

The Community Leader

WE'RE ALL ABOUT GOOD NEWS

Redlands



GAME ON! REDLANDS' BEST SET TO STAR AT TOUCH FOOTY SPECTACULAR

We love our sport in the Redlands, so it's no surprise that there are 23 local teams competing in the Queensland Touch Football Junior State Cup this July. And with a record 273 teams participating, the carnival will bring an estimated 16,000 people to the Redlands each day.

Touch footy remains one of the area's most loved sports, welcoming players from under 10s to over 70s. Its fast pace makes it exciting to watch, while the non-contact format keeps it accessible to young athletes, returning players, and even multi-generation family teams sharing the field.

Events like this strengthen community ties, keep kids active and engaged, and showcase the best of grassroots sport – all reasons they deserve strong local support.

Games run from July 9 to 11 across the Redland Showgrounds and Henry Ziegenfusz Park, offering the perfect chance for locals to see whether touch football might be their next sporting passion. And with talk of the sport potentially joining the 2032 Olympics, there's never been a better time to get behind your local teams. See you there!

Pictured: Junior players from Redlands Touch Association.



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Courtney Brown | 0410 232 200



A KOALA NAMED LEAF

A koala named Leaf has become the quiet heart of a loud debate in Ormiston, where the removal of mature eucalyptus trees is reshaping the landscape. Her story is already remarkable: after surviving a car strike that left her blind in one eye and separated from her joey, she spent months in rehabilitation before being released back into the bushland surrounding Ormiston College. Now carrying a new pouch young, Leaf continues to navigate the same territory she has always known, moving – according to her GPS tracker – between the College grounds and the parkland on Sturgeon Street.

According to the Redlands Koala Action Group, those movements show that this area is not a transient corridor but a living, breathing home range. The GPS tracking data cited by the group points to Leaf regularly using some of the mature trees being cleared. Koalas return to familiar trees repeatedly, and when those trees disappear, they are forced to travel farther on the ground, where the risks – from cars, dogs, and stress – multiply. For Leaf, who has already survived one collision, that danger is not theoretical.

Community members and the Redlands Koala Action Group argue that replacing old-growth habitat with saplings cannot meet the needs of Leaf or any other koala in the area. Young trees take decades to grow into usable habitat, and koalas like Leaf need established canopy now, not in the distant future. The group has urged that clearing stop until Leaf moves safely away from the impact zone, pointing to what the group says are long-standing concerns that previous ecological assessments may have underestimated koala use of the site.

Leaf's presence on the land underscores what is at stake. She is a mother, a survivor, and a living example of how koalas rely on stable, mature habitat to breed and thrive.

Find out more about Redlands Koala Action Group at <https://koalagroup.asn.au>.



Leaf. Photo: Supplied.

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QUEENSLAND'S BIGGEST TOUCH FOOTY CARNIVAL COMES TO REDLANDS

BY JAN NARY

“Visually, touch football is a great game; it’s fast, it doesn’t stop, and the players need skill, the ability to step out and find gaps, agility, teamwork and understanding of how to read a game. It’s high-paced and engaging, and to have it as an Olympic sport would be a dream – especially for Australia!”

Rachael Stacey can be allowed some bias. As Manager of Commercial, Events and Strategy of Queensland Touch Football, her passion is understandable, especially so close to the Queensland Touch Football Junior State Cup.

Touch football grew out of rugby league – Rachael points out that some league stars have actually come from touch – but it has the advantage of being safer for younger and older players.

“Touch football provides perfect off-season training, and because it doesn’t have the collisions of other football codes, it’s great for young athletes and is a fantastic opportunity for older participants to come back to reconnect with teammates in a fun and active sport. We have 79-year-olds still taking to the field. That makes it versatile, so that you

can have teams with grandparents, parents and children all playing in the same team,” Rachael says.

While some young players move on to other football codes, many stay with touch throughout their playing lives.

“They come in young and go up through all the different levels. You’d be hard-pressed to find the skill level in other codes because touch footballers have been able to play the sport from such a young age. The life cycle of a touch player can be a lot longer than many other sports.”

Junior teams, which boast an equal split of male and female players, go from under 10 to under 18 years old. This year will see a record 273 teams participating, a boost to the Redlands of about 16,000 people each day, from Townsville to South Tweed and out to Emerald. The Redlands Touch Football Association has a record representation of 23 teams.

“There’s a sin bin, but it’s rarely used,” says Rachael. “The whole event is a festival; it’s wonderful to see the smiling faces – the players



and their parents – and it’s a fantastic day out for anyone who wants to see if touch football is the sport for them!”

The 30th Queensland Junior State Cup will run from July 9 to 11 at the Redland Showgrounds and Henry Ziegenfusz Park.

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ROCKABILLY, GLAD RAGS AND HOT RODS – GREAZEFEST COMES TO CLEVELAND

GreazeFest is back, with all the colour, flamboyance and style that aficionados have come to love and expect. The distinctive, chrome-accented cars, the unmistakable fashions and the real driving force, rockabilly music, will fill the Redland Showgrounds from July 31 until August 2. GreazeFest director and aficionado-in-chief is Lorie Lee Cash.

“Rockabilly music was born out of rhythm and blues and country music, but the concept of rockabilly now embraces the whole lifestyle. It was a brief period – from the mid-fifties to the emergence of rock and roll in about 1960, but it was a celebration of youth culture, the first time that teenagers were recognised as having their own tribe,” says Lori Lee.

The clothes styles for women were distinctive, bright and styled for dancing.

“Those full-circle skirts, almost the size of a tablecloth, were a reaction to the fabric shortages and restrictions of the war and immediate post-war years,” she says. “Colours were being celebrated too, in the wardrobe and in the home, and plastic was making an impact on everyday items and accessories.”

The fashion styles have gone through a resurgence in popularity, and a whole new generation of rockabilly devotees is snapping up the frocks.

“You can buy the genuine vintage articles, or you can buy reproduction garments. With reproduction clothes, you’ve a better chance of getting your own size; collecting and wearing vintage clothing is another whole level of dedication to your hobby, as long as they’re roomy enough to dance in!” says Lori Lee.

“When you put on your ‘best threads’ you feel fantastic, and it’s a delight to see hundreds of people – including the musicians – presenting themselves in wonderful outfits. Even at the Hot Rod show, there’s a costume; tucked-in T-shirts and denim jeans with rolled up cuffs. You can be whoever you want to be at events like GreazeFest!”

For more information on the music, the HotRod show, featured events and markets, go to www.greazefest.com.



Photo by Phil Kellow.

DEON LACY REDLANDS PROPERTY REPORT

JULY 2026 Your monthly update on the Redlands property market, development activity and local opportunities

<p>MARKET SNAPSHOT – REDLANDS</p> <p>AT A GLANCE - JULY 2026</p> <p>MEDIAN HOUSE PRICE \$1,120,000 7.37% increase</p> <p>PROPERTIES SOLD MAY TO JUNE 500 Approx.</p> <p>MEDIAN UNIT PRICE \$790,000</p> <p>BUYERS LOOKING 600 to 900 active buyers</p> <p>RECENT SALES HIGHLIGHTS</p> <table border="0"> <tr> <td>RABY BAY</td> <td>\$8,000,000</td> </tr> <tr> <td>CLEVELAND WATERFRONT</td> <td>\$3,000,000</td> </tr> <tr> <td>THORNLANDS</td> <td>\$1,830,000</td> </tr> <tr> <td>VICTORIA POINT</td> <td>\$3,000,000</td> </tr> </table>	RABY BAY	\$8,000,000	CLEVELAND WATERFRONT	\$3,000,000	THORNLANDS	\$1,830,000	VICTORIA POINT	\$3,000,000	<p>BUYER DEMAND – HOT LIST</p> <p>4 BEDROOM HOMES Thornlands to Wellington Point</p> <p>WATERFRONT HOMES All Redlands</p> <p>TOWNHOUSE SITES 1,000m²+ in growth corridors</p> <p>DOWNSIZER HOMES & VILLAS Close to Amenities</p> <p>QUALITY UNITS Cleveland, Thornlands and Victoria Point</p> <p>WHAT'S YOUR PROPERTY WORTH?</p> <p>The market has moved. Has your property value? Scan the QR code to get your free, no-obligation property report.</p> 	<p>DEVELOPMENT & PDA UPDATE</p> <p>SOUTHERN THORNLANDS PDA Continued momentum with civil works progressing. Multiple developer groups active in the area.</p> <p>SHORE STREET EAST, CLEVELAND Stage 2 civil works complete. Construction of new apartment buildings now underway.</p> <p>MAJOR INFRASTRUCTURE Redlands Coast Sparts Precinct on schedule. Additional transport upgrades planned for 2026.</p> <p>DEVELOPER ACTIVITY Strong demand for townhouse and medium density sites. Prices for development sites remain firm.</p>	<p>PROPERTY OF THE MONTH</p> <p>4 YEARS OLD, CORAL HOME</p>  <p>FOR SALE 17 Mountain Ash Way, Redland Bay 4 BED 2 BATH 2 CAR 600 SQM +POOL CONTACT DEON FOR DETAILS</p> <p>COMMUNITY CORNER</p> <p>SOUNDS OF SHORELINE – FREE LIVE MUSIC 11 JULY: 10AM - 3 PM Jingeri Park, Shoreline, Redland Bay</p>
RABY BAY	\$8,000,000										
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What's On

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

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



5 JUL

K-POP FAMILY FUN DAY

Sunday July 5 from 12:00pm, Koala Tavern, Moreton Bay Road, Capalaba

Bring the family along for this poppy afternoon as Koala Tavern hosts the K Pop Demon Hunters Show, bringing high energy performances, colour and family friendly fun. Guests can enjoy live K Pop action, creative face painting, a chilled beer garden soloist set and all day dining. With walk-ins welcome and bookings recommended, it's the perfect way to get everyone pumped on K-Pop!



12 JUL

PUPPYPALOOZA – CANINE CHRISTMAS IN JULY

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

PuppyPalooza is a free, family friendly celebration, bringing together dog lovers and their furry best mates in a market setting. With more than 40 pet stalls to browse, a pet photographer on site, along with food trucks, competitions (on the main stage from 10:30am), training workshops and a relaxing chill-out zone, it's the ultimate morning out for pups and their humans.



20 JUL

MICROPLASTICS TALK WITH DR CASSANDRA RAUERT

Monday July 20, 10:00am to 11:00am, Capalaba Library, 38/62 Moreton Bay Rd, Capalaba

Dr Cassandra Rauert warns that microplastics from plastics, fabrics, tyres and household items are entering our bodies through the air and food we consume. These particles carry harmful chemicals like plasticisers, linked to endocrine and reproductive issues. While health impacts are still being uncovered, evidence is growing. The talk will explore risks, and practical ways to reduce exposure. Learn more about Dr Rauert and microplastics on page 27.



24 JUL

THE FRANKIE VALLI EXPERIENCE

Friday July 24, 7:30pm, RPAC, Middle Street, Cleveland

The Frankie Valli Experience arrives at RPAC Cleveland this July, bringing Brisbane's favourite leading man, Simon Chamberlain, to the stage in full red blazer glory. Audiences will be treated to soaring vocals, effortless charm, and those unmistakable Frankie falsetto notes that defined a generation. This will be a fun night out for fans of Frankie Valli, The Four Seasons, and Jersey Boys, featuring nostalgia, showmanship, and timeless hits.



