

The Community Leader

WE'RE ALL ABOUT GOOD NEWS

Redlands



DISCOVER, PLAY AND EXPLORE THE REDLANDS YOUR WAY!

What's your idea of adventure? The architects of Redlands' AdventureFest 2026 have built a program for this year's festival that has something for everyone, from high-energy outdoor thrills to mind-expanding activities like stargazing under the night sky.

One of this year's highlights is a chance to journey far beyond Earth without leaving Wellington Point. Redlands Astronomical Society

invites festival goers to peer through powerful telescopes and see constellations, planets and the moon in fascinating detail. Society president Janice Clarke said the event offers something special for newcomers and seasoned sky watchers alike. Telescopes of all sizes will be set up for visitors to explore the heavens, including a live feed telescope for those who prefer to view the stars on a screen. Find out more on page 3.

We love the concept of AdventureFest because it means that some form of adventure is accessible to everyone, close to home, regardless of age or ability.

We hope you find something in this edition that inspires you to choose your own adventure!

Pictured: Members of the Redlands Astronomical Society, who invite you to explore the night sky with them at Wellington Point.



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



LIFEGUARD TO DIVE INTO STRADDIE SALUTE CHALLENGE AGAIN

BY ASHLEIGH HOWARTH

For Calan Lovitt, the Straddie Salute Triathlon Festival isn't just another race – it's a yearly tradition he's kept since the inaugural event back in 2008.

A long-time member of the Point Lookout Surf Lifesaving Club since his days as an under-8 nipper, and now Head of Lifeguard Operations at the Australian Lifeguard Service, he knows the island like the back of his hand – an advantage he'll rely on when he once again laces up his running shoes to tackle the challenge with his teammates when the event returns on May 16-17.

"I am competing with a group of friends who were part of the Surf Lifesaving Club, and I will be running the 8km leg of the triathlon," he said.

"I have been lucky to come in the top three a couple of times in my age group, but I never take it too seriously – I just like to go out there and have fun."

Set against a picturesque backdrop, Calan said the course helps you feel a million miles away, even in those toughest moments.

"It's always a great event to take part in because Straddie is so beautiful," he said.

"No matter where you look while you're competing – from the beach and sand to the headlands and local streets – the scenery helps you forget, even for a moment, how exhausted you are.

"We are really lucky to have an event of this calibre right here in the Redlands that attracts competitors from all over Queensland and Australia."

The festival caters for all ages and abilities, with a range of events including triathlons, ocean swims, trail runs and junior races, making it accessible for kids, beginners and seasoned athletes.

"If you have ever thought about doing the Straddie Salute, go for it," Calan said.

"You've just got to dive into the deep end, and once you do, you won't regret it."

The Straddie Salute is one of the 100-plus events that make up this year's Redlands AdventureFest (May 15-24), which encourages locals and visitors to choose their own adventure on the Redlands Coast. To register, visit www.straddiesalute.com.au.



Photo: Supplied.

HEALTHY EATING MADE EASY

Gourmet Meals
Since 1993

31
CELEBRATING 31 YEARS
GOURMET MEALS

I ♥
ndis

HOME DELIVERY OF READY MADE MEALS

Mention the code word **INTRO** and receive one **FREE MEAL** of your choice.
New customers only, limit one per customer. Contact our office for minimum order requirements.

- ✔ Gluten Free
- ✔ Convenient ready-made frozen meals

- ✔ Tastes like home cooking
- ✔ Wholesome and nutritious

- ✔ Australian owned and operated
- ✔ Home delivered or available in stores

PICK UP ADDRESS: 46/2 15 BRISBANE ROAD, LABRADOR QLD 4215 | MONDAY TO FRIDAY 9:00AM - 4:00PM

Find us on facebook

Call now 1300 112 112

www.gourmetmeals.com.au



HERITAGE ARTISAN FAIRE WORKSHOPS MAY 15 - MAY 23



Blacksmithing, Soap Making, Leather Tooling, Metalsmithing, Ceramics, Glass Fusion, Burnt Brim Hats, Wooden Spoon Carving, and so much more...



Rediscovering
the Past
Through Craft



YOUR TICKET TO THE UNIVERSE: DISCOVER THE MAGIC OF THE NIGHT SKY WITH THE REDLANDS ASTRONOMICAL SOCIETY AT THIS SPECIAL EVENING OF STARGAZING

Curiosity about space turns into pure adventure as the Redlands Astronomical Society invites you to blast off into a night of stargazing at Wellington Point, where constellations, planets and the moon become your cosmic playground.

Held near the boat ramp at Wellington Point Reserve from 6:00pm to 8:00pm on May 23, the event is part of this year's Redlands Coast AdventureFest.

Redlands Astronomical Society president Janice Clarke said the evening promises a memorable experience for all ages.

"There will be a variety of telescopes set up on the night for people to look through, allowing viewers to see objects in the sky that are not visible without aids," she said.

"We host the event near the boat ramp because it offers dark conditions and very little light, making it an ideal spot for viewing the night sky.

"For those who have never looked through a telescope, there will be

plenty of surprises, and we will even have a telescope connected to a screen showing a live feed.

"For others, this will be your chance to revisit Scorpius, the Southern Cross and other nearby constellations and star groups.

"Our members will also be on hand to answer questions you might have, as we know many people are naturally curious about space."

The group took part in the inaugural AdventureFest in 2025 and is excited to return.

"We had between 60 to 70 people attend last year which was a wonderful turnout, so we hope to see some new and familiar faces this year," Janice said.

As this is an outdoor event, keep your fingers crossed for clear, dry weather so it can go ahead.

Established more than 25 years ago, the society brings together people with an interest in astronomy to share knowledge, take part in discussions and attend monthly sky viewing nights.



Redlands Astronomical Society members explore the night sky at Wellington Point.

If you're interested in finding out more about the Redlands Astronomical Society, go to www.ras.org.au or email redlandsastronomicalsociety@gmail.com.



CAPALABA SPORTS CLUB

113 Ney Road, Capalaba PH: 33903011 capalabasportsclub.com.au

KIDS ROOM OPEN

MON - THUR	5.30PM-9PM
FRIDAY	5PM-10PM
SATURDAY	12PM - 10PM
SUNDAY	11AM - 9PM

Cafe Menu available 10am to 5pm daily





www.kateredman.com.au

Contact Becky today:
0481 574 356
becky@kateredman.com.au



Becky McKay

Your local Wills and Estates Lawyer

As a fully mobile Estate Law specialist, I'll meet you wherever you're most comfortable—home, work, or even your favourite café.

Wills ▪ Enduring Powers of Attorney ▪ Deceased Estates ▪ Grants of Probate ▪ Estate Disputes

Roof Leaking? Roof Inspection and Report from \$349



Our roofing services include:

- Repairing or replacing broken, cracked or slipped tiles
- Re-sealing and repointing ridge caps to improve stability and prevent leaks
- Fixing damaged valleys, flashings and roof penetrations
- Replacing rusted or corroded metalwork where required
- High-pressure roof cleaning to remove dirt, moss and lichen
- Treating mould and organic growth to slow regrowth
- Applying protective sealants or roof coatings
- Repainting roofs to improve appearance and durability
- Inspecting roof structure and identifying hidden issues
- Minor leak detection and preventative repairs
- Full roof replacements



Our inspections help detect current or potential roof leaks early while ensuring your roof remains compliant with Australian Standards.

Call today to book in your Roof Report

(07) 3555 6711 agradepg.com.au



OUR DRAIN UPGRADE PROCESS

- **INITIAL ASSESSMENT:** WE INSPECT YOUR EXISTING SYSTEM WITH ADVANCED CCTV TO IDENTIFY WEAKNESSES AND ASSESS CAPACITY.
- **CUSTOMISED PLAN:** WE RECOMMEND TAILORED SOLUTIONS SUCH AS LARGER PIPES, UPGRADED MATERIALS, OR ADDITIONAL DRAINAGE POINTS.
- **INSTALLATION:** UPGRADES ARE COMPLETED USING QUALITY MATERIALS AND MODERN TECHNIQUES WITH MINIMAL DISRUPTION.
- **TESTING & HANDOVER:** THE SYSTEM IS FULLY TESTED TO ENSURE RELIABLE PERFORMANCE.

CALL BROWN ARM BOYS DRAINAGE TODAY FOR AN EXPERT ASSESSMENT AND FIXED-PRICE SOLUTION.

FREE STORMWATER DRAIN ASSESSMENTS

&

10% OFF SEWER UPGRADES

Call today to book an
assessment!

(07) 3555 6708 brownarmboys.com.au

LUSCIOUS LOCKS AND COMMUNITY SPIRIT SHINE AT MULLET FUNDRAISER

BY ASHLEIGH HOWARTH

A bold display of mullets turned heads in Birkdale recently as locals united to raise funds for mental health at the inaugural Redlands Ultimate Mullet Competition.

More than 100 people converged on Craft Brew House in Birkdale on April 19 for the event, which was held in conjunction with Clippy T's Barber Shop.

The event raised \$1,500, with the total doubled to \$3,000 thanks to the support of Safety Mate, a key corporate partner of the Black Dog Institute, which matches donations to amplify fundraising efforts.

All money raised will fund crucial suicide prevention research and support the one in five Australians who experience mental illness each year.

Event organisers Tracy Robson and Shella Thornton said they were overwhelmed by the turnout.

"The atmosphere was fantastic – it was rewarding to see so many people come together for such an important cause," Tracy said.

"It really shows what can happen when a community gets behind something positive."

Given the success of the day, Shella is considering making it an annual fundraiser.

"I think this is just the beginning – we can definitely go bigger and better next year," she said.

Dylan Wilkinson won the Best Classic category, while a gentleman named Ray claimed the title for Wildest Mullet.

A number of youngsters also made quite the impression, with three-year-old Tate Dhnaram winning the Junior Mullet category and two-year-old George Williams taking out the People's Choice Award.

A special prize was also awarded to Holly Bamber, who was the only female entrant.

Dylan said he was surprised to win, revealing he only entered at the request of his son.

"My little boy Winston didn't want to go up on stage without me, so I made a deal that I would go up there as well," he said.

"It paid off for both of us because he was named the runner up in the junior category, which he was pretty chuffed about."

A long-time fan of the iconic hairstyle, Dylan said the mullet was part of his identity.

"It's the best of both worlds – business in the front and party in the back."



Some of the winners of the mullet competition, including George Williams with his dad Jeremy, Tate Dhnaram with his dad Matt, and Dylan Wilkinson with his son Winston. Photo by Ashleigh Howarth.

Joes Caravan Sales

WANTED TO BUY

ALL Caravans and Motorhomes
WE COME TO YOU!

- Fast settlement
- Finance Paid Out

If you want a quick, no hassle sale
call Joe for a price...

0418 876 395

bluexe@gmail.com

Looking for a new
Body Corporate Manager?

Bring your building to Ocean Body Corporate Advisors and receive up to 3 months free management.

Emily Holland
0434 748 321
info@oceanbca.com.au

Thinking about changing
Property Managers?

Bring your property to Ocean Realty to manage and receive up to 3 months free management.

Nicole Garnham
0456 568 667
nicole@oceanrealty.com.au

OCEAN REALTY

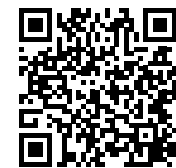
131 Bay Terrace, Wynnum | P: 07 3130 6806 | E: hello@oceanrealty.com.au | www.oceanrealty.com.au



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.

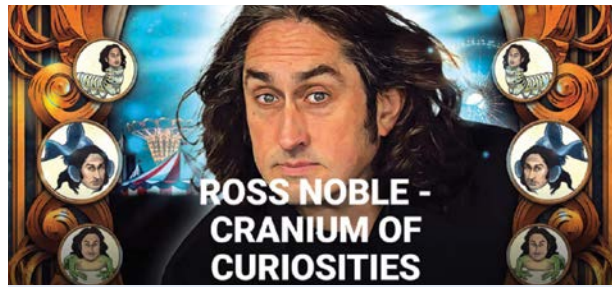
SCAN TO LEARN MORE ABOUT **WHAT'S ON**



REDLANDS ORCHID SOCIETY AUTUMN SHOW

Saturday May 16, 8:30am to 3:00pm, Birkdale Sports Club, Judy Holt Lane, Birkdale

The Redlands Orchid Society invites the community to its vibrant Autumn Show, a must-visit event for flower lovers and curious beginners alike. The show will feature a spectacular display of orchids, plant sales, raffles, and a craft stall. Visitors can also enjoy potting demonstrations, expert cultivating advice, and a wide range of growing accessories. With refreshments available throughout the day, including tea, coffee, sandwiches, cakes and scones, it's the perfect outing for a relaxed day among beautiful blooms.



ROSS NOBLE – CRANIUM OF CURIOSITIES

Friday May 29, 8:00pm, Redland Performing Arts Centre, Middle Street, Cleveland

Audiences are invited to experience a night of unpredictable hilarity as Ross Noble brings his latest tour, *Cranium of Curiosities*, to the stage. Known for his quick-fire wit and surreal improvisation, Noble takes crowds on a whirlwind of tangential riffs and off-the-cuff absurdity, where no two shows are ever the same. Dubbed the "Wizard of Waffle", he dives headfirst into a chaotic, curiosity-filled comedy journey, with the show's direction anyone's guess – and that's exactly the point. Packed with high-energy storytelling and spontaneous humour, this performance promises a wildly entertaining night that will leave audiences laughing long after the curtain falls. For tickets, go to rpac.com.au.



INDIGISCAPES ENVIRONMENT AND COMMUNITY FAIR

Saturday May 23, 9:00am to 2:00pm, IndigiScapes, Runnymede Road, Capalaba

Celebrate World Environment Day at Redland City Council's Environment and Community Fair, set among the stunning natural surrounds of IndigiScapes. Hosted by Ranger Stacey, the free family-friendly event features a lively program of entertainment, including special guest Jeremy Coleby-Williams. Visitors can explore eco markets, a pop-up shop, and enjoy a live broadcast with Tony Tranter. With native wildlife encounters, hands-on nature activities, and fun for kids, there's something for all ages. Guests can also meet local environmental groups, browse the native plant nursery, and enjoy delicious food and coffee. Don't miss this vibrant celebration of community and sustainability on the Redlands Coast.



HERITAGE ARTISAN FAIRE WORKSHOPS

From May 15 to 24, Redlands Coast Museum, Smith Street, Cleveland

Step back in time and get hands-on at the Redlands Coast Museum during the Heritage Artisan Faire Workshops. Held as part of Redlands Coast AdventureFest 2026, this immersive program invites visitors to explore traditional crafts and heritage skills brought to life by skilled local artisans. From blacksmithing and bookbinding to pottery, glasswork and wood carving, participants can discover time-honoured techniques while creating their own handmade pieces. Blending history with creativity, the workshops offer a unique opportunity to connect with the region's past in a fun, interactive way, making it a must-visit arts and culture experience. Find out more at redlandscostmuseum.org.au.



