

The Community Leader

WE'RE ALL ABOUT GOOD NEWS

Redlands



RETRO BEATS FUEL VARIETY BASH TEAM TO ROCK THE OUTBACK

It's a fierce debate: which decade truly delivered the best music?

Disco devotees swear by the seventies. Rock 'n' roll fans point straight to the fifties and sixties. If you're a 'Swiftie' who can't get enough of Taylor's tunes, *now* is the best era of music. The truth is, if a song has a great beat, your toes start tapping, and if you know the words, you're singing along before you realise it.

That's exactly why *Retro Disco for Variety*, spinning hits from the

sixties, seventies, and eighties, puts the fun in fundraising. The event is hosted by Redlands' own team Aussie Rock, who've raised an impressive \$680,000 for charity since 2009. As the 2026 Variety Bash sends cars aged 25-plus from Innisfail to Gladstone, the team's playlist is locked, loaded, and ready to soundtrack the journey.

For Team Aussie Rock and their tough-as-nails 1978 Fairlane, nothing beats classic Aussie tunes. Their car is a rolling boombox, blasting music loud enough to be heard up to a kilometre away.

"You'll hear us before you see us," says owner Steve Whittam. And when you're raising money for kids in need, that kind of volume is a very good thing!

Groove on over to page 2 to discover more about this fantastic event at Cleveland's Grand View Hotel.

Pictured: Steve Whittam, Scott Nicholas and Sue Whittam with their 1978 Ford Fairlane.



Curious to know the value of your home?

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Courtney Brown | 0410 232 200



GET YOUR BOOGIE ON AT THE RETRO DISCO FOR VARIETY

A Redlands Variety Bash team is holding a Retro Disco at the Grand View Hotel in Cleveland on Saturday, April 18, with all profits going to Variety – the Children’s Charity.

Since 2009, the team has raised over \$680,000 for the kids with their iconic Aussie Rock bash car. And this year, they’ll continue to make some serious noise!

The car is a 1978 Ford Fairlane with a number of modifications to cope with the tough outback roads, but it’s the 4,000w sound system on the roof that the team is best known for.

“The music can project up to a kilometre down the road, so when we make an entrance at a remote school or small outback town, everyone knows we are coming before they can see the car,” said owner Steve Whittam. “Our motto is: You’ll hear us before you see us!”

The Grand View Hotel has hosted musical events like the Great Aussie Rock Afternoon and the Retro Disco for Variety since 2017, helping the Aussie Rock team raise over \$77,000 and provide wheelchairs and other mobility equipment to local Redlands families.

The Retro Disco will be a fun event, and guests are encouraged to dress up; prizes will be awarded for singles, couples, groups, etc. There will be great dance music from the ‘60s, ‘70s, and ‘80s, with DJ Stu and his saxophone as highlights for singing along.

Bring your friends, have fun and support kids who need help. Tickets are \$20, and you can book yours via the Grand View Hotel website.



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REDLANDS RSL SUB BRANCH TO MARK A HISTORIC ANZAC DAY

CONTRIBUTED BY REDLANDS RSL

This year's ANZAC Day on Saturday 25 April 2026 will hold special significance for our community as Redlands RSL Sub Branch commemorates its 100th ANZAC Day of service, remembrance, and mateship.

For a century, the Redlands community has gathered to honour the courage, sacrifice, and enduring legacy of the men and women who have served our nation. This year's commemorations will again bring together veterans, current serving personnel, families, and residents in a day of reflection and respect.

The day begins early with the Dawn Service Parade at 5:20am and the Dawn Service at 5:30am at Anzac Centenary Park. Community members are then invited to attend breakfast in Sails Restaurant from 6:00am to 8:00am.

Later in the morning, participants will assemble for the Main Parade at 9.45am on Shore Street West, with the parade stepping off at 10:20am, leading



Photos: Supplied.

into the Main Commemorative Service at 11am at Anzac Centenary Park.

Following the service, the Redlands RSL will open from 12 noon, with the traditional game of Two-Up commencing at 1:00pm in the lower carpark,



continuing the long-standing ANZAC Day tradition of camaraderie and remembrance.

As we mark this historic milestone, the Redlands RSL Sub Branch warmly invites the entire community to attend, stand together, and honour

those who served and those who continue to serve our country.

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MULLET MANIA HITS REDLANDS FOR A GOOD CAUSE

BY ASHLEIGH HOWARTH

One of Australia's most iconic hairstyles is taking centre stage this month as locals prepare to show off their best "business in the front, party in the back" looks at the Ultimate Mullet Competition.

Hosted by Clippy T's Barber Shop and Craft Brew House, the event will see competitors go head-to-head when the event is held at Craft on Sunday, April 19 from 2:00pm-5:00pm.

All proceeds will be donated to the Black Dog Institute through its Mullets for Mental Health initiative, which helps fund crucial suicide prevention research.

Clippy T's Wellington Point owner Shella Thornton said it was a cause that's close to her heart.

"Barbers are a bit like unqualified therapists – people come in, sit in the chair, and open up about what's going on in their lives because they know it's a safe space," she said.

"I've owned the shop for 16 years and know the struggles our clients face. That's why supporting the Black Dog Institute is really important to me."

Having sported a mullet herself in the early 2000s, Shella is encouraging locals to let their locks flow for a good cause.

"We see so many mullets in the shop, from classic styles to modern takes, and even a few permed ones, so it's definitely a hairstyle that is here to stay," she said.

"However you wear your mullet, be sure to register for your chance to be crowned the best in the Redlands."



Photo: Supplied.

The competition is open to all genders and includes four categories: Best Classic, Junior Mullet, Wildest Mullet, and People's Choice. Entry is \$10 per person.

Tracy Robson of Craft Brew House said the day will be family-friendly with food, raffles, hair stencilling and colouring for a gold coin donation, and a special mullet-themed cocktail and mocktail to celebrate the occasion.

To register, contact Clippy T's or Craft Brew House.



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What's On

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

SCAN TO LEARN MORE ABOUT **WHAT'S ON**



REDLANDS COAST COLLECTIVE ARTISAN MARKETS

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

The Redlands Coast Collective Artisan Markets bring a relaxed community vibe to Thornlands this April. The markets showcase a curated mix of arts and crafts, handmade creations, vintage and pre-loved fashion, toys, homewares, and unique market finds, all supporting local makers, creatives and small businesses. Visitors can wander the boutique stalls, chat with the faces behind the brands, hunt for a one-of-a-kind gift or discover their next favourite outfit while enjoying a coffee or a bite to eat. The markets are family and dog friendly, making it the perfect way to spend a Sunday morning.



6-WEEK SPEAKING WITH CONFIDENCE COURSE

Beginning Thursday April 16, 12:30pm to 2:30pm, Cleveland Library

Learn how to speak and write with style and flair, improve your communication and presentation skills, and gain strategies to 'think on your feet' at this 6-week course. Facilitated by Cleveland Forum, the course includes topics such as dealing with nerves, taming the 'butterflies', and speech preparation and compilation. The cost is \$60, which includes course notes. Bookings are essential and can be made by phoning Pam at 0408 550 435, or by email to pamtranter46@outlook.com.



DRUM TAO

Saturday April 11, 7:30pm, RPAC Concert Hall, Middle Street, Cleveland

Japan's Drum Tao returns to Australia with a breathtaking new production that blends explosive taiko drumming, martial arts athleticism, and cinematic staging. This internationally acclaimed phenomenon has thrilled more than nine million people worldwide and now delivers its most powerful experience yet. More than a concert, it's a high-energy theatrical event that ignites the senses and inspires audiences of all ages. Ready to feel the thunder? For tickets, go to rpac.com.au.



ABSOLUTELY 80S SUPER GROUP – 20 YEARS ANNIVERSARY SHOW

Saturday April 11, 7:30pm, Koala Tavern, Moreton Bay Road, Capalaba

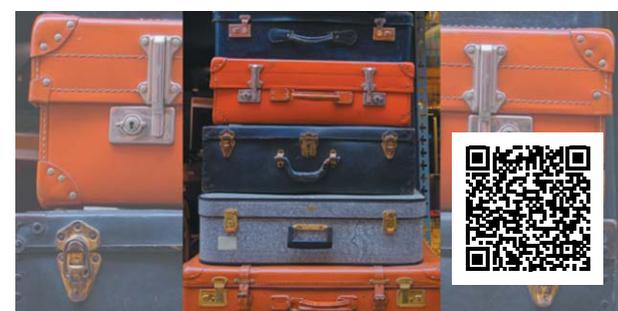
Absolutely 80s celebrates its 20th Anniversary with a live show at Koala Tavern. The supergroup – featuring Scott Carne (Kids in the Kitchen), Brian Mannix (Uncanny X Men), Ally Fowler (Chantoozies) and the Absolutely 80s Band – brings two hours of iconic hits from the USA, UK, Europe and Australia. Audiences can expect classics from Billy Idol, Duran Duran, INXS, Queen and more, along with the artists' own chart toppers. It's a nostalgic, feel good journey through the decade that defined a generation. For tickets, scan the QR code.



DEATH CAFÉ BY THE BAY

Wednesday April 15, 10:30am to 12:00pm, Bacellas Restaurant, Lakeside Blvd, Victoria Point

A free Death Café in Victoria Point invites the community to gather for open, thoughtful conversations about death and dying. Facilitated by end-of-life doula and funeral celebrant Jacqui Williams, the session offers a relaxed space to explore questions, share experiences, and build death literacy. Attendees can purchase their own refreshments and meet Jacqui on the venue's back deck; street parking available. This welcoming event encourages curiosity and connection as part of a growing death positive movement. For bookings, scan the QR code.



SHOW 'N' TELL FOCUS: STORIES FROM THE SUITCASE – IMMIGRATION

April 29, 10:00am to 12:00pm, Redlands Coast Museum, 60 Smith Street, Cleveland

Discover the powerful journeys that shaped the Redlands at Stories from the Suitcase – Immigration. As part of the Australian Heritage Festival, join Jan Nary and special guests as they share personal stories of arrival, treasured belongings, and cultural traditions carried to Quandamooka Country. This will be an afternoon of connection, reflection, and real voices from our community. For tickets, scan the QR code.

PAINTING UP: DEAN BINJIN TYSON WEAVES CULTURE INTO ART

Dean Binjin Tyson is an artist who crosses boundaries. Ancient Quandamooka cultural practices are incorporated into all of his work: his contemporary canvas paintings, his didgeridoo playing, his role as a 'songman', and his dancing. Each artistic expression confirms the richness, resilience and unbroken continuity of Goori (Aboriginal) knowledge and the living strength of Quandamooka traditions.

All of these expressions contain the raw elements of Country, the pigments and ochre that are used in paintings, didgeridoo decorations and the body 'painting up' ritual for singing and dancing ceremonies.

