOOK

Coochiemudlo: A Mariner's Mystery started out as a straightforward biography of Edward (Ted) Field Jones, an amateur historian who lived on Coochiemudlo for 47 years.

Ted was researching Matthew Flinders' 1799 voyage that followed the eastern coastline of Australia to Moreton Bay when he learned (in the early 1960s) that, after nearly 170 years, the identity of one of six islands Flinders named by number was still open to question. Historians were convinced that the sixth island was either Karragarra or Macleay. Ted Jones decided to solve the mystery.

Not being an academic or a professional historian, Ted carried a trump card that experts on Moreton Bay lacked. He was an aviation navigator during World War II and could read a map. Having tested Flinders' bearings with a

mariner's sextant and, after reading the explorer's descriptions of the sixth island, Ted was convinced that Coochiemudlo was Flinders' sixth island, and for nearly ten years, he tried to convince organisations such as the Royal Historical Society of Queensland. Ted's quest became an obsession until, in 1977, he was vindicated.

Ted Jones, the central character of this charming book, was an underdog, possibly on the spectrum, who followed a passion, but Coochiemudlo Island is as much a character in this book as is Ted Jones. The story weaves together people and events from the 1960s through to the 1970s and 1980s, giving the reader an insight into the ups and downs that ultimately bring irreversible change to a small island.

ABOUT THE AUTHOR

Christine Leonard is an indie author living on Coochiemudlo Island. She has published three books and writes blogs and gives talks on researching and self-publishing family history.

Christine will be at Cleveland Library on Thursday, 5 March 2026, from 10:00am to 11:00am. The event is free and bookings are required.



Photo: Supplied.

MEET THE INSPIRING GEMMA SISIA AT ROTARY'S COMMUNITY DINNER

CONTRIBUTED BY PETER MARER, ROTARY CLEVELAND

From a wool property in northern New South Wales to the bustling city of Arusha, Tanzania, Gemma Sisia's story is the kind that makes you sit up a little straighter.

In 2002, Gemma founded The School of St Jude, a charity-funded school that provides free, high-quality education to students from disadvantaged backgrounds (www.schoolofstjude.co.tz).

What began with just a handful of students has grown into a thriving school community of around 1,800 children across three campuses, with boarding for secondary students and a strong focus on helping graduates into further study and meaningful careers.

St Jude's has one simple, powerful aim: to break the cycle of poverty through education. And it works – not through slogans – but through classrooms, committed teachers, and the belief that talent shouldn't be limited by the postcode you're born into.

Gemma has been recognised for her work, including being appointed a Member of the Order of Australia, and she remains closely involved in the school's direction and fundraising. Supporters in Australia – including many community groups and Rotary clubs – help keep the doors open for every student.

You're invited to meet Gemma in person at Cleveland Rotary's upcoming community dinner on 19 March 2026 at Redlands Sporting Club. Guests can expect an inspiring, down-to-earth talk, real stories from the school, and a chance to be part of something that genuinely moves the needle.

Tickets will be on sale online at <https://clevelandrotary.org.au/home>.

Come along, bring a friend, and leave knowing your night out can help a child's future.



Photo: Supplied.



NATURALLY WONDERFUL ... WITH RANGER STACEY

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

We have visitors!

A whole bunch of Little Red flying-foxes have taken up temporary residence on Redlands Coast and I for one am excited ... I mean, why wouldn't they want to visit this wonderful part of the world?!

I know it's not just me who is thrilled by this wildlife phenomenon. In fact, the more we understand these fascinating flying mammals, the greater our appreciation for the role they play in the overall environmental landscape.

Throughout the year, Grey-headed flying-foxes and Black flying-foxes literally hang out in our region. But Little Reds are unique because of their highly nomadic lifestyle. They follow the flowering of eucalypts along the eastern seaboard of Australia.

For hungry Little Reds, the sweet nectar of eucalypt blossoms is the "piece de resistance," while mangrove flowers also feature on nature's menu. In return, flying foxes maintain biodiversity as champion pollinators and seed dispersers. They keep our forests healthy and thriving! A specialist nectar feeder, the tongue of a Little Red is perfectly adapted for extracting the juicy liquid from flowers.