REDLANDS COAST ADVENTUREFEST FAMILY FUN DAY

Saturday May 16, 11:00am to 4:00pm, Raby Bay Harbour Park, Cleveland

The Redlands Coast AdventureFest Fun Day promises a day of excitement and family-friendly fun as part of the wider Redlands AdventureFest. This free community event offers something for all ages. Hosted by Ranger Stacey, visitors can enjoy a vibrant program featuring live music, a thrilling jetpack water show, wildlife displays and a wide range of interactive activities. From rock climbing and obstacle courses to mini golf, circus fun, face painting and messy play, there's plenty to keep kids entertained. With sports demonstrations, food trucks and engaging displays, it's a lively celebration of adventure, community and the great outdoors.



COMMUNITY CELEBRATION 2026

Saturday May 16, 2:00pm to 6:30pm, Redland Performing Arts Centre, Middle Street, Cleveland

Celebrate community spirit at the Community Celebration 2026, a free, family-friendly event. This vibrant afternoon brings people together with live entertainment, including local performers, cultural acts and interactive shows, alongside market stalls, food vendors and community displays. Families can enjoy face painting and a jumping castle, while the Volunteer Awards highlight the contributions of local legends during National Volunteer Week. The celebration concludes with a spectacular laser show, creating a memorable finish to a fun-filled day that showcases the heart and diversity of the Redlands community.

LEBANON'S LAST PRINCESS – THE FAIRY TALE THAT WASN'T

Her title was Amira, princess. She was brought up in palatial opulence in French-occupied Lebanon. She was fluent in French and Arabic. By the age of 15, she was married to an Australian-based businessman nearly three times her age and had been transported to a Queenslander in Dalby, leaving behind the man she had hoped to wed.

Amira Nadia Abillama withstood racism, a sudden demotion from the nobility to working in a drapery business in a country town in a country whose language she didn't speak and domestic abuse. She cared for a seriously ill husband, raised children and bequeathed three generations to Australia. Her great-great-granddaughter, dancer, actor and writer Nadia Milford has researched her namesake's history and transformed it into a captivating meld of theatre, dance and music, *The Last Princess of Lebanon*.

"A lot of research material was lost – severed family ties, things left unspoken – so I had to dig through a lot of other sources. It's not all on the internet, a lot of it is whitewashed and hidden under deep colonial history," says Nadia.

"It's a migrant woman's story of resilience and the impact three generations on, a weaving together of the contemporary and the historical. It was difficult to translate my own feelings into theatre and dance; it took three years, and even now the work is still changing. The journey to her was actually a journey towards myself – and it's bigger than just my story. That question of belonging is in a real state of transformation in Australia; look how far we've come – and look how far we have yet to go."

Told through theatre and dance, *The Last Princess of Lebanon* is a captivating coming-of-age story and a powerful reclamation of self and family. For tickets to the June 12 show, visit rpc.com.au.



Photo: Supplied.

Redland Performing Arts Centre presents

The Last Princess of Lebanon

By Nadia Milford

FRIDAY 12 JUNE, 7PM
Redland Performing Arts Centre
BOOK NOW! 3829 8131 rpc.com.au

Queensland Government
 Redland CITY COUNCIL
 redland performing arts centre



REDLANDS ORCHID SOCIETY AUTUMN SHOW

SATURDAY, 16 MAY | 8:30AM – 3:00PM
 BIRKDALE SPORTS CLUB, JUDY HOLT LANE, BIRKDALE

The Redlands Orchid Society invites the community to its colourful and inspiring **Autumn Show**, a perfect outing for orchid enthusiasts, gardeners, families, and anyone who enjoys beautiful blooms.

VISITORS CAN EXPLORE:

- A spectacular showcase of orchids in full autumn glory
- Plant sales featuring quality orchids and growing supplies
 - Raffles and a craft stall with handmade items
 - Potting demonstrations and expert cultivating advice
- A wide range of accessories for growers of all experience levels

Refreshments will be available throughout the day, including tea, coffee, sandwiches, cakes, and scones – ideal for a relaxed break while enjoying the displays.

Proceeds in support of the Redlands Hospital Auxiliary

Enquiries: 0414 738 110 | redlandsorchidsociety@hotmail.com

ADMISSION
 Adults \$4.00
 Children Free



ADVENTUREFest in Redland City



Mayor's message

Redlands Coast AdventureFest is just around the corner!

Last year's inaugural event attracted more than 19,000 visitors and \$3 million in economic benefits and this year's event, running from 15–24 May, is set to be even better.

A celebration of everything that makes our region vibrant, active, and connected, AdventureFest 2026 will kick off with a Fun Day on Saturday 16 May at Raby Bay Harbour Park in Cleveland.

Get your family and friends together and join us. Hosted by Ranger Stacey, there'll be live entertainment, rides, adventure sports demonstrations, wildlife presentations, mini games and more.

Beyond the fun, the economic benefits AdventureFest brings to

every corner of our city are significant.

By activating our coastal and inland villages, local businesses – large and small – benefit from the collaboration with other providers and a boost in trade.

With more than 100 events to choose from, this year's festival is set to once again shine a spotlight on the exciting adventures, inspirational cultural experiences and vibrant arts scene available right here on our doorsteps.

I hope to see you at the Fun Day! Get ready to create your own adventure.



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

A destination on the rise

Redlands Coast is fast becoming a favourite getaway, with tourism continuing to grow and deliver real benefits for our community. More visitors are choosing to stay here longer, eat locally and explore more.

Being named a host city for the Brisbane 2032 Olympic and Paralympic Games puts Redlands Coast firmly in the spotlight, creating exciting opportunities for increased visitation, investment and growth. AdventureFest adds to this momentum, inviting visitors to discover the many adventures right on our doorstep.



255

Council supported community events engaging **280k+** attendees in 2025

\$434 million

to the local economy annually

1 in 20 people work in tourism

1.8 million

people visit Redlands Coast each year

50 Redlands Coast tourism operators were awarded 'Best in Queensland' experience in 2025

More than **126,000** visitors for the Harry Potter experience

AdventureFest 2026 – a festival for the whole city



Take a closer look at more than 100 adventures

Some events you won't want to miss!

Redlands Coast AdventureFest Fun Day
Saturday 16 May

- Redlands Mountain Bike Rumble **Fri 15 – Sun 17 May**
- Heritage Artisan Faire Workshops **Fri 15 – Sun 24 May**
- Family Fun Day at the Great Aussie Bush Camp **Sat 16 May**
- Come and Try Dragon Boating **Sat 16 May**
- MG Car Club Mt Cotton Hillclimb **Sat 16 – Sun 17 May**
- Straddie Salute Triathlon Festival **Sat 16 – Sun 17 May**
- Walk to King Island with Ranger Stacey **Mon 18 May, Fri 22 May**
- Haunted Redlands Ghost Bus Tour **Sat 23 May**
- Environment and Community Fair and Eco Markets **Sat 23 May**
- Redlands Coast Gallery and Museum Hop **Sat 23 – Sun 24 May**
- Water Lantern Festival **Sat 23 – Sun 24 May**
- Antique, Collectable and Record Fair **Sat 23 – Sun 24 May**
- Bayview Blast **Sun 24 May**

Ferry rides, fresh air and island secrets

Once only locals knew where to find the best beaches, cafés and cultural treasures across our Redlands Coast islands – you can discover these gems and fall in love with them too!

This year, AdventureFest’s self-guided Redlands Coast Gallery and Museum Hop includes the option of crossing the bay to uncover stories and artworks on North Stradbroke, Coochiemudlo and Russell Islands. Coochiemudlo Island’s Emerald Fringe offers a picture-perfect coastal day for families, even those with younger children – just a 10-minute ferry ride from Victoria Point.

Or create your own ‘hop-on, hop-off’ island adventure, taking advantage of 50-cent passenger fares to our stunning Southern Moreton Bay Islands.



Maggie's Mates

SPONSORED BY MARKET 2 MARKET



Photo: Supplied.

What's your name? Hello, I'm Ollie, a professional good boy and full-time furry household entertainer.

Where do you live? I'm from Cleveland. I've been here for two glorious years, since being rescued from the Redlands Animal Shelter. I am living my absolute best life, thank you very much.

What's your favourite local walk? The Waterloo pathway – so many smells, so little time. Sniffing is my favourite form of exercise.

What's your most treasured toy? My pink piggy. It squeaks, it's adorable, and it's mine.

What's your favourite food? Everything. Truly everything. But if bones are involved, I'm already drooling.

What's your worst habit? Barking... enthusiastically... at everything... all the time.

Where's your favourite hangout spot? Inside with Mum, supervising all activities like the responsible doggo I am.

Who's your favourite doggo friend? My best friend is Darryl, my adopted brother! No competition. He's the best.

Do you have any embarrassing stories to share with us? Well, there was that one time I launched myself into the pool while Dad was doing freestyle. I have zero regrets, though. I consider myself an average swimmer.

What do people love most about you? My cheeky, happy go lucky nature. I keep the whole house smiling.

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

GET CONNECTED. STAY CONNECTED.



WHY CHOOSE US?

OUR SERVICES:

- ◆ Inclusive Employment Australia - IEA
- ◆ Youth Employment Assistance - (SLES)
- ◆ NDIS Employment Support
- ◆ Supported Independent Living - SIL
- ◆ Daily Living - In Home Supports
- ◆ Community Participation



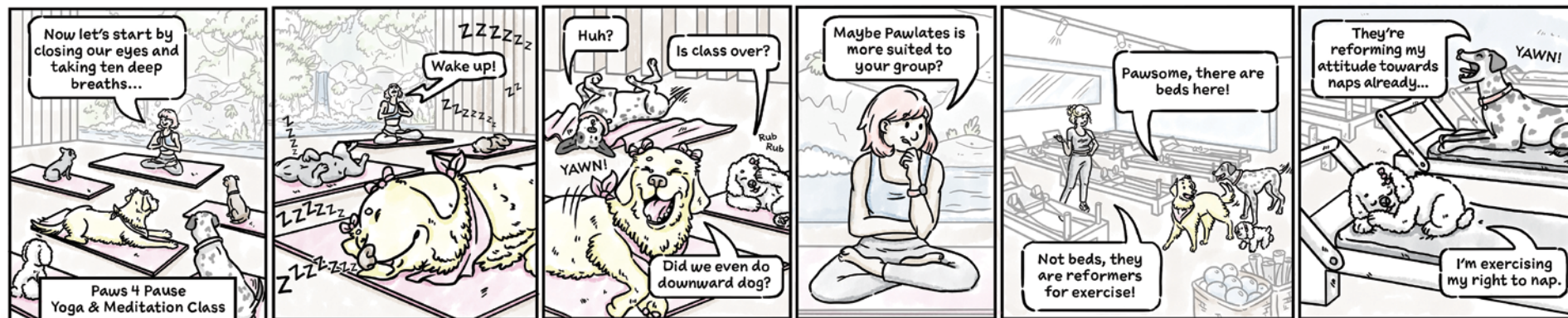
07 3286 7166

www.connect2group.org.au

enquiry@connect2group.org.au



MISS MAGGIE OF MANLY



KEEPING YOUR PET COMFORTABLE AND HEALTHY THROUGH WINTER

BY DR NICKY THOMAS, WYNNUM MANLY VETERINARY HOSPITAL

As we move further into autumn, temperatures start to drop, and it is important to make sure our pets stay safe and warm during the winter months.



WINTER COATS

Dogs and cats with thin or short fur and older animals often feel the chill. During especially cool weather, it may be useful to invest in a coat for your furry friends, especially if exercising early or late in the day when the temperature is lower. A comfortable coat that fits from the neck to the base of the tail and protects the less-furred skin on the abdomen can help keep your pet warm. Be mindful of overheating, however. If your pet is in a heated environment, you may need to remove any coats.

BEDDING

We all enjoy snuggling under warm blankets when it's cold, and our pets are the same. Provide your dogs and cats with beds away from drafts and elevated from hard, cold surfaces. Extra blankets can be added for warmth – many pets like making a “nest” to cuddle down in.

OUTDOOR PETS

If your pet lives outside, it is important to provide shelter from the cooler weather. A kennel or cat enclosure can keep your pet warm, and a supply of clean, warm blankets provides extra protection.

KEEP MOVING!

The cooler months offer a great opportunity to get out and exercise without the overwhelming heat and humidity that are so common in Brisbane for much of the year. Keeping your pets well exercised, even when the mercury drops, helps prevent boredom and stops arthritic joints from seizing.

EXTRA SAFETY CONSIDERATIONS

The use of heaters and fires should be carefully monitored to avoid pets being unintentionally injured. Turn off heating devices when not home and always supervise animals around fireplaces to reduce the risk of burns.

Stock up on hot chocolate supplies, dig out the fluffy slippers and take the opportunity for extra snuggles with your living heat packs (aka dogs and cats!) during the coming months!





NEW SEASON ARRIVALS IN STORE & ONLINE NOW AT

LABELS

by the bay

Visit us in store or online now to view our range of New Season Arrivals. Full of trans-seasonal items made in natural & breathable fibres.

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



CLEVELAND 6/48 BLOOMFIELD STREET | MANLY SHOP 2 STRATTON SQUARE 188 STRATTON TERRACE | OPEN 7 DAYS | WWW.LABELSBYTHEBAY.COM.AU

WE'VE STEPPED UP TO FIVE STAR RECYCLING – LET'S KEEP GOING!

FROM REDLAND CITY COUNCIL

Across Redlands Coast, residents have shown what's possible when a community commits to better everyday recycling habits.

The 2025 *Let's Get it Sorted* (LGIS) education campaign, supported by the Queensland Government, has delivered some of the strongest improvements the city has ever seen. And while the campaign may be over, the momentum it created is something we can't afford to lose.

The program saw more than 27,000 yellow lid recycling bins checked up to three times for contamination, with helpful improvement tips provided via educational bin tags.

That personalised feedback worked: 89% of households achieved a four or five star rating, and the number of five-star recycling households – those with zero contamination – increased by seven per cent from the first to the final checks.

Alexandra Hills and Birkdale earned the highest proportion of five-star ratings and Macleay Island and Thorneside recorded the greatest improvements.

But the real story is what changed behind closed lids. Results show that Redlanders didn't just receive feedback; they acted on it, with a clear reduction in contaminants.

- **Soft plastics don't belong in recycling:** 27 per cent of residents who previously placed soft plastics, packets, wrappers and bags into recycling now correctly dispose of them in the red lid bin or take them to specialty recycling drop-offs.
- **Keep recycling loose:** 23 per cent of households have shifted to emptying their recyclables loose into the yellow lid recycling bin, preventing bagged recycling from ending up in landfill.

The results also translate into measurable environmental gains.

- 1.7 per cent decrease in recyclables lost to landfill, proof that improved habits at home help keep valuable resources in the circular economy.
- More recycling being recoverable, with severe contamination dropping from 7 per cent to just 4 per cent after three rounds of checks.

While these achievements deserve recognition, they also highlight the need to stay vigilant.

Film-like plastics, bagged recyclables, toys, Tupperware, laundry baskets, paper towels and tissues remain among the common contaminants in yellow lid bins. They may seem harmless, but once they enter the recycling stream, they create significant processing challenges.