CLEVELAND MARKETS

Sundays, 7:00am to 1:00pm, Bloomfield Street, Cleveland

A Redlands institution, the Cleveland Markets deliver a classic Sunday morning experience with fresh produce, bargain buys and hidden treasures. Wander through rows of stalls, chat with local vendors and pick up everything from plants to handmade goods. Add a coffee and something tasty, and you've got the perfect start to the day. Visit www.clevelandmarkets.com.au for more information.



GREAZEFEST 2026

July 31 to August 2, Redland Showgrounds, Cleveland

GreazeFest is celebrated as Australia's ultimate rockabilly and hot rod weekend, drawing thousands for three days of high energy kustom kulture. The event brings together cool cars, rockabilly bands, DJs, pinups, vintage bikes, art, markets, and nonstop entertainment. Visitors can soak up the atmosphere, enjoy incredible live music, and experience the rockin' spirit of kustom kulture with a single day visit or a full weekend pass.

SCHOOL-AGE KIDS JOIN WELLO'S JUNIOR BOWLS DEVELOPMENT SQUAD

Lawn bowls used to be regarded as a game only for older people, but that's a very outdated perspective, according to Leanne Grieves.

Leanne is one of the five coaches who teach school-age players from age six, and she has been running a junior development squad for over three years with the Junior Wellington Point Bowls Club.

"We encourage families to play together, it's a game for all ages, and it creates a wonderful family dynamic," she says. "Our players include three generations from one family; it can become a real family lifestyle activity, and it's a sport you've got for life."

While young players are usually introduced to bowling by older family members, the connection can also happen in reverse.

"We run classes for Wellington Point Primary School students on Friday afternoons, and one young fellow was so taken with it that he got his parents to ask if he could come back with them and his grandparents for his birthday!"

Leanne says that, as well as being a healthy, good-fun sport, it has valuable life-training elements.

"Our program teaches sports skills but also develops strategic thinking, teamwork and respect, and it's proven ideal for our young players who have ADHD," she says. "It's non-contact, and it's perhaps the only sport where you don't need to be big, strong or fast. The young players also help out at lawn bowls events, and that gives them a real sense of responsibility and status."

There are 18 regular players in the junior group, five of whom now play in competition. Leanne says that the opportunity to compete at the club, local, and state levels strongly appeals to young players.



Photo: Supplied.

"We don't push them, but they love to compete – and competition teaches them how to lose. My motto is that you can't win if you don't know how to lose."

For more information, contact Leanne on 0433 431 248 or visit <https://wellingtonpointbowlingclub.com.au/>.

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Waste in Redland City



Deputy Mayor's message

Waste – it's everyone's responsibility

If we think back to the way waste was handled in the 1970s, a lot has changed, and we would not accept those practices today. As our city grows and changes, so too do the services we rely on, including waste management.

Across Australia, the cost to dispose of rubbish is rising fast, on Redlands Coast, the cost of transporting waste, recycling and landfill has risen steeply.

Redland City does not have landfill sites to bury our rubbish. We rely on landfill operators outside our city in order to dispose of the 58,000 tonnes of landfill we generate every year. That figure equates to burying 380 Boeing 747s, or 7733 passenger buses – that is a lot of landfill generated by our small city.

Landfill space is now a premium resource with options across south-east Queensland shrinking; costs to

dispose of rubbish are climbing well above inflation. However, Council understands that our community cannot continue to absorb these rising costs, therefore our only option is to try to reduce the amount of waste we must send to landfill.

Our city's demand is growing – more people are using these services. So we need to find a balance. Council is taking action to manage these pressures.

In the coming budget, emphasis has been on making careful, crucial, and cost-effective decisions in order to keep our services sustainable to ensure Council can keep delivering the services you rely on, now and into the future.



Cr Julie Talty
Acting Mayor of Redland City
Email: mayor@redland.qld.gov.au

A better bin bundle could save you money

Looking for an easy way to cut household costs? A better bin bundle could help you save money while reducing waste at the same time.

By swapping your current 240L waste and 240L recycling bins for:

- a smaller 140L waste bin
- a 240L green-lid bin
- and a larger 340L recycling bin, you can offset the cost of the green-lid bin with a smaller red-lid bin.

There's no establishment fee as long as your change includes a new or additional green-lid bin.

Call 3829 8999 or search "Redland bin bundle" to learn more.

Why make the switch? Because recycling and composting more means less rubbish going to landfill – which helps keep costs down for everyone.

The key thing to remember: the red-lid bin costs the most. Cutting down what goes into it saves money for your household and your community.



Delivering what matters

Find out more about setting Council's budget and rates



More than just bin day: what waste charges really pay for

Your council waste charge covers more than just your weekly bin collection.

It helps with the transport, sorting, recycling and disposal of around 120,000 tonnes of waste and recyclables each year, and funds Recycling and Waste Centres, customer services, and community education.

As costs rise, reducing waste, recycling correctly and choosing the right bin options can help manage expenses for households and our community.

Did you know we don't have a landfill site in Redlands, so every single bit of landfill waste from red-lid bins and RaWCs is trucked out of the city



58,000 tonnes of waste sent to landfill



60,000 tonnes of recyclables and green waste



Community education to recycle right and minimise waste



8 Recycling and Waste Centres* (RaWCs) operating 363 days a year
**These are not landfills*



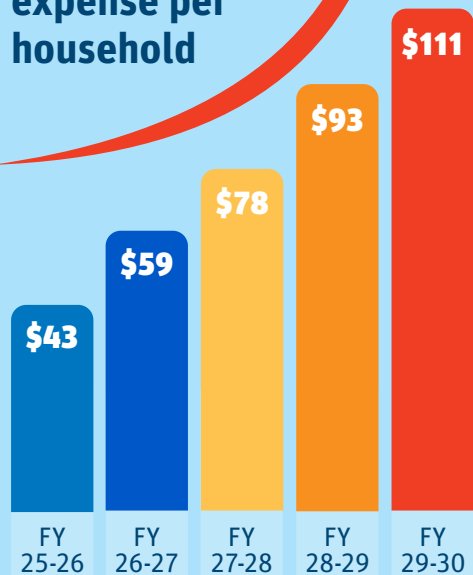
16,000 customer requests supporting waste education, bin repairs and replacements

Did you know the most expensive choice is your red-lid bin? Think before you throw and use the correct bin!



More than **50%** of red-lid bin content could actually be recycled or composted!

Queensland Government Waste Levy estimated expense per household



Don't bin batteries!

What a mess. This photo shows a 'hot load', a recycling truck's load dumped on the street to help contain a fire caused by someone disposing of batteries in their kerbside bin.

When the battery was crushed or damaged in the truck, its stored energy and the flammable materials around it ignited.

A similar disastrous process can also happen at waste facilities.

Taking batteries to proper disposal points prevents fires, protects our waste collection truck workers and keeps communities safe and services running smoothly.

Find your local battery drop-off point at bcycle.com.au



Scan to watch a battery start a fire in one of our waste trucks.



Quick quiz

Which of these recyclable items is found most often in kerbside red-lid bins?

- a) Cardboard
- b) Magazines
- c) Cans
- d) Spray bottles
- e) Glass jars
- f) Newspaper
- g) Clean meat trays

Top tip: fold down your cardboard boxes before popping them in the yellow-lid recycling bin, or if your recycling bin is full, take them to a Recycling and Waste Centre.

Answer: a) Cardboard!

Have you 'bin' a good neighbour?

Whether you're a bin-fluencer or just keeping things tidy, good bin habits go a long way to being a good neighbour:

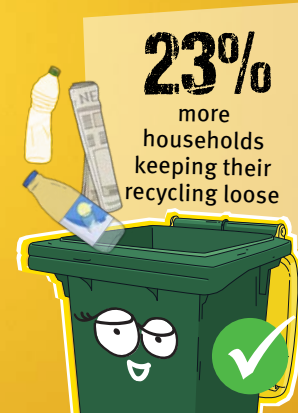
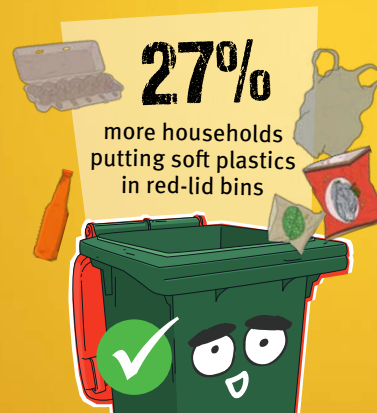
- Bring in your bins after they've been emptied
- Don't overfill your bin and keep the lid shut
- Keep bins clear of driveways, cars, trees and overhead powerlines
- Most importantly, keep hazardous waste like batteries out of all bins.

Thanks for 'binning' helpful with your weekly waste. We wheelie, wheelie appreciate it.

Redlanders recycling right

In 2025, you made some big changes to your recycling habits – let's maintain the momentum.

- **7%** increase in 5-star recyclers with zero contamination
- **89%** of households with a 4 or 5-star rating after bin checks
- **3%** decrease in highly contaminated recycling bins
- Almost **2%** decrease in recyclables lost to landfill.



Maggie's Mates

SPONSORED BY MARKET 2 MARKET



Photo: Supplied.

What's your name? My name is Oscar the Cat.

Where do you live? I'm from Capalaba.

What's your favourite local walk? I like to walk on anything high, because it gives my family a good fright. I am very agile.

What's your most treasured toy? I have a soft mouse toy that I got ages ago. It's a bit mangled now. I like to throw it around, and sometimes I give it to my mum as a gift. She is usually not very impressed.

What's your favourite food? I like tin food over the dry stuff that comes in a bag. I get excited when a tin is being opened, and I do a happy dance.

What's your worst habit? Bringing people my yucky old mouse toy.

Where's your favourite hangout spot? Wherever the sun is shining, even in summer.

Who's your best friend? I like the cat next door. We have an understanding, and we look at each other from a distance through the screens. I guess he is my friend.

Do you have any embarrassing stories to share with us? I was snooping in a cupboard and accidentally got locked in. It was a few hours before someone opened the door and found me. I won't do that again!

What do people love most about you? I meet and greet all visitors at the front door. People like that.

Oscar's favourite charity is 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.



