

# The Community Leader

WE'RE ALL ABOUT GOOD NEWS

## Redlands



## CELEBRATING CULTURE AND HERITAGE, ONE PIEROGI AT A TIME!

Welcome to September! There are so many exciting things happening in the Redlands this month, from small-scale exhibitions and markets to big-fun festivals, and we've got a rundown of events throughout this issue.

One of the month's standout drawcards is the annual Wiosna Festival on September 20, ready to transform Capalaba into a colourful pocket of Polish food, art and entertainment. Come along and get stuck into a feast of pierogi (yum!), traditional folk dancing, cool live music and market stalls. It's a fun, family-friendly day out with a distinctly European feel, and you can catch the full story on page 3.

And when life gives you strawberries...you hold a festival! RedFest takes over the Redland Showgrounds on September 26 and 27, and its schedule is packed with all the crowd favourites – even a strawberry eating competition! Find out more on page 22, including some fun info about the farming and fundraising origins of the event.

Whatever you choose to do this month, we hope you have fun and make the most of everything your community has to offer.

*Pictured: Witold Kuczynski, Dorota Nazarewicz, Piotr Nastaj, Anna Ryan, George Lochki, and Urszula Daniels at Holland Crescent, Capalaba, where the Wiosna Festival will be held.*

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# THE METAMORPHOSIS ON RUSSELL: AN ISLAND TRANSFORMATION

BY JAN NARY

For the last six years the Russell Island Community Arts Centre has held an annual art exhibition for its members, open to artists in all media. This year's event, *Metamorphosis*, promises to be particularly interesting.

Jane Hooper, Event Coordinator and Gallery Curator and an artist who works in mixed media, says that the theme was selected from suggestions proposed by the members.

"It's a good representation of RICArts as a whole; practitioners learning and changing and evolving their skills in terms of their art. Although we have the moth or butterfly image in our publicity we don't expect people to be so literal in their translation; it's a concept that's open to their interpretation."

For some artists just living on an island informs and changes their approach to their work and their perceptions of colour and space.

"Many of our local artists take inspiration from the

island environment they live in," says Jane. "We have an annual en plein air exhibition, that includes landscapes, seascapes and still life, and every year there is an arts retreat on Stradbroke Island."

Eileen Munn, RICArts Secretary, is keen to see the submissions coming in.

"We hope that this particular art competition will inspire artists across the southern Moreton Bay islands to get excited about creating something a little bit different from what they usually do, that they'll step outside their comfort zone. Every year is very different and we don't put too many constraints on the artists. Because of space we have a limit of two works per artist but we're expecting about seventy works in mixed media, two and three-dimensional."

Art lovers in the region are eagerly anticipating the exhibition, which runs from September 5 to 27, with the awards presentation at 4:00pm on Saturday September 5.

## Metamorphosis

A CREATIVE EVOLUTION

**RICArts 7<sup>th</sup> Annual Art Competition & Exhibition 2026**



**GALA OPENING**  
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Awards Presentation at 4pm sharp

Exhibition Dates: 5 - 27 September  
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Photo: Supplied.

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**BARTONS**

# WIOSNA FEST SHOWCASES THE BEST OF POLISH FOOD, ART & CULTURE

BY ASHLEIGH HOWARTH

Capalaba will come alive with the sights, sounds and flavours of Poland this September when the annual Wiosna (Spring) Festival returns, transforming the Redlands into what feels like a vibrant European village for the day.

Now in its 29th year, the festival will be held at the Polish Ex-servicemen's Association (SPK) in Holland Crescent on Sunday, September 20, from 10:00am to 4:00pm.

SPK President Magda Myszkowski said the festival was established to unite Brisbane's Polish community and to share their rich heritage with others.

"The Redlands has become a popular place for many Polish families to settle, drawn by its relaxed bayside lifestyle and beautiful coastal surroundings.