Ochre has always been used to 'paint up', to establish the tribal connections of traditional objects and of the practitioner. These unchanged practices ensure the reiteration of lore, story and connection that have existed for millennia. Through *Painted Up*, Binjin, a traditional owner and artist of Ngugi and Goenpel descent, honours those unchanged stories and teachings.

"For me, painting with ochre or being painted-up with ochre is a privilege," he says. "Painting up is the embodiment of our culture, and also an act of resistance, 60,000 plus years in the making. Our artworks' mediums may change, but the stories remain the same – the lore does not change, yowai."

Painted Up is part of a three-year project of artist-residency style exhibitions and activations, collectively titled CREATE EXCHANGE, which invites audiences onto the ancestral homelands of the Quandamooka people. The exhibition, which comprises Binjin's work and collaborations with family and community, is presented at Redland Art Gallery and The Mezz at Redland Performing Arts Centre.

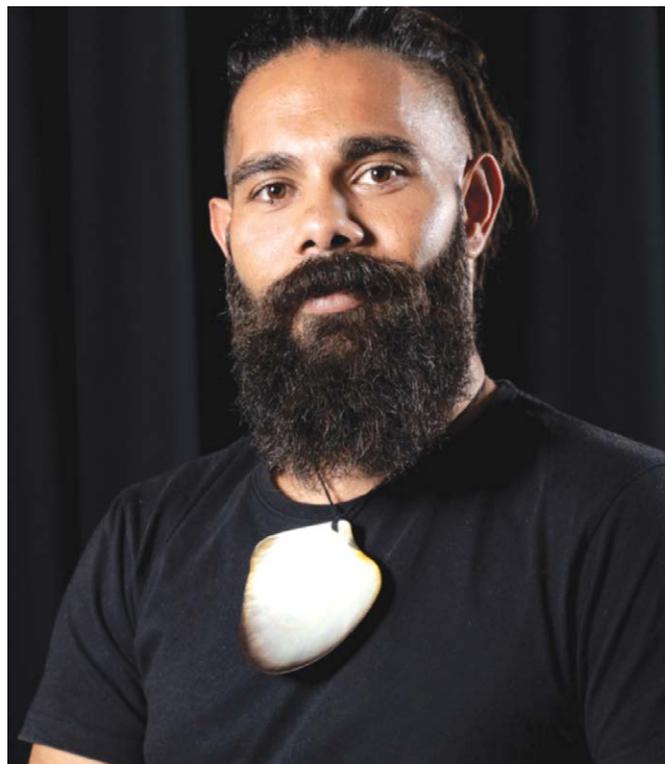


Image: Artist, Dean Binjin Tyson, on Country, 2026 (Still). Image courtesy of Seth LeBrese.



CREATE EXCHANGE **PAINTED UP**
DEAN BINJIN TYSON

Redland Art Gallery, Cleveland
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REDLAND ART GALLERY

Painted Up is part of a three-year project of artist-residency style exhibitions and activations, collectively titled CREATE EXCHANGE. The exhibition is presented at Redland Art Gallery, Cleveland and Redland Art Gallery, The Mezz at Redland Performing Arts Centre. CREATE EXCHANGE is supported by Haymans Electrical and Data Suppliers, Queensland Art Gallery | Gallery of Modern Art (QAGOMA) and Redland Art Gallery | Redland City Council.

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Great outdoors in Redland City



Mayor's message

Our community loves the great outdoors and lets us know how important our open spaces are to them.

It is easy to see why, with an amazing variety of natural bushland areas, tracks and trails, sports fields, parks and playgrounds across our city.

How people enjoy these spaces is just as diverse as the spaces themselves – from sports and fitness, giving your dog a run, gathering for celebrations or just enjoying the mental health benefits that come with being surrounded by nature.

Our stewardship of these spaces is one of the largest bodies of work Council undertakes each year.

It is a core feature of our operational budget, with \$13 of every \$100 of rates revenue going towards open space management and conservation areas.

This service may take the form of our fleet of mowers across the City, working tirelessly during summer's peak growing conditions to ensure

games can be played and picnic blankets can be laid.

It also encompasses our extensive fire mitigation program which seeks to protect the environmental attributes of our local ecosystems and preserve community safety.

These are just two examples of a very broad management program, which also has the added complexity of weather conditions.

Our aim is not only to provide these core services, but to do so in a way that is cost effective and provides value for money.

We are committed to ensuring our great outdoors are well-maintained, safe and accessible to everyone who wants to get out and enjoy them.



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

On the cutting edge

Redlands Coast stays neat and green thanks to our hardworking turf managers and greenkeepers who work hard year-round to mow and maintain our parks and sporting fields, roadsides, closed landfills and fire management zones.

On the mainland, destination parks are cut 24 times a year, sporting fields weekly in summer when grass grows more quickly, and major roads 18 times a year. On the islands, larger parks and roads are mowed monthly, with sporting fields mowed fortnightly.

Patches that look like they have been left a little while have often been delayed for good reason, the top three being:

1. Wet weather, where rain makes the ground unsafe for crew to mow
2. Dry conditions, where mowing would increase dust
3. Wildlife, like ground-nesting birds.

Quick quiz

How much land area does Council mow each year?

- A) 10,500 hectares – the size of Paris, France
- B) 14,030 hectares – like Cardiff, UK
- C) 19,000 hectares – as big as Buenos Aires, Argentina
- D) 27,180 hectares – as vast as Taipei, Taiwan

Answer on next page.

Redlands Coast

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Our park network at a glance

6500 ha
of open space



376
Recreational parks



25
Sports parks



320+
Conservation areas

Getting active



14
Skate parks



9
BMX tracks



43
Outdoor fitness nodes



11
Learn-to-ride tracks



250km
of tracks and trails

Spaces to play



50
Public courts



230
Playgrounds



33
Dog off-leash areas



59
Parks with barbecues



Helping hands caring for our city

If you're a hands-on person looking to invest time in your local environment, Council's Parkcare volunteering initiative might be for you.

Parkcare brings together community members from all walks of life to care for parks, nature strips and other green spaces across the city.

Council supplies tools, equipment, training and insurance, while volunteers help – regularly or occasionally – by weeding, planting, mulching and tidying.

Individuals, families, schools and community groups can all get involved.



Visit redland.qld.gov.au/parkcare to learn more, or contact the Parkcare team at parkcare@redland.qld.gov.au.

On the front foot this fire season

With bushfire season fast-approaching it's reassuring to know our Council crews have been working hard year-round, deploying a wide-ranging arsenal of tactics to help prepare and protect the city:

1. constructing and maintaining asset protection zones (also known as firebreaks)
2. managing vegetation by mowing, slashing and weeding our natural areas
3. constructing and maintaining fire access trails
4. planning and delivering controlled burns.



To find out more about how Council works to keep everyone safe from bushfire, visit redland.qld.gov.au/bushfire-risk-management

Book it in

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52
park spaces

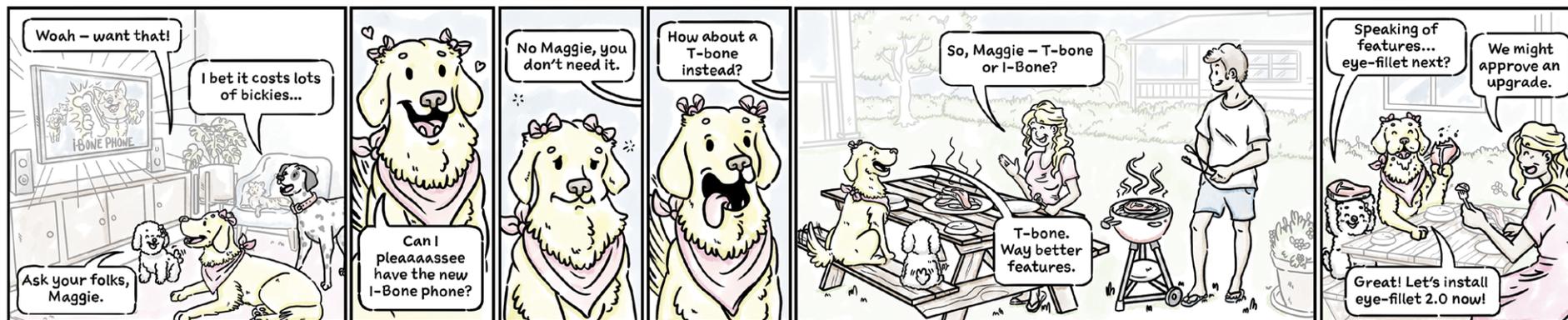
28
sports field spaces

112
total venues



QUICK QUIZ Answer: (C) 19,000 hectares – as big as Buenos Aires, Argentina

MISS MAGGIE OF MANLY



HOLD THE EASTER EGGS! THE FACTS ABOUT CHOCOLATE TOXICITY

BY DR NICKY THOMAS, WYNNUM MANLY VETERINARY HOSPITAL

Easter is fast approaching, and everyone's favourite bunny will be visiting soon spreading chocolatey cheer! While it is tempting to spoil our pets with treats, it is very important to avoid sharing your Easter eggs with the family pets. Chocolate toxicity is one of the most common intoxications in dogs and cats.



What makes chocolate dangerous?

Chocolate contains two compounds – theobromine and caffeine – both of which can be toxic. These are both methylxantines, which pets are unable to metabolise as readily as people.

What are the symptoms of chocolate toxicity?

Animals may show a range of different clinical signs, including:

- Restlessness
- Excitement or hyperactivity
- Vomiting and diarrhoea
- Trembling, muscle tremors
- Increased drinking and urinating
- Increased heart rate
- Seizures
- Consumption of large amounts can be fatal

The toxicity of chocolate is related to the type and amount of chocolate consumed and the size of the animal. Theobromine in the range of 100-150mg/kg can be fatal. The concentration of theobromine depends on the chocolate – the darker the chocolate, the higher the cocoa concentration and the higher the theobromine concentration. Milk chocolate contains up to 154mg theobromine per 100g, while cooking chocolate has as much as 1365mg/100g. Based on these numbers, as little as 140g of cooking chocolate (less than a regular-sized block) can be fatal for a 25kg dog.

How is chocolate toxicity treated?

If your pet consumes any volume of chocolate, contact your vet or local emergency centre for advice. Treatment consists of inducing vomiting to remove chocolate from the digestive system and may then be followed by the administration of activated charcoal to bind any circulating compounds. Severe cases may require hospitalisation and intravenous fluid therapy.

Preventing intoxication

- There is no amount of chocolate that should be considered "safe" to give your pet.
- Keep your chocolate well out of reach of pets to avoid any risk of poisoning.



- Easter egg hunts should be kept to areas where pets are not allowed, and eggs should be counted before and afterwards to ensure they have all been found.