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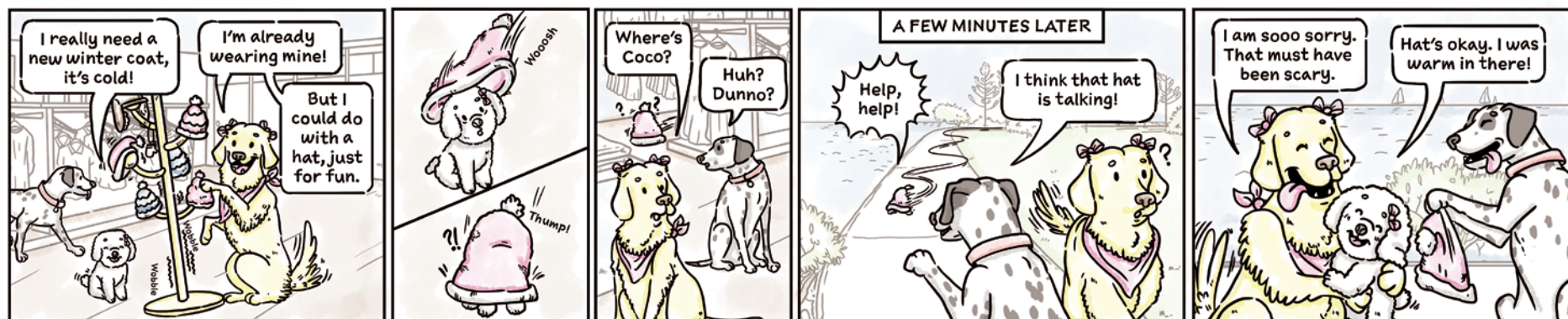
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MISS MAGGIE OF MANLY



MANAGING ARTHRITIS IN PETS

BY DR NICKY THOMAS, WYNNUM MANLY VETERINARY HOSPITAL

Arthritis is a chronic, degenerative disease of the joints with no cure. Management requires a combination of medication, physical therapy and weight control. There are a number of medications and supplements that may help alleviate the pain and cartilage degeneration associated with arthritis.



and pain in the joints. NSAIDs provide both a pain-relieving and anti-inflammatory effect and are generally the cornerstones of arthritis management in pets. NSAIDs may have effects on kidney and liver function, so their use should be monitored with blood tests. NSAIDs are a prescription medication – your vet will be able to discuss the most appropriate option for your pet.

ALTERNATIVE PAIN RELIEF MEDICATIONS

There are a number of different pain relief medications that your vet may discuss with you if your pet is unable to tolerate NSAIDs or requires additional pain relief. These include medications that help to alleviate neurological and spinal pain, and others that reduce “wind-up” pain, may be suggested by your vet.

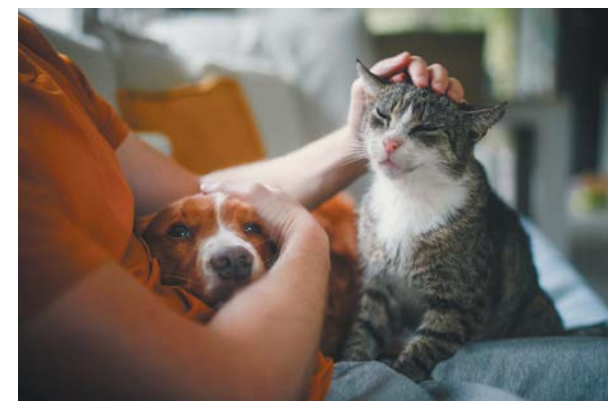
ANTI-INFLAMMATORY SUPPLEMENTS

There are a number of supplements available that may provide additional anti-inflammatory relief. Green-lipped mussel extract, omega fatty acid supplements and cannabidiol oil have all been utilised in the management of arthritis.

INJECTABLE POLY-SULPHATED GLYCOSAMINOGLYCANS (PSGAGS)

These medications help repair cartilage, reduce inflammation, and lubricate joints. Your vet can advise you whether these medications may be useful for your pet.

Book a consultation with your vet to discuss the best arthritis management plan for your pet.



CARTILAGE SUPPORT/CHONDROPROTECTANTS

The body has natural mechanisms that help to rebuild damaged cartilage and improve muscle mass. These mechanisms require raw materials that can be provided as nutritional supplements. Glucosamine and chondroitin sulphate are two compounds derived from shellfish, sharks and other animals that can help to protect and repair damaged cartilage. These substances are most useful before cartilage damage is too severe.

NON-STEROIDAL ANTI-INFLAMMATORY MEDICATIONS (NSAIDS)

Non-steroidal anti-inflammatory medications work by decreasing the production of prostaglandins, which are mediators of inflammation



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HOW TO SAVE MONEY ON YOUR BINS AND KEEP WASTE OUT OF LANDFILL

FROM REDLAND CITY COUNCIL

There's good news for households looking to manage their day-to-day costs and make a positive environmental impact: a smarter bin setup can help you do both. By switching from a standard combination of 240L waste/240L recycling bin combination to a 140L general waste/240L green waste/340L recycling bin combination, residents can keep garden waste and recyclables out of landfill and save a little money.

This combination works because it aligns with how most households actually generate waste. More than half of what we throw away in the red-lid bin doesn't need to be there – garden clippings, paper, cardboard, bottles – can be recycled or composted. With a larger 340L recycling bin and a 240L green bin, there's plenty of room to sort these materials correctly. What's left for landfill quickly shrinks, making a smaller 140L waste bin more than enough for most homes.

Rather than feeling like a limitation, a smaller general waste bin becomes an empowering tool. It encourages better habits, reduces unnecessary waste, and helps households become more conscious of what they consume. Many families who make the switch are surprised at how quickly it becomes second nature.

The financial benefits are just as appealing. Switching to a 140L red-bin and upsizing from a 240L recycling bin to a 340L recycling bin, when ordered at the same time as a 240L green bin, is a cheaper option, meaning savings for households. At the same time, reducing the amount of waste sent to landfill helps ease pressure on council budgets – something that benefits the entire community over time.

Most importantly, this is a positive step toward a more sustainable future. Every recycled bottle, every



Photo: Supplied.

composted palm frond, and every smaller landfill bin adds up. Together, these choices mitigate future expenses, reduce emissions, conserve resources, and keep our community cleaner and greener.

Sometimes making a difference doesn't require a big change – just a smarter one.

To get a better bin bundle, call Council on 3829 8999 or search "Redland Bin Bundle" to learn more.



GET A BETTER BIN BUNDLE*

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DAVID WEBSTER'S MAKING A JOYFUL NOISE WITH REDLAND CHOIR

BY JAN NARY

David Webster's career as a musician was probably destined by both nature and nurture.

The child of two accomplished musicians who had met in a choir, he attended and sang in choirs from childhood. He started at the University of Queensland as an engineering student and promptly enrolled in seven choirs. Through a series of happenchances in the UQ Musical Society, he advanced from backrow bass to vice-president, then to president, and to conductor.

"I thought, I've been in choirs long enough to know what to do, I'll just start us off, look after the first month while we find our footing. That month turned into ten years," he says.

That was the first of the many achievements that this talented musician has to his credit. He is currently Musical Director of the Bach Society of Queensland, Director of Music at Holy Trinity Anglican Church, Fortitude Valley, and Conductor of the Senior Choir of the Blackstone-Ipswich Cambrian Choir, as well as having worked with many esteemed Australian and overseas musical societies. His repertoire is as wide as his experience; baroque and classical, contemporary

popular music – all is grist to the mill of this thorough-going musical talent. He's also tackled pieces that are outside the usual genres.

"I heard David Fanshawe's African Sanctus in 2006 and fell in love with it; it has to be one of my favourite works to conduct. I first conducted it in 2006 when I was too young to know that I should be scared of it; in 2022, I took a year to prepare for it."

David's engineering ability to fit things together and make them work is useful with the organisational and managerial side of his work.

"I enjoy the management, involvement with the committees and event planning and production, as much as the conducting and singing," he says. "Then, when you've done the production work and rehearsals and you get to the point where you're really making music, lifting the baton and being in charge of that whole choir is incredible. It's magic."

David and the Redland City Choir are in the exciting process of shaping future programs; David enjoys working with a variety of classical and contemporary music.



Photo: Supplied.

"We have a range of abilities in the Redland choir, so I set a target for each rehearsal and adjust as necessary. One of the reasons I love choirs so much is that people literally come in off the street with little belief in their own ability to sing – but singing is the one musical art form where you can come in and start wherever you are."

For singers and audiences, there are exciting times ahead.

Tuesday evening rehearsals will resume at RPAC on July 14. For more information, email redlandcitychoirqld@gmail.com.

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TONI CHILDS: THE RUNAWAY WHO FOUND HER VOICE

American-born Toni Childs was born for music, but she had to fight her way in; her family's rigid religious beliefs barred her from any music but hymns. At the age of 15, Toni ran away.

With the serendipitous assistance of a sheriff and a chain of interstate truck drivers she made it safely to Huntington Beach – “I had angels taking care of me the whole time” – and found the world of music. And the world of music found her. At an open mic session in a local venue the band reluctantly asked her up to sing in a blues set and Toni was more than happy to comply. She was on stage in a minute, closed her eyes and let rip. When she opened her eyes again the crowd was in her hand and her career had started.

She played with various well-known bands and singers for years, establishing herself as a performer but feeling the need to stretch further, find more of herself in her music and learn more about music production.

“Everyone was trying to be better at playing the same stuff, but I needed to work with people who wanted to experiment, jam and learn. I needed to leave Los Angeles – go and work in a recording studio, learn more about music production and really explore my writing. Island Music organised me a placement in the UK and I learned a lot.

“You find out that you have these gifts that never got to be unfurled because the space wasn't big enough to let it happen, to let it all out of the cage. I had a lot of emotion and music settled it for me, directed that energy – singing was a way of soothing myself. Music has been my healing and now I'm at the age I am, people have told me that my music has helped them through bad times.”

Her show at RPAC, *A Retrospective*, will feature her best-known hits and songs from her latest albums. For tickets, go to rpac.com.au.



Redland Performing Arts Centre presents

CRUNCH TIME

by counterpilot

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Redland CITY COUNCIL | **redland** performing arts centre

CRUNCH TIME – FEEDING THE BODY AND BRAIN

BY JAN NARY

Crunch Time is a new, innovative experience available at RPAC in July. Here's a rundown of all it entails.

Crunch Time may never get a Three-Hat rating for its food, but as a dining experience, it would be hard to beat. A select guest list of 12 diners, a digital table-top list of ingredients that they choose for their dinner and a chef who has to make a five-course meal out of the selected ingredients.

To add to the bedlam, the ingredients are chosen at the table by majority vote, the chef is an eminent local personality who may have the culinary talents of a tricycle, and every part of the process is tightly timed.

The creator of *Crunch Time* is Counterpilot, a local artist-led company directed by Nathan Sibthorpe. Concerned about emerging political trends in 2016, he developed the concept of a dinner party to reflect the election process.

“The diners don't necessarily choose what the meal is going to become, but they're responsible for choosing every ingredient that the chef – or politician – is allowed to use. It's a really fast-paced round of voting; it's like a game show. The audience creates the resources and the problems that the chef – or politician – has to optimise.”

While custard and sardines aren't likely to appear in the same course selection, Nathan says that the dessert course is usually the most chaotic and often gives rise to wild possibilities. Translation of the ingredient selection into dinner is subject to the chef's ability. Calling a food delivery service is not an option.

“A big question in the work is who is more responsible: the chefs for what they make or the diners for what they give the chef to work with. It's entirely possible that it could be a disaster, but we do provide support staff,” says Nathan.

“We're not interested in skilled chefs, we're interested in public leaders – politicians, artistic directors, CEOs, community leaders, people who in their day-to-day life are dealing with what the people want, taking what the people are giving them to work with and having to turn it into something for all of us.”

Has the democratic process ever moved a diner to indigestion – or violence?

“There was a show where a diner lunged across the table to knock someone else's voting token away. What was so interesting was that afterwards, he immediately felt a sense of shame, and everyone at the table acknowledged it, not because of the violence of what he did, but because he took away someone else's right to vote. What I love about this show is we don't have to say anything, participants experience the kind of discomfort and challenges posed by the democratic process, and they always find their own conclusions.”