Simple changes can help every household maintain five-star recycling habits year-round:

- Emptying recyclables loose
- Investing in a twin bin setup in the kitchen
- Using search tools like Council's A-Z recycling guide or the Recycle Mate app.

As Council works with everyone towards reducing waste, these everyday actions remain the foundation of our city's zero waste future.

The Let's Get it Sorted initiative proved what we already suspected: Redlands Coast residents care deeply about their environment and when given the right information, are keen to do their part. Now it's up to all of us to keep the momentum going – one bin, one household and one good habit at a time.

To find out more, visit redland.qld.gov.au/recycling

For a handy pocket guide on what to recycle and where, download the Recycle Mate app.

Redlands Coast, well done – you got it sorted!

In 2025, you made some big changes to your recycling habits, let's keep it going.

27%

more households putting soft plastics in red-lid bins

23%

more households keeping their recycling loose

7%

increase in 5-star recyclers

89%

4 or 5-star recyclers

3%

decrease in highly contaminated recycling bins

1.7%

decrease in recyclables lost to landfill

redland recycling



HANDS ACROSS THE CENTURIES – RECONCILIATION & REDLANDS COAST MUSEUM

BY JAN NARY

After years of preparation, Redlands Coast Museum joins a network of more than 2,500 corporate, government, and not-for-profit organisations that have made a formal commitment to reconciliation between Indigenous Australians and later settlers.

The museum's Reconciliation Action Plan (RAP) proposes creating a comprehensive educational program and a permanent exhibition, covering the Redlands' Original Time, Changing Time (Colonisation) and Now Time.

The museum's advisory body, the First Nations Education Committee (FNEC) is chaired by John Close, mental health practitioner and counsellor. John, who describes himself as "a community blackfella", has connections to the Brisbane regions' Indigenous peoples and all the way to Yarrabah in far north Queensland, but identifies primarily with his Quandamooka heritage through his father's line. He has the distinction of having been chastised by Oodgeroo Noonuccal when he was a rebellious child.

His aim, while not denying the shameful facets of colonial settlement, is to seek out the evidence of positive interactions between settlers and the original land custodians.

"When I moved from a country town and started at a state school it was the first time in my life that I'd heard the word 'boong'. I came home crying every day because I'd been in a fight every day," he says.

"It wasn't easy but I don't see myself as a victim; white people do not owe me an apology. The colour of my skin didn't define my future although it felt like that at the time – but my mother instilled in us that the basic rule is to get up and do something, to find an ideology beyond blaming."

John says that there's been a slant to the way our history has been taught, initially in ignoring the outrages that occurred but then reframing the past with the Indigenous people cast as passive victims.

"We talk about the massacres but we don't talk about how the people fought back – the women as well as the men. One of our weaknesses was that Indigenous people had only a form of 'local government' which made co-ordinated resistance harder. Pemulwuy, the renowned resistance fighter, developed tactics and unity through a range of Indigenous tribes. It was an unequal struggle but we survived because of our strong family system; we look after each other, we're never really alone."

John identifies a policy intended as humane and supportive as a major problem for the present.

"One of the most damaging things done to and for Indigenous people was the introduction of welfare," he says. "It was an economic stimulus but it took the man's role out of the family system. It didn't just hurt the family, it hurt the whole country. Now we have the third generation of



The FNEC Redlands Coast Museum team. Photo: Supplied.

welfare dependence and it can breed an attitude of hopelessness; we just have to look at the incidence of alcohol dependence and mental health problems.

"Many Indigenous people have been told for so long that they had no skills, that they've forgotten how to work to their strengths – but there are a lot of positive stories out there that we haven't found – they're the stories I'm after. The museum's RAP initiative is the perfect means for gathering those stories and building on them for the future."

BATTERIES MORE POWER LONGER LIFE

SERVING THE BAYSIDE FOR OVER 60 YEARS
WITH QUALITY BATTERIES



CARS • TRUCKS • MOBILITY SCOOTERS • STOP START VEHICLES • MARINE • BIKES • CARAVANS • MOTORHOMES

WYNNUM
BATTERIES

238 TINGAL RD (CRN BURKE ST) WYNNUM 4178 | 3396 3674 | www.wynnumbatteries.com.au

LOCAL PRINTER

Thinking Printing?
Thinking Fast, Affordable, Local?



THINK

redland graphic
printers

Our **state-of-the-art** digital machine is perfect for quick **SAME DAY PRINTING**, brilliant colour reproductions at the right price.

But that's not all we do!

Great service and unbeatable prices on:

- Business Cards
- Printed Stationery
- Brochures
- Graphic Design
- Banners
- Distribution
- Magnets
- Tradie Docket Books

Call us on 3286 1666

redlandgraphics.com.au

admin@redlandgraphics.com.au • 9/55 Shore Street, Cleveland Q 4163

SIP, CHAT AND RAISE A CUP AT AUSTRALIA'S BIGGEST MORNING TEA

BY ASHLEIGH HOWARTH

There will be plenty of steaming cups of coffee and platefuls of cakes, slices and scones on offer at the upcoming Australia's Biggest Morning Tea fundraiser at Renaissance Retirement Village in Victoria Point.

Hosted by the Cancer Council Queensland Redlands Volunteers Branch on May 27, the annual event raises funds for cancer research, prevention and support services, with all proceeds going to Cancer Council Queensland.

Having joined the group 18 years ago following the loss of loved ones to cancer, Jill Watson said the group hopes to hit a milestone donation this year.

"Over the years we have raised thousands of dollars for this worthy cause. In 2024 we raised \$10,750, and in 2025 we raised \$10,250, so this year we're aiming to crack the \$11,000 mark," she said.

"The community has always been wonderful in

their support, with the money we raise coming from ticket sales, raffle tickets and market stalls we have set up on the day.

"Each year we have more than 100 people attend, including Renaissance residents, their friends and members of the community.

"We welcome anyone who would like to come along and support this great cause because so many people know someone who has been impacted by cancer, or are going through it themselves."

Whether you have been before or this is your first time attending, there will be plenty of fun and entertainment for all.

"This year, we are encouraging everyone to bring along their favourite teacup or teapot to decorate their table or to wear a cancer ribbon colour and style their table to match, with some great prizes up for grabs for the winners," Jill said.



Photo: Supplied.

"We will also have Jonathon Welch, an internationally acclaimed ARIA and Logie Award-winning singer and conductor, entertaining everyone on the day."

Tickets are \$40 each, which includes entry, morning tea and a lucky door ticket. To book, email ccqredlands@gmail.com or phone 0493 722 397.



Empowered learners ready for the future. Enrolments for 2027 now open.

Capalaba State College offers a seamless Prep–Year 12 learning journey with strong community, stability, and support.

- Every student matters and is supported to reach their full potential.
- Students are encouraged to take pride in their learning and achievements.
- Learning extends beyond the classroom through academic, sporting, and cultural opportunities.
- Students build confidence, character, and skills for future study, work, and life.
- A supportive community, high expectations, and strong relationships help every learner thrive.

We invite you to explore the opportunities at Capalaba State College and join our community.



www.capalabasc.eq.edu.au | 3823 9111

MATES THEATRE GENESIS PROUDLY PRESENTS A QUARTET FOR THREE...

BY JAN NARY

Things are desperate in Beecham House and for the retired musicians who live there. Financial problems have been kept at bay by annual operatic performances, but time is taking its toll, and this could be a crunch year. A guaranteed drawcard act would be the highly popular opera quartet of Reg, Wilf, Cissy and Jean – but soprano Jean left the quartet and her husband Reg years ago. However, age has caught up with her, and she moves into the retirement village. Problem solved! Or is it...

MATES theatre group's production of Ronald Harwood's stage play *Quartet* will feature Mark Harrison, an actor well-known to Redlands audiences, back on stage after an absence of some years.

"For the last four years I've been concentrating on directing rather than acting," Mark says.

"I hadn't thought about auditioning, but I got a call from a very persuasive colleague, went to auditions expecting a small feature role and got ambushed into a lead role – and I'm loving it."

Mark says that he prefers acting to directing.

"As a director, you do your bit, but once the show opens, the actors are in control. As a director, you don't have lines to learn, but there's a lot more pressure for it to be a success – you can lose sleep over that sort of thing. And learning lines is like riding a bike – you develop a sort of 'muscle memory' in your brain."

Mark started performing with MATES in 1993, and before that had his first taste of theatre and music with church roadshows.

"That was when the performance bug bit me," he says. "Some hymns are very good and I've also been in a few rock'n'roll and country bands."

Mark's current role of Reg is a far cry from hymns and rock.

"I like quirky characters and I'm playing a stuffed shirt with another side to him – like a cross between Basil Fawley and Richard Harrison. My forte has always been to play a bewildered idiot – and I think I do it quite well."

For more information, visit <https://events.humanitix.com/quartet>.



Actor Mark Harrison. Photo: Supplied.

THE HISTORY OF VIC ARTHUR PARK – INFORMALLY THE 'BATTLE PARK'

CONTRIBUTED BY ADELIA BERRIDGE

Thorneside railway station, on the Cleveland line in Queensland, opened in 1889 as Waterloo, later closing and reopening multiple times, including as Ransome's Siding, before becoming Thorneside in 1917. The station closed again in 1960, but reopened in 1982 as part of the line's reconstruction, serving as an interim terminus for the extended commuter line from Lota.

The Joh Bjelke-Petersen Government instructed the Council to plan unit development along Railway Parade and at the corner of Thorneside Road, where shops now serve commuters, unaware that this area was once a 10-acre horse-trotting track.

Someone who has long ties to a place is often called 'rooted', but Vic Arthur is truly 'part of the furniture' – he owns the last protected acreage in the area, safeguarded by his environmental protection order against development.

"I did this in 1992, when I realised my street (Fisher Road) was being redeveloped for units. My neighbour, who had collected cooking oil for backwashing and candle-making, received a visit from Council

instructing him to shut down the place. Then the units went on this land. Then, a redevelopment sign was on the land next door, opposite my house, that we all assumed had been a park. It was a shock!"

Vic distributed flyers for a public meeting that drew 130 locals, Mayor Len Keogh, and local councillors. With elections near and strong community opposition, the council agreed to remove the signs. "We thought it was over until new signs appeared months later."

After an initial motion to turn the treed area into a park failed, a council change led to its approval. Although there was debate over naming it Vic Arthur Park in 2009, objections on the grounds that parks should not be named after people were dismissed, as Redlands had parks named after councillors.

Vic admits to tying 20-foot banners between trees, accusing the Council of heartless destruction of koala trees.

"I replaced the Council signs with my own sign, calling it 'Battle Park' and left pamphlets on the signs explaining the name derived after one heck of a battle."



Photo: Supplied.

Now in his 80s, Vic is still known for his willingness to fight to protect this park and other areas, such as Andy's Court and Penny Lane, from development, but that's another story.

REAL ESTATE NEWS & VIEWS

PROPERTY OF THE MONTH

Queensland | Sotheby's
INTERNATIONAL REALTY



2/5 PAXTON STREET
CLEVELAND

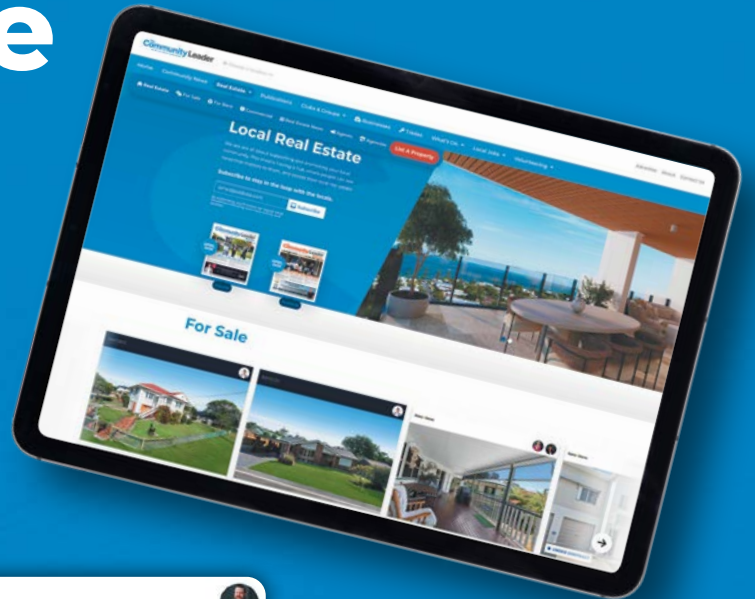


Jan Goetze
0418 885 523

Queensland
Sotheby's
INTERNATIONAL REALTY

Looking for a place to **buy** or **rent**?

Visit www.thecommunityleader.com.au to find your new home.



For Sale

Wynnum West
For Sale
7 Copernicus Street, Wynnum West 4178

3 likes, 1 share, 1 car icon • House

Wynnum West
Inviting offers
64 Chandos Street, Wynnum West 4178

5 likes, 2 shares, 4 car icons • House

Manly
Auction
135 Carlton Terrace, Manly 4179

4 likes, 1 share, 2 car icons • House



SCAN TO SEE MORE PROPERTIES FOR SALE

For Rent

Wynnum
\$650 per weekly
181 Wynnum Esplanade, Wynnum 4178

2 likes, 2 shares • Duplex Semi-detached

Wynnum West
\$440 per weekly
1/56 Chandos Street, Wynnum West 4178

1 like, 1 share • Studio

Manly
\$1,460 per weekly
329 Upper Esplanade, Manly 4179

4 likes, 2 shares, 2 car icons • House



SCAN TO SEE MORE PROPERTIES FOR RENT

For more information about local agents, visit www.thecommunityleader.com.au



ParkView

AT MICHELLE COURT

Your New Cleveland Lifestyle Awaits



Imagine waking up to the tranquil sounds of nature, yet having all the conveniences of modern life right at your doorstep. AFT is thrilled to announce the launch of ParkView, a stunning new residential development at Michelle Court in the heart of Cleveland. This isn't just an apartment; it's a premium lifestyle crafted for sophisticated living and smart investing.

Discover Premium Apartment Living...

Parkview at 11-14 Michelle Court, Cleveland is an exclusive collection of 56 premium apartments, perfectly positioned to offer the best of Cleveland living. 20% sold so far and 100% owner occupiers! We've gone above and beyond to provide a life of comfort and convenience. When you own at ParkView, you gain access to AFT's signature, resort-style facilities, including:

- A sparkling swimming pool
- A fully-equipped gym and sauna
- Dedicated meeting room for your professional needs
- A spacious residents lounge/function room for entertaining
- A unique offering: on-site RV/Caravan parking
- Five star Foyer
- Residents workshop
- Secure entry
- Secure Mail/Parcel delivery room

Whether you're looking for a comfortable new home or a savvy addition to your investment portfolio, ParkView is an opportunity not to be missed.

Don't miss your chance to secure your future in this highly sought-after development. Construction has started, meaning this opportunity is moving fast.

- 2 Bedroom Residences start from a compelling \$935,000.
- 3 Bedroom Residences start from \$1,285,000.
- 2 Bedroom + Media Residences start from \$1,150,000.

Now is the perfect time to get in early and secure the best floor plan and view!