Little Reds are smaller than our other Redlands Coast flying foxes and have shiny reddish-brown fur from their cute head to their toes. Flying-fox feet have a ratchet-like tendon system, which makes hanging upside-down effortless. Unlike other flying foxes, Little Reds hang out together in clumps, like bunches of grapes – but way more animated and interesting.

Flying foxes are intelligent, highly social mammals with excellent communication skills. Observing Little Reds during their stopover in the Junee Street Wetlands at Redland Bay is a rare privilege. If you're lucky enough to see them, or any other flying-fox species in the wild, please take care not to disturb them.

Right now, our Black flying-foxes are caring for babies, and our special guests, the Little Reds, are pregnant. And as any expectant mother will tell you, peace and rest are very much appreciated.

By the end of this month or early April, our nomadic visitors will be preparing to depart to their next location where eucalypt flowers are plentiful.



Photo: Supplied.

Until next time ... Stay Wild!

Ranger Stacey

LET'S LOOK AFTER OUR KOALAS IN THE REDLANDS

FROM THE KOALA ACTION GROUP QLD INC, REDLANDS

Leaf is a female koala who has already lost more than any koala ever should. Last year, she was struck by a vehicle on Sturgeon Street and rushed to the RSPCA for emergency treatment.

Vets discovered she had been carrying a joey at the time of the accident, but despite extensive searches, her young was never found. Leaf lost an eye in the collision and after months of rehabilitation, she was finally released back into the familiar trees near Ormiston – the only home she knows.

Now, that home is under threat.

Ormiston College has submitted a Ministerial Infrastructure Designation (MID) application to the Queensland State Government to expand its campus with an Olympic-sized swimming pool, new classrooms, a new boarding house, an indoor sports stadium, and three new sporting fields.

If approved, the plan would require the removal of 652 identified non-juvenile koala trees, most of them mapped by the State Government as Core Koala Habitat. The final decision will rest with Deputy Premier Jarrod Bleijie.

Koalas are regularly seen on the proposed development site and in nearby gum trees along Sturgeon Street and surrounding parkland

less than 100 metres away and Leaf is one of them.

Wildlife advocates say the college land forms part of her home range and movement corridor – the network of trees she and other koalas rely upon to feed, rest, and move safely through her territory. Under the current plan, a large section of that corridor would be destroyed.

"Leaf has already survived being hit by a car, losing her joey, and losing an eye," said a spokesperson for Koala Action Group. For a koala like Leaf, losing this habitat isn't just inconvenient – it causes confusion, displacement and added stress that can be a death sentence."

"Planting small plants won't help Leaf and other koalas who will lose mature habitat trees with massive canopies" the spokesperson said. "Koalas need mature trees, in this important corridor and habitat area. Tiny saplings won't feed or shelter them for a decade or more – the koalas are likely to be long gone by then."

Ormiston College Principal and CEO, Michael Hornby claims that only just over 50 koala food trees will be removed and that hundreds more will be planted. Koala Action Group disputes this, pointing to the development plans which identify 652 non-juvenile koala trees to be cleared. Whilst not all are primary food trees, all play a critical role in shelter, movement, and long term survival for koalas.



Photo: Supplied.

Much of the site is also designated High Ecological Value Wetland, providing vital refuge during times of drought and extreme weather – exactly the kind of safe haven animals like Leaf and other wildlife depend on.

"This decision will determine whether Leaf gets to keep the home she's fought so hard to survive in," the spokesperson said.

"We're asking the Deputy Premier Jarrod Bleijie to prove his government is committed to koala conservation and honour the values of their new Koala Conservation Plan by rejecting this plan."

CYCLING WITHOUT AGE CHAPTER LAUNCHES IN THE REDLANDS

A new community initiative is rolling into the Redlands Coast, bringing connection, joy, and fresh air to residents who need it most. Cycling Without Age, a global movement dedicated to offering free trishaw rides to older adults and people with limited mobility, has officially launched a local chapter in the Redlands.

The program pairs trained volunteer “pilots” with passengers who ride in specially designed two seat trishaws or wheelchair accessible models. These slow, social rides along the region’s scenic foreshores and shared pathways give participants the chance to feel the wind on their face, enjoy conversation, and reconnect with the world beyond their front door.