"With a jam-packed program, visitors can enjoy a full day of Polish traditions, live entertainment and family-friendly activities.

"Whether you're Polish or just curious about our culture, everyone is welcome, there will be traditional folk dancing, live music, cultural displays, market stalls, workshops, children's activities and plenty of opportunities to learn about Polish traditions from the people who proudly keep these traditions alive."

The festival will also showcase *Collections*, a collective exhibition featuring more than 20 Brisbane artists of Polish heritage. Opening on September 12, the exhibition will remain on display during the festival, with most artworks available to purchase.

Food lovers are also in for a treat, with Magda encouraging visitors to sample some of Poland's best-loved traditional dishes.



Photo: Supplied.

"Pierogi are an absolute must – they're Poland's most famous comfort food," she said. "I'd also recommend trying our traditional cakes and sweets, and for the adults, a Polish beer."

The event is free to attend and is volunteer-run, with proceeds supporting the Polish House and other fun-filled community events held throughout the year.



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4

# R U OK? AMBASSADOR ENCOURAGES LOCALS TO REACH OUT, CHECK IN

BY ASHLEIGH HOWARTH

**You don't need to be an expert to support someone who is struggling – you just need to take the time to listen.**

That's the message Victoria Point resident, registered psychologist, singer-songwriter and R U OK? Ambassador Aislinn Sharp is sharing ahead of R U OK? Day on September 10.

Held annually on the second Thursday of September, R U OK? Day is a national campaign designed to prevent suicide by inspiring people to connect, start meaningful conversations, and support anyone struggling with life's ups and downs.

With this year's message being "If you're thinking it, Ask R U OK? Any Day," Aislinn is encouraging the Redlands community to feel confident in starting conversations, reminding people that one question could make a life-changing difference to someone in need.

"A lot of people hold back because they feel like they need to be an expert or know exactly what to say," she said.

"You don't need to have all the answers – you just need to be willing to listen and let someone know they're not alone.

"Taking the time to ask someone how they're really going can help them feel seen, heard and supported."

For those unsure how to begin the conversation, Aislinn recommends following the four steps behind the R U OK? message – ask, listen, encourage action and check in.

She said it starts with choosing the right moment, asking in a genuine way and giving the person space to share without judgement. From there, it is about helping them consider what support may be useful, whether that is speaking with someone they trust, connecting with a professional or accessing other services. The final step is continuing the conversation by checking in again and reminding someone that support remains available.

For anyone who may be struggling or needing extra support, Aislinn said help is available.

"My passion for sharing the R U OK? message stems from a strong belief that it's okay not to be okay," she said.

"Sharing what you're going through and having the courage to speak up can be really empowering. I encourage people to listen to themselves, trust their gut feeling and take that next step towards getting support if they need it.

"If you do need help, visit the R U OK? website and you will find information for a wide range of services including Lifeline, Beyond



R U OK? Ambassador Aislinn Sharp. Photo: Supplied.

Blue, GPs, mental health professionals and community organisations."

Aislinn will also bring that message to the stage at RedFest later this month, where she will combine her love of music with her passion for mental health advocacy.

For more information and resources, visit [www.ruok.org.au](http://www.ruok.org.au).



## DEON LACY REDLANDS PROPERTY REPORT

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

### ARE YOU LEAVING MONEY ON THE TABLE?

One of the biggest mistakes I see homeowners make is focusing only on **what their property might be worth**, rather than the **process used to achieve the best possible price**.

The market changes. Buyer behaviour changes. But one thing doesn't: **COMPETITION CREATES OPPORTUNITY.**

When several buyers are interested in a property, the way those buyers are managed can make a significant difference to the final result.

**A strong sales campaign should create:**

- Genuine buyer competition
- Urgency to make a decision

- Clear communication and feedback
- Strong negotiation
- A defined strategy from day one
- The best possible opportunity to uncover a buyer's true price

**There is nothing worse than selling a property and later hearing:**

**"I would have paid more."**

My job isn't simply to put your home online and wait for an offer.