Visit Our Display Unit to see the AFT difference for yourself. You can view the quality and finish of our apartments and discuss your options with our friendly team. Our display unit is located just minutes away at our 'Enclave' development: 228 Middle Street, Cleveland.

Plans, detailed pricing, and a wealth of information about ParkView are available for viewing now. The lifestyle you've been dreaming of is closer than you think.

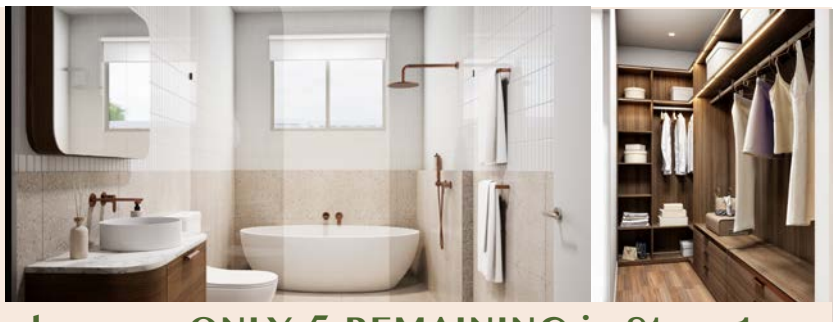
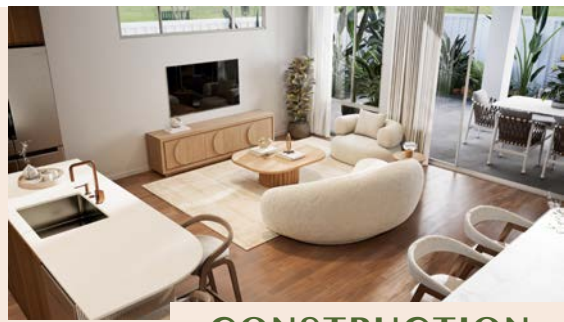
Contact our sales specialists today—they're ready to answer your questions and help you secure your new home at ParkView.

Sharon Saul | 0403 384 904 | sharon@javica.com.au

Nyanda Galvin | 0400 936 236 | nyanda@javica.com.au

Your premium Cleveland lifestyle starts here!





CONSTRUCTION underway - ONLY 5 REMAINING in Stage 1.

A limited release of 15 out of total 28 freestanding, freehold luxury villas, within a secure, gated, resort-style sanctuary.
With optional Caravan parking - Completion estimated end of 2026



1 Connie Way Thornlands

VIRTUAL DISPLAY at 39 Bay Terrace, Wynnum
OPEN - Monday - Saturday by Appointment



www.thepalmsvillas.com.au

VIRTUAL DISPLAY at 39 Bay Terrace, Wynnum
OPEN - Monday - Saturday by Appointment

www.panoramawynnum.com.au

EXPAND YOUR HORIZON



35 Bay Terrace Wynnum

PANORAMA

WYNNUM

Completion estimated mid 2027

ONLY A FEW APARTMENTS REMAINING - CONSTRUCTION UNDERWAY
All two-bedroom residences are now **SOLD OUT**, leaving a limited selection within our three-bedroom Luxe range.



SO, YOU WANT TO INVEST IN PROPERTY?

CONTRIBUTED BY ONE AGENCY THE MARTINS REAL ESTATE BAYSIDE

This property will pay for itself. One of many famous last lines made by people investing in real estate. This can actually be true, but there is a minefield to navigate to make it happen.

Property investment is totally different to buying a family home. Once you know your budget, your family home is bought with your HEART, with people placing their furniture in their minds when they make the decision. On the other hand, investment properties are all about cold, hard facts and asking the right questions before you buy.

Are you paying cash or borrowing? Are you borrowing against the equity in another property you own? Is the property already rented or will you need to find a tenant? Are you buying a property that you want to pay for itself, or do you want to build equity? In many cases, both can be achieved.

Whilst the rental market is brilliant at the moment, you need to ask yourself if the property is attractive enough to rent in the downtimes.

The most popular rental properties are three or four-bedroom homes, with two bathrooms and a double garage. A rumpus room is a plus for families, as is a good-sized outdoor entertainment area. Mothers are always happy with a dishwasher in the kitchen, and air conditioning and ceiling fans are a big plus.

You'll need to ask yourself what you are likely to incur in maintenance costs. You don't want to invest in a property where all the rental income is sucked up in maintenance costs. And while we are talking about costs, you need to consider your mortgage payments and whether you can handle any interest rate hikes, council rates and taxes, body corporate fees (if it's a unit), insurance, and real estate property

management fees to rent, inspect and collect rents for the property.

Appointing the right rental agent can ensure your property is regularly inspected and that rents are paid on time. They will also ensure that they place good tenants in your property.

Make sure you have allowed for a contingency in case the property is vacant at any time.

Holiday rental investment properties can also be very lucrative. We've had some of our clients who have self-managed their Air BnB/Booking.com properties and made a motza!

Whatever route you take, make sure you do your sums, or engage someone who can advise you so you have a clear picture of gross and net returns on your investment.

And finally, don't forget to allow for capital gains tax in the event you sell the property

and collect the equity you have built.

You don't need to spend a fortune on your investment property. We have a brilliant turn-key investment property located up north on our books listed at offers over \$259K. We also have a fabulous beach house listed north of Townsville that would be an ideal Air BnB/Booking.com property. It is one block from the beach and has its own pool, and is listed at offers over \$770K.

Lorraine Martin and her husband Brian are principals/owners of ONE AGENCY The Martins Real Estate Bayside, located at the front of Capalaba Park Shopping Centre (near the Chemist Warehouse).

"Come in and ask us questions over a coffee," said Lorraine. "We love chatting to locals and are happy to help with no obligation."

This is not financial advice. Consult a qualified financial adviser for advice tailored to your situation.

THINKING ABOUT SELLING?

But not sure where to start...

Have a chat with Lorraine & Brian Martin, an experienced, ethical, easy going duo with heaps of enthusiasm thrown in!

We'll walk you through what happens and make sure you are comfortable with the whole sales process.

We live locally and love selling properties.

You'll find us to be experienced, ethical, enthusiastic agents who are easy going and make selling property a pleasant experience for all parties. Real Estate isn't just a job for us.... it's a vocation!

We are seeking listings. So if you're thinking of selling, give us a call for a free, no obligation appraisal. You'll be dealing with the agency owners.



Lorraine **0419 755 109** Brian **0437 959 984**

Shop 106a, Capalaba Park Shopping Centre - Near Chemist Warehouse



MAKE A COOL \$500

Refer someone to us that we successfully list and sell their property and we will give you \$500 on settlement of the property

CONDITIONS APPLY

SCAN THE QR CODE BELOW FOR YOUR FREE PROPERTY REPORT



Delivering a new Redland Whitewater Centre for 2032 and beyond



Artist impression

As well as delivering a new Redland Whitewater Centre for 2032 and beyond, here are some of the ways the new Queensland Government is delivering for the Redlands:

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

Find out what else we're delivering for you.

 [Delivering for Queensland](#)

DELIVERING
FOR QUEENSLAND



Queensland
Government



Awarded Australia's Best Solar System Design and Installation over 100kW

The Cheaper Home Battery Rebate is still available.



SCAN HERE FOR MORE INFO

Solar Power | Battery Storage
EV Chargers | Electrical
Switchboards | Air-Conditioning

SPEAK TO THE SOLAR AND BATTERY EXPERTS



Call today for an obligation free chat with a Goodhew Solar Consultant and see for yourself why more than 20,000 satisfied customers have already chosen to install a Goodhew Solar or Battery System on their home or business.



07 3286 1422 | www.goodhewsolar.com.au

Unit 15 & 16, 26-34 Weppin Street, Cleveland QLD 4163

Licence No: 78875



STEP BACK IN TIME — THEN MAKE IT YOUR OWN

CONTRIBUTED BY REDLANDS COAST MUSEUM

As part of AdventureFest 2026, Redlands Coast Museum invites you to embark on **The Heritage Artisan Faire Workshops: a hands-on journey through heritage skills, artistry, and self-discovery. Vintage trades meet modern creativity in a series of immersive workshops that celebrate craftsmanship as a living link between past and present.**

Over ten days, explore the crafts and traditions that shaped Redlands Coast. Learn time-honoured techniques, uncover local stories, and experience the joy of making, guided by skilled local artisans and passionate museum volunteers.

Workshop topics include:

- Blacksmithing in the museum's historic shed
- Burnt-brim hats using the art of pyrography
- Ceramic pottery surface decorating
- Glass fusing
- Silversmithing and metalsmithing for beginners

- Traditional bookbinding
- Toothbrush rag rug revival
- Wooden spoon carving
- Leather tooling
- Heritage soap making

Museum visitors can also enjoy the exhibition, *Our Forging History*, which runs from May 15 to 24.

This exhibition explores the history of the museum's volunteer blacksmith, the Blacksmith Shed, and the tools and techniques of traditional forging. Visitors can see handcrafted items, including decorative bells, hearts, and poppies, with select pieces available for purchase in the museum shop. Live demonstrations take place on Thursday and Saturday mornings.

Also on display until the end of May is *Napery over the Years – Tablecloth Treasures 1888–2000*.

This new textile exhibition reveals a collection of intricately crafted



Photo: Supplied.

tablecloths and serviettes spanning more than a century. Featuring fine embroidery, crochet and Battenberg lace, each piece carries its own story, from wartime community projects to fundraising efforts for Brisbane's Mater Mothers Hospital.

REDLANDS VOLUNTEER CHAMPIONS KOALAS AND COMMUNITY CONNECTION TO NATURE

CONTRIBUTED BY DEBBIE PONTING, KOALA ACTION GROUP – REDLANDS

Redland City's natural beauty has long been one of its greatest treasures, and for local volunteer Una Sandeman, protecting that environment is both a passion and a purpose. Known among community groups for her tireless advocacy and keen eye behind the camera, she has become a leading voice in grassroots conservation efforts across the bayside.

Una dedicates her time to a remarkable number of environmental organisations, including the Hilliard Creek Bushcare Group, Australian Conservation Foundation Community Bayside, Koala Action Group, The Wilderness Society, Birdlife Bayside, and the Queensland Wader Study Group. Her commitment extends even further through her involvement in monthly and quarterly bird surveys and annual North Stradbroke Island koala count, where she joins fellow volunteers in gathering vital data.

A talented photographer, Una uses her camera as a powerful tool for advocacy. Her images of koalas, birdlife, and local bushland capture not only the beauty of the Redlands but also the urgency of protecting it. Through social media, she shares these moments widely, encouraging residents to reconnect with the natural world around them.

"I just want people to see what's right in front of them," she has said in conversations with fellow volunteers. "We're so lucky to live in a place like this, and sometimes we forget how important it is to protect it."

Her posts often do more than showcase wildlife – they bring people together. Una regularly invites community members to join her in spotting koalas or exploring local bushland areas. These informal gatherings have introduced hundreds of residents, young and old, to the region's unique biodiversity and the importance of conservation.

Central to Una's current efforts is her advocacy for koalas in the Ormiston area, particularly those living in a corridor on the grounds of Ormiston College. The site has become the focus of community concern due to the potential loss of more than 650 mature trees, a development that could significantly impact local wildlife habitat.

Una spends countless hours in the area, carefully spotting koalas and conducting informal health checks. Her observations contribute to a broader understanding of the local population and highlight the importance of preserving critical habitat corridors.

Beyond monitoring, Una has become a key figure in raising awareness about the issue. Through her photography and community outreach, she's helped shine a spotlight on the potential environmental impact of tree removal, encouraging informed discussion and community engagement.

Her efforts reflect a broader belief that conservation starts at the local level. By fostering a sense of connection between people and place, Una hopes to inspire long-term stewardship of the environment.



Photo: Supplied.

Equally important to her message is the link between nature and wellbeing where she encourages people to step outside, slow down, and experience the restorative benefits of the natural world. Whether it's a quiet moment watching a koala in a gum tree or a walk through a bushland reserve, she believes these experiences are vital.

In a fast-paced world, her approach resonates. Through her work, Una reminds the Redlands community that protecting nature is not just about preserving wildlife – it's about enriching lives. As development pressures continue to challenge natural habitats, volunteers like Una Sandeman play a crucial role in ensuring that the Redlands' environmental heritage is not only protected but celebrated.



Local Trades

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

SCAN TO LEARN MORE ABOUT LOCAL TRADES



AIR CONDITIONING

AIR CONDITIONING

- ✓ Split System Air Conditioning
- ✓ Ducted Air Conditioning
- ✓ Smart Home Wi-Fi Upgrades
- ✓ Repairs & Maintenance
- ✓ Spare Parts & Replacements
- ✓ Annual Servicing
- ✓ Warranty Work & Repairs
- ✓ Commercial HVAC Management
- ✓ Leak Detection & Regassing
- ✓ Relocation of Existing Units

JARIG QBCC: 15128877 - Elec: 80306 - ARC: AU39136
admin@jaricgroup.com.au

1300 452 742

COMPUTER & IT SERVICES

COMPUTER PROBLEMS?

- AVAILABLE 7 DAYS
- NO CALL OUT FEE (BAYSIDE)
- WE CAN COME TO YOU

TECHBUSTERS
REPAIRS, SERVICING, SALES & SUPPORT
216 Vienna Rd, Alex Hills (By Appointment)

VISA MasterCard **3824 6117**

CONCRETE

BAYSIDE CONCRETING

QUALITY WORK AT THE RIGHT PRICE

- PLAIN • EXPOSED • COLOURED • COVERCRETE • RE-SURFACING • RE-SEALING

NO JOB TOO SMALL

DARREN 0413 502 821
JOSH 0438 574 353

PROMPT SERVICE

QBCC 1109507

KITCHEN

Evenden Cabinets



Kitchens - Bathrooms
Wardrobes - Offices
All Your Cabinetry Needs
0412 736 885
evendencabinets@gmail.com
www.evendencabinets.com.au

ANTENNA INSTALLATIONS

DIGITAL ANTENNA INSTALLATIONS

FOR \$49 EXCL. PARTS

Free Quotes • TV Tuning • Extra TV points

PH: 0416 322 600

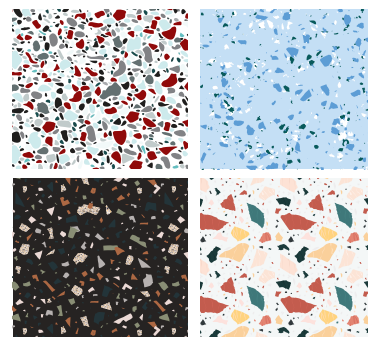
DRIVEWAYS

Flake-it

Polyaspartic Flooring

- Specializing in Epoxy flake flooring
- Garage surfaces...etc etc
- Your local Redlands business

Call Simon today 041-44-222-00



MOVERS

BRISBANE REMOVALS QLD FURNITURE REMOVALISTS

Servicing all the Bayside area plus long distance. Specialising in the following:

- Household Removals
- Piano's
- Pool Tables
- Offices and School Removals
- Prepacks plus supply cartons, paper and tape



OVER 35 YEARS EXPERIENCE

Call Mal on 0427194845 to make your booking.