Becoming an approved chapter marks an exciting milestone for the Redlands community. Organisers believe the program will deliver meaningful social and wellbeing benefits, helping reduce isolation and strengthening community bonds across the coast.

Cycling Without Age began in Denmark and has since expanded worldwide, including a growing presence in Australia. More information about the national organisation is available at the Cycling Without Age Australia website cyclingwithoutage.org.au.

For more information about Cycling Without Age, visit cyclingwithoutage.org.au.



Photos: Supplied.

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REDLANDS RAYS' PROACTIVE STEPS TO SUPPORT YOUTH MENTAL HEALTH

FROM REDLANDS RAYS BASEBALL CLUB

Redlands Rays Baseball Club is taking meaningful steps to support youth mental health by investing in Youth Mental Health First Aid training for coaches, volunteers, and parents.

The initiative forms part of a broader campaign known as *Lift Up The Game*, which encourages sporting clubs to move beyond awareness and take practical action to better support the mental wellbeing of young people.

With youth mental health challenges continuing to rise across Australia, the club believes sport plays a vital role in creating environments where young people feel safe, supported, and heard.

"Sport is one of the few places where adults see young people consistently, build trust with them, and notice when something might not be right," said long-time coach, Junior Coordinator, and Youth Mental Health First Aid Instructor Dean Ainsworth.

"If we're not prepared to respond, we miss important opportunities to support kids early."

Research shows that two in five young people will experience a mental health challenge in any given

year before the age of 25, and suicide remains the leading cause of death for Australians aged 15 to 24.

Despite this, many young people do not seek help. Stigma, fear of judgement, and not knowing how to start the conversation are common barriers.

Youth Mental Health First Aid (MHFA) is a nationally recognised program from Mental Health First Aid Australia that equips adults to recognise signs of mental health challenges, have safe and supportive conversations including discussions around suicide, listen without judgement, provide initial support, and encourage young people to access appropriate professional help.

The training does not replace professional care. Instead, it gives everyday adults the confidence to step in early and respond appropriately.

For Ainsworth, the work is deeply personal.

"I grew up playing at this club, and as a young person I went through periods where I was really struggling and had my own suicidal thoughts when I was younger" he said.

"Mental health just wasn't something we talked

about back then. You either pushed through or dealt with it quietly."

Now with more than 25 years of coaching experience, he says that journey has shaped his commitment to ensuring today's young people do not feel alone.

"This club gave me a lot. I feel a responsibility to give back by helping make sure young people have access to adults who are trained, present, and willing to have the conversation when it matters."

Since publicly announcing his involvement in Youth Mental Health First Aid training earlier this year, Ainsworth says the response has been immediate.

"It's been a hectic start," he said. "People have started opening up. Parents, coaches, even young people themselves, often just because they know someone nearby has done the training. It's quite an eye opener to see what is lying just beneath the surface all around us."

He believes visibility alone plays a powerful role.

"Just knowing someone is a Youth MHFAider creates permission for people to speak.



Course participants in the Youth Mental Health First Aid training program. Photo: Supplied.

"Given the statistics, it's inevitable you will use this training as you will come across someone who is going through a mental health crisis and we're looking for adults who are ready to step up in this space because our young people need these kinds of leaders in our community."

With hundreds of junior players across the club, Redlands Rays have trained a growing group of coaches, volunteers, and parents in Youth Mental Health First Aid, achieving a ratio of approximately one trained adult for every 14 young people.