My job is to understand where the buyers are, create competition between them, negotiate strongly on your behalf and help you make the right decision at the right time.

And while the market may look different to six or twelve months ago, that doesn't automatically make it a bad market.

Many Redlands homeowners are sitting on substantial growth in their property. Sometimes you simply need the right information and the right strategy to understand your position.

If you are considering selling — now or sometime in the future — I'm happy to give you a straightforward assessment of:

**What your property may be worth today, what buyers are currently doing, and what sales strategy I would recommend to achieve the strongest result.**

*No pressure. No obligation. Just useful information.*

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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**



05 SEPT

## INDIGISCAPES ECO MARKETS

Saturday September 5, 8:00am to 12:00pm, IndigiScapes, Runnymede Road, Capalaba

IndigiScapes comes alive with eco-friendly markets, native plants, food trucks and live entertainment set among beautiful botanic gardens. Browse the native nursery, gift shop and market lane packed with sustainable products and local artisan treats. Ranger Stacey hosts family fun on the outdoor stage, plus a live Bay FM broadcast with Tony Tranter and the G'day it's Saturday crew. Meet Council officers and chat with members of community groups making a difference for our environment.



06 SEPT

## WYNNUM MANLY JAZZ & SWING FESTIVAL

Sunday September 6, 10:00am to 4:00pm, George Clayton Park, Manly

Dads and music lovers of all ages are in for a toe-tapping Father's Day celebration with smooth saxophones, swinging brass and lively jazz rhythms set to fill the air when the annual Wynnum Manly Jazz and Swing Festival returns to George Clayton Park. This free community event will bring families together for a fun-filled day of live music, dancing and picnic lunches by the bay at Manly.



10 SEPT

## OPERA QLD: VIVA LA VOCE, YOUNG ARTIST PROGRAM SHOWCASE

Thursday September 10, 7:00pm, RPAC, Middle Street, Cleveland

Opera Queensland's Viva La Voce brings the next generation of Australian opera talent to the RPAC Concert Hall. This vibrant Young Artist Showcase features solo and ensemble works from Mozart to Puccini, performed with dazzling vocal artistry and accompanied by mentor-pianist Alex Raineri. Audiences can expect passionate storytelling, exhilarating musicality, and a joyful celebration of emerging operatic voices. For tickets, go to [rpac.com.au](http://rpac.com.au).



19 SEPT

## TWILIGHT MAKERS MARKET

Saturday September 19, 4:00pm to 8:00pm, Raby Bay Harbour Park, Cleveland

Set against the picturesque waterfront of Raby Bay Harbour Park, the Twilight Makers Market returns this month for a relaxed evening of creativity, community and coastal charm. This popular monthly gathering brings together more than 60 talented local artisans showcasing handmade goods, alongside a tempting lineup of food trucks and live music. With its vibrant yet laid-back vibe, it's the perfect way to spend an evening by the bay.



21 SEPT

## TEEN ART CLUB

Monday September 21, 10:00am to 11:00am, Capalaba Library, Moreton Bay Road, Capalaba

Teen creatives can dive into a workshop of hands-on art at Teen Art Club, to be held at Capalaba Library. This free school holiday session invites teens aged 13 to 17 to explore bold collages, dramatic shading, expressive portraits and still life sketching, with all materials provided. Bookings open September 5, and spaces are limited, so early sign ups are essential. Go to [Redland.qld.gov.au](http://Redland.qld.gov.au) and search events for more information.



26 SEPT

## ESSGEE'S PIRATES OF PENZANCE

September 26 to October 10, Iona Performing Arts Centre, 85 North Road, Lindum

Savoyards present Essgee's Pirates of Penzance at the Iona Performing Arts Centre from September 26, delivering a high-energy, modern twist on the beloved Gilbert and Sullivan classic. This riotous 'poperetta' follows a roguish pirate king, his earnest apprentice and a colourful cast of daughters, lovers and bumbling policemen. Packed with laughs, romance and refreshed orchestrations, it's a proven crowd favourite that continues to charm audiences of all ages. For tickets, scan the QR code.