BUILDING & MAINTENANCE

AE PRICE PTY. LTD. BUILDERS

KITCHENS • BATHROOMS • REMODELLING SPECIALIST

Call Stiven: 0430 355 112 | info@mrfixall.com.au
www.mrfixall.com.au

BUILDING • MAINTENANCE • PAINTING

Reputation and trust Est. 31 Years
Member of the Redlands Coast Chamber of Commerce
Insured - Police Clearance QBCC 1314383



MR. FIX ALL We maintain!

When you think of building and maintenance... CALL US!

Reputation and trust. Est. 31 Years
A.E. Price Pty. Ltd. Licenced Builders Also Painting Work
Unlimited • Public Liability Insurance • Police Clearance
Member of the Redlands Coast Chamber of Commerce

Call Stiven: 0430 355 112 | info@mrfixall.com.au

QBCC 1114108 www.mrfixall.com.au QBCC. Builders 1314383

ELECTRICAL

LOCAL ELECTRICIAN

- ✓ Safety Switches
- ✓ Phone & Data Points
- ✓ Switchboard Upgrades
- ✓ Electrical Inspections
- ✓ Ceiling Fan Upgrades & New Installs
- ✓ EV Charge Points
- ✓ Warehouse & Factory Lighting
- ✓ Security Lighting
- ✓ Pool & Spa Circuits
- ✓ Smoke Alarms & Compliancy

JARIG QBCC: 15128877 - Elec: 80306 - ARC: AU39136
admin@jaricgroup.com.au

1300 452 742

J. Richardson Electric

"THE FAN & SMOKE ALARM MAN"

Ceiling Fans, Safety Switches, Smoke Alarms, Light & Power

Phone Jim 0413 995 348

Lic No 66173

PAINTING

F.N. QUALITY PAINTING

EXTERIOR & INTERIOR - RSA LIC NO 720920

REASONABLE PRICE - ALL JOBS GUARANTEED

27 YEARS EXPERIENCE

FREE QUOTES & PENSIONER DISCOUNTS

PHONE BOB
3822 6018 OR 0411 804 309

BOOK A TRADES AND SERVICES ADVERTISEMENT TODAY

From \$175 PLUS GST

Phone DAMIEN on 0421 786 302 or email sales@market2market.com.au

FENCING/RETAINING WALLS

BOSS RETAINING WALLS

Timber and Concrete 1 metre and over by licenced qualified carpenter.

Ph 0407 919 919

QBCC 1161484

BOOK A TRADES AND SERVICES
ADVERTISEMENT TODAY
From \$175 PLUS GST

Phone DAMIEN on
0421 786 302 or email
sales@market2market.com.au

PATIOS, CARPORTS, PERGOLAS

PERGOLAS BRISBANE

We are Brisbane's leading pergola, deck, tiling and patio builders.

- Pergolas
- Patios
- Screening
- Decking
- Tiling
- Carports



GET YOUR FREE QUOTE

QBCC: 15154266

25 YEARS OF BUILDING AND CONSTRUCTION EXPERIENCE

0493 126 828

pergolasbrisbane91@gmail.com
www.pergolasbrisbane.com.au



RENDERING

JC Rendering

Specialising in all types of acrylic, cement rendering, repairs & venetian plaster.

27 Years experience

Call: Warren
0412 697 202

QBCC 1053705

ROOF RESTORATION

NP ROOFING
SPECIALISTS IN TILED ROOFS

Repairs to all Ridge Cappings
Storm Damage & Insurance work

**3822 2921 or
0419 677 226**

nproofing@bigpond.com

QBCC 1057386 - ALL WORK GUARANTEED

SOLAR

Goodhew
Electrical & Solar

Licence No: 78875

- Solar Power
- Battery Storage
- EV Chargers
- Electrical
- Switchboards
- Air-Conditioning



Speak to the experts **07 3286 1422**
www.goodhewsolar.com.au

PLASTERING

JUST PLASTER REPAIRS

Cracked & Sagging Ceilings, Holes, Cracks
Water Damage and Expansion Joints

FREE QUOTES

Repair Specialist • Phone Ray

0419 465 283

QBCC 58624 | AW3993414



SECURITY

K&B
SECURITY DOORS
AND SHUTTERS
kbsecurity.com.au

BRISBANE
07 3200 9152

- ✓ Security Doors
- ✓ Plantation Shutters
- ✓ Insect Screens

TREE AND GARDENS



TOM'S TREE WORKS

- Tree and palm removals
- Tree pruning
- Hedge pruning
- Stump grinding
- Pensioner discount



0412 314 840

PLUMBING

\$199 HOME PLUMBING CHECK & MINOR REPAIRS

ALL-INCLUSIVE
NO SURPRISES
UPFRONT TAX INCLUSIVE PRICING



Book Now

WHATS INCLUDED?

- Check all flexi pipes for rust
- Re-washer & re-seat up to 4 taps
- Toilets checked
- Hot water system inspected
- Fixed-price quote before any additional work is carried out



CALL TODAY
1300 161 655

Bacal & Co
PLUMBING

- Licenced Plumbers, Drainers & Gas Fitters
- Blocked drains & Hot Water Systems
- Guttering & Roofing
- General Maintenance & Leak Detection
- 50+ years in the industry

FREE QUOTES

PENSIONER DISCOUNT

3821 4224 / 3390 8338

QBCC LIC48757

admin@bacal.com.au

ABN 74 501 696 602



OLIVER'S TREE EXPERTS

- Tree pruning
- Tree and palm removals
- Hedge pruning
- Stump grinding

PENSIONER DISCOUNT

CALL **0421 564 332**

LOP CHOP CHIP Pty Ltd Fully Insured & Licensed



ALL ASPECTS OF TREE WORK INCLUDING:

- Tree Removal
- Felling
- Climbing
- Cherry Picker Tree Trimming
- Pruning
- Block Clearing and Thinning
- Help with Council approvals
- Root Ball Removals
- Stump Grinding etc

Fully Insured • Over 20 Years Experience • Latest Machinery & Chippers
CALL **0408 151 730** Speak to Raice We service all bay islands

SAM THE TREEMAN



- ★ Tree Lopping
- ★ Stump Grinding
- ★ Mulch Sales

FREE QUOTES
0421 356 174

FULLY INSURED
FAMILY OWNED
EST. 1985

TV MAINTENANCE

TV'S . ANTENNAS . HOME THEATRE
INSTALLATION SERVICES

YOUR TV WILL LOVE YOU FOR IT



- TV TUNING
- TV POINTS
- WALL MOUNTING
- HOME THEATRE
- SATELLITE
- INTERNET/STARLINK

0449 947 247



PEST CONTROL

PEST CONTROL

Call now for a **FREE QUOTE** to get rid of the following pests:

- Cockroaches
- Mosquitoes
- Spiders
- Termites
- Silverfish
- Wasps/Bees
- Ants
- Rodents

CALL NOW **0408 380 867**

BOOK A TRADES AND SERVICES ADVERTISEMENT TODAY

From \$175 PLUS GST

Phone DAMIEN on
0421 786 302 or email
sales@market2market.com.au

BOOK A TRADES AND SERVICES ADVERTISEMENT TODAY

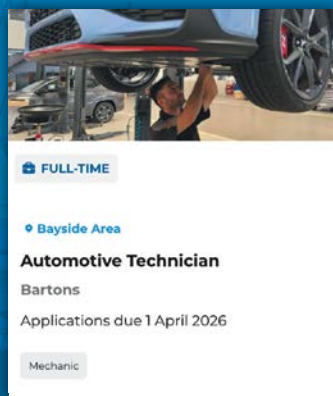
From \$175 PLUS GST

Phone DAMIEN on
0421 786 302 or email
sales@market2market.com.au



Local Jobs

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

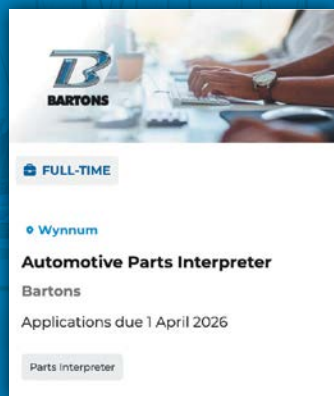


FULL-TIME

• Bayside Area

Automotive Technician
Bartons
Applications due 1 April 2026

Mechanic

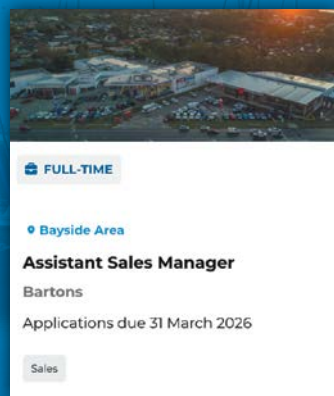


FULL-TIME

• Wynnum

Automotive Parts Interpreter
Bartons
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.



The Community Leader
WE'RE ALL ABOUT GOOD NEWS

ADVERTISEMENT SIZES

Full Page	Image Area	285mm deep x 255mm wide
Half Page	Image Area	128mm deep x 255mm wide
Quarter Page	Image Area	65mm deep x 255mm wide
Eighth of a Page	Image Area	65mm deep x 125mm wide
Strip Ad	Image Area	40mm deep x 255 mm wide

JUNE BOOKINGS

- Community editorial 11th of May
- Advertising cut off 15th of May
- Distribution to commence 1st of June to the 5th of June
- Bookings are for a minimum of 3 months and space is limited
- Market to Market Communications reserves the right to refuse any advertising

Advertising contact 0421 786 302 or sales@market2market.com.au

DISCLAIMER While the publisher of The Community Leader has made every attempt to ensure that the content contained herein was accurate at the time of printing, the Publisher does not assume any liability to any party for any loss or damage caused by errors or omissions. Views expressed herein are not necessarily the views of the Publisher. All brands and trademarks published are the property of their respective owners. The Publisher reserves the right to refuse any advertising at its discretion. Delivery suburbs and streets are subject to changes, however the total number of copies delivered each month remains constant. Houses on acreage and Australia Post Mail/No Junk Mail' signs cannot be delivered to. For full terms and conditions relating to home delivery, please visit the website of our distribution partner, IVE, here: <https://www.ivehub.com.au/public/legal/ive-distribution-general-terms.pdf>

THE HAND THAT ROCKS THE CRADLE...

BY JAN NARY

Mother's Day, ironically, grew out of women's peace activism in the American Civil War, with Julia Ward Howe's 1870 call for a "Mother's Day for Peace" and her "Mother's Day Proclamation" to protest against the death of sons in war.

In 1908 Anna Jarvis took moves to recognise her mother's role as a community organiser who cared for soldiers on both sides of the Civil War and to honour women's initiatives for peace and contributions to family and society. A national holiday – the second Sunday in May – was declared in 1914 by President Woodrow Wilson. Although Jarvis grew to regret the commercialisation and commodification of the day's celebration and campaigned (unsuccessfully) to have the day cancelled, it's hard to stop a movement that's established in more than 100 countries worldwide.

Mother's Day in Australia was started by Janet Heyden in 1924. Visiting a friend in a hospital for "infirm and destitute women" triggered a concern for the women, many of whom had lost husbands and sons to war. She campaigned successfully for businesses and schools to donate gifts to the women.

That has grown into a date-keeper on our national calendar, along with the commercialism that so distressed its founder; Mother's Day has grown into a billion-dollar industry in Australia. More importantly, it's a day when families focus on the woman who gave them Mother's Day: Mum.

One of the earliest forms of mother appreciation was the worship of the Titan goddess Rhea, who concealed the birth of her sixth-born (who happened to be Zeus, future CEO of Olympus) from her husband Kronos. An understandable precaution, since Kronos had swallowed their first five children. Her festivals were riotous, rowdy and ecstatic.



White chrysanthemums have become the traditional floral tribute for Mother's Day.

Customs and celebratory rites have calmed down somewhat since then and we're more likely to celebrate Mother's Day with breakfast in bed, gifts, special luncheons and flowers. White chrysanthemums have become the traditional floral tribute; in the Victorian language of flowers they represent loyalty, honesty and devoted love – but on the darker side some cultures choose them for funerals and gravesites.

REDLANDS NETBALL ASSOCIATION TO GO BLUE FOR DO IT FOR DOLLY DAY

BY ASHLEIGH HOWARTH

Members of the Redlands Netball Association are calling on the community to help take a stand against bullying, urging players and supporters to "go blue" this May for Do It For Dolly Day (May 8).

The association will host a fundraising event at its courts in Thornlands a few days later on May 16, encouraging players, parents, coaches and supporters to wear a touch of blue in support of Dolly's Dream – a foundation dedicated to preventing bullying and supporting young people in crisis.

Now in its eighth year, Do It For Dolly Day shines a light on the devastating impact of bullying and cyberbullying. The initiative honours the memory of 14-year-old Dolly Everett, whose death in 2018 sparked a national conversation about the urgent need to address youth bullying and suicide.

With 11 clubs under its association and approximately 1800 members, Redlands Netball Association secretary Vana McStay said the club is proud to support a cause that directly benefits young people.

"We chose to support Do It For Dolly Day because all money raised goes to helping young people that are the same age as the kids in our clubs," she said.

"We believe this is a very worthy cause, and we want young people in our community to know that if they are struggling, help is available and they can reach out and be supported.

"If you would like to help, head on down on the day, wear something blue like blue hair spray, zinc, ribbons or an item of clothing, and donate to the cause.

"Even a gold coin can make a big difference because every donation matters."



Photos: Supplied.

All money raised nationally will support education programs, support services and resources aimed at ensuring no young person has to face bullying alone.

Since its inception, Dolly's Dream has reached more than 23,000 children and young people.

Donations can be made through the club with the link on their social media pages or directly via the Dolly's Dream website.