Creating an interactive blend of dinner and political awareness, something to be chewed over physically and mentally, is a truly creative work, socio-culinary synaesthesia at its finest.

RPAC is presenting six opportunities to share the feast, with early and late sittings from July 15 to 18. For tickets, go to rpac.com.au.

BRAS FOR BREAST CANCER: SMALL COMFORT; BIG IMPACT FOR PATIENTS

FROM THE REDLAND HOSPITAL FUND

More than 90 Redland Hospital breast cancer patients have received post-surgical bras thanks to the Redland Hospital Fund, easing one of the quieter financial burdens of cancer recovery.

The Bras for Breast Cancer project, recently established at Redland Hospital, supplies women recovering from breast conservation surgery and mastectomy with the soft, non-wire bras they need in the critical weeks after their operation.

Patients are typically required to wear a post-surgical bra for up to three weeks to support healing, accommodating changes in breast size and shape, and protecting sensitive scars and swelling. While women receive one Berlei bra through the Breast Cancer Network Australia, most need several so they can rotate and wash them to reduce infection risk. At up to \$80 a bra for leading brands, the cost adds up quickly.

Annette Smith, Clinical Nurse Consultant at Redland Hospital, said the project lifts a real weight off of patients at an already difficult time.

“Purchasing extra bras for surgery is another financial burden that cancer patients face,” Ms Smith said. “They already lose work hours if receiving treatment like chemotherapy and radiation, and then have time off to recover post-surgery.

“Giving them something simple like an extra bra helps relieve a little of this financial burden, even if only slightly. The breast cancer patients love that we provide them with a post-surgical bra and often wear these long after they no longer need to.”

The project sources functional recovery bras from Kmart and Target, allowing the breast service to support a far greater number of patients than premium brands would allow.

Annette said the impact was being felt across the Redlands community, where cost-of-living pressure is hitting families hard.

“Through funding for this project and allowing the breast service to supply bras for cancer, it builds important relationships with patients and relieves some of the ongoing financial burden that breast cancer patients face both during and long after their treatment.”

She extended her thanks to the local donors who made the program possible.

“Thank you for making a difference to many people touched by breast cancer. Your generosity is greatly appreciated by our breast cancer patients.”



Photo: Supplied.

The Bras for Breast Cancer project is funded entirely through the generosity of Redland Hospital Fund supporters. Community members who would like to help local breast cancer patients in their recovery can donate at www.redlandhospitalfund.org.au/donate.

**LET'S DO
THANK YOU**

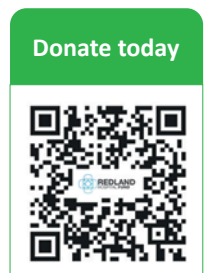
Your place to give

The Redland Hospital Fund is your place to say thank you for the exceptional care you or a loved one has received from the staff of Redland Hospital.

Donations help fund patient support projects, medical research, staff education and vital equipment at Redland Hospital, across services including emergency, maternity, obstetrics, paediatrics, cardiology, kidney dialysis, general medicine, surgery and mental health.

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redlandhospitalfund.org.au



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Parkview at 11-14 Michelle Court, Cleveland is an exclusive collection of 56 premium apartments, perfectly positioned to offer the best of Cleveland living. 40% 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:

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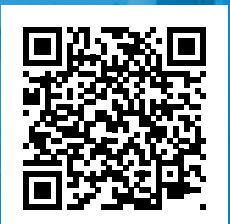


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Raine & Horne

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Raine & Horne

Wynnum West

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◆ Wynnum

\$700 per weekly
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The Local Community Online

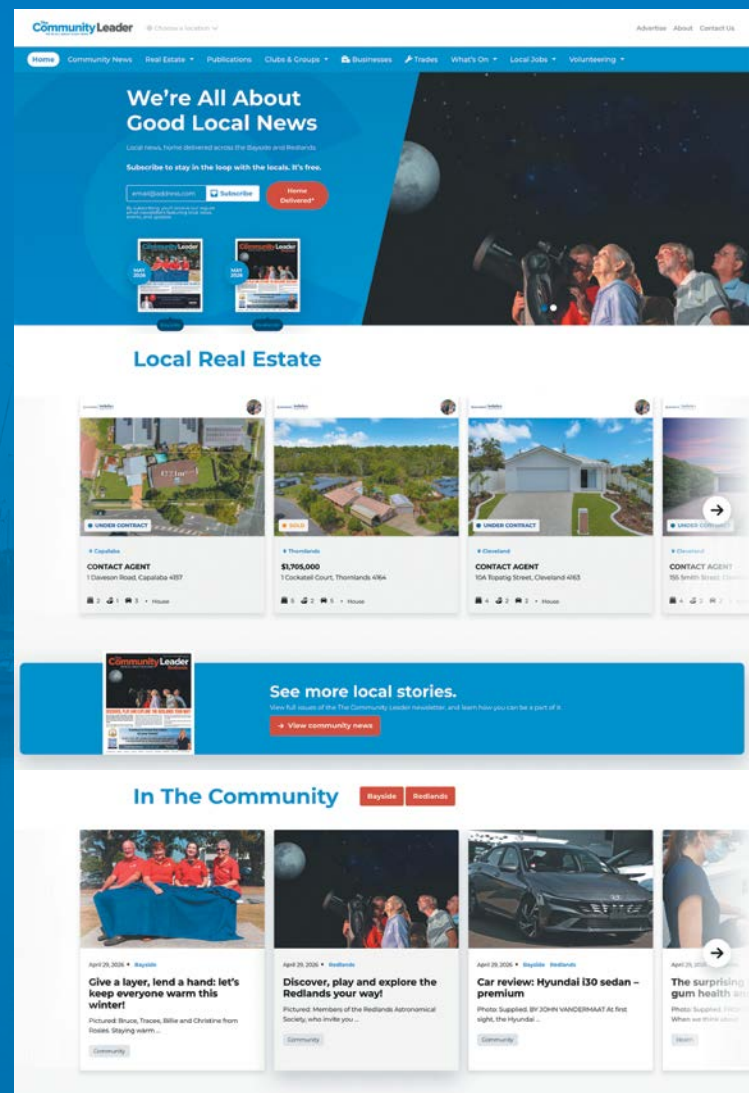
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A BIG STEP FOR RECONCILIATION AT REDLANDS COAST MUSEUM

BY JAN NARY

Visitors to the Redlands Coast Museum will be captivated by the brilliant new artwork at its entrance as well as the attractive new reception and shop. The striking Quandamooka Country mural showing Minjerribah, Mulgumpin, and the Redlands Coast is threaded through by Kabool, the ancestral carpet snake painted by Quandamooka artist Bindi (Belinda Day). Bindi developed the artwork for the museum's First Nations Education Committee (FNEC), a radical and exciting stride forward to the museum's enhanced position in the Redlands community.

Doug Alexander, former museum president, along with his long-term friends John and Leah Close, initiated the FNEC, seeking to introduce First Nations culture and history into the museum.

"Recognising that the museum's collections started around the 1860s, we decided that we should have a full First Nations exhibition; educative, entertaining and interactive, incorporating storytelling, artefacts and ultimately employing a First Nations cultural guide."

John Close, Quandamooka Traditional Owner, is the chair of the FNEC, which is developing the program that he hopes will help introduce non-Indigenous visitors to an understanding of Country as seen through an Indigenous lens.

The first step was to develop a museum Reflect Reconciliation Action Plan. The FNEC, comprising four First Nations People and three non-Indigenous museum members, completed that task in 2024. A slightly larger committee has now almost completed the next stage of the

Innovate RAP. This RAP includes plans that are well underway for the new exhibition, Maguydan Quandamooka (The Quandamooka Story). It will incorporate both a major walk-through space and links throughout the museum. These "Did you know" links will provide visitors with information about the Quandamooka People's approach to topics featured in existing displays, such as farming, fishing and medicine.

"Teachers are sometimes reluctant to teach Indigenous material because of the concerns about crossing sensitive cultural boundaries," Doug says. "We intend to incorporate a variety of teaching tools that match the government's education curriculum from Grades 1 to 12. Generally, if it captivates the children, they usually return with their parents."

The Quandamooka Story exhibition will cover Original Time, Changing Time (colonisation, the impacts of mass immigration and two world wars) and Now Time.

"Now Time acknowledges all the people from the Quandamooka community who have achieved greatness, from leading artists and activists to sportsmen," says John. "It will be developed and change as stories from our community evolve, and it will give school children and visitors an appreciation of the deep, proud history of the Quandamooka people."

"Learning about another culture is the beginning of sharing respect for it," he says. "Our Quandamooka ancestors lived harmoniously with



Artwork by Quandamooka artist, Bindi (Belinda Day). Photo: Supplied.

Mother Earth continuously for about 25,000 years. This exhibition will provide knowledge to visitors about that and more in exciting ways. Visitors can make up their own minds about what they want to take away. We hope all visitors will leave with a strong understanding and pride about the oldest culture in the world."

The FNEC committee has developed a Business Case seeking funding and support from sponsors, benefactors, donors, and government grants. For more information, contact Redlands Coast Museum on 3286 3494.

LOCAL COMMUNITY GROUP PROFILE: CIRCLE OF MEN

The Circle of Men, a not-for-profit organisation, was established in the Redlands area at a single venue in 2005, and its mission statement is: "To help create an environment for the wellbeing and happiness of men in aged care facilities."

Since COVID lockdowns began in 2020, loneliness and social isolation have often been highlighted as a common problem faced by elderly men in aged care facilities and in the wider community.

Many men have fewer options for social interaction as time passes, and our dedicated male volunteers currently support elderly men living in selected aged care facilities in the Redlands and Brisbane Southside areas.

Their purpose is to increase connection via a weekly companionship

program. Each session is led by an experienced volunteer facilitator and consists of a "how are you going?" check-in, followed by engaging conversations on a variety of topics.

Many men enter an aged care facility as a last resort, after they've lost their health, mobility and final network of support, and our volunteers help break through that wall of isolation.

The success of the program to reconnect men with their peers is growing, and soon Circle of Men's latest initiative will commence on Russell Island, within the Bay Islands Community Services Centre.

For more information or to volunteer with Circle of Men, please email info@circleofmenqld.com.



Members and residents at Mi Care Prins Willem (Dutch Village) Birkdale. Photo: Supplied.

BITE-SIZED BLOCKBUSTER JAWS FOR KIDS! BRINGS JAW-SOME SCHOOL HOLIDAY ENTERTAINMENT TO WYNNUM FRINGE

The movie made a whole generation scared to go into the water, but a new version of *Jaws* coming to Wynnum Fringe is all about fun, not fear.

Jaws For Kids! is a comedy created for young children and families by Act React, a Brisbane-based company known for spinning hilarious homages to Hollywood blockbusters.

Their other shows include *Speed: The Movie, The Play*; *Titanic: The Movie, The Play*; *Die Hard: The Movie, The Play*; and *Love/Hate Actually*.

“We wanted to take what works so well with those big pop culture-inspired shows, and distil it into a performance designed especially for kids,” said writer and performer Ellie Hardisty.

“There’s something inherently fun about taking a suspenseful movie about a scary shark, making it playful and silly, and also adding in education about sharks and why they’re important to our oceans.”