Take a leaf out of the Easter bunny's book and treat your dog with a carrot this Easter instead!



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DEBORAH LAWRIE'S TOUCHING THE SKY – AND BEYOND

When Deborah Lawrie fought for her right to be the first female airline pilot for a major airline in Australia, she wasn't just fighting for a job. She fought – and won – the right for women to challenge illogical boundaries that had limited their career opportunities. It's been said that she didn't just break the glass ceiling, she flew right through it. Despite triggering the first contested equal opportunity anti-discrimination case in Australia, Deborah didn't see herself as a trailblazer; she just wanted to fly.

"My father had a lifelong ambition to learn to fly. When I was 14, I'd go with him to the airport, and I got interested in the theory side of it. He gave me two flying lessons for my sixteenth birthday. I wasn't really enamoured with it, but I kept going to prove I could go solo. Once I went solo, I caught the bug."

Deborah followed the normal progression of a career in aviation, from charter pilot to instructor, but hit resistance at the next usual step – piloting for an airline. "Women weren't welcome in the airlines in those days."

That was stating it mildly. Deborah's determination led to her taking Ansett Airlines to court in a landmark legal battle that progressed all the way to the High Court. Because it was the first case of its kind in Australia, Deborah's barrister had to reference overseas judgments in similar trials.

"It was new ground for everybody. I was warned that it could get very nasty, but there was no other road. If I'd given up, I would have lost everything, so I just kept at it."

There is an exquisite irony in Sydney Airport's naming the flyover connecting the International and Domestic terminals in her honour. It sits over Sir Reginald Ansett Drive.

Other women in the industry were intensely supportive of having a woman on the flight deck, and even beyond the aviation industry, it opened the door for a lot of women in other areas.

Safety has always been a focus for Deborah; she has held positions of Flight Safety Manager, Chief Flight Safety Investigator, chair of a European Safety Working Group, and member of the IATA Aircraft Accident Working Group. Amongst other awards, she was presented with the Australian Aviation Hall of Fame Award in 2022.

So after 50-plus years in planes, what does Deborah see as the attributes of a good pilot?

"Attention to detail, being able to maintain the big picture, spatial awareness, a working knowledge of maths and physics – and passion. People who are passionate about it make good pilots."

Deborah Lawrie AM will present her memoir *Touching the Sky* on Wednesday, 22 April 2026, from 10:00am to 11:00am, at Cleveland Library.



Photo: Supplied.



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ALEX HILLS MEN'S SHED: SHARING THE SHED, SHARING THE CONVERSATIONS

For many of us, Men's Shed evokes immediate images of men – in a shed – beavering away with power tools, creating things of use and beauty, passing on their accumulated knowledge and skills, learning from others and pausing for the occasional smoke-oh and a yarn. That's part of it, but not the whole. Damien Malone is the secretary of the Alexandra Hills Men's Shed, and he knows the deeper benefits to be had.

"The overarching purpose of the Shed is to provide a safe place for men of all ages, a place where guys can share stories and their burdens; we all carry our own baggage of some sort. Men join for different reasons: wanting to feel included, depression, anxiety, needing a sense of purpose, filling in days rather than moping around at home. Sometimes wives or daughters refer men to the sheds," he says. "That might sound like we're a bunch of cranky old men, but at the Shed, at least we get to vent and end up feeling better about ourselves and better about the community."

"It's a changing paradigm, but men still find it difficult to talk about their feelings and mental health. An environment like the Men's Shed at the very least raises awareness. It's not the be-all, end-all, but it can help, and it's a good way to get out of the house and to get out of yourself."

The building/making/power tools aspect does have a place, and it benefits the community.

"We do jobs for the Redlands Community Centre, like rebuilding their front counter. We installed cupboards for CWA, repaired chairs for the Lions, and built fete furniture for schools. We raise funds through barbecues at retail outlets and sales of surplus tools so we can even make cash donations to community bodies," Damien says.



Pictured: A sales and display cart made by the Men's Shed for My Horizon disability services to support fundraising. Photo: Supplied.

"We have a wide range of skills – die casting, welding, carpentry, mechanics, there's a teacher, a baker, a bloke who's a born inventor and a retired farmer who can do anything that's needed to maintain a farm. I used to make fine furniture. We'd like to draw in more skills like that and offer more opportunities for teaching and learning because a lot of this knowledge is going to disappear in time."

If you'd like to donate your skills, learn some new ones, or just enjoy a cuppa and a yarn, you can contact the Alexandra Hills Men's Shed through www.alexhillsmensshed.com.au.





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NEW ART EXHIBITION IS DEEPLY GROUNDED IN REDLANDS

FROM THE OLD SCHOOLHOUSE GALLERY

Grounded in Redlands is an eclectic mix of paintings, pottery and photography by Old SchoolHouse Gallery members Ana Dodig, Peppa Potts and Mike Scott. All are firmly grounded in the Redlands and have built their art practice to incorporate the stunning landscapes and natural surroundings of the local area.

Mike has been a member of OSHG for 19 years now, and says that no matter where he travels on holiday, he always comes back to landscapes captured from around the Redlands and the Bay Islands. He said that 'Straddie' is still one of his favourite places to visit, especially for spectacular seascapes taken along the Pacific seaboard. He also likes to explore all of the coastal suburbs from Wynnum through to Redland Bay, looking for views that best demonstrate the beauty and nature of life in the Redlands.

Ana trained in design and textile arts in Belgrade, but said she was inspired to return to her original artistic interest, painting, after relocating to Australia. She works primarily in mixed media combining acrylic, pen and oil with a strong influence from textile design, colour and pattern. She feels that her intuitive style explores memory, movement and emotion through layered forms and texture. She is often inspired by urban atmospheres and the surreal imagination of Salvador Dalí, so prepare yourself for a colourful, eclectic world of nature and cityscapes in April.

A lifelong artist and mud enthusiast, Peppa works from a small, family-run studio nestled on the edge of Moreton Bay. She said that she is virtually surrounded by the elements in her backyard studio, overlooking the waters and tree-lined shores of the Redlands Coast. She believes her work is heavily inspired by nature and the ever-changing weather over Moreton Bay, which, in turn, yields colourful, uplifting vistas and dark, passionate storms. She likes to create original handmade collections from stoneware and porcelain using traditional techniques designed to be loved and enjoyed for years to come.



Artists Peppa Potts, Mike Scott and Ana Dodig. Photo: Supplied.

The exhibition will run from Thursday, April 2, through to Sunday, May 3.

The opening event is on Friday, April 3, from 5:00pm, so please come along to enjoy a social evening, refreshments and a chat with the gallery members and exhibiting artists.

Admission is free, and there are ample free parking spaces at and around the gallery, which is open Thursday to Sunday and public holidays from 9:30am to 4:30pm.

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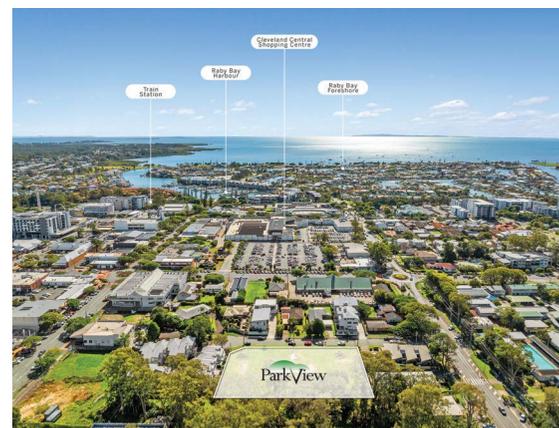
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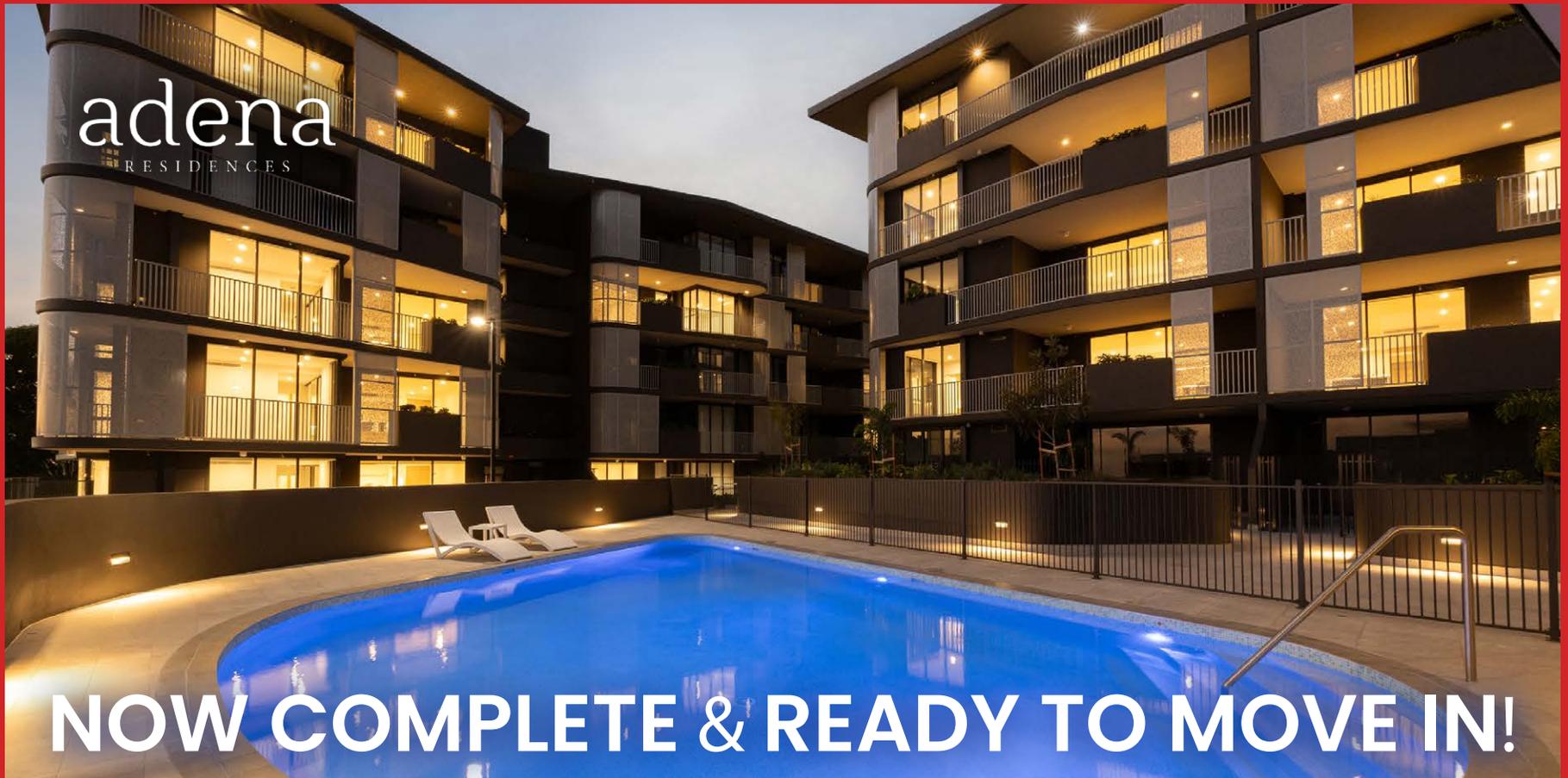
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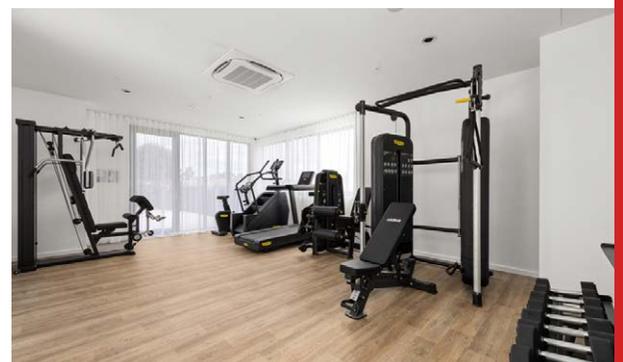
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MONTHLY STATS FOR MARKET REPORT - as at 02.03.26							
SUBURB	FOR SALE	LAST MTH VARIANCE	SOLD	LAST MTH VARIANCE	% SOLD	AV. DAYS ON MARKET	MEDIAN SALE PRICE
VICTORIA POINT	72	8	19	-9	26.39	20	\$1,105,000
REDLAND BAY	124	-23	25	1	20.16	20	\$1,125,000
THORNLANDS	53	9	27	9	50.94	16	\$1,155,000
MOUNT COTTON	11	3	3	0	27.27	20	\$1,181,750
CLEVELAND	99	24	18	0	18.18	23	\$1,185,000
ALEXANDRA HILLS	18	1	2	1	11.11	11	\$980,000
CAPALABA	28	0	14	5	50.00	9	\$1,015,500
WELLINGTON POINT	35	2	10	5	28.57	16	\$1,360,000
BIRKDALE	54	22	3	-1	5.56	19	\$1,240,000
THORNESIDE	11	2	3	1	27.27	21	\$1,302,500
ORMISTON	42	-7	9	7	21.43	28	\$1,375,000
SHELDON	5	-2	0	-1	0.00	23	\$1,765,000
REDLAND CITY TOTAL	552	39	133	18	24.09	19	\$1,183,375