# THE FABULOUS BLUES BROTHERS & ARETHA TRIBUTE COMES TO RPAC

CONTRIBUTED BY MAGNIFICO LIVE

Australia's number one Blues Brothers tribute show is roaring into Redlands following sold out performances across Australia.

Audiences have been raving about the show. One review declared, "Absolutely phenomenal! The band was tight, the energy was electric," while another praised how "the band was cooking, the production was fantastic".

*The Fabulous Blues Brothers & Aretha* brings the music, comedy and chaos of Jake and Elwood Blues together with the soul of Aretha Franklin, backed by a powerhouse 13-piece show band.

Billed as the biggest and most authentic version of the Blues Brothers audiences will see, songs are performed live by a rhythm section, blazing horns and vocalists. Inspired by the iconic 1980 film and Saturday Night Live, the production combines rhythm and blues, soul, gospel and comedy in one electrifying concert.

Brad Kendrick leads the charge as Joliet Jake Blues, drawing on more than 20 years performing in Blues Brothers productions internationally. American-born vocalist Asabi Goodman brings the gospel fire and vocal power of Aretha Franklin – close your eyes and you could believe the Queen of Soul is in the room.



Photo: Supplied.

This is not a sit-down-and-watch kind of night. Audiences are encouraged to get on their feet, sing along and dance. Dress-ups are encouraged, so pull out the black suit, hat and sunglasses and join the mission.

*The Fabulous Blues Brothers & Aretha* will play the RPAC Concert Hall, Cleveland, on Saturday 17 October at 7:30pm. Tickets range from \$55 to \$74, with group and RAMP Member prices available.

# REWILDING THE STAGE – WOLF!

BY JAN NARY

**Wolves: they work as a pack, loyal and deeply reliant on teamwork; they have sharp senses and instincts and they're beautiful to watch. Acrobats; ditto.**

*WOLF* is a production by acclaimed performance group Circa, and it explores the workings of our limbic brain as well as the absolute extremes of physical expression and endurance. Yaron Lifschitz, CEO and Artistic Director of Circa, says that *WOLF* demonstrates Circa's versatility.

"Our recent shows have been about humanness and warmth and emotion – but what about the inner animal qualities of ferocity and desire that sit deep inside us? Given that we seem to be doing our best to de-civilise ourselves, it's a timely moment to get in touch with some of those elements of ourselves. The wolf is always hungry."

Circa's world-renowned talents are more than equal to the demands of what Yaron calls "a stonkingly powerful work."

"We look long and hard for the right acrobats who have to be physically extraordinary and capable of a very high performance level. They bring big passions and fierce, brutal energy to the stage; you get to see the body in full flight. Everyone has to find their own wolf. Some are slinky and sensuous, some are rough – each has a different kind of flavour, but they all have to accommodate each other in small groups and as a pack – and as a wolf-person intermediary."

Yaron says that recent research has challenged the theory of pack "alpha" animals, which was conducted in zoos. "Wild wolf packs are based on the family: there's status within the family, but it's basically about survival."

The show has played to full houses in Edinburgh, Prague, Berlin and Paris; the teeth and claws and excitement come to the Redlands on Friday 25 September – and there's a full moon on the 26th. Breathe deep and book now.



Photo: Supplied.

Redland Performing Arts Centre presents

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BY CIRCA

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# REDLANDS COMMUNITY URGED TO GIVE BIG TO HOSPITAL FUND IN SEPTEMBER WITH DONATIONS DOUBLED FOR 24 HOURS

The Give Big for Redland event on Thursday September 3 is giving the local community a wonderful chance to contribute to healthcare in their own backyard, with every donation to Redland Hospital doubled for 24 hours only.