Hardisty and fellow writer/performer Natalie Bochenski play two child-like characters re-enacting the movie’s key points – trouble in the water, the Amity Island mayor keeping the beach open, catching the wrong shark, and recruiting fearsome fisherman Quint to hunt down the great white.

“*Jaws* was released in 1975, which is now before many parents were even born!” Natalie said.

“But it’s one of those movies that’s deeply ingrained in popular culture, and we’ve been sure to include jokes adults will enjoy as well as the songs, dances and games for kids.”

The show even has a specially-made giant shark head puppet deployed at key moments in the show.

“We get kids up to play characters in the movie, or to interact with the shark in other ways,” Ellie said.

“Far from being scared, we find kids are raring to get into the water with us.”

Jaws For Kids! Has four performances at the Lunchbox Theatre as part of the annual Wynnum Fringe Festival.

- Wednesday 8 July at 1.30pm
- Thursday 9 July at 1.30pm
- Friday 10 July at 1.30pm
- Saturday 11 July at 5.00pm

Tickets start from \$24.05 and are available at wynnumfringe.com.



Photos: Supplied.

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LOCAL FISHING WITH SPERO

CHASING WINTER BITES: COLD MORNINGS ARE WORTH THE CATCH

BY SPERO KARTANOS

Well, if you wait long enough, the good fishing weather just might arrive in July, as June was not great at all.



Last month, there were the windy days, wet days, and freezing mornings... but we did get a few of those glorious warmer, sunny days, and I hope those continue in July, and the fish will be waiting to be caught.

Whiting will be starting to move back towards the Chain Banks, but the bigger fish should still be at Fisherman's Gutter (although they are not always easy to find), the Maroon Gutter and Hole, and Amity Banks, especially in the shallows with a good run in the tide. Close to home, just east of Darcy Light seems to be producing good whiting numbers in the winter months.

School mackerel should be in good numbers, but there are usually lots of undersized ones this time of year. The babies will have infiltrated the bay while the bigger ones are harder to get, and the bonito and small tailor will not give the bigger mackerel a chance.



Photos: Spero Kartanos.



I have found that floating pillies work best when this happens, and I get a few bigger fish.

Squire and snapper are in the bay around the spoil grounds north of Harries Artificial Reef. Mt Cotton Reach and the Bay Island drop-offs should be producing plenty of good fish. July is the last month before the August closure for snapper in the bay.

The cuttlefish and arrow squid should be firing in July with excellent numbers from east of Ormiston to St Helena, around the 23-30 ft mark. Red and silver-coloured jigs seem to work the best for whatever reason – use dull colours on cloudy days and bright colours on sunny days.

Until next month, good fishing!

NATURALLY WONDERFUL ... WITH RANGER STACEY

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

When it's cold and gloomy, wouldn't it be lovely to curl up inside a sleepy hollow?

Well, the answer to that random question is a resounding yes, especially if you're a greater glider!

This month, I've decided to shine the spotlight on Australia's largest gliding possum. In fact, my first job fresh out of 'Ranger College' was at Main Range National Park. One of my favourite things (way better than cleaning campground toilets) was guiding visitors through the forest at night in search of greater gliders. I would aim the spotlight into the canopy, hoping to capture their distinctive white eye shine.

And wow, what a spectacular sight! Greater gliders have big ears that kind of remind me of Yoda from Star Wars, except cuter and fluffier. The patagium or gliding membrane is what makes gliders unique – a thin piece of skin that runs from the elbow to the ankle. Outstretched, it aerodynamically enables the glider to soar up to 100 metres from tree to tree. The magnificent, long, fluffy tail acts like a rudder, steering it in the right direction. Most landings are soft and successful, although occasionally it may be a little off-course or bumpy.

Greater gliders live on Redlands Coast but are rarely seen due to their arboreal existence, nocturnal lifestyle, and habitat requirements. Old-growth tree hollows are prime real estate for our wildlife. They have a one- to three-hectare home range where they use between six and 18 different hollows. A big old tree with a bunch of interconnecting hollows is the ultimate home sanctuary. Breeding season is the only time a normally solitary greater glider will share its space with another, and right now, many mums will be extra busy with a new joey in pouch!

These marsupials have a specialised diet of leaves from select eucalypt species. Greater gliders instinctively know what they need to survive and thrive, but life in the big, wide world can be challenging.

You can help protect these awesome animals:

- Preserve trees with hollows if you can, and plant native species.
- Remove barbed wire from fencing and keep pets under control.
- Report greater glider sightings to IndigiScapes.
- Report feral animal sightings at www.feralscan.org.au



Photo: Supplied.

Until next time ... Stay Wild!

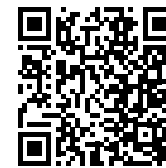
Ranger Stacey



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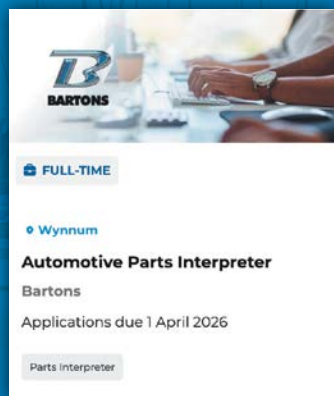
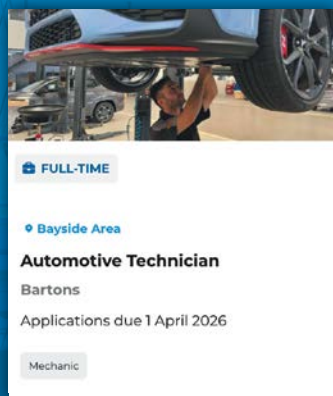
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The team from Bartons



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MICROPLASTICS: A WORLD OF NOT-SO FANTASTIC PLASTIC

Plastic was hailed as a material that would change the world; waterproof, cheap, adaptable and offering a multitude of applications. But there's a cost. Dr Cassandra Rauert, QAEHS Senior Research Fellow (University of Queensland), is leading investigations into human exposure to micro and nanoplastics, and the outlook isn't good.

"We deliberately develop some microplastics, such as micro-beads for beauty products – though they're now banned in some countries – and anti-fouling paint that is designed to shed," she says, "but the main source of the problem microplastics are the larger pieces of hard plastic that break down into smaller and smaller pieces – and they're everywhere."

Plastics exposed to UV sunlight and hard plastic food containers exposed to heat – especially cheap food containers in microwaves – degrade into microplastics. Car tyres leave microplastics and a worrying array of chemicals on the road, which are washed into waterways. The tyres, crumb-processed into playground mats, carry the same chemical burden.

"Domestically, breathing and eating provide the two main pathways

into our body," says Dr Rauert. "The air carries fibres from synthetic nylon or polyester fabric, which can be particularly prevalent if we use an indoor-vented tumble dryer. Even filters will only block particles of a certain size, so synthetic fabrics are better dried on the line. Polypropylene carpets and synthetic curtains shed fibres, and some plastic kitchenware contributes to the burden."

Dr Rauert says that, as yet, we have only a limited understanding of how micro- and nanoparticles enter our bodies and what damage they cause, but there are demonstrated links between the chemicals in plastics and various medical conditions.

"We know that plasticisers, the additives that give plastic its flexibility, are endocrine disruptors that are associated with reproductive health issues. Improvements still have to be made in biodegradable plastics, which often need treatment in a specialist plant to break down properly," she says.

"The good news is that there are things we can do to make a difference – for our health and for the environment."

Dr Rauert will present a talk on microplastics and health on Monday, 20 July 2026, 10:00am - 11:00am at Capalaba Library.



Dr Cassandra Rauert. Photo: Supplied.

PUPPYPALOOZA: A CANINE CHRISTMAS IN JULY MARKET

BY ASHLEIGH HOWARTH

Dog lovers, mark your calendars – the Redlands is about to go barking mad once again in the best possible way.

A double dose of paws, play, and pure joy is heading your way with PuppyPalooza – hosted by the Redlands Coast Collective Markets – bringing together pet owners, pooches, and plenty of "aww" moments across two standout events this winter.

First up, a festive twist: Canine Christmas in July lands at Faith Lutheran College on July 12, promising a holly-jolly celebration, followed by the more relaxed Pups at the Pub at the Grandview Hotel on August 16.

Behind it all is organiser Nicole Kennon, whose love of dogs and markets inspired the popular events.

"Dogs are such an important part of the family, and with more people wanting to take them out on social outings rather than leaving them at home, that's why we run this event," she said.

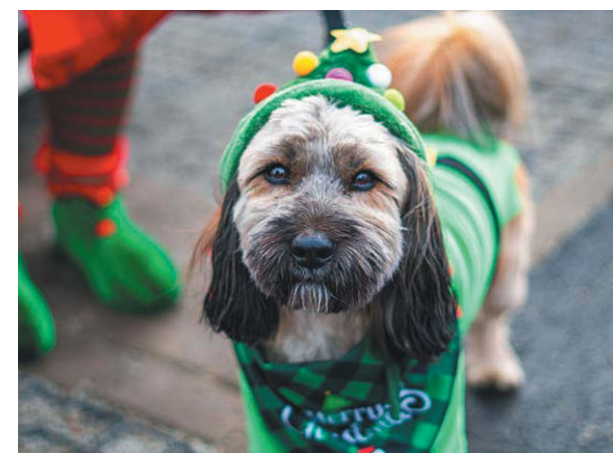
Billed as the "ulti-mutt tail-wagging experience," PuppyPalooza features a mix of pet stalls, expert advice, activities and competitions.

"I have a mix of pet specialty vendors who sell everything you could possibly imagine from collars and harnesses to coats, little hats, toys, food, treats, bedding and more," Nicole said.

"We also have a local vet who gives out great pet advice, a trainer who can teach you and your pup a cool new trick, and a professional pet photographer to capture some happy snaps.

"We have best-dressed competitions – with festive outfits encouraged for the Canine Christmas in July market – as well as a fun runway moment at Pups at the Pub.

"We will also have a best pub-named pup competition celebrating all the cheeky, boozy-inspired dog names like Whiskey, Pino and Chardonnay."



Don't have a dog? No problem! Everyone is welcome – whether you're a proud pet parent, thinking about adopting, or just someone who loves to give out lots of pats.