REDLANDS MARKET WRAP-UP

- The Redland City market remains active with steady buyer demand.
- 552 properties currently for sale (up 39 from last month) and 133 properties sold (up 18 month-on-month).
- Average 19 days on market – properties are moving quickly within 2-3 weeks if priced correctly or where the price is adjusted to meet the buyer's value perception.
- Buyers are more focused than ever on value and not over-spending.
- The cost to do work/reno is impacting the value of some homes.
- Entry-level and mid-range markets remain competitive.
- Premium markets are taking longer, offering room to negotiate.
- Increased listings mean buyers now have slightly more choice than last month.
- Increased stock means correct pricing is more important than ever.
- Strong suburbs are still achieving excellent absorption rates.
- Premium homes may take slightly longer but can achieve strong prices when marketed and priced correctly.

How we do things different: SMARTRE SALE Inspection Method

This method of inspections used by Tidbold Real Estate involves private one-on-one inspections with pre-qualified buyers. While it may differ from the traditional open home and auction approach commonly used in the market, it's designed to create a more personalised and strategic experience for both buyers and sellers.

There are some key reasons behind why we do it this way:

- Buyers receive flexible inspection times.
- Buyers don't feel rushed. They have time to envision themselves living at the property and really take in all the features.
- Buyers are pre-qualified to their affordability and suitability of the property.
- Agents can focus on the real needs of the buyers and engage them in deep conversation.
- The agent's knowledge of the buyers will help them to negotiate the highest price they are willing to pay.
- Genuine feedback from genuine buyers can be passed on to the sellers.
- Multiple buyers can be booked in at similar times, so the seller is not inconvenienced.

Traditional open homes often have the aim of maximising the number of people walking through the property. While this may look promising, you can't guarantee that those visitors are actually financially capable of purchasing the property. They could also be simply browsing the market. People speaking negatively about the home in front of other buyers, or buyers unable to make the open time are also risks sellers run using the traditional approach.

The private inspection model we use takes the opposite approach. Instead of focusing on **how many** people view the property, the focus is on **who** views the property.

Strategically, this allows us to identify the most motivated buyers and guide them towards their strongest possible offer.

Written by Dave Tidbold.



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Duplicating Tingalpa Creek Bridge



As well as duplicating Tingalpa Creek Bridge, here are some of the ways the new Queensland Government is delivering for the Redlands:

- Delivering more anti-theft measures and CCTV in Capalaba and Cleveland
- Delivering a new Redland Whitewater Centre for 2032 and beyond
- Upgrading Alexandra Hills TAFE
- Delivering a new multi-level car park at Weinam Creek
- Delivering 50c fares for Southern Moreton Bay Island ferries
- 50c fares made permanent
- Upgrading Cleveland-Redland Bay Road
- Upgrading Victoria Point and Redland Bay State Schools
- Delivering a transit lounge, MRI machine and ICU at Redland Hospital
- Delivering more early intervention with Top Blokes.

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LOCAL ATHLETES TO SHINE AT SPECIAL OLYMPICS NATIONAL GAMES

Athletes from the Redlands community are preparing to represent Team Queensland on the national stage at the Special Olympics Australia National Games 2026, taking place in Melbourne from 19-23 October.

A team of 36 athletes from the Redlands club will travel to compete across six sports: bocce, ten pin bowling, golf, swimming, table tennis and tennis. For many athletes, the National Games are the pinnacle event of the sporting calendar – a chance to test their skills, celebrate their achievements and connect with athletes from across the country.

The games also come during a milestone year for Special Olympics Australia, which is celebrating 50 years of empowering people with intellectual disability and/or autism through sport.

The Redlands club plays an important role in making these opportunities possible locally. The club provides a welcoming and inclusive environment where people with intellectual disability and/or autism can get involved in sport, build confidence and form lasting friendships.

Through weekly training opportunities across nine sports, athletes are supported in developing their skills while having fun and staying active. Just as importantly, the club creates a strong sense of community for athletes, families and volunteers.

For Redlands athletes, the journey to the National Games represents months, and often years, of dedication and training. Competing in Melbourne will be a chance to showcase their talent and determination while proudly representing their local community.

As Special Olympics Australia celebrates its 50th anniversary, the achievements of local clubs like Redlands highlight the lasting impact of inclusive sport; bringing people together, creating opportunities and ensuring everyone has the chance to play, compete and belong.



Susie Bennett-Yeo (Athlete Leadership Coordinator), Brett Petersons (Athlete Leader) and Michelle Smith. Photo: Supplied.

When Team Queensland heads to Melbourne in October, the Redlands community will be cheering them on every step of the way.

To find out how you can get involved with the Special Olympics Redlands Club, please visit the website <https://www.specialolympics.com.au/find-a-sport-near-me/qld/redlands>.

LOCAL READERS – A BOOK REVIEW

FLESH BY DAVID SZALAY

BY ANNE CROWLEY

WHAT THE EXPERTS SAID

Flesh is the 2025 Booker Prize Winner. “A propulsive, hypnotic novel ... spare and penetrating, *Flesh* asks profound questions about what drives a life: what makes it worth living, and what breaks it.”

“Fifteen-year-old Istvan lives with his mother in a quiet apartment complex in Hungary. New to the town and shy, he is unfamiliar with the social rituals at school and soon becomes isolated, with his neighbour – a married woman close to his mother’s age – as his only companion. These encounters shift into a clandestine relationship that Istvan himself can barely understand and life soon spirals out of control.

“As the years pass, he is carried gradually upwards ... with his own competing impulses for love, intimacy, status and wealth winning him unimaginable riches, until they threaten to undo him completely.” Penguin Books. [penguin.com.au](https://www.penguin.com.au)

MY THOUGHTS

The focus throughout the book is on the physical, the transactional.

Whether through emotionally distant ‘intimate’ encounters or life-changing events, these are expressed by actions rather than emotions. Istvan is a fascinating character!

His dialogue is sparse and it seems his thoughts are too, or at least, at times he finds them elusive! When later he does grasp them, he often seems surprised, puzzled. “Something, however, makes it hard for him to start the engine and drive away, which is what he thought he was going to do ... He has a strange feeling that something very significant has happened, only he isn’t sure what.”

Istvan’s most common response in situations ranging from invitations to have sex to job offers and mega property deals is “Okay”. “He doesn’t know why he says that. Some part of him seems to want to.”

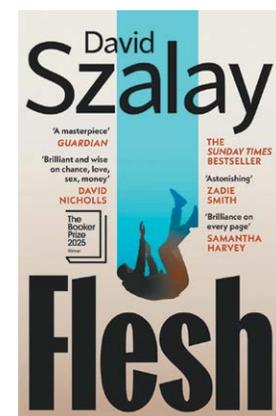
“He doesn’t know why he does what he does next. Something wells up in him. It feels as purely physical and involuntary as throwing up. There’s a surprisingly loud sound and the door has a splintery dent in it now.”

I loved this book! I enjoyed the pace through use of ‘rubber time’

– skipping across the surface of long periods then deep-diving into detail, over the course of a life of many chapters – which made for a quick and absorbing read. Often there is a building tension suggesting things are about to go wrong – and they do, but not quite as and when expected.

The language is trimmed of excess: “The first daffodils arrive in a hostile world.” And the abrupt and unsentimental reference to major life milestones and disasters some interval after the fact, takes your breath away – yet still there is little reflection on any accompanying emotions – at least not until much later.

I thoroughly recommend *Flesh*, though prepare for detailed references to sex and use of coarse language.



REDLAND NURSE SHIRLEY RETIRES AFTER NEARLY FOUR DECADES OF SERVICE

CONTRIBUTED BY METRO SOUTH HEALTH

One of Redland Hospital's longest-serving nurses is marking the end of an era after more than four decades in the profession and almost 39 years caring for the Redlands community.

Emergency Department nurse Shirley Timmins began at Redland Hospital when the service first opened the doors to the original hospital, which now houses Allied Health Services.

Shirley said it was the people who kept her at Redland for nearly four decades.

"The staff in the Emergency Department where I work have been like family," she said. "When the hospital opened, we were a small team with a big responsibility, and we relied on each other. That closeness has stayed with me my whole career."