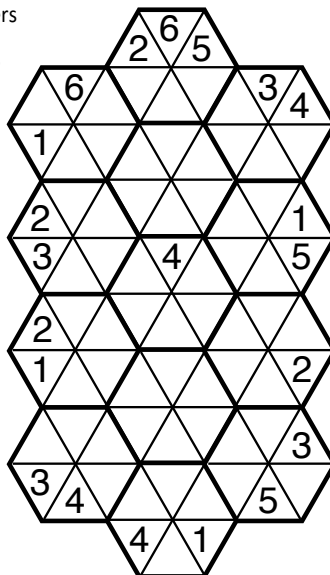
Sudoku

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

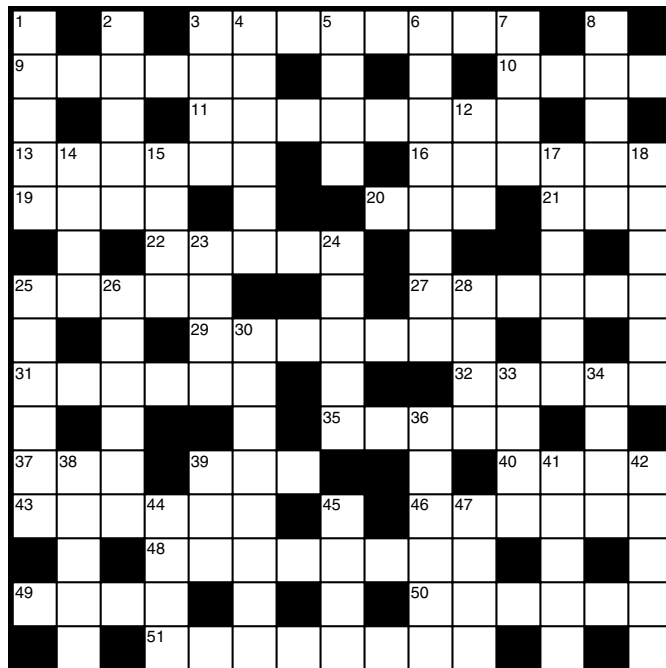
		3				4	7	
4						8		6
				7				
3			9					
5	2		1					3
	6		2					8
1					8			
				5	2			1
	9	4	6		1			

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

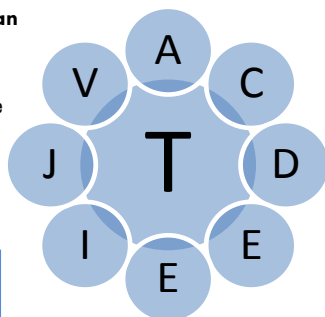


Focus

An All Australian Word Game

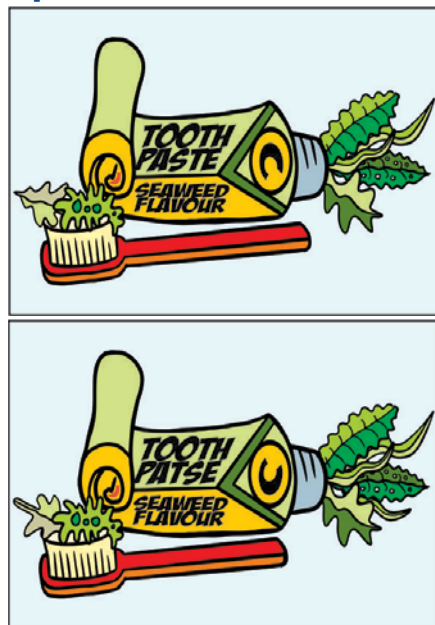
- * Each word must contain the centre 'Focus' letter and each letter may be used only once
- * Each word must be four letters or more
- * Find at least one nine letter word
- * No swear words
- * No verb forms or plurals ending in 's'
- * No proper nouns and no hyphenated words

TODAY'S FOCUS Good: 9 words
Very good: 14 words
Excellent: 24 words



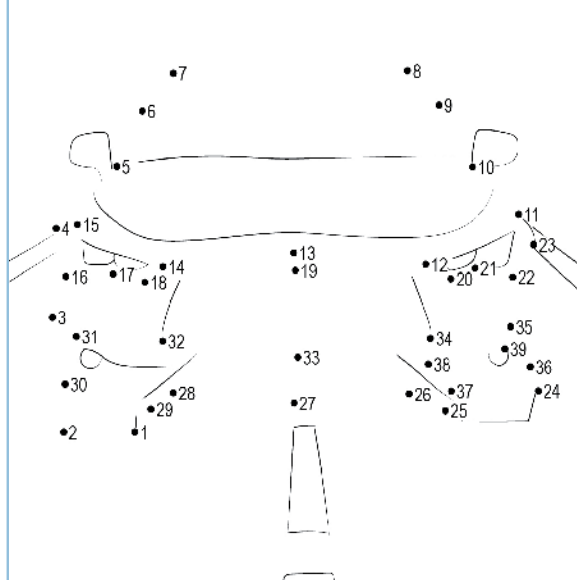
Reference: Macquarie Concise Dictionary
Focus No. 3906

Spot the 5 Differences



Join the Dots

What is this? Find out by joining the dots.



ACROSS

- 3 Salad item
- 9 Cowardly
- 10 Offensive to sight
- 11 Sharing
- 13 Gets up
- 16 Absolute truth
- 19 Track
- 20 Passing craze
- 21 Consumed
- 22 Possessed
- 25 Diaphanous
- 27 Fears greatly
- 29 Acute
- 31 Narcotic
- 32 Affirms confidently
- 35 Frighten
- 37 First woman
- 39 Corn spike
- 40 Pipe
- 43 Gnawing

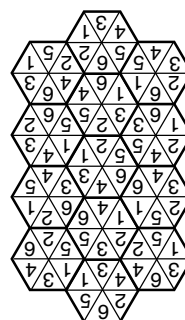
DOWN

- 1 Fragment
- 2 Unspoken
- 3 Yield
- 4 Complete agreement
- 5 Single entity
- 6 Bandits
- 7 Floor coverings
- 8 Navy
- 12 Indicate agreement
- 14 Skin eruption
- 15 Footwear
- 17 Roof of the mouth
- 18 Letting contracts
- 23 Legal document

- 24 Useless remains
- 25 Light rainfall
- 26 Banished
- 28 Bring up
- 30 Prohibitory
- 33 Examines for suitability
- 34 Garment
- 36 Come into view
- 38 Oral
- 39 Finish
- 41 Speak
- 42 Escape artfully
- 44 Slippery catches
- 45 Flaccid
- 47 Serpents

Solutions

Puzzles and pagination supplied by Auspac Media



SPOT THE 5 DIFFERENCES: Spelling of paste, weed on brush changed shape, symbol on circle reversed, brush shorter, extra weed coming out of tube

FOCUS: acted active adit ADJECTIVE cadet cite cited civet date dative deceit deviate dicata diet edit eject evict evicted ideate teed tide tied vatic

Tiny Tails Pet Salon

Styling That Makes Tails Wag!

BOOK ONLINE www.tinytails.com.au or call 0422 042 447

SHOP 4 - 261 SIBLEY RD, WYNNUM WEST | 0422 042 447 | www.tinytails.com.au



DIGESTIVE HEALTH: UNDERSTANDING IBS

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

Irritable Bowel Syndrome (IBS) is a common functional digestive disorder. This means the digestive tract usually appears normal on tests, but it doesn't function as it should. People with IBS may experience abdominal pain, bloating, excess gas, constipation, diarrhoea, or a combination of both. Symptoms often fluctuate and can significantly impact quality of life.

Digestion begins even before we take a bite. The sight and smell of food trigger saliva production, starting the breakdown of food in the mouth. Proper chewing is essential! Food should be well broken down before swallowing to reduce digestive strain later.

Swallowing food too quickly or introducing excess air can contribute to bloating and discomfort. Once swallowed, food mixes with stomach acids and is churned until emulsified, before moving into the intestines. From there, it travels through around eight metres of digestive tract, where bile assists digestion, the microbiome further breaks down food, nutrients are absorbed, and waste is formed before elimination.

In people with IBS, one or more parts of this coordinated process may be disrupted. For example, sluggish intestinal contractions (called peristalsis)

can slow movement through the gut. This may cause stool to stagnate, leading to gas build-up, pain, bloating, and in some cases sudden urgency.

WHY DOES IBS OCCUR?

IBS does not have a single cause. Instead, it is influenced by a combination of factors. Stress, certain foods, hormonal shifts, travel, medications, or bouts of gastroenteritis can all trigger symptom flares.

There are three main types of IBS:

Understanding your subtype can help guide more effective management strategies.

- **IBS-C:** constipation predominant
- **IBS-D:** diarrhoea predominant
- **IBS-M:** mixed, alternating between constipation and diarrhoea

CONSTIPATION: MORE THAN JUST FEELING BLOCKED

Constipation involves infrequent, difficult, or incomplete bowel movements. Beyond discomfort and bloating, constipation can lead to reabsorption of waste products the body is trying to eliminate, contributing to feelings of fatigue and unwellness.

Supporting regularity may involve adequate

hydration, sufficient dietary fibre, healthy fats to support stool movement, and targeted pre- and probiotics. Reducing excessive tea or coffee intake may also help, as these can be dehydrating to the stool. High-dose vitamin C and certain forms of magnesium can help loosen stools.

UNDERSTANDING DIARRHOEA

Diarrhoea can be triggered by lactose intolerance, artificial sweeteners, certain supplements, or nutrient dosing errors. In some cases, what appears to be diarrhoea may actually be overflow related to severe constipation.

THE ROLE OF THE MICROBIOME

A balanced gut microbiome is central to digestive comfort, regularity, and motility. People with IBS frequently show reduced levels of beneficial bacteria such as *Lactobacillus* and *Bifidobacterium*. Supporting these microbes can help restore balance and reduce digestive symptoms.

PUTTING IT ALL TOGETHER

Effective IBS management requires a multifaceted approach. Identifying dietary triggers, supporting gut healing, restoring microbiome balance, addressing stress, and improving sleep and lifestyle habits all play key roles. Tools such as food diaries, elimination diets (like low FODMAP), gut-healing nutrients,

and mind-body therapies –including IBS-specific hypnotherapy – can be transformative when used appropriately.

Not all probiotics are created equal. Research shows that specific strains, taken at the right dose, can reduce IBS symptom severity, bloating, and bowel irregularity. Clinically studied strains such as *Lactobacillus plantarum* and *Lactobacillus rhamnosus* have shown benefits for abdominal pain and bloating, while targeted combinations can improve stool consistency, frequency, and ease of evacuation.

Using prebiotics like PHGG or GOS, gut-healing nutrients like zinc carnosine and glutamine, and healing and soothing ingredients like Aloe Vera, slippery elm and marshmallow can all be extremely beneficial to resolving IBS symptoms and enabling a smooth reintroduction after an elimination diet such as low FODMAP.

If you're living with IBS or constipation, you're not alone; however, support is available.

Always speak to your health care provider before taking any supplements or making drastic changes to your lifestyle.



Stay well with Flannery's Organic Wholefood Market

SAVE 20% off all Vitamins & Supplements the first Friday & Saturday of each month! Plus, free naturopath advice in store.

Find us at Victoria Point Town Centre HomeCo.
For more locations visit flannerys.com.au

*For members only, it's free to join in store. Not in conjunction with other offers.

FLANNERY'S

ORGANIC • WHOLEFOOD • WELLNESS

SUPER SIMPLE TOMATO & PESTO SOUP RECIPE

This is an easy, cosy tomato soup that gets a big flavour boost from a spoonful of basil pesto. It uses just a few ingredients, the hero being those tinned tomatoes that make it a total weeknight hero. It comes together fast, tastes amazing, and you can enjoy it hot or cold. Honestly, it's hard to mess up!

INGREDIENTS FOR 4 SERVES

FOR THE SOUP

- 2 tbsp olive oil
- 1 onion, diced
- 2 garlic cloves, sliced
- 2 x 400 g tins of tomatoes (diced or crushed)
- 1 tsp sugar
- 2 cups vegetable or chicken stock
- ½ cup of cooking cream (or milk to make it lighter)
- Salt and pepper
- A splash of balsamic vinegar

FOR THE PESTO

You can make this fresh or use store-bought pesto in a jar

- 1 cup of fresh basil leaves
- ¼ cup of toasted pine nuts
- ¼ cup of grated Parmesan or pecorino cheese
- ⅓ cup of olive oil
- 1 clove of garlic – or more if you prefer
- A pinch of salt

Optional: Serve with crusty bread, freshly grated parmesan and basil.

METHOD

1. Put a medium/large heavy pot on the stove top and heat the olive oil. Add the onion and cook until soft and sweet, about 5-6 minutes, then add the garlic and cook for about a minute more (don't burn it!).
2. Add the tinned tomatoes to the pot, then add the sugar and stock.
3. Bring your soup to a gentle simmer and cook for 20–25 minutes to allow the flavours to develop.
4. Use a stick blender to puree the soup until it is smooth. Stir in the cream, then season with salt, pepper, and a splash of balsamic. Keep the soup warm.



If you're making pesto...

5. In a blender or a mortar and pestle, blend the basil, nuts, parmesan, garlic, and olive oil until smooth but still chunky. Add more olive oil if you feel you need to.

If you're not making the pesto...

Grab your jar of pesto and pop the lid.

6. Your soup is almost ready to serve, there's just one more step: Ladle the soup into bowls and get creative with a swirly spoonful of pesto on top.



- + Split System Air Conditioners
- + Ducted Air Conditioners
- + Safety Switches
- + Switchboard Upgrades
- + Phone & Data Points
- + Electrical Inspections
- + Ceiling Fan Replacements & New Installs
- + EV Charge Points
- + Warehouse & Factory Lighting
- + HVAC Repairs & Maintenance
- + Security Lighting
- + Pool Circuits & Lighting
- + Smoke Alarms & Compliancy

+ Fully Licenced
+ ARCTick Approved






Call us today
and ask about our
Satisfaction Guarantee!

1300 452 742

**Winner of the 2023 APAC
Australian Enterprise Awards
for the Most Trusted Electrical
& Air Conditioning Contractor**



www.jaricgroup.com.au

LOCAL GARDENING WITH KAT

THE COCOA BEAN SCENE

BY KAT PEARSON, *GIRL IN THE GREEN*

Stop The Press! I have a cacao pod! It may not even be the size of a square of Cadburys, but it is cause for celebration.

I brought two small cacao trees (*Theobroma cacao*) back from Cairns in 2021, which makes them just over five years old. This is the first year they have flowered, and I have just spotted the start of a pod!

From what I remember of my Cadbury factory tour many, many years ago, once ripe, the harvested cacao pods are fermented, dried, roasted (around here is when you start to call it 'cocoa'), separated, ground, 'conched' (a fancy word for a fancy mixing process which makes the chocolate smooth), tempered and then molded. So, not long to go now before I've got homemade chocolate, I reckon (jokes!).

The cacao tree is native to tropical South America, specifically the Amazon Basin. Despite popularly being famous as a traditional bitter Aztec drink called *xocolatl*, it's now believed that it was first domesticated by the Mayo-Chinchipecivilisation (still as a fermented beverage). Over time, it was traded across the world through Spain to Europe and in 1847, J.S. Fry & Sons in England combined cacao butter with cocoa powder (and sugar) and made a solid chocolate bar.

T. cacao is a member of the Malvaceae family, the same as hibiscus. It is cauliflorous, which means it bears its flowers directly on the main trunk and branches. Being an understory tree of tropical rainforests, it likes a warm, humid spot in dappled light and is not tolerant of frost. They are a small tree, growing up to 12 metres in the wild, but usually maxing out at 4-8 metres in cultivation, and they can be pruned much shorter – mine are about 2 metres. In the right conditions, the trees will flower throughout the year, often in response to rain periods, and flowers are pollinated by midges and other small insects (the only good thing about midges?). It takes five to six months for a pod to ripen after it sets, during which time it can grow as big as a football. This sporadic fruiting makes harvesting labour-intensive as the pods don't all ripen at once.

As for my lonely pod, I'm going to try eating the pulp fresh – apparently it's sweet. Fermenting and roasting the beans seems like a step too far, but you never know.



Main Image: My cacao tree, new growth is a pale orange-pink. Inset top right: my baby cacao pod. Inset bottom left: a flower born directly off the main trunk. Photos by 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!).



Tint-a-Car
Protects Best.