It's one of five campaigns running across the Metro South Health region, alongside sister campaigns for the Princess Alexandra, QEII Jubilee, Logan and Beaudesert hospitals. A \$25 gift on September 3 becomes \$50, \$50 becomes \$100, and \$100 becomes \$200, doubling the impact of every dollar given to Redland Hospital.

Redland Hospital Fund Community Partnerships Manager Ellen Dann said the day was a chance for the Redland community to show its support for their local hospital and health service.

"We're really hoping the Redland community gets behind this day and shows the same generosity they always do when it comes to supporting their local hospital," Ms Dann said.

"For one day only, every gift is doubled, so it's the perfect time to give if you've been thinking about saying thank you for your care at Redland Hospital or that of a loved one."

"Every dollar raised on the day goes towards research, patient care, equipment and staff education right here at Redland Hospital," Ms Dann said.

"It all adds up to better outcomes for patients, and gives our clinicians, nurses, allied health teams and researchers the support they need to keep providing first class care to our community."

Ms Dann said the Foundation was encouraging past patients, donors, and the broader community to dig deep and give big on the day.



Photo: Supplied.

"Whether it's a gift of \$25 or \$250, every donation makes a huge difference to patient outcomes and helps get people home sooner to their loved ones from a hospital stay," she said.

As well as donating online, the community can drop into the Redland Hospital foyer between 8:00am and 4:00pm on the day, where Foundation staff and volunteers will be running a donation table.

GIVE

BIG

this September

\$25 = \$50

\$50 = \$100

\$100 = \$200

Scan me to donate!

## Give Big for Redland on September 3

All donations to the Redland Hospital Fund on September 3 will be doubled to support patients, fund research, staff education and the latest equipment at Redland Hospital.

Head to [givebig.org.au](http://givebig.org.au) and click on Redland on September 3 to double your impact on the health of your community.

9

# Maggie's Mates

SPONSORED BY MARKET 2 MARKET



Photo: Supplied.

**What's your name?** Hello, I am Duke.

**Where do you live?** I live in Tingalpa with my brother Laszlo, my new family, and my big sister Kona. She's a dog, but she's very kind and she makes me feel safe.

**How long have you lived there?** Just a couple of months. Laszlo and I are only 16 weeks old, so everything still feels new and exciting. We love our new home!

**What is your favourite time of day?** Morning playtime. That's when Laszlo and I do our 'zoomies' up and down our hallway and on the internal stairs. We're small, but we take our kitten training very seriously.

**What is your most treasured toy?** I really like dried leaves from Mum's plants on our veranda. Mum says I'm too little to play with them, but they're very interesting. I also enjoy scrunched-up bits of paper; simple things make me happy.

**What is your favourite food?** I'm a Maine Coon, so I have lots of growing to do. I like my dried kitten food the most, but Mum gives me a special treat sometimes that I share with Laszlo.

**What's your worst habit?** Scratching the good dining chairs. Mum gets upset when she sees me doing it. She bought me a scratching pole and a board, and I'm learning to use them... mostly.

**What is your favourite local hangout?** The sunny patch on Mum's bedroom floor. The morning sun warms the carpet, and I like to stretch out and enjoy it and play wrestle with Laszlo.

**Who is your best doggo friend?** Kona. She's much bigger than me, but she's gentle and friendly. She likes to kiss me, and I don't mind too much.

**Do you have a funny or embarrassing story to share?** I saw myself in the mirror for the first time and thought it was another kitten. I was very surprised. Then I saw Mum in the reflection too and realised it was just me.