She said patient needs had grown more complex over time, but the heart of nursing had remained the same.

"I absolutely love nursing, I'm not leaving because I don't love the profession," she said. "I've always felt like I still had something to give, not just to patients but to junior nurses and my colleagues as well."

Shirley said the moments that stayed with her the most were seeing teams come together in critical situations.

"As soon as a code is called, you see people go from being individuals to being a team. Everyone knows their role and just gets on with it," she said. "I have witnessed this team do amazing things."

"The incidents that stand out for me particularly are a resuscitation by Dr John Sutherland; his outstanding clinical skills saved the life of a young woman."

"Many years ago, a work colleague also had to call a Code Blue because they suffered a heart attack while at work," she said. "But there have been hundreds of similar moments."

Shirley's advice to new nurses is grounded in the lessons she learned throughout her career.

"You're never alone; there is always someone around, so ask for help," she said. "And treat patients and their families how you would want your own family treated."

Director of Emergency Dr John Sutherland said Shirley's emergency nursing experience guided senior and junior medical colleagues alike.

"Shirley is the perfect example of why doctors need to listen to experienced senior emergency nurses," he said.

"There are so many members of the local

community that owe a debt of gratitude to Shirley – from both identifying those that really were very sick, and ensuring they got the attention they needed, to countless patients and relatives that have been touched by Shirley's work.

"I'm not sure we can ever replace the experience, care, and love that Shirley has provided to staff and patients and relatives, but so many staff have learnt to do what they do because of Shirley being a role model."

"Redland Hospital ED will continue to benefit from Shirley's touch and influence despite her well-earned retirement."

Director of Nursing and Midwifery Amanda Garner said Shirley's contribution to Redland Hospital and the broader Bayside Health Service had been extraordinary.

"Shirley represents the very best of nursing, clinical expertise, and a deep understanding of her patients' needs," Ms Garner said. "She has supported generations of staff and patients, and her loss will be felt deeply."

Shirley will take long service leave before formally retiring next year.

"For the first 12 years, I worked every Christmas, and my kids really grew up around my shift work."



Photos: Supplied.

"My husband has supported me for more than 40 years, going to family events on his own, when I've had to work."

"It's time to give some of that time back to my family."



**LOCAL POETRY
AT 100**
BY GEOFF SMILEY

When she reached 100
Grandma said to me,
"I don't know what else to do."
With eyes now on the end,
even the pull of kinship
for her had waned.

Her descendants,
lauded their centurion.
But
they had paid allegiance
four times

at latter decade celebrations.
The future now
was calling them.

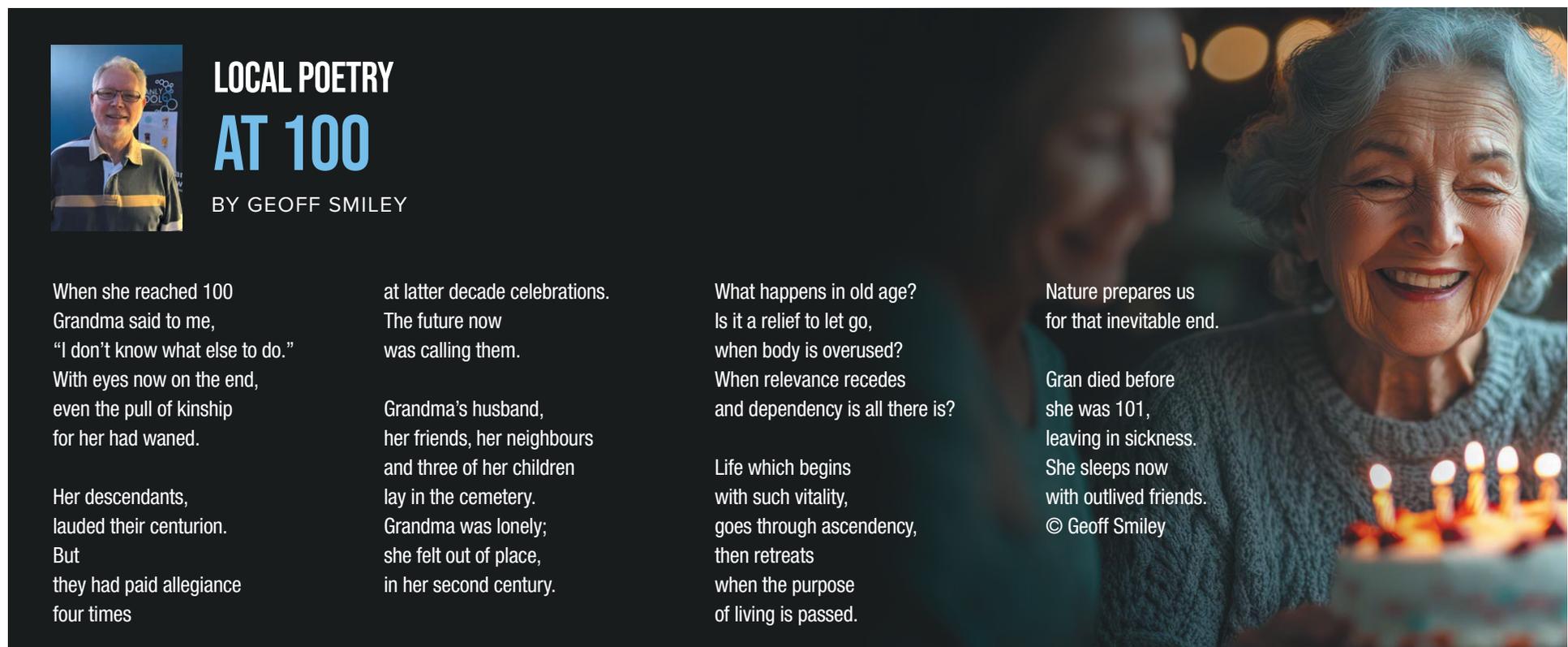
Grandma's husband,
her friends, her neighbours
and three of her children
lay in the cemetery.
Grandma was lonely;
she felt out of place,
in her second century.

What happens in old age?
Is it a relief to let go,
when body is overused?
When relevance recedes
and dependency is all there is?

Life which begins
with such vitality,
goes through ascendancy,
then retreats
when the purpose
of living is passed.

Nature prepares us
for that inevitable end.

Gran died before
she was 101,
leaving in sickness.
She sleeps now
with outlived friends.
© Geoff Smiley



THREE WARS: LOCAL HISTORY, LOCAL HEROES SHOWCASED

BY JAN NARY

The history of the Redlands in conflict will be the theme of a display and talk at Cleveland Library on April 29. The display will incorporate pieces on loan from the RSL Museum, including uniforms, medallions and precious postcards sent from various arenas of war.

Kristianne Buckley, Local History Advisor at the library, says the presentation will explore not only the Redlands' military involvement but also its impact on the community left at home.

"We'll look at the ways the community banded together to keep things running and support each other," she says. "Much of that in the Redlands centred on agrarian production in World War Two; the region was known as the fruit bowl, and there was a huge contribution made by local farmers and the Australian Women's Land Army.

"There are special stories connected to the Redlands," she says. "In the Second Boer War, our men were particularly sought after as rugged individuals and outstanding horsemen. In the Second World War, aeroplanes crashed here, one of which disappeared without a trace. General MacArthur's headquarters at Willard's Farm were particularly significant, and a lot of American servicemen were posted here.

"We'll also be exploring the contribution of veteran Private Arthur Smith. This is an opportunity to honour all the local heroes of those three major conflicts, and we're hoping that audience members will contribute their anecdotes and memories."

The talk will take place at Cleveland Library on 29 April 2026 from 11:00am to 12:00pm. This is a free event; however, bookings are required.

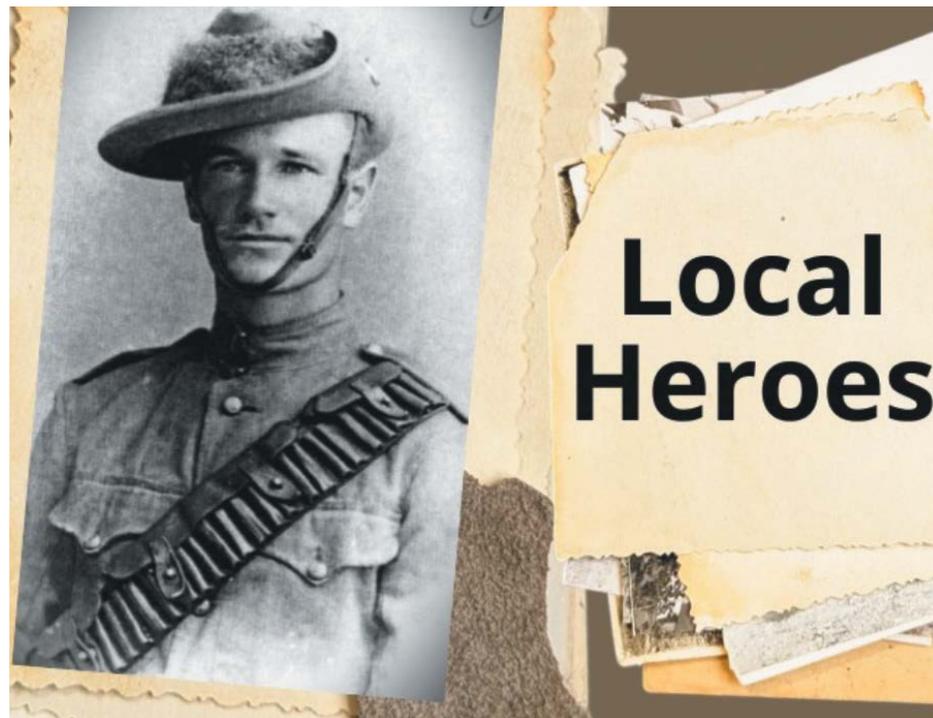


Photo: Supplied.

ISLAND ARTISTS TO MAKE WAVES AT INAUGURAL ART TRAIL

BY ASHLEIGH HOWARTH

A number of local artists are set to open their studio doors and offer the public a glimpse inside their private creative spaces as part of a new art trail launching in Redland Bay.

Running over big ten days from March 27 to April 6, the inaugural Southern Moreton Bay Islands Art Trail invites art lovers and curious day-trippers to explore the creativity and natural beauty of Lamb Island (Ngudooroo) and Russell Island (Canaipa).

The trail will span private home studios, gazebo booths and gallery spaces across both islands, with 14 artists taking part.

It is the first of two events planned for the year, with a larger multi-island multicultural arts event scheduled for August.

Trail organiser Samida Sargeant – an artist with more than 30 years' experience working across mediums including oil painting, sculpture and digital art – said the trail is a "community-driven initiative designed to strengthen the local creative economy and promote cultural tourism".