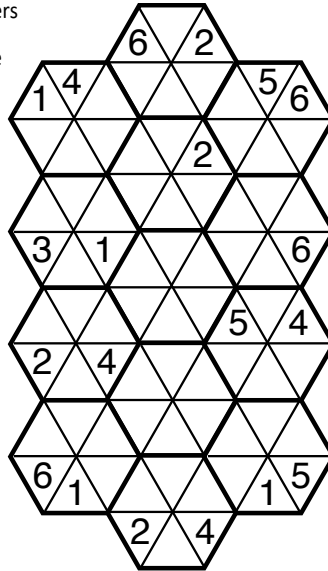
Sudoku

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

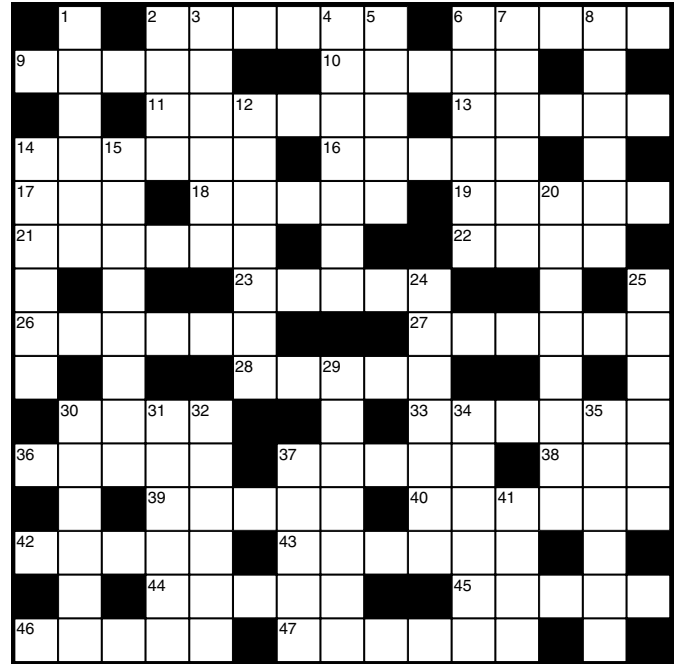
				7			6	3
							8	4
					6			
		8		4		2		
		4		8			5	
	1	2	5					
	9		3			5		
	5							7
	8		6					3

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

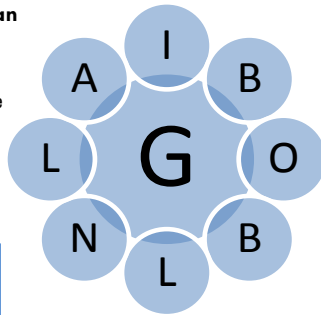


- ACROSS**
- 2 Burrowing carnivore
 - 6 Long-tailed parrot
 - 9 Employed
 - 10 Restrict
 - 11 Thrown
 - 13 Makes fast a vessel
 - 14 Be on guard
 - 16 Gour
 - 17 Corn spike
 - 18 Church office bearer
 - 19 Sanity
 - 21 Fold
 - 22 Mine entrance
 - 23 Quotes
 - 26 Kit
 - 27 Call for repeat
 - 28 Of sound waves
 - 30 Resting places
 - 33 Division of Yorkshire
 - 36 Burdened
- DOWN**
- 1 Extended in a line
 - 2 Greek letter
 - 3 Worships
 - 4 Component
 - 5 Added clause
 - 6 Sensitive plant
 - 7 Made up for
 - 8 Apprehend
- ACROSS**
- 37 Twelve
 - 38 Sister
 - 39 Bird
 - 40 Rounded swellings
 - 42 Singers
 - 43 Photographic apparatus
 - 44 Storehouse
 - 45 Anaesthetic
 - 46 Cricket trophy
 - 47 Not diligent
- DOWN**
- 12 Picks out
 - 14 Make summoning sign
 - 15 Grappled
 - 20 Poisonous alkaloid
 - 24 Hide away
 - 25 Condescends
 - 29 Newborn child
 - 30 Uses a tub
 - 31 Mock
 - 32 Traps
 - 34 Takes effect
 - 35 Tends the sick
 - 37 Colour scheme
 - 41 Sporting items

Focus

An All Australian Word Game

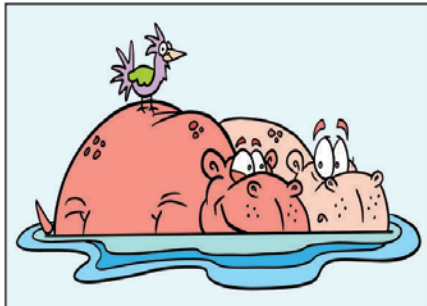
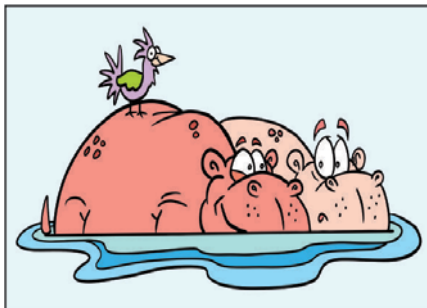
- * Each word must contain the centre 'Focus' letter and each letter may be used only once
- * Each word must be four letters or more
- * Find at least one nine letter word
- * No swear words
- * No verb forms or plurals ending in 's'
- * No proper nouns and no hyphenated words



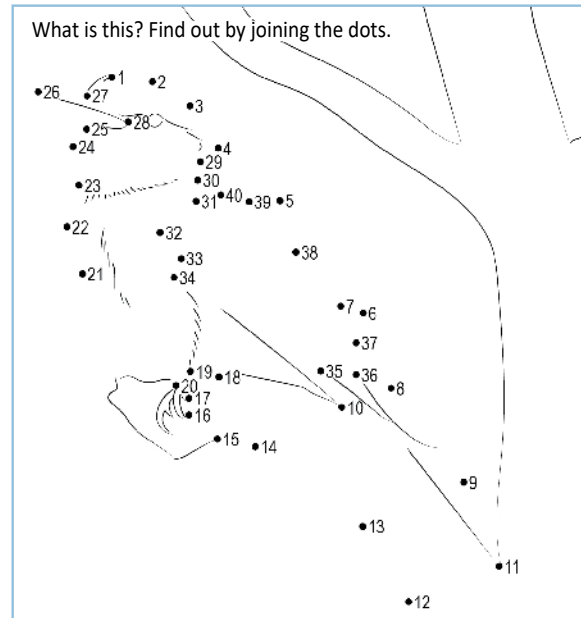
Reference: Macquarie Concise Dictionary
Focus No. 3908

TODAY'S Good: 11 words
FOCUS Very good: 20 words
Excellent: 28 words

Spot the 5 Differences



Join the Dots



Solutions

Puzzles and pagination supplied by Auspac Media

FOCUS: agio align along balling balling balling BALLABONG
bingo bong gain gall gallon gearl gibblon gill glib glob
global goal goblin ling lingo lopping long long ngatio

SPOT THE 5 DIFFERENCES: Tail moved, bird moved, missing ear, extra leg wrinkle, extra freckle on back



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WHAT IS VITALITY, AND HOW DO YOU ACHIEVE IT?

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

Vitality is feeling like yourself again – only stronger. If you feel like you are struggling to keep up with life, your energy levels are dropping, and you're finding it hard to feel like yourself, then let's chat about supporting your vitality.

Vitality is what you feel when your body keeps pace with your life.

When your focus is clear, your movement feels effortless, and your energy lasts beyond the morning. Vitality isn't about adding more years to life. It's about adding more life to your days.

Here are a few ways to support your vitality:

At the core of vitality is how the body generates and manages energy.

Everything starts with a cell.

NAD+ is a molecule every cell relies on to produce energy and maintain normal cellular function. It plays a fundamental role in cellular energy production, cellular stress responses, metabolic regulation, DNA repair and mitochondrial function.

Because NAD+ levels naturally decline over time, supporting its availability is considered important for maintaining energy, resilience, and overall cellular function.

Supporting your body so it works *with you*, not *against you*.

Nicotinamide Mononucleotide (NMN) plays a role in this internal cycle, contributing to pathways that help fuel daily activity at a foundational level. It plays a key role as a direct precursor to NAD+. When these pathways are well supported, the difference is noticeable not as a spike but as a steady capability.

Waking up with energy that carries you through the day.

Activated B vitamins are another key piece. The bioavailable forms of essential B vitamins are ready for immediate use, helping the body process nutrients efficiently and supporting neurological and cognitive demands.

Recovery matters just as much as output.

Glycine contributes to balance by supporting restorative processes that help the body reset, particularly when stress and stimulation are constant. Protection is essential, too.

Glutathione is central to the body's natural defence network, helping neutralise everyday environmental and metabolic by products so internal systems stay balanced. Glutathione helps the liver do its job by supporting the body's ability to process and clear toxins produced by daily living and environmental exposure. Plant derived compounds further strengthen this picture.

Quercetin and **curcumin** are widely studied for their role in maintaining equilibrium within the body – especially when physical or inflammatory pressures increase.

Pomegranate, green tea, and Japanese knotweed are plants rich in polyphenols, compounds that provide both antioxidant and anti-inflammatory benefits.

Alongside targeted supplements, we can look at food as medicine to maintain our vitality. Nourish

yourself with a range of whole foods that are fresh, organic, seasonal, and diverse, and the vitality from the foods will transfer to you. Fermented foods that contain essential bacteria feed your microbiome, which in turn helps absorb nutrients better and supports neurotransmitter function.

Lifestyle practice can enhance or drain the feeling of vitality, too.

Have a closer look at your sleep habits, the things in your life that bring you joy, and the practices that enable you to build resilience to stress and keep you feeling fit and strong.

If you want to feel like yourself again, please speak to a qualified health practitioner before adding any new supplements or changes to your routine. Getting the right doses and products matters. Our naturopaths are here to help.

Vitality isn't about pushing harder. It's about creating the conditions that allow your body to respond, adapt, and perform day after day. That's what it means to feel truly vital.



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WINTER APPLE, KALE & ROAST PUMPKIN SALAD RECIPE

So, when you think of winter dinners, salad probably isn't the first thing that comes to mind, but...this one is different, and it's simply delicious, easy to whip up and filling! And because kale is robust, the salad won't go soggy once dressed. Enjoy it as a side or add extra protein, such as roast chicken or grilled lamb.

INGREDIENTS

FOR THE SALAD

- 2 cups of shredded kale or spinach
- 1 cup of roasted pumpkin cubes (pop them in the oven with salt, pepper, and olive oil for about 30 minutes, or until tender and golden).
- 1 ripe apple, diced
- 1/3 cup dried cranberries
- 1/3 cup pomegranate seeds
- 1/4 cup sliced almonds (or chopped)
- 1/4 cup blue cheese, crumbled – we like gorgonzola, or you can use goat cheese if you prefer
- 3 to 4 slices of cooked bacon (fry it in a pan or pop it in with your pumpkin in the oven), chopped

FOR THE DRESSING

- 3 tbsp olive oil
- 1 tsp honey or maple syrup
- 1 tsp apple cider vinegar
- Salt and black pepper to taste
- 1 tbsp Dijon mustard



INSTRUCTIONS

1. Pop the kale in a large bowl that's big enough to hold all your salad ingredients.
2. Add the roasted pumpkin, diced apple, cranberries, bacon and blue cheese.
3. Whisk together the olive oil, vinegar, mustard, honey, salt and pepper in a small bowl, or put all the dressing ingredients in a jar, pop on the lid, then shake to combine.
4. Pour the dressing over the salad and toss gently to combine.
5. Sprinkle the finely sliced almonds and pomegranate seeds over the salad just before serving.

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REDCITY ROAR GIRLS TURN TEAMWORK INTO COMMUNITY ACTION

CONTRIBUTED BY REDCITY ROAR

The RedCity Roar U14 Girls Basketball Team recently demonstrated that being part of a team means much more than what happens on the court, leading a powerful community initiative in support of local charity, Night Ninjas.

Held at Redlands PCYC, the community collection drive saw an overwhelming response from RedCity families, players and the wider community. Throughout the day, donations poured in to support people in the local area experiencing hardship and homelessness.

Thanks to the incredible generosity of the community, the team collected approximately \$150 in cash donations, along with essential items including hoodies, tracksuit pants, socks, sleeping gear, non-perishable food, soups, noodles, baked beans, long-life milk, toiletries and snack items.