B BARTONS CAPALABA HYUNDAI

DEMO CLEARANCE

 <p>2025 Hyundai Venue</p> <p>FROM \$27,111 DRIVE AWAY WAS \$29,397 SAVE \$2,114</p> <p>WIRELESS CHARGING, 1.6L ENGINE, REVERSING CAMERA, 4-STAR ANCAP SAFETY RATING, 15" ALLOYS, EXCELLENT AFFORDABILITY, GREAT GROUND CLEARANCE, 6-SPEED AUTO. SN: 420416417</p>	 <p>2025 Hyundai Kona Hybrid</p> <p>FROM \$36,333 DRIVE AWAY WAS \$40,557 SAVE \$4,224</p> <p>1.6L HYBRID ENGINE, KEYLESS ENTRY AND IGNITION, BLUELINK™ WITH OTA UPDATES, WIRELESS APPLE CARPLAY® AND ANDROID AUTO™, GREAT COMPACT SUV, EXCELLENT MANUEVERABILITY. SN: 420417532.</p>	 <p>2025 Hyundai Tucson Premium Hybrid</p> <p>FROM \$57,555 DRIVE AWAY WAS \$63,149 SAVE \$5,594</p> <p>5.3L/100KMS, 1.6L T-GDI HYBRID 6-SPEED AUTOMATIC AWD, WIRELESS APPLE CARPLAY® AND ANDROID AUTO™, WIRELESS CHARGER, HYUNDAI BLUELINK™, BABY MODE, POWERED TAILGATE, BOSE™ SOUND SYSTEM. SN: 420416417.</p>	 <p>2025 Hyundai Santa Fe Calligraphy</p> <p>FROM \$75,111 DRIVE AWAY WAS \$79,803 SAVE \$4,692</p> <p>TOP OF THE RANGE CALLIGRAPHY WITH WHITE INTERIOR, 2X WIRELESS CHARGING PORTS, WIRELESS APPLE CARPLAY® AND ANDROID AUTO™, REMOTE CONTROL FEATURES, BLUELINK™ WITH OTA UPDATES. SN: 420419806.</p>	 <p>2025 Hyundai Palisade Calligraphy Hybrid</p> <p>FROM \$88,555 DRIVE AWAY WAS \$95,929 SAVE \$7,374</p> <p>NEW MY26 PALISADE, HEADS-UP DISPLAY, HEATED AND VENTILATED SEATS, HYBRID, WIRELESS APPLE CARPLAY® AND ANDROID AUTO™, WIRELESS CHARGING, ELECTRIC SEATS, BLUELINK™ WITH OTA UPDATES. SN: 420419352.</p>
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All offers for new and demo vehicles are valid on available vehicles in stock at time of publication that are sold and delivered between 2 and 31 March 2026. Private and retail customers only. Excludes fleet and government buyers. This offer cannot be used in conjunction with any other offer. [*] Price based on 6 months registration. [+] Save price based on RRP of vehicle.



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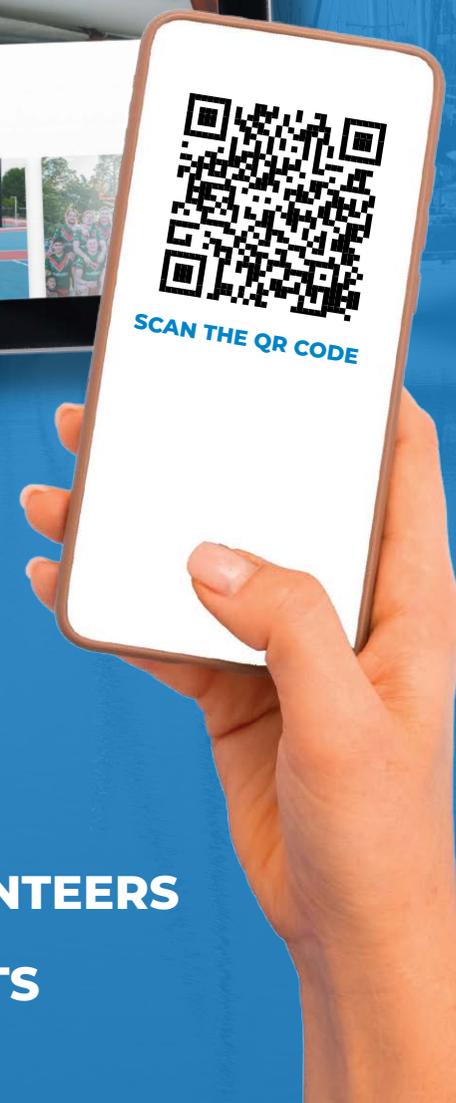