"By opening private studios to the public, the event supports local artists and small businesses while showcasing the unique artistic spirit and natural beauty of the region," she said.

"The trail will feature everything from original paintings and sculptures to handmade creations and garden art, offering visitors an authentic glimpse into the creative process, including the scent of materials to works-in-progress on the bench.

"And with the ferry to the islands costing only 50 cents, it is an incredibly accessible day trip."

The grand opening will be held on March 27 from 9:00am to 3:00pm at RICArts on Robert Street.

For more information, including maps and artist bios, visit www.moretonbayarttrail.org/home.

Visitors can also register their attendance by emailing samidasart@gmail.com.



Photo: Supplied.



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If you're looking for local trades, check out The Community Leader's Trades page here and online.

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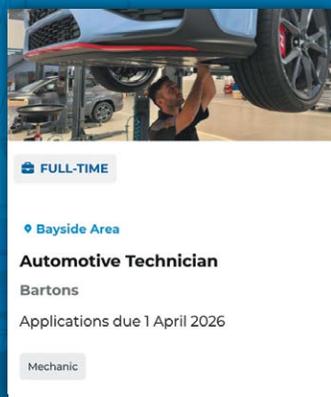
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If you're looking for a job or want to find a local worker, visit The Community Leader's Job section on the website.



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• Bayside Area

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Mechanic

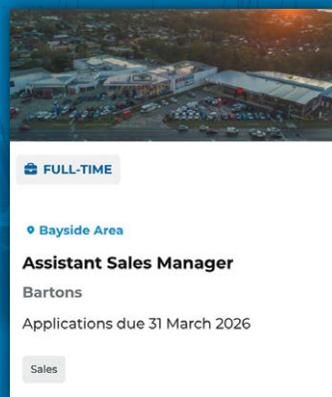


FULL-TIME

• Wynnum

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Applications due 1 April 2026

Parts Interpreter



FULL-TIME

• Bayside Area

Assistant Sales Manager
Bartons
Applications due 31 March 2026

Sales



SCAN TO LEARN MORE ABOUT **LOCAL JOBS**

Home Delivering More Good News to More People

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.

Any submissions can be emailed to sales@market2market.com.au for consideration.

LOCAL PICK UP POINTS

Various shopping centres, cafes, clubs and local businesses.



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- Community editorial 13th of April or earlier
- Advertising cut off 17th of April or earlier
- Distribution to commence 4th of May
- Bookings are for a minimum of 3 months and space is limited
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LOCAL BUSINESS PROFILE

A CHAMPION FOR THE CATS: CAPALABA CAT COTTAGE

CONTRIBUTED BY ADELIA BERRIDGE, ON BEHALF OF CAPALABA CAT COTTAGE

Capalaba Cat Cottage is not just a boarding cattery. We literally have a 24/7 business, looking after people's cats and kittens. We also work tirelessly to rescue and rehome cats and kittens.

In 2025, we rescued 348 felines! It takes huge dedication, passion, time, money and commitment to do this. Many of these are cats from North Queensland, Bundaberg, and Rockhampton pounds, and we save them from death row at the last minute.

We arrange road transport, sometimes flights, all vet work, two vaccinations, microchipping, desexing, flea and worm treatments, and offer new owners four weeks' free pet insurance. On top of that, we need to house the darlings, feed them, bathe them, and promote them. We do this all using our own money.

Some cats and kittens come with illnesses and need medication, hospitalisation, veterinary services and even long-term treatment. This we pay ourselves. We take studio photos to advertise them, and need to continually post on social media to help find them homes. Sometimes, these cats and kittens are here for months, taking space

from the boarding cattery.

Many times, we have rescued pregnant mother cats, so we need to keep them until they birth the kittens, raise the kittens (12 weeks), and sometimes bottle-feed them around the clock. We then need to give the mother cats time to recover, desex and find them homes. This takes around six to 12 months.

We never give up, and never send them to anyone else, just wait patiently until they find homes. Each year, we put together a Capalaba Cat Cottage Rescue Calendar, have it printed and sell it to help raise some funds.

Some cats and kittens are quite fearful, needing us to socialise, play with, and nurture them before they can go to homes. We had one here for two years! Other times, we have people asking to foster them, to help the cats and us. This honestly takes far more time than running a business! We even take many cats to shows to show them off and promote them, and often find homes for them that way. At each cat show we attend, each cat costs \$40 to \$45 to enter, so it is a sacrifice.



Capalaba Cat Cottage's calendar raises money for rescues. Photo: Supplied.

We supply all the cat toys and materials needed for rescuing and rehoming, and it is a far greater sacrifice than many imagine. We lose money; however, we save precious lives. It is a privilege and a joy, but it is hard work.

PUCKER UP AND BOCCE: THE ITALIAN GAME THAT'S AT HOME IN REDLANDS

BY JAN NARY

A ball game named after a kiss? It HAS to be Italian, surely...

Bacio is the kiss; bocce is the ball game where the aim is to toss or bowl your ball (a bit like a big metal tennis ball) so that it lands near – or kisses – the jack. Or if you're really being Italian, the *pallino*.

Redlands Bocce is the biggest – and most awarded – club in Queensland. It was started 56 years ago under a mango tree in Thorneside, appropriately, by Italian immigrants. It proved an immediate favourite with other locals of all nationalities and has been at its current Wellington Point home for 34 years.

State President and coach of the women's Redlands and international women's teams is Kerrie Reitano.

"My husband's Italian, but I'm fully Skippy," she laughs; "In fact, I'm the first woman president of an Australian bocce club who isn't Italian!"

And a proud president she is; the women's team have just taken out the Australian Federation Bocce award, winning all of six games.

"We currently have 137 members, roughly equal numbers of men

and women," she says. "We also have non-playing social members. Bocce's an inclusive game that can be played by people of all ages, genders, and abilities; our membership ranges from 13 to 98. It's a non-contact sport that offers gentle exercise, and you have to use your mind too; there's a lot of strategy and precision involved, and players need to develop various techniques."

There are different levels of playing, from solo to teams of four and a form of progressive bocce that involves running and throwing simultaneously. Redlands was chosen to pilot a new concept called Games of Throws; it seems that a sense of humour is also necessary.

Bocce is played indoors on a river sand base, so weather extremes aren't a problem, and a hat isn't part of the uniform.

Kerrie has been recognised by Bocce Australia for initiating discussions with the world body to introduce a Female Youth World Championships, a competition innovation to world bocce, which claimed its place on the calendar in February this year.

Anyone wishing to join can contact Kerrie at redlandsboccecentre@gmail.com or call 0423 552 030.



Photos: Supplied.

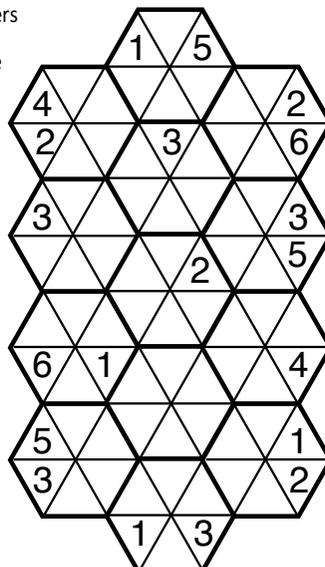
Sudoku

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

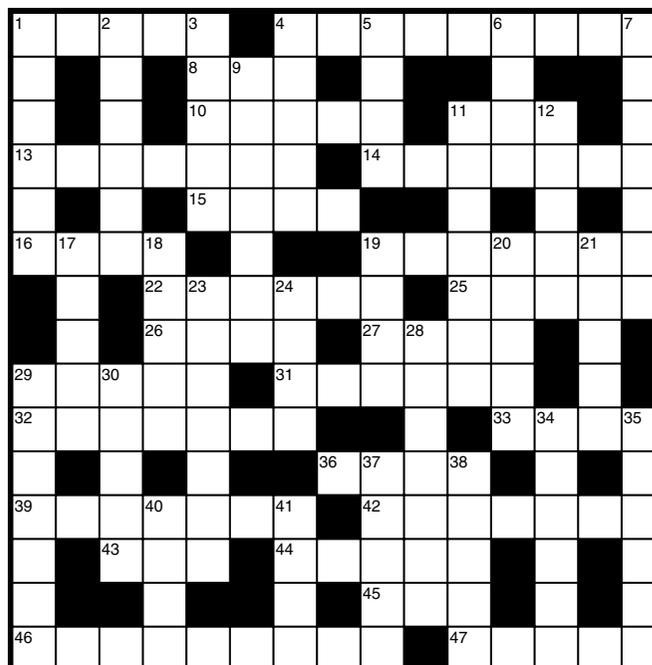
	1							
		6		3	4			5
	2					8	9	
2				7				
1	5		9					3
					6			
			4			1	7	
7							3	6
		2	6			4		5

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.



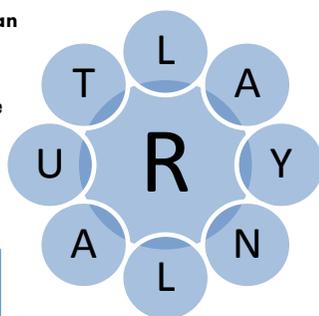
Crossword



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



Reference: Macquarie Concise Dictionary
Focus No. 3905

TODAY'S Good: 8 words
FOCUS Very good: 15 words
Excellent: 24 words

ACROSS

- 1 Dairy product
- 4 Bewilders purposely
- 8 Anger
- 10 Stair handrail post
- 11 Male sheep
- 13 Encourage
- 14 Wealthy
- 15 Disencumbers
- 16 Require
- 19 Acute
- 22 Musical dramas
- 25 Endures
- 26 Manufactured
- 27 Liquor dregs
- 29 Cut off
- 31 Opposed
- 32 Cut glass
- 33 Plaything
- 36 Members of a play

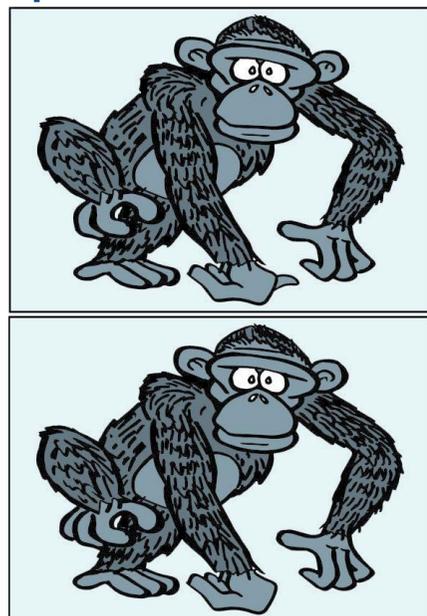
DOWN

- 1 Composer
- 2 Call for repeat
- 3 Person under age
- 4 Cried as a cat
- 5 Alone
- 6 Young horse
- 7 Furniture items
- 9 Withdrawn
- 11 Steals livestock
- 12 Intends