The initiative was driven by the U14 Roar Girls and their head coach,

Helen Rameka, who embraced the opportunity to give back and make a meaningful difference beyond basketball. Parents, families and supporters also played a significant role in helping the day run successfully and modelling the importance of community service and compassion.

The President of Night Ninjas personally thanked the team and community for their support, acknowledging the impact these donations will have on individuals and families doing it tough.

RedCity Roar is incredibly proud of the leadership, empathy and teamwork shown by the U14 Girls and their coach, Helen. Their efforts highlighted the positive culture within the RedCity community and the importance of supporting others both on and off the court.

Thank you to everyone who donated and helped make the day such a success.



Photo: Supplied.

MIKE CARLTON INTRODUCES THE BURNING BLUE AT CLEVELAND LIBRARY

Award-winning Mike Carlton is known for his decades of frontline work in the media; as a war correspondent in Vietnam, ABC Bureau Chief in Jakarta, ABC reporter in London, New York and Asian capitals; a radio satirist and talk host; presenter at Nine Network News, A Current Affair and the ABC's groundbreaking *This Day Tonight* and as a Sydney Morning Herald columnist.

But Australia nearly lost one of its most impactful journalists when Mike lost his heart to ships. As a youngster his favourite pastime was to bicycle down to WW2 ships moored near Bradley's Head in Sydney Harbour.

"I used to love looking at them and drawing pictures of them. Around about that time I read Monsarrat's *The Cruel Sea* – and that sold me. I had romantic notions of hunting submarines in the North Sea but when I later wanted to join the navy my mother was not keen at all. She got me talked out of it by a friend of ours who was a naval commander; he persuaded me that it was cold and wet and badly paid and that I wouldn't like it so I went into journalism instead."

Mike's passion for seafaring lasted and several navy books later Mike is regarded as one of Australia's foremost naval historians and – rare for civilians – has been awarded a Navy Gold Commendation for his outstanding commitment and contribution to the Royal Australian Navy.

"I had a long interest in naval history and read everything about it

then one day at lunch with Admiral James Goldrick he suggested that I write about Australian naval history. So I had a go at my first book – and it was one of the happiest things I've ever done – pure delight. I love the research and the best thing is actually meeting war veterans. I've developed a substantial network of navy and ex-navy contacts and friends. It took a while. I had to demonstrate that they could trust me and that I knew what I was talking about."

Mike's book *Dive!* was suggested by Chief of Navy Vice-Admiral Mark Hammond, himself a former sub-mariner. Mike's first submarine dive was far from his expectation of sailors running about, orders being shouted and the boat tipping around.

"Actually, it was quite boring," he says. "It's no more exciting than going down in the lift at David Jones; it's calm, it's gentle, nobody shouts and you barely notice what's happening. I once asked a captain if they ever have to do crash dives like they do in the movies and he said 'No, if it gets to that point we're already dead.'"

Mike's newest book, *The Burning Blue* covers the Australian Fleet Air Arm and the men – and later women – who flew the planes. The concept started in Britain in WW1 but many of the pilots were Australians who couldn't access flying training in Australia. The adoption of the Australian Fleet Air Arm wasn't formalised until after WW2. From its beginning, the concept met with opposition from the RAAF, which assumed automatic control of anything with wings, including the Walrus seaplanes. Launched by a catapult, usually on a



Photos: Supplied.

reconnaissance or rescue mission, the biplanes returned to land in the sea, from where they were winched back on board.

Having written about surface ships, submarines and naval aviation, does Mike have any unfulfilled marine ambitions?

"I've suggested several times that I'd like to captain a destroyer but I don't think they're going to let me!"

Mike Carlton will conduct an Author Talk on Wednesday, 22 July 2026 at 10:00am at Cleveland Library. This is a free event, however bookings are required.

LOCAL READERS – A BOOK REVIEW

CATCH 22 BY JOSEPH HELLER

BY ANNE CROWLEY

WHAT THE EXPERTS SAID

“Set in Italy during World War II, this is the story of ... Yossarian, a hero who is furious because thousands of people he has never met are trying to kill him. But his real problem is not the enemy – it is his own army, which keeps increasing the number of missions the men must fly to complete their service. Yet if Yossarian makes any attempt to excuse himself from the perilous missions he’s assigned, he’ll be in violation of Catch-22, a hilariously sinister bureaucratic rule: a man is considered insane if he willingly continues to fly dangerous combat missions, but if he makes a formal request to be removed from duty, he is proven sane and therefore ineligible to be relieved.” Source: *Good Reads*.

MY THOUGHTS

Themes of rampant capitalism, bureaucracy gone mad, corruption, hypocrisy, self-serving ambition, abuse of power, incompetence, and a chilling indifference to how all this affects those with less power, surround several versions of the Catch-22. Absurd and surreal – often humorous, but really not funny – the recurring question is: what is crazy?

The wordplay and descriptive precision are a big part of the enjoyment, for example: ‘Milo’s moustache was unfortunate because the separated halves never matched. They were like Milo’s disunited eyes, which never looked at the same thing at the same time. Milo

could see more things than most people, but he could see none of them too distinctly.’

The book moves in circles, with each return to its many characters adding depth and new perspectives, until key pieces finally fall into place – many tragically, one spectacularly. It is worth persevering through the length and apparently disjointed detail.

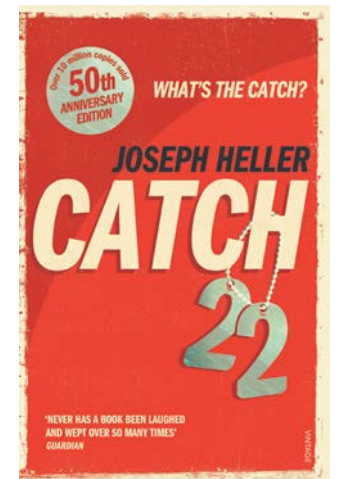
I first read *Catch-22* in the early 1980s when I was a student nurse, and I found the black humour hilarious. I still remembered ‘the soldier in white’, completely bandaged in hospital, with one bottle dripping clear fluid into a vein and another draining clear fluid from his groin; when the first was empty and the second full, they simply swapped them.

Another favourite was Yossarian’s censoring soldiers’ letters while avoiding bombing runs by feigning illness. To relieve the boredom, he invents rules: in some letters he deletes all personal pronouns; in others, everything between ‘Dear Mary’ and ‘Love, John’. Required to initial his work, he signs W.I. (Washington Irving) and, for a change, I.W. (Irving Washington) to avoid identification. That inspired me during my nursing training stint in Central Sterilising where I had to assemble and initial packs of surgical instruments. I told a fellow student, ‘I’m not stupid – instead of signing my name, I’ve been signing WI and IW.’ She replied, ‘I’m not stupid either – I’ve been signing your initials.’ We’ve been firm friends ever since!

Through my career in various bureaucracies, I have encountered several Major Majors – ‘Come and see me when I’m not here’ – leaders absent literally and/or figuratively when they should have been present. I have also experienced the dark side of people in power, nailed by Heller. That is one reason the novel still feels uncomfortably relevant.

On this second reading, while I still enjoyed much of the humour, I was shocked by the misogyny and treatment of women, which I’d failed to recall, as were my book club mates. We concluded that such attitudes had seemed ‘normal’ when we were young, which is unsettling in itself.

Two book club members reading *Catch-22* for the first time really enjoyed it. Most of us who re-read it did too, but felt its darkness more keenly now.



LOCAL POETRY

THE MEN’S GROUP

BY GEOFF SMILEY

From mysterious beginnings we meet without rules. Differences blunted, reaching out to each other through our histories and need.

Each of us is a drama if stories are fully told. The group represents a distraction while we live our fragile lives.

Topics of discussion vary from the past, health to cars, politics and wives. At times the strongest views

are from the least informed but we enjoy the encounters and sometimes get wisdom.

There is always the robust banter of men. Also, evidence of what is known as the “Fruits of the Spirit”

(although this might be denied)
Love, Joy, Peace, Patience, Kindness, Goodness, Faithfulness, Gentleness, Self-control. *

This combination so rare

in a group of men, provides succour a unique wonder. A reprieve from what we often knew in those earlier times of swimming with the sharks.

Our strength is our years. No competition here. Just men relaxing in an accepting atmosphere. And giving back to the group that welcomes us.

* Galatians Ch 5 Bible.
© Geoff Smiley



THE ULTIMATE IN SCHOOL HOLIDAY ENTERTAINMENT LIVE IN WYNNUM!

Looking for the ultimate family entertainment these school holidays? Wynnum Fringe has three spectacular shows taking over the Augathella Spiegel tent from 27 June to 12 July.

At 9:30am daily, **Party Animals** is a brand-new interactive disco adventure for young children and their grown-ups. Hosted by Marty the Monkey, this high-energy jungle-themed experience is packed with music, dancing, games, puppets, bubbles, balloons and plenty of laughs. Jungle and animal-themed dress-ups are encouraged for what promises to be the wildest kids' disco party in town!

At 11:00am daily, **The Greatest Magic Show** returns after delighting audiences across Australia and the UK. Starring award-winning magicians Sam and Justin, this is the feel-good family hit that combines mind-blowing illusions, hilarious comedy, audience participation, and high-end production with a whole lot of heart! Every child receives a free magic wand on entry and may even have the chance to join the action up on stage!

From 5-12 July at 12:30pm daily, **CIRCUS – The Show** brings a completely reimagined family circus experience to Wynnum. Featuring world-class illusions, tumbling acrobats, skilled jugglers, elegant aerialists, side-splitting comedy and a loveable clown with his gigantic six-foot balloon – this high-energy 60-minute spectacle has earned countless five-star reviews, international awards, and sold-out seasons worldwide!

All performances take place at the Augathella Spiegel tent, 166 Bay Terrace, Wynnum. Tickets are on sale now at wynnumfringe.com.



Photo: Supplied.

SCHOOL HOLIDAYS, SORTED.

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LOCAL GARDENING WITH KAT

SOW SNOW PEAS!

BY KAT PEARSON, *GIRL IN THE GREEN*

Snow pea season should be in full swing! Even in my darkest veggie patch winters, when I haven't got time to care for anything, I always make sure to put snow peas in somewhere. They are so tasty and far too expensive at the shops! They're also the easiest winter crop. Well, once you get them growing...

Snow peas, like most legumes, much prefer to be sown directly – they don't like root disturbance, so just pop the seeds straight into the soil. They're pea-sized seeds, so easy to handle, and as long as you don't let them get too soggy before they sprout, they germinate reliably in a week or so. Unless, of course, you have a rat that keeps eating them. INFURIATING. I sowed snow peas (and sweet peas for that matter) weeks ago. And they never came up. I thought, maybe the seed was old, maybe they got too wet and rotted? I bought new seeds and tried again. Nothing. Except for little divots where my seeds had once been. Suspicious. Anxious not to miss out on my favourite garden snack, I bought a few punnets of seedlings and put them in.