Darkest Legal Film with 99 % UV Protection

Ceramic Paint Protection
Interior Protection (Fabric/Vinyl/Leather)

Films Exclusive to Tint a Car
Nationwide Lifetime Warranties



Unit 1/18 Smith Street, Capalaba Qld 4157 | 3245 6822 | capalaba@tintacar.com.au

THEY'RE ALREADY SCOUTING YOUR KITCHEN.

Before the seasons change and the pests move in, get ahead of the crowd.

GET
15% OFF



CLAIM YOUR 15% OFF PEST CONTROL TREATMENTS



ANNUAL PEST MANAGEMENT

07 3893 1432 EST 1968 - FAMILY OWNED & OPERATED

BOOK NOW!



ANNUALPESTMAGEMENT.COM.AU | 1300 001 521

T&C's apply. Offer ends May 31.

LOCAL READERS – A BOOK REVIEW

***THE CORRESPONDENT* BY VIRGINIA EVANS**

BY ANNE CROWLEY

WHAT THE EXPERTS SAID

“Every morning, Sybil Van Antwerp sits down to write letters – to her brother, to her best friend, to the president of the university who will not allow her to attend a class she desperately wants to take, to her favourite authors to tell them what she thinks of their latest books, and to one person to whom she writes often yet never sends the letter.

“Because at seventy-three, Sybil has used her correspondence – witty and wise – to make sense of the world. But beyond the page, she has spent the last thirty years keeping the people who love her at arm’s length... Until letters from someone in her past force her to examine one of the most painful periods of her life.” Source: *Good Reads*

MY THOUGHTS

This book came as a pleasant surprise. I’d expected an action-packed news or foreign correspondent, but it is far more ordinary, and yet an original, highly engaging read. The story unfolds entirely through letters exchanged between Sybil and various others, gradually painting a picture of Sybil’s past and present, revealing the strengths and struggles of relationships, resilience in the face of advancing age, declining health, and a tragedy whose full circumstances and impact remain hidden from those around her.

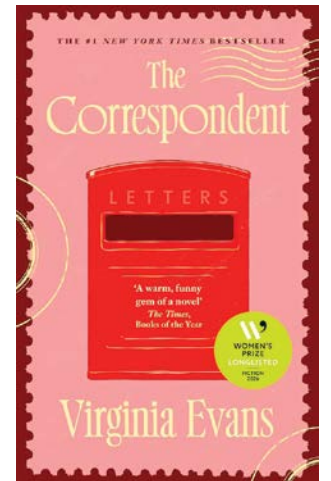
Sybil’s personality leaps out of the pages. She’s strong, fiercely independent, intelligent, witty, opinionated and orderly. Routine has always been her touchstone; earlier as a lawyer, and now as a septuagenarian. In a letter to author Ann Patchet, Sybil comments on a character: “It was wonderful to read such a complex woman of her vintage, bold with intelligence and dignity as well as her errors, and the layers upon layers of her. I saw some reflection of myself in her.”

There’s a dry humour woven through Sybil’s letters. When preparing to attend a funeral, she confides to a friend, “The only black dress I have is from the 1990s, which dips down to the uppermost part of what used to be my cleavage, but which now resembles the skin of a raw plucked chicken”.

Sybil is also flawed – even despicable, according to my book club friend who found her false (she criticises one person to another in her letters), rude, self-absorbed and selfish. She drives over the neighbour’s cat and, when asked to fetch a towel, won’t use one of her own; instead runs into the neighbour’s house where she’s never been invited, grabs his towel which she deems below par, and does a quick critique of the kitchen before returning to help. She expects others to give in relationships but doesn’t reciprocate. She didn’t reply to her dying ex-husband, despite his hope she would, nor did she attend his funeral, though her daughter desperately wanted her to.

As Sybil’s health declines, she accepts it’s time for honesty, reflection and confession, though not necessarily to those who needed to hear it. “What happened... brings me both grief and shame, although with age I have learned my feelings and my experience are sadly not unique. Terrible things happen. We make choices. Time cannot be rewind.”

This is an easy read, at times humorous and others very poignant. Even my book club friend who condemned Sybil as having no redeeming features enjoyed it, so I think it will have broad appeal.


LOCAL POETRY
DAWN CHORUS

BY GEOFF SMILEY

The laughter of kookaburras
from the still dark night,
claim a place in the day.
And in the almost light,
discordant crows join, as
darkness takes flight.

The dawn sky
is breaking, and
a lonely car
drives slowly by.

I hear the mournful calls
of the unhappy Plover
angry at the loss
of its darkness cover.

In this place of birds,
musical sounds fly
from bordering trees.
A night heron goes silent away
and the melody of magpies,
fills the sky.

Enter the noisy mynas.
Twittering, fluttering
between flowering bushes,
feeding, fretting and
bullying as survival requires.

The street lights
had chased the dark
and still shine even as
the night flickers,
but fade unnoticed
as the sun breaks
over the hill and trees.

In this place I call home,
people are waking now
and time moves on.
Things to do,
the routines of life begun.
The sky now blue,
another day is born.
© Geoff Smiley



ROSIES LAUNCHES NEW OUTREACH SERVICE TO SUPPORT REDLANDS RESIDENTS

BY ASHLEIGH HOWARTH

People experiencing homelessness and social isolation in the Redlands region now have an additional support service, with Rosies – Friends on the Street launching a new outreach in Cleveland.

The first outreach, which was held on March 31, was made possible through the generous support of Ostelin, which is funding the initiative, and Sheldon College, which has provided a hub at their school to support Rosies' operations.

Redlands coordinator Ree Rangi – who has volunteered with Rosies since 2024 and previously assisted with the Brisbane City outreach services – said donations were crucial coming into winter.

“Blankets are high on our priority list because we don’t yet have local sources for them,” she said.

“We also need basic essentials like cups of noodles, tins of tea, coffee and hot chocolate, as well as cartons of long-life milk and packaged biscuits to hand out to people accessing our services.

“You don’t have to be homeless to join us – anyone who is in need or experiencing social isolation is welcome to join us.

“Come on down and enjoy a hot drink, have a snack, and start a conversation with us.”

Ree, who also works as a case manager in the homelessness sector, said helping vulnerable people in the community is a true passion of hers.

“Being able to have positive outcomes with people doing it tough really fills my cup.”



Photo: Supplied.

The Redlands outreach runs every Tuesday from 6:45pm-8:30pm at 5 Middle Street, Cleveland, with the possibility of additional outreach services in the future if demand grows.

While a number of volunteers have already signed up to help, more are always needed.

If you are able to volunteer or would like to donate items for the cause, send an email to redlands@rosies.org.au.

CELEBRATING REDLANDS' UNSUNG HEROES FOR NATIONAL VOLUNTEER WEEK

If it weren't for the hardworking volunteers who go above and beyond for their communities, many not-for-profit organisations like Here's to Life Redlands Inc simply wouldn't exist.

Each week, a group of dedicated individuals gathers at the Redlands Memorial Hall in Cleveland to create something special by bringing joy and connection to mature-age adults and people living with a disability.

In honour of National Volunteer Week (May 18–24), Here's to Life Redlands Inc manager Renee Allotta said she would be lost without her “unsung heroes” who generously give their time and talents to help others live healthier, more fulfilling lives.

“We simply couldn't run without our volunteers – they're absolutely essential to everything we do because I can't be in five places at once,” she said.

“We have roughly 25 volunteers who take on a range of roles like opening the hall in the morning and setting everything up for the day, to assisting the teachers in the disability classes to ensure each one runs smoothly, greeting people and doing admin tasks at the reception

desk, and even helping with our marketing and fundraising initiatives.

“Everybody loves what they do and loves helping other people. Because of that, we all have a lot of fun and plenty of laughs throughout the day.”

The theme for this year's National Volunteer Week is ‘Your Year to Volunteer’, which invites people across Australia to make 2026 a year of meaningful involvement, in ways that work for them.

“We're always looking for more volunteers across a range of roles, and we're more than happy to train anyone who's keen to get involved,” Renee said.

“We'd love people to reach out, whether by phone, email, or by dropping in for a coffee and a chat. It's the best way to get a feel for what we do and see if it's the right fit.”

For more information, phone 0408 717 342, or send an email to admin@herestolife.org.au.

You can also like and follow Here's to Life on Facebook.



Photo: Supplied.

LOCAL FISHING WITH SPERO

GETTIN' JIGGY WITH IT: GET YOUR CUTTLEFISH AND ARROW SQUID NOW!

BY SPERO KARTANOS

If there is one thing I look forward to every year in the bay, it's the colder months when the cuttlefish and arrow squid are in the deeper water. They're fun to catch and yes, you get inked, and yes, they make a mess, but gee, they taste amazing, and they're probably the best tasting of the cephalopods.



Catching them in the bay is different to fishing for tiger squid, which are on the weed beds in shallow water. You will find cuttlefish in the deeper water east of Ormiston and all the way to Mud Island, anywhere from 20 ft to 40 ft depth. I use a ball sinker on top of a jig, all the way to the bottom, and then jiggle slowly. They are also strange creatures in the way they grab the jigs from the side, and many times they will let go on the way up as the barbs of the jigs are on the end. Jigs called razorbacks with barbs on their backs work especially well, and the pink and orange jigs are especially effective.



Photos: Spero Kartanos.

I use extra-light rods, 5 to 6 feet, and a 10-pound line. It's a good idea to use a net with a long handle to scoop them up. Their ink is ten times thicker than squid ink, and it is hard to clean. I use a stainless steel bucket to put them in, and the best ink-cleaning method I have found is 30 Seconds cleaner from Bunnings – it dissolves the ink from everything, but make sure you wash all surfaces down with water after using it.



If you want to read a much more detailed story about how and why and what jigs to use, there is an article I have written over at fishingmonthly.com.au about catching cuttlefish.

So, have fun, get inked and enjoy catching them!

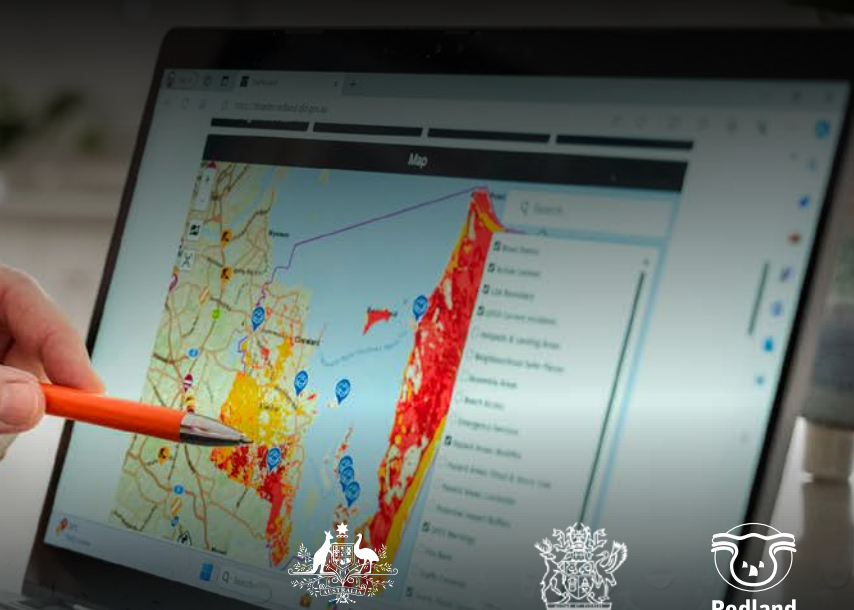
HAVE YOUR SAY ON COMMUNITY DISASTER RESILIENCE

27 April to 31 May

Redland City Council wants to hear from the local community about how you prepare, respond and recover during times of disaster.

Help us identify opportunities to improve community disaster preparedness:

- Complete our residents or business surveys
- Contribute to our online 'ideas board'
- Catch us at a pop-up



Australian Government Queensland Government Redland CITY COUNCIL
 Assistance provided by the Australian and Queensland governments through the jointly-funded Disaster Recovery Funding Arrangements.



Scan the QR code or visit yoursay.redland.qld.gov.au to take part.

ROTARY CLUB OF CLEVELAND'S 25TH ANNUAL CHARITY GOLF DAY

FROM THE ROTARY CLUB OF CLEVELAND

The Rotary Club of Cleveland is very proud to announce its 25th annual Charity Golf Day, to be held on Friday 12 June 2026 at Redland Bay Golf Club. This milestone event marks 25 years of community partnership, generosity, and tangible impact across the Redlands.

Thanks to the generosity of many local businesses and individuals, the Charity Golf Day has raised almost \$500,000 for local causes (well over \$700,000 in today's dollars) with every dollar distributed directly to charities serving our community. Last year's event raised over \$30,000 and, because Rotary's support is entirely volunteer-driven, all of those funds were distributed to local charities.

In 2026, funds raised will support:

- Maybanke Housing Project – providing crisis accommodation for women experiencing domestic and family violence.

- Redland Mater Hospital Auxiliary – supporting patients and families in ways not covered by government funding.
- Redland Foundation Domestic Violence Fund – support for domestic violence victims.
- Redlands Community Centre – providing short-term financial and material assistance to individuals and families facing unexpected crisis.

"As we celebrate this 25 year milestone, we are keen to secure the support of our valued sponsors early," said Cleveland Rotary president Bob Neich.

"Early confirmation of sponsorship ensures maximum exposure and recognition throughout our anniversary year and allows us to plan confidently for an even more impactful event. We would be delighted to welcome your continued involvement and encourage you to confirm your sponsorship at your earliest convenience."



Photo: Supplied.

If you would like to discuss sponsorship options or have any questions, please contact Ian Neil on 0413 620 096 or Peter Marer on 0412 913 836.



You can register online by scanning the QR code.

BIK: AN ISLAND COMMUNITY KIND OF KINDNESS

Natalie Lutter learned a lot about kindness by doing it tough. Fleeing from domestic violence with two children was followed by a period of relying on food and clothing vouchers and struggling to find accommodation.

"After I'd settled on Macleay, I broke an ankle. I couldn't use crutches because of breast cancer surgery, and I found it impossible to source a wheelchair on the island," says Natalie. "Then a friend and her husband were in a car accident and needed mobility aids – again, not available on the island, so we had to source them from the mainland.

"I didn't want anyone else going through all that, so we started Bay Island Kindness (BIK), which is dedicated to lifting our community, offering inclusive, judgement-free support connecting people of all ages and backgrounds through creative community programs. We put out a call for donations, and people from the islands contacted us with mobility aids, clothes and other essentials. Our house looked like an op shop for a while, but now we have the cottage, a rent-free house made available by its generous non-resident owner, Audily.

"BIK has been going for six years and we have a fantastic team now," she says. "We fundraised to buy a shipping container for storage and the Kindness Cottage is now available for community use for folk from all the islands. It has a parents' room, a baby

change area, a mother's nursing chair, a lounge room with board games and TV, and a playroom for children with toys and books – and the children are building a Fairy Garden.

"In the kitchen, there are coffee facilities, a bread-making machine, and a community pantry to donate to or take from as needed. There's bed linen and blankets, a washing machine, a sewing machine, a bathroom with a bathtub and a toilet. Some facilities operate on a coin donation if the person can afford it."