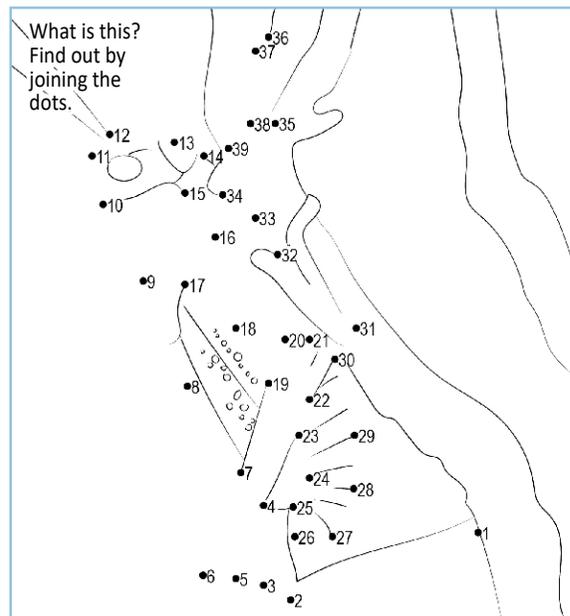
ACROSS

- 17 Live coal
- 18 Large hemispherical vaults
- 19 Island
- 20 Comforted
- 21 Metal
- 23 Social events
- 24 Actual
- 28 Effacement
- 29 Disperse
- 30 Competing
- 34 Outdoor excursion
- 35 Mustering rope
- 37 Sharp in effect
- 38 Woody plants
- 40 Strong wind
- 41 Mountain lake

Spot the 5 Differences

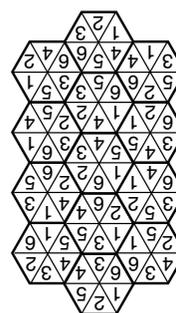


Join the Dots



Solutions

Puzzles and pagination supplied by Auspac Media



FOCUS: alar alary alter anural arty aural aurally lunar nary natural NATURALLY rally rata ratal runt tarn tray truly turn ulnar ultra yarn

SPOT THE 5 DIFFERENCES: Ear changed, nostril moved, missing thumb, extra finger, brow wider.

JOIN THE DOTS: Kangaroo

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IS YOUR CORTISOL RUNNING HIGH?

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

Feeling constantly wired... yet exhausted at the same time? Wondering if stress might be messing with your hormones?

When you feel stressed, your body responds with a surge of hormones designed to keep you safe – the classic fight-or-flight or freeze response. This response can occur with real physical stress or even perceived pressure, such as juggling work demands or striving for perfection.

One of the key hormones involved is cortisol. It helps regulate blood pressure, blood glucose, and your circadian rhythm – your sleep-wake cycle. Cortisol should naturally peak in the morning and fall in the evening. But when stress becomes constant, cortisol can stay elevated... and that's when problems start.

Signs your cortisol may be running too high:

- More fat around the tummy, or a “neck hump”
- Muscle weakness
- Blood sugar imbalances
- High blood pressure
- Poor sleep: trouble falling asleep, staying asleep, or waking up exhausted
- Feeling tense, anxious, flat, or joyless
- Digestive upsets and trouble regulating temperature

The problem is when stress becomes chronic and affects daily life.

Herbal medicine might be all you need.

Adaptogens are natural herbs that help the body adapt to stress, support normal metabolic function, and restore balance. They work by helping you regulate your stress response system and maintain equilibrium.

They're not stimulants or sedatives – they gently support your adrenal and nervous systems to bring you back toward centre.

Primary adaptogens include some you may know:

- **Ashwagandha** – deeply researched for supporting reduced stress, anxiety, and fatigue.
- **Liquorice Root** has a wide range of dynamic uses including digestion, skin, inflammation and stress.
- **Rhodiola** – energising and mood balancing.
- **Holy Basil (Tulsi)** – calming and restorative.
- **Reishi mushroom** – supports restful sleep and helps the body adapt to stress.
- **The Ginsengs** – vitality and resilience boosters.
- **Cordyceps** – improves stamina and helps restore depleted energy.

These herbs have a long history in traditional systems and modern research showing their role in supporting adrenal, nervous system, immune, digestive, and cardiovascular health during stress.

Adaptogens don't “switch off” stress – they help you adapt, strengthening your internal resilience so you can maintain steadiness, clarity, and energy throughout the day.

Alongside adaptogens, nervines are wonderful – these are herbs that soothe and nourish the nervous system – and can help create calm and relaxation. Pairing them with daily rituals, like mindful tea making, is a gentle way to downshift your stress response.

Nervines include Lemon Balm, Passionflower, chamomile, Lemon Grass and Skullcap.

Start with one of the simplest rituals of all: tea.

Herbal teas are rich in natural plant compounds that support relaxation, digestion, and overall wellbeing, which is why cultures around the world have used them for centuries.

Look for teas that are built around therapeutic intentions:

- **Balance** – detoxifying and grounding.
- **Rest** – sleep supporting herbal blends.

- **Herbal** blends to soothe emotions and calm an overactive system.

Pairing adaptogens with daily tea rituals can shift your body out of “alert mode” and into a state where it can rest, digest, heal, and finally exhale.

Pair with small lifestyle shifts and targeted supplements:

- Seek out laughter and joy.
- Create sleep routines to support your natural circadian rhythm.
- Add mindful pauses throughout your day.
- Nourish your body with whole foods and hydration.
- Magnesium is a key nutrient that helps you when feeling stressed. L-Theanine is an amino acid that reduces acute stress.
- Omega-3 fatty acids are shown to lower cortisol levels and inflammation.

You don't have to live in survival mode. With adaptogens, nervous system soothing herbs, and supportive rituals like tea, you can gently guide your body from burnout back to balance.

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



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EASTER BUNNY AND CANDY EGG ROCKY ROAD RECIPE

Love chocolate and marshmallows? Here's a fun rocky road recipe that combines a few sweet favourites to create an elevated Easter treat.

INGREDIENTS

- 400g milk chocolate (use white or dark chocolate if you prefer)
- 100g marshmallow bunnies
- 125g packet of candy coated chocolate mini eggs (Tip: buy an extra packet of mini eggs, because they're yummy to snack on while you're cooking)
- 1 cup of mini marshmallows
- 1 cup of Iced VoVo biscuits, roughly chopped
- A pinch of cooking salt

METHOD

1. Line a slice pan or small baking tray (you want your tray to be at least 5cm deep) with baking paper, letting it hang over the sides so it's easy to lift your rocky road out of the pan later. Start snacking on your extra bag of mini eggs (optional).
2. Break the chocolate into pieces and melt it in a heatproof bowl over a saucepan of simmering water, or microwave it in 30 second bursts, stirring until smooth. Add a pinch of salt.
3. In a large bowl, combine the chopped biscuits, mini marshmallows, half the mini eggs, and half the marshmallow bunnies.
4. Pour the melted chocolate over the mixture and stir until everything is coated.
5. Spread the mixture into the lined tin. Continue snacking on your extra bag of mini eggs (optional).
6. Press the remaining marshmallow bunnies and mini eggs into the surface so they're visible.
7. Pop it in the fridge for one to two hours, until your rocky road is firm. You can then slice it into squares and enjoy!





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LOCAL GARDENING WITH KAT

WHAT THE FIG?

BY KAT PEARSON, *GIRL IN THE GREEN*

Local and not-so local figs...

We should all know the Moreton Bay fig around here. Big tree, big roots, small fruit, often strung up in fairy lights. As you might guess from the name, they are native to the eastern coast of Australia, including the Moreton Bay area. The scientific name is *Ficus macrophylla*, due to its big (macro) leaves (phylla) – though I can think of a number of other figs with just as big, if not bigger, leaves: the fiddle leaf fig, the dinner plate fig, even the rubber tree. But size is in the eye of the beholder, I suppose...

Moreton Bay figs are a type of strangler fig. Whilst our bayside specimens are planted in the ground, wild trees often start as seeds that germinate in the canopy of another tree. It lives as an epiphyte for a while until its aerial roots reach the ground. Once it hits soil, it grows rapidly, encasing or ‘strangling’ the original tree. The fig tree’s roots get bigger and bigger, spreading out around the main trunk. These are called buttress roots and give the usually shallow-rooted trees stability.

The small purple fruit is edible but dry (once again, just because you

can, doesn’t mean you should). The flying foxes love them, as do a number of bird species. Like other figs, the flower is inverted – meaning the flowers bloom on the inside, making it tricky for pollinators to access. Handily, they have developed a mutual relationship with a wasp that crawls in to lay eggs, pollinating the flowers at the same time. Unfortunately for the wasp, it dies inside and is decomposed by enzymes and absorbed by the developing fruit. This plant/wasp situation exists across all wild figs, with each fig species pollinated by a unique wasp species. The figs can’t reproduce without the wasps, and the wasps can’t reproduce without the figs.

But never fear! The commercially produced figs we eat (*Ficus carica*) do not contain wasp remnants. Natural selection over the years has chosen not only tasty fruit but also self-pollinating varieties, which do not produce viable seed and must be propagated vegetatively (through cuttings). In addition to avoiding any additional wasp-based proteins in our diet, it also means edible figs can be grown outside the natural range of any particular wasp species. I have a very small ‘Brown Turkey’ fig tree in a pot – it doesn’t produce a lot of fruit, but the handful it does are so, so good, picked on a warm sunny day and eaten right on the spot!

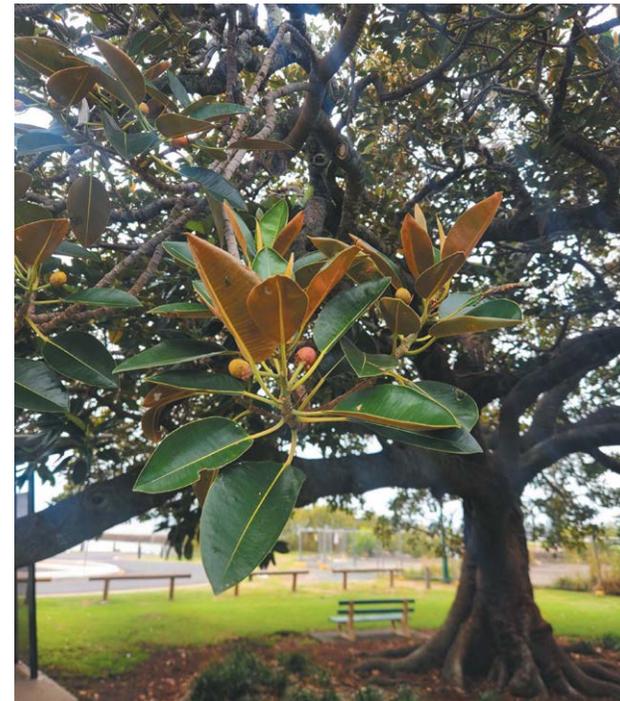


Photo: Kat Pearson.