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LOCAL BUSINESSES

LOCAL EVENTS

MONTHLY STATS FOR MARKET REPORT - as at 03.02.26							
SUBURB	FOR SALE	LAST MTH VARIANCE	SOLD	LAST MTH VARIANCE	% SOLD	AV. DAYS ON MARKET	MEDIAN SALE PRICE
VICTORIA POINT	64	7	28	0	43.75	20	\$1,077,500
REDLAND BAY	147	7	24	4	16.33	20	\$1,109,000
THORNLANDS	44	10	18	-3	40.91	16	\$1,170,000
MOUNT COTTON	8	0	3	-1	37.50	20	\$1,145,000
CLEVELAND	75	-5	18	2	24.00	26	\$1,216,250
ALEXANDRA HILLS	17	0	1	-7	5.88	11	\$1,001,250
CAPALABA	28	11	9	2	32.14	9	\$985,500
WELLINGTON POINT	33	14	5	-3	15.15	19	\$1,200,000
BIRKDALE	32	10	4	2	12.50	19	\$1,250,000
THORNESIDE	9	2	2	-2	22.22	16	\$1,201,000
ORMISTON	49	8	2	-1	4.08	28	\$1,342,500
SHELDON	7	0	1	0	14.29	20	\$1,805,750
REDLAND CITY TOTAL	513	64	115	-7	22.42	19	\$1,185,000

REDLANDS MARKET WRAP-UP

Redland City is showing rising supply with softer sales momentum as we kick - off 2026.

Total listings increased to 513 properties (+64 month-on-month), while sales eased slightly to 115 transactions (-7), resulting in an overall sales absorption rate of 22.4%.

As of the 3 February the reserve bank increased the cash rate; that will mean the average mortgage holder will be paying an extra \$100 per month, although many borrowers have a buffer built up thanks to last year's three cuts.

Prices remain resilient. The median sale price across Redland City sits at \$1,185,000, with premium results in Sheldon (\$1.81M) and Ormiston (\$1.34M), indicating no broad price correction despite higher stock levels. Population growth, internal migration, and economic fundamentals continue to support Queensland's housing values. Even with more listings, prices haven't collapsed - indicating demand still outweighs supply.

The Four Main Costs of Listing & Selling Your Home

When selling your home, most people focus on the sale price but overlook the real costs involved. Some are obvious, others are hidden. Here's a clear breakdown of the four main costs you should understand before listing your property.

1. Marketing

These costs can exceed \$10,000 and should be included in the agent's fee so the seller has no risk of losing any money!

Most agents claim they already have buyers on their books. Many boast about large databases and busy open homes, sometimes saying dozens of buyers inspect their properties each week. Yet despite this, sellers are routinely encouraged to spend thousands of dollars on marketing to "find a buyer".

What's worse is that marketing costs are often paid upfront — regardless of whether the property sells. If the home doesn't sell, the seller walks away with nothing, while the agent still benefits from increased exposure, brand building and new buyer leads.

The reality is that marketing should work for the seller, not the agent. Ideally, marketing costs should only be paid once the property has sold and you are satisfied with both the price and the service.

2. Commission

This cost ranges from 1.5% - 3.5% of the sale price!

Commission is one area where many sellers make a costly mistake: choosing the agent who offers the cheapest fee. In many cases, cheap agents deliver cheap results. If an agent struggles to justify or negotiate their own commission, it's unlikely they will negotiate strongly on your behalf when it matters most.

The key is value, not price. A skilled agent who achieves a higher sale price can more than cover the difference in commission — leaving you significantly better off overall.

3. Under-Selling

This cost can equal tens or even hundreds of thousands of dollars!

This is the biggest and most dangerous cost — and it's largely invisible. Research from Vibrant Insights shows that 77% of buyers do not pay their maximum price.

Many sellers are satisfied with their sale price, but very few ask the most important question: Was this the highest price the buyer was willing to pay? In most cases, the answer is no.

4. Staging

An often - unnecessary cost ranging from \$4,000 to \$12,000!

If your home is cluttered or tired-looking, professional staging can be worthwhile. Presentation does matter — but only when paired with the right agent, pricing strategy and marketing approach. Staging alone will not prevent under-selling.

In Summary - Sellers should be cautious when choosing an agent. An agent should never create unnecessary costs, and no fees should be payable until a successful sale is achieved.

At Tidbold Real Estate, our systems are designed to remove wasted expenses and protect you from underselling. Our Smart Sale Strategy is built around eight essential components, all proven to deliver the highest possible price — with no upfront costs and a no sale, no charge guarantee.

Selling smart isn't about spending more - it's about selecting the right strategy from the very beginning.

Written by Dave Tidbold.



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