The Cottage has become a chill-out spot where support workers or counsellors can bring their clients, and there's a computer room for people to access technology or study. The team assists with rehoming pets and helps to source accommodation for homeless people; Summer, a local nurse, keeps her finger on the pulse – literally and figuratively – of the community.

"We can't do it all, so we've developed good working relationships with other community help groups. We have a remarkable team – Gayle, Carol, Vicki, Ron, David, Debbie, Costa, Joe, Lee and the rest of the crew, they're all just incredible – as are the businesses and the community as a whole."

Donations continue to come in – even from Long Island, America, by dint of a confusion in geography and a generous heart. The group's



Photo: Supplied.

social media postings include regular uplifting messages and more practical calls like: "Can you come and collect these bananas for the pantry?"

NATURALLY WONDERFUL ... WITH RANGER STACEY

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



I have known a few cockatoos in my time – these birds exude personality and pizzazz!

As a group, they're charismatic and colourful characters of the bird world.

Of the 14 cockatoo species in Australia, the gregarious Galah and cheeky Sulphur-crested Cockatoo are familiar feathered friends.

Perhaps not so well known is the Glossy Black-Cockatoo, a threatened species. Smaller in size than other black cockatoo species, it displays sexual dimorphism – the male and female have physical differences. Both have dusty black bodies, dark brown head feathers, and red/orange tail panels. The female has irregular yellow patches on the head and neck, and her tail panels are usually a more vibrant red with black bars.

Redlands Coast is home to Glossy Blacks, primarily North Stradbroke Island (Minjerrabah) and the Southern Moreton Bay Islands. They also nest and feed on the mainland, so whether it's an island or mainland lifestyle, these Redlands Coast residents need three things for survival: suitable habitat (old growth trees with breeding hollows), access to fresh water, and food to satisfy a special appetite.

Glossy Blacks feed on the seeds of *Allocasuarina littoralis* (black she-oak) and *Allocasuarina torulosa* (forest she-oak). They love them! What I love is the way these birds open the woody cones that encase the seeds. They grasp the cone with a flexible foot, then crack it open with their strong, bulbous beak. Fragments of shattered cones called "orts" on the ground below are a fantastic clue that the birds have enjoyed a feast.

On 16 and 17 April, Redland City Council partnered with Glossy Black Conservancy for the Great Glossy Count. If you'd like to help collect data and increase our understanding of this precious species, you can register for survey participation and online training via the Glossy Black Conservancy website: glossyblack.org.au.

By planting *Allocasuarinas* on your property and preserving big old trees with hollows for breeding, you're doing Glossy Black-Cockatoos a huge favour. Oh, and one more reason to admire them – they're monogamous. A pair will only produce one egg every one to two years, and while the female incubates the egg, her partner gathers food and feeds her.

Now that's commitment! Until next time ... Stay Wild!

Ranger Stacey



Photo: Supplied.

GALLERY'S EXHIBITION CAPTURES THE BEST OF THE BAY AND BEYOND

The Old SchoolHouse Gallery celebrates the Redlands during May in *The Bay and Beyond*, an exhibition of paintings by Caroline Ness and Christine Earthrowl and woodturning creations by guest artists David Boxer and Stephen Schuhmacher.

Caroline moved to the Redlands almost six years ago, and one way she found to get to know a completely new area was to sit and paint her surroundings in watercolour, which led her to join the Old SchoolHouse Gallery.

"As my husband is a keen sailor, I am able to see and photograph Moreton Bay, its islands, beacons and birds from our boat and use these scenes to bring the beauty of the bay and surrounds to my watercolours."

For David, after a successful career in finance, woodworking was not only a great relaxation activity he could do by himself, but also an activity that satisfied his passion for creating with his hands.

"Working with a wood lathe and a chisel, I try to achieve something that not only enhances the piece I am creating but also shows off the timber in its natural beauty. It is then finished in a way that is very tactile to hold. My wood is sourced from environmentally responsible locations with either a fallen tree or non-Indigenous species that are

being eradicated."

Stephen is an ex-primary school teacher who took up woodworking, especially wood turning, as a hobby when he 'retired'.

"Over the past 20 years, I've had a lot of fun turning old logs and bits of trees into works of art and useful wooden objects. My work is really a testament to the beauty of natural timber, which I have come to appreciate, and the journey to showcase it in a form that others can also appreciate."

Watercolour is Christine's passion, along with the beauty of nature. She loves clouds and skies and the colours and patterns they create on our waters with their reflections.

"I love looking to the heavens and wondering how I can create that beauty, that softness or wildness in watercolours. It isn't always easy, but I figure it should be the perfect medium for painting atmosphere, water and light, so I keep working at the challenge! I have also painted some Redlands flowers for this exhibition."

Christine will be running a Watercolour workshop on Saturday May 16 from 10:00am – 2:30pm at the gallery. Phone 0412 070 622 for details.



Caroline, Stephen, David and Christine at the Old SchoolHouse Gallery. Photo: Supplied.

The exhibition runs from April 30 to May 31 with an official opening night on May 2 from 5:00pm. The gallery is open Thursdays to Sundays and on public holidays.

During AdventureFest, the gallery will be open every day from May 15 to 24, with demonstrations by artists during the Art and Museum Hop final weekend.



MCCARTNEY FAMILY FUNERALS

When families in Cleveland need care, they turn to people they know and trust.

At our Cleveland office, Lea-Anne, Debbie and Shannon are more than Funeral Directors – they are steady, compassionate guides when families need support the most.

With nearly 60 years of combined experience in funeral service, their knowledge, professionalism and understanding ensure every family feels supported, respected and genuinely cared for.

Together, they bring depth of experience, steady guidance and genuine compassion – ensuring every family feels supported with clarity, confidence and care.

We are proud to serve the Cleveland and Bayside community with a team families can trust.



It's a family thing.

9/21 Waterloo St, Cleveland | mccartneyfunerals.com.au | 1300 043 522
Local Family Owned and Operated. Caring for Families in the Cleveland and Bayside areas.

CAR REVIEW

HYUNDAI I30 SEDAN – PREMIUM

BY JOHN VANDERMAAT



At first sight, the Hyundai i30 Sedan looks noticeably different from many other vehicles on the road today. As a sailor, I generally prefer smoother lines and softer chines; however, I was genuinely impressed by the distinctive straight lines and wedge-shaped styling of the i30 Sedan. While the exterior design gives the impression of a compact sedan, it actually delivers the space and comfort of a very roomy family car with good visibility all round. There is ample room in both the front and rear seats, along with a very generous boot – particularly impressive given that it accommodates a full-size spare wheel.

Having had the opportunity to test-drive the Premium edition of this model, I enjoyed its well-appointed cabin. Highlights include an electronic sunroof, leather-appointed seats, a steering wheel and gear shift, and a power-adjustable

driver's seat with memory function. The 10.25-inch capacitive touchscreen, with a blue light filter and split-screen functionality, provides access to an intuitive, easy-to-navigate multimedia system. With four instrument cluster display themes to choose from, it is simple to customise the dashboard to suit individual preferences.

Driving the i30 Sedan was a real pleasure. I consistently felt connected to the road and was more than satisfied with the performance delivered by the 2.0-litre petrol engine. With four drive modes available, selecting the most appropriate setup for current driving conditions is straightforward. The mode selection is far from cosmetic – you genuinely notice the differences between settings. While the car performs very well in Eco, Smart, and Normal modes, engaging Sport mode delivers a distinctly sharper and more responsive driving experience.

The safety features in this model were easy to use and extremely helpful. The cameras that



Photo: Supplied.

provide blind-spot views when changing lanes, along with the on-dash display indicating nearby vehicles, significantly enhance driver awareness and contribute to safer driving.

I greatly appreciated the opportunity to test drive the Hyundai i30 Sedan Premium over several days.

It offers the safety, comfort, convenience, and reassurance expected of a modern vehicle, while remaining approachable and enjoyable to drive.

Thank you to Bartons for supplying the Hyundai i30 for review.

B BARTONS CAPALABA GAC
GAC

ALL-NEW FULL ELECTRIC AION UT

6.01 cents/KLM
 HALF the price of petrol!

INTRODUCTORY OFFER PREMIUM FROM:
\$32,990 DRIVE AWAY*

2,750mm extra-long wheelbase with generous interior space; 905mm rear legroom lets three adults sit comfortably without rubbing knees

14.6-Inch Touch Control Central Screen

GAC UT Small SUV Features

- 2.1m V-shaped Wrap-Around Class-Leading Air Curtains
- (VTL) Vehicle to Load Compatibility
- 24 Storage Compartments

INTRODUCTORY OFFER LUXURY FROM:
\$37,590 DRIVE AWAY*

B BARTONS CAPALABA GAC
WWW.BARTONS.NET.AU

226-228 REDLAND BAY RD, CAPALABA 07 3245 2200
BOOK A TEST DRIVE: JUSTIN 0407 646 517

SCAN TO VIEW STOCK

All offers are valid for vehicles currently in stock at the time of publication and must be sold and delivered between 1 to 31 May 2026. Private and retail customers only. Excludes fleet and government buyers. These offers cannot be used in conjunction with any other offer. Prices based on 12 month registration. With a 60 kWh battery and an 11 kW home charger, a full charge takes about 6 hours and costs \$21 at 35c/kWh — around 6 cents per kilometre. BARC89788_0426

DEMO CLEARANCE

2025 DEMO SUBARU CROSSTREK HYBRID L

\$39,800 DRIVE AWAY*

2L HYBRID BOXER ENGINE, KEYLESS ENTRY, WIRELESS CHARGER, BLIND SPOT SENSOR, POWER STEERING. SN: G079376.



2025 DEMO SUBARU CROSSTREK L

\$37,900 DRIVE AWAY*

2L BOXER ENGINE, LANE DEPARTURE AND LANE KEEP, WIRELESS PHONE CHARGER. SN: G083529.



2025 DEMO SUBARU IMPREZA S

\$42,500 DRIVE AWAY*

2L BOXER ENGINE, SPORTY HATCH, SUNROOF, HEATED SEAT. SN: G082628.



2025 DEMO SUBARU BRZ

\$48,400 DRIVE AWAY*

LEATHER ACCENTED SEATS, SUNROOF, WIRELESS CHARGER. SN: G021460.

\$5000 WORTH OF ACCESSORIES INCLUDED*



2025 DEMO SUBARU OUTBACK SPORT

\$48,700 DRIVE AWAY*

2.5L BOXER ENGINE, SUBARU EYESIGHT TECHNOLOGY, SPORTY LEATHER SEATS WITH HEATING. SN: G021460.



2025 DEMO SUBARU WRX SEDAN

\$50,700 DRIVE AWAY*

2.4L TURBO BOXER ENGINE, SPORT-TUNED SUSPENSION, 360° DEGREE CAMERA. SN: G014849.



2025 DEMO SUBARU FORESTER HYBRID SPORT

\$56,800 DRIVE AWAY*

TOWBAR, SPARE WHEEL CARRIER, CARPET MATS, 2.5L BOXER HYBRID ENGINE. SN: G014003.



A TEST DRIVE LIKE NO OTHER!

TAKE THE SCENE ROUTE TO SIRROMET WINERY & RECEIVE A COMPLIMENTARY COFFEE.

BOOK TODAY



MONTHLY STATS FOR MARKET REPORT - as at 02.04.26							
SUBURB	FOR SALE	LAST MTH VARIANCE	SOLD	LAST MTH VARIANCE	% SOLD	AV. DAYS ON MARKET	MEDIAN SALE PRICE
VICTORIA POINT	71	-1	18	-1	25.35	20	\$1,122,500
REDLAND BAY	109	-15	25	0	22.94	20	\$1,145,000
THORNLANDS	61	8	18	-9	29.51	17	\$1,182,500
MOUNT COTTON	13	2	2	-1	15.38	20	\$1,207,500
CLEVELAND	96	-3	22	4	22.92	23	\$1,335,000
ALEXANDRA HILLS	14	-4	5	3	35.71	10	\$1,070,500
CAPALABA	35	7	12	-2	34.29	10	\$1,022,500
WELLINGTON POINT	44	9	8	-2	18.18	16	\$1,370,000
BIRKDALE	57	3	5	2	8.77	18	\$1,260,375
THORNESIDE	2	-9	8	5	400.00	24	\$1,287,500
ORMISTON	38	-4	10	1	26.32	25	\$1,344,225
SHELDON	4	-1	1	1	25.00	25	\$1,492,750
REDLAND CITY TOTAL	544	-8	134	1	24.63	19	\$1,233,938

REDLANDS MARKET WRAP - UP

Here's a quick update on what's happening in our local Redland City property market right now.

Overall, we're seeing a stable market, with total listings slightly down and buyer activity holding strong. Properties are taking on average just 19 days to sell, which tells us buyers are still very active when the home is priced correctly.

What's really important for sellers is this — stock levels are tightening, which creates opportunity. Areas like Thornlands, Capalaba, and Alexandra Hills are seeing strong demand, with homes selling quickly and high percentages of properties being snapped up. In some cases, homes are selling in as little as 10 days.

We're also seeing consistent price growth across the region, with the overall median setting a new record at \$1.23 million, and premium suburbs like Wellington Point, Ormiston, and Cleveland pushing well above that.

Now, not every suburb is performing the same — some areas like Birkdale and Mount Cotton are a little slower, which means strategy, pricing, and presentation are more important than ever.

Impact of War and Interest Rates

War & interest rates are two of the biggest topics of discussion right around the world right now – particularly the impact they'll have on the local property market. The property market is hard to predict – it's not an exact science, but here's what we do know:

Both topics can have a significant impact on how confident people feel about spending money, how much they can borrow, and how attractive property is compared to other investments.

When central banks raise interest rates to control inflation, borrowing instantly becomes more expensive. The flow-on effect from this reduces buyers' budgets, slows demand, and often lowers price growth. When interest rates drop, the opposite happens - credit becomes cheaper, demand increases, and property prices tend to rise. Most property purchases rely on debt, and so even small rate changes can have a huge ripple effect across the market.

War (or even just the threat of war) creates uncertainty, and uncertainty is never great for the property market. It makes it harder to get building materials and can impact population numbers. This can lead to higher building costs, fewer homes being built, and changes in how people invest and rent.

Countries seen as 'safe', like Australia for example, can sometimes see more demand though, because people want to live and invest somewhere more stable.

Unfortunately, it's usually the case that these two forces often occur at the same time. For example, a war can push up inflation (through higher energy and commodity prices), which then leads central banks to raise interest rates. This creates a push-and-pull effect on the property market: higher rates reduce demand, while supply constraints and population growth can keep prices from falling sharply.

Understanding how these two forces interact is key to making sense of current market trends. Rather than causing property booms or crashes, they tend to reshape the balance between supply, demand, and affordability. This leads to slower growth, regional differences, and significant changes in rental markets.

Written by Dave Tidbold.



THE
SMARTRE
SALE

*The only ethical, effective
and risk-free way to sell
your property!*

NO UPFRONT COSTS.
NO SALE. NO CHARGE.



TIDBOLD
REAL ESTATE

Ethics in Real Estate

Call us 7 days/24 hours

3207 6000