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 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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PHOTO OPS GALORE AS LIONS' TROPHY VISITS VICCY POINT

FROM VICTORIA POINT SHARKS

If you're a Brisbane Lions fan you'll be happy to know the team has been out and about sharing with Redlands locals the Brisbane Lions 2025 Premiership Cup trophy.

The Premiership trophy has been on tour and made an appearance at the home of AFL in the Redlands at the Victoria Point Sharks. The club was honoured to have it sitting alongside its very own 2025 QAFL Senior Men's Premiership trophy.

There were many Sharks' junior football players taking advantage of the photo opportunity, as well as staff, and a very proud Brisbane Lions fan (Gary Mead) who has been a Brisbane Lions member since 1989!



All photos: Supplied.

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LOCAL FISHING WITH SPERO

EASTER ON MORETON BAY: WHAT'S BITING IN APRIL

BY SPERO KARTANOS

April is a great month for fishing the bay, if the weather gods do the right thing! It's usually a hit-or-miss month, but hopefully the water clears, and we can see the bottom of the bay.

This month, the school mackerel should be moving closer to the western part of the bay, and hopefully we will see some spotties as well, but I will not be holding my breath.

The whiting normally clear out of the Chain Banks area and go into Fisherman's Gutter, the Rous, and Amity Banks, so it's a bit further to travel from home for a catch of whiting.

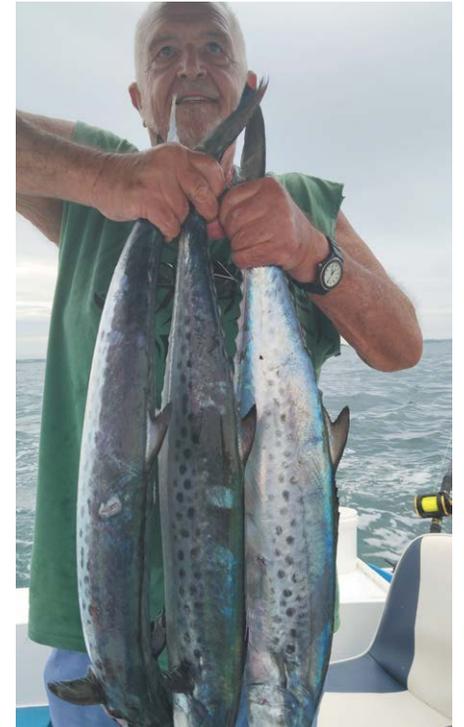
The squid should be in good numbers in close if the water clears. Otherwise, the squid should be around the Rous, Amity and the western side of Moreton. Hopefully, the water clears, and we can get them closer to home.

The squire and sweet lip are normally in good numbers in April, and the fishing has been good at Mt Cotton Reach this time of year, as well as the shallows around the Bay Islands.

Prawns are plentiful in the southern bay, and the crabs tend to be in the deeper water in the bay.

Till next month, good fishing!

PS: Don't forget to check the weather forecast before venturing out. It is nearly the anniversary of getting the weather beacon on Hope Banks, and I screamed a lot to get it installed. I will never be more grateful to the past CEO of BOM, Dr Andrew Johnson, for stepping up to get this done. In my opinion, it is the best thing that has been done to improve safety on Moreton Bay.



Photos: Spero Kartanos.

CRIME STOPPERS LAUNCHES “EYES ON THE STREET” TRIAL IN VICTORIA POINT

CONTRIBUTED BY CRIME STOPPERS QLD

Crime Stoppers Queensland (CSQL) is proud to announce the launch of the Business Watch – Eyes on the Street trial in Victoria Point, a new community-focused initiative designed to strengthen local crime prevention and support safer business precincts.

The pilot program brings together CSQL, the Queensland Police Service Crime Prevention Unit, the Redlands Coast Chamber of Commerce, and Redland City Council, with generous support through a grant from the Community Bank Victoria Point branch of Bendigo Bank. This shared commitment has enabled a coordinated approach to helping local businesses identify and report suspicious behaviour.

Held in March in Redland Bay, the introductory briefing marked the start of the trial, offering local business owners and operators an early look at how the program works and how they can play an

active role. Attendees were introduced to the Eyes on the Street app and its key features – a tool designed to support simple, fast, and anonymous reporting and help businesses act as an extra set of “eyes” to identify emerging issues before they escalate.

By connecting police, partner organisations, and local businesses, the initiative aims to enhance information flow, encourage earlier reporting, and build a more unified approach to community safety. The Eyes on the Street app gives the Victoria Point business community a practical way to report concerns anonymously, supporting early intervention while laying the groundwork for broader, statewide application as the program grows.

The Business Watch trial marks a positive step toward a safer, more connected Queensland – proving what can be achieved when the community works together.



Attendees at the launch. Photo: Supplied.

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ROGI'S APRIL MEETING: TRY GROWING EXOTIC FRUIT TREES

CONTRIBUTED BY GAIL BRUCE

Long-term member of the Sub-tropical Fruit Society, George Allen, will share his knowledge on exotic fruit growing at Redland Organic Growers Inc.'s (ROGI) April meeting.

George has, for decades, enjoyed growing and experimenting with hundreds of fruit varieties on his Capalaba quarter-acre. He said a lot of people want to grow more edible plants in their gardens but are only familiar with the fruit trees they grew up with.

"We are conditioned by our culture to grow what is familiar, but we live in a Goldilocks zone as far as growing food crops. What we can grow really well and easily is quite extensive but often not well known. Productive plants from warm temperate to mild tropical climates can grow here; such a range of fruit that most gardeners can only dream about.

"If you're considering planting a fruit tree in your backyard, it might be worth tasting some of the more exotic fruits. There are so many great tasting fruits available if you're willing to try something different. Most are extremely hardy and manageable and will grow to be very productive with minimal care. There's a tree for every situation, you just have to search for them.

"It's a matter of taste," George says. "In a small garden, you need to grow what you and your family will enjoy eating. If you have the typical taste of people from temperate places, then you may like the sweet-sour taste in fruit."

Learn about and taste a few of George's exotic fruits when ROGI meets on April 9 at 6:45 pm, Bayside Community Church, MacArthur Street, Alexandra Hills. Come at 6:15 pm to browse the library, shop for seeds, plants and local organic produce. Entry for members is \$2; visitors \$5. To join or renew memberships, visit <https://www.rogi.com.au/membership.php>



Achachairú or Achacha *Garcinia humilis*, native to the Bolivian Amazon, has a sweet and tangy sorbet-like flavour. Photo: Supplied.

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NATURALLY WONDERFUL ... WITH RANGER STACEY

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

One of my favourite things about the month of April, (aside from my daughter's birthday and the Easter long weekend!), is the Eco Markets at Redlands IndigiScapes Centre on Saturday 11 April.

What's better than spending a Saturday morning strolling through the natural environment, beneath the dappled light of the tree canopy, coffee in hand, in search of beautiful things? Handmade goodies, made locally, and sourced thoughtfully. Interesting conversations, engaging activities and live entertainment heighten the wholesome vibe.

But to me it's more than a market. It's an experience that oozes inspiration for us to make better choices for the planet. Now I'm not talking about saving the entire planet – it's about individual, achievable actions that collectively create a healthier environment.

Making a difference to our natural world is something we can all do. In a world where there's always a lot going on, it's nice to know that small changes at home, in our backyards, and in the local community are achievable.

Something as simple as planting native species in the garden is positive in more ways than one. From ground covers to small shrubs

and trees, a layered native garden creates a sanctuary for insects, birds, lizards, and mammals. Choosing species that are native to the local area means the plants are inherently well-adapted to the soil and climate, which leads to a relatively low maintenance garden. Spending time outdoors in nature is good for our physical and mental health!

Volunteering takes the notion of making a difference to our natural world to the next level. The desire to help is a wonderful human trait, and there are plenty of people across Redlands Coast and beyond who give up their time to care for the environment. Like-minded people often come together to propagate plants at IndigiScapes native nursery, bushcare groups gather regularly to enhance their local area, and wildlife advocates work around the clock to operate Redlands 24-hour Wildlife Rescue Service.

So, while this month kicks off with April Fool's Day, don't be fooled. Although sometimes we might feel a little helpless in the grand scheme of things, remember to start small and act locally. Everyone can play a role in caring for the environment, one step at a time.

Until next time ... Stay Wild!

Ranger Stacey



The Eco Markets at IndigiScapes. Photo: Supplied.



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CAR REVIEW

MG IM6 PERFORMANCE WAGON: A FIRST EV EXPERIENCE THAT IMPRESSES

BY JOHN VANDERMAAT



Spending a few days behind the wheel of the MG IM6 Performance Wagon was my first real introduction to the world of electric vehicles – and it proved to be a memorable one. Having never driven an EV before, the experience felt a little like jumping in at the deep end, but I quickly emerged impressed rather than overwhelmed.

From the moment you step inside, the IM6 makes a strong impression. The interior is beautifully finished and dominated by a sweeping 26.3 inch panoramic display, complemented by a 10.5 inch central touchscreen. There is an abundance of technology on offer, so taking a few moments to familiarise yourself with the controls before driving off is worthwhile. Fortunately, everything is logically laid out and easily accessed through the touchscreen.

Space is another highlight. With the driver's seat adjusted to suit my 188cm height, there was still plenty of room for passengers in the rear. The boot is generously sized and would comfortably handle a couple of suitcases, making the IM6 well suited to family use or weekend getaways.

On the road, the MG IM6 truly shines. The ride is exceptionally smooth, and the acceleration from the 553kW dual motor all wheel drive system is nothing short of thrilling. As a newcomer to EVs, the instant power delivery felt very different at first, but it quickly became one of the most enjoyable aspects of the driving experience. The car feels confident, composed, and genuinely fun to drive.

The technology continues to impress, with features such as multiple camera views, a 20-speaker premium audio system, heated and cooled seats, and AI parking assist all contributing to a sense of luxury and ease. One practical consideration is charging – being limited to slow charging at home highlighted the



Photo: Supplied.

importance of access to ultra-fast charging to fully appreciate the vehicle's advanced 800 volt system.

Overall, my first foray into electric motoring could hardly have been better. The MG IM6 Performance Wagon delivers comfort, space, and excitement in equal measure – and if this is what modern EVs have to offer, the future of driving looks very appealing indeed.

Thank you to Bartons for supplying the MG IM6 Performance Wagon for review. Bartons has a range of EV, PHEV and Hybrid vehicles across 12 brands.

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