**What do people love most about you?** I'm a pretty chilled dude, I'm very soft, and I love cuddles.

**Duke's favourite charity is Little Paws Kitten Rescue, 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](mailto: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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# MISS MAGGIE OF MANLY



## WHAT YOU NEED TO KNOW ABOUT BIRD FLU

BY DR NICKY THOMAS, WYNNUM MANLY VETERINARY HOSPITAL

As many of you will be aware, H5N1 bird flu has been identified in multiple states of Australia. H5N1 is a highly contagious strain of influenza which affects not only wild birds but also poultry, marine mammals, domestic pets and people. While only one case has been identified in Queensland up until this point, it is critically important that we all remain aware of the possibility of an outbreak – this is of particular concern in our bayside location given the large numbers of wild seabirds, waterbirds and shorebirds which inhabit our region, along with the migratory birds which find their way to our corner of Queensland.



### What should we be looking out for?

Birds affected by H5N1 may show signs of respiratory disease such as breathing problems, coughing and sneezing; neurological signs such as tremors, loss of coordination or a twisted neck; inability to stand, fly or walk properly; or sudden death, especially in large numbers.

### How can I keep my pet birds/chickens safe?

- Prevent contact between wild and pet birds by using protective netting or housing your birds in coops or aviaries.
- Keep feed and water clean – supply water from a safe source (not dams or tanks) and keep bird food in sealed containers.

- Practice good hygiene – wash hands with soap and water after handling birds, ensure your footwear and clothing are clean, and clean and disinfect food and water storage.

### How can I keep my other pets safe from bird flu?

Cats in particular are very susceptible to disease from bird flu – they can be affected by hunting/scavenging/eating infected birds. Cats and dogs should be kept contained and away from wildlife – where possible cats should be kept indoors, and dogs should be on leads when out of their yard. Dogs should not be allowed to roam off lead along the waterfront as this is where they may potentially encounter affected birds.

### What should I do if I see a sick bird/birds?

If you find a sick, injured or deceased bird, remember “ARR”:

#### AVOID

- Do not touch sick, dead or injured birds.
- Keep pets and children away from sick birds.

#### RECORD

- Take a photo or video of what you find.
- Make note of the time, date and location.

#### REPORT

- Contact the Emergency Animal Disease Hotline on 1800 675 888.

**Daisy Layne**  
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# NEW RESIDENTIAL WASTE ALLOWANCES AND FEES AT MAINLAND RECYCLING AND WASTE CENTRES: YOUR QUESTIONS ANSWERED

FROM REDLAND CITY COUNCIL

Managing waste is one of Council's most important services, but it is also one of the fastest-growing costs facing local governments. Rising expenses for fuel, transport, recycling, composting regulatory changes, landfill operations and the Queensland Government Waste Disposal Levy continue to place pressure on the Waste Utility Charge paid by every household.

To help manage these costs fairly while maintaining essential services, Council will introduce a new visitation allowance system at the mainland Recycling and Waste Centres in Birkdale and Redland Bay from 6 October 2026.

### What is changing?

Residents will receive 12 free visits per vehicle, per financial year for landfill (mixed waste) and green waste disposal. After 12 visits, a user-pays fee will apply. Charges will also apply to waste streams that are more costly to manage or that aren't produced as part of day to day living, including bricks and concrete, clean soil, mattresses, timber and tyres.

The majority of residents are unlikely to be affected by the changes as Council data shows nine out of 10 vehicles visit fewer than 12 times per year.

### What remains free?

Many recycling and recovery services will continue to be provided free and without visit limits when disposed of separately. These include cardboard, e-waste, scrap metal, lead-acid batteries, used oil, RecycleWorld drop-offs and visits, paint, hazardous household waste and asbestos within existing disposal limits and requirements.

### Why introduce the changes?

Currently, all households contribute through the Waste Utility Charge, regardless of how often they use the facilities. Some residents visit occasionally, while others visit more than 100 times a year. Council's analysis found nine per cent of customers account for around 40 per cent of landfill and green waste received at mainland facilities.

The new system aims to ensure those who use the service most frequently contribute more directly to its cost, helping reduce the burden on the broader community.