But I really wanted to try the mammoth snow pea variety I had seeds for. Not to mention all the fancy (and not exactly cheap...) fragrant sweet pea varieties I had bought. So I found an old rat trap cage my husband had bought in an effort to be more 'humane' when said rats were living in our ceiling (not sure how humane it is if you don't ever check the trap – luckily it never caught anything). But in theory, if rats can't get out of the trap, they also cannot get into the trap, so why don't I put my punnets of seeds in the trap? Success! Granted, I could only fit three tiny pots, but they germinated. Now I do still have to transplant them, which isn't ideal, but oh well, life isn't ideal, and it won't kill them. I get my fancy peas and the knowledge that for a (very) brief period of time, it was Kat: 1, Rat: 0.



Photo: Kat Pearson.

ROLL ON UP TO WYNNUM FRINGE FOR WORLD-CLASS ENTERTAINMENT

FROM WYNNUM FRINGE

Wynnum Fringe's extensive and exciting world-class program of live entertainment has something for everyone, from music to comedy and circus. Have you got your tickets yet?

Elixir Revived by Head First Acrobats is a thrilling blend of circus artistry, comedy, and storytelling that demonstrates why the company has won awards at fringe festivals worldwide. Set around four scientists searching for the elixir of life, the production cleverly combines a playful narrative with breathtaking acrobatic feats, creating a show that is as entertaining as it is impressive.

The performers showcase remarkable strength, precision, and trust, while their cheeky humour keeps the audience engaged throughout. Rather than relying solely on spectacle, *Elixir Revived* uses its storyline to give purpose to each stunt and act. The result is a fast-paced, energetic production that balances laughter, suspense, and athletic excellence, leaving audiences both amazed and thoroughly entertained.

And then there's *All Star Circus*. This promises to be an unforgettable family outing during the July school holidays, performed by the award-winning Head First Acrobats! The show combines world-class acrobatics, aerial performances, juggling, and laugh-out-loud comedy, delivering nonstop entertainment from start to finish.

The talented cast showcases incredible strength, skill, and precision while maintaining a playful energy that keeps young audiences fully engaged. There is plenty of humour and incredible artistry for the adults as well; this show delivers as much for the mums and dads as it does for the kids. As families search for memorable holiday experiences, *All Star Circus* stands out as a thrilling live event that celebrates creativity, teamwork, and the incredible physicality of acrobatics, ensuring everyone leaves inspired, amazed, and smiling.

For tickets, go to wynnumfringe.com.



Photo: Supplied.



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BANDS ON THE BAY GIG DRAWS A 600-PLUS CROWD TO STRADDIE

A packed to the rafters, sold out performance by The Australian Eagles Show has supercharged the growing momentum of the Little Ship Club’s Bands on the Bay series, cementing the Dunwich waterfront as one of Straddie’s most exciting live music destinations.

Around 650 music lovers made their way to North Stradbroke Island (Minjerribah) in June, with many travelling from across the region to enjoy iconic hits, waterfront hospitality and those unbeatable Moreton Bay sunsets that make the club’s grounds such a standout venue.

Little Ship Club Commodore Charles Ainsworth said the overwhelming response confirms the club’s vision for bringing high quality entertainment to the island.

“We’ve always believed we have one of the best waterfront venues on Straddie,” Mr Ainsworth said. “The reaction to The Australian Eagles Show was incredible. It shows there’s real appetite for top tier live music in a setting you simply can’t find anywhere else. Bands on the Bay is all about creating unforgettable nights – great music, great food and the kind of sunsets people talk about long after they’ve gone home.”

The Bands on the Bay program focuses on bringing well known tribute acts and crowd favourite performers to the club’s waterfront lawns, giving locals and visitors new reasons to experience Straddie throughout the year.

The series also complements the club’s hugely popular Seafood Spectacular, now one of the island’s signature annual events, drawing around 550 guests for fresh local seafood, live entertainment and a relaxed bayside atmosphere.

“We’re building experiences that encourage people to visit Straddie, spend time with family and friends, and enjoy everything this beautiful part of the world has to offer,” Mr Ainsworth said.



Photo: Supplied.

REDLAND SES VOLUNTEERS TAKE HOME A HAUL OF REGIONAL AWARDS

CONTRIBUTED BY REDLAND CITY COUNCIL

Redland City State Emergency Service (SES) Unit members have been recognised with major accolades at the 2026 Brisbane Region SES Awards.

The Unit won the Operational Response of the Year Award while seven members received Regional Achievement Awards.

The 2026 Brisbane Region SES Awards were held at the Alexandra Hills Hotel Convention Centre – the first time the awards have been hosted on Redlands Coast.

It comes as the SES celebrates 50 years of operating in Queensland. The milestone was marked at the awards with the unveiling of a painting by Redland City SES Cleveland Group Leader Cindel Richardson.

Acting Mayor and Local Disaster Management Group Acting Chair Julie Talty congratulated Redland SES members on their success at the service awards again this year.

She said the awards were for examples of outstanding work by local SES volunteers in keeping residents safe during times of disaster.

“Redlands Coast proudly boasts one of the most awarded and hardest

working SES teams in the state,” Cr Talty said.

“It is a pleasure to see them receive such recognition in front of their peers.”

As winners of the Operational Response of the Year – awarded for effective and efficient operation during a major disaster event or emergency incident – Redland City SES Unit is now automatically nominated for the associated state level award, the Assistant Commissioner’s Shield for SES Operational Response of the Year.

Regional Achievement Awards recipients from Redland City SES Unit were:

- Cat Malcolm
- Jenny Ross
- Gaye Idec
- Maria Forster
- Lisa Nardone
- Paul Tuckwood
- Belinda Brown

Redland City SES Unit members work across a range of voluntary roles, including responding to storm damage to roofs and fallen trees when they impact a dwelling, flood boat responses, evacuations, first aid and search and rescue.



Photo: Supplied.

There are also non-field roles in administration, community education and operational support that are no less important in responding to different types of disasters and emergencies.

For information about becoming an SES volunteer, visit ses.qld.gov.au.



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CAR REVIEW

MG U9 PERFORMANCE X

BY JOHN VANDERMAAT



At first glance, the MG U9 Utility makes a strong impression. Its large, boxy design gives it real presence, while practical touches such as side steps and well-positioned grab handles make entry easy.

Inside, keyless entry reveals a spacious, well-appointed cabin focused on comfort and usability. Features include electrically adjustable and heated front seats, a heated tilt-and-telescopic steering wheel, and paddle shifters for a more engaging drive. The elevated driving position offers excellent visibility, although the prominent bonnet can feel imposing at first. This quickly becomes second nature, and the vehicle soon feels intuitive to drive.

On the road, the MG U9 delivers a smooth and refined ride – more so than you might expect from a 4WD utility. It performs particularly well on the highway, with composed handling, a responsive eight-speed automatic transmission, and strong acceleration, especially in Sport mode. A comprehensive suite of sensors and cameras underpins its driver-assistance systems. While some time may be needed to tailor alerts and displays, these features enhance both safety and driver confidence. The 12.3-inch infotainment touchscreen is clear, responsive, and easy to navigate.

Off-road capability is another highlight. Tested on farm tracks and steep inclines, the U9 handled uneven terrain, loose surfaces, and climbs with ease. Its 19-inch alloy wheels and well-tuned suspension system deliver both traction and comfort, maintaining stability even in more demanding conditions.

The Explore X model I drove included most of the features I was looking for. Stepping up to the Explore Pro adds further practicality, including a tri-fold tailgate with an integrated step and an optional smart hatch connecting the cabin to the rear tub.



Photo: Supplied.

Having driven many four-wheel-drive utilities, the MG U9 strikes an appealing balance between capability and comfort. It delivers the off-road performance enthusiasts expect, while maintaining the refinement needed for everyday use.

Thanks go to Bartons for supplying the MG U9 Utility for review.

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STATS FOR MARKET REPORT - as at 01.06.26							
SUBURB	FOR SALE	LAST MTH VARIANCE	SOLD	LAST MTH VARIANCE	% SOLD	AV. DAYS ON MARKET	MEDIAN SALE PRICE
VICTORIA POINT	114	14	14	-3	12.28	19	\$1,163,750
REDLAND BAY	147	-3	31	10	21.09	18	\$1,175,000
THORNLANDS	97	24	16	-1	16.49	15	\$1,241,250
MOUNT COTTON	17	6	2	0	11.76	20	\$1,247,500
CLEVELAND	99	-6	16	0	16.16	23	\$1,266,250
ALEXANDRA HILLS	43	14	5	3	11.63	10	\$1,102,500
CAPALABA	62	5	14	-1	22.58	9	\$1,102,100
WELLINGTON POINT	47	2	5	-2	10.64	17	\$1,405,000
BIRKDALE	58	-3	8	4	13.79	14	\$1,340,000
THORNESIDE	2	-1	3	2	150.00	29	\$1,160,250
ORMISTON	58	15	6	-2	10.34	22	\$1,450,000
SHELDON	4	-2	2	0	50.00	25	\$1,815,000
REDLAND CITY TOTAL	748	65	122	10	16.31	18	\$1,244,375

REDLANDS MARKET WRAP - UP

The Redland City property market remained healthy in May 2026, considering an underlying shift in buyers' confidence on the back of a war, a political stir, cost of living dilemma, a petrol crisis and interest rate increase that has all been capping the buyer's affordability.

The listing stock increased overall (+65), sales also rose (+10), indicating that buyer demand is largely keeping pace with new supply. The combination of rising stock levels, strong sales volumes and short selling times suggests a balanced to moderately seller-favourable market across the Redland City.

Suburbs such as Sheldon, Ormiston, Wellington Point and Cleveland continue to achieve the highest sale prices.

Demand remains strongest in Capalaba, Redland Bay, Thorneside and Alexandra Hills, where properties are selling quickly and at relatively high absorption rates. The total average percentage sold is 16.31% which is a sign of a levelling market overall. The average days on market is 18 days. Overall median sale price is holding at steady at \$1,244,375.

What is SmartRE?

The Smartre Sale method is fast becoming the preferred way to sell and buy across the country - but what exactly is it? and why is it spelt that way?

SmartRe stands for Smart Real Estate - and that's exactly what it is. This system forces agents to be completely accountable for what they do and say.

The typical real estate systems have long been questioned by consumers as they appear risky, or focussed solely on the agent making a sale, not on the consumers satisfaction or the best outcome.

Most agents work on a sub-contract basis, or commission only. A Smartre Agency such as Tidbold Real Estate does things differently. Our sales team are paid a generous salary and enjoy attractive performance incentives - a system used by most corporate sales companies to manage high quality customer service and accountability.

Here's an example for you - there can often be quite a large gap between settlement payments, and so some agents can become quite desperate to put a deal together. If the commission is 3% on a \$1 million home, that's \$30,000. So why would they try to risk pushing a buyer another \$30,000 when the commission is only giving them an extra \$900 (even less after tax)? Most agents will take the \$30k and run.

The Smartre system goes one step further. All properties listed by the team are pooled together and can be sold by any member of the team. That's why you won't see any one of the Tidbold agents faces on our signs. Even when the agent who listed the property has a day off, you will always have someone else you can talk to about it. When there are multiple offers, the team work with individual buyers to negotiate the highest price. This is the essence of a genuine team.

Combining the Smartre Sale, consistent results, integrity and knowledge, Tidbold Real Estate has built a proven reputation over 24 years. This is just an insight into how we will help add significant value to the sale and purchase of your next property.

Written by Dave Tidbold.



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