### What would happen if Council made no changes?

If no changes had been made, the Waste Utility Charge was projected to increase by about 24 per cent in 2026-27. Through the introduction of the visitation allowance and user-pays system, that increase has been kept to about 18 per cent for most mainland households.

For many households with a 240L waste / 240L recycling bin combination, that means avoiding an additional increase of around \$32 per year.

### Why use vehicle registrations instead of vouchers?

To begin with, a registration-based system is simpler and more convenient. It allows residents, including tenants, to access facilities without needing vouchers, reduces administration and helps keep gatehouse queues moving. Council will continue to monitor how the system performs and may consider alternative approaches in the future as community needs, technology and operational requirements evolve.

### Will this increase illegal dumping?

Council takes illegal dumping seriously and will continue monitoring hotspots, investigating reports and issuing penalties where required. The visitation allowance has been based on existing usage patterns, with most residents expected to remain within their free allocation.

These changes are designed to support a fairer, more sustainable waste management system while helping keep household costs lower for the wider community.

For more information search 'Redland Residential Waste Allowances' online.

## New residential waste fees and allowances

From 6 October 2026 at Birkdale and Redland Bay recycling and waste centres

All households on Redlands Coast pay the same waste charge as part of their rates to support our recycling and waste centres. However, usage varies: 91% of vehicles visit fewer than 12 times per year, while the remaining 9% who visit more than 12 times generate more than 41% of the landfill and green waste received.

We are making it **more fair for most people** by introducing a 12-free-visit allowance and fees for items that cost us more to dispose of.

Scan the QR code to find out more



redland residential waste allowances 3829 8999



### 12 FREE VISITS\*

For loads of landfill (mixed waste) and green waste

\*Per passenger vehicle per financial year for Redland City residents – ID must be shown. After 12th visit: fees payable.

### UNLIMITED FREE VISITS

Recyclables, asbestos and hazardous waste\*\*

\*\*Within current limits and disposal requirements

### FEES FOR ALL VISITS

Bricks and concrete  
Clean soil  
Mattresses  
Timber  
Tyres

# ELVIS TRIBUTE BRINGS ALL THE ENERGY OF THE KING HIMSELF TO RPAC!

FROM MAGNIFICO LIVE

One of Australia’s most loved Elvis tribute artists, Tristan James, is bringing his acclaimed live concert, *ELVIS: Can’t Help Falling in Love*, to Redland Performing Arts Centre this October.

James has quickly built a national reputation through energetic performances, strong vocals and a natural ability to connect with audiences. In January, he placed in the Top 5 of the Ultimate Elvis Tribute Artist Contest at the 2026 Parkes Elvis Festival, and even recently performed in Las Vegas.

After performing more than 500 shows in the past four years, James has appeared everywhere from theatres and festivals to community events and intimate concerts. A recent Brisbane City Hall performance attracted a sold-out crowd of more than 1,600 people, while his work has also been featured nationally on A Current Affair.

At RPAC, Tristan James will front the Australian Elvis Band for a high-energy journey through the music that made Elvis Presley a global icon. The 90-minute concert moves from early rock ‘n’ roll favourites through to gospel, ballads and the powerhouse anthems of Elvis’s Las Vegas years.

For James, the heart of the show is not simply recreating Elvis, but sharing the excitement, humour and audience connection that made him one of history’s greatest entertainers. Audiences are encouraged to sing, clap and become part of the experience.

*ELVIS: Can’t Help Falling in Love* will play the RPAC Concert Hall, Cleveland, on Saturday 17 October at 2:00pm. Tickets range from \$34.20 to \$38, with group prices available for six or more people. Over 75% of tickets are already sold, so be quick, and don’t miss your chance to witness this amazing tribute!



Photo: Supplied.

**Elvis**  
*Can't Help Falling In Love*

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**BOOK TICKETS NOW**

# REDLAND SINFONIA REACHES FOR THE STARS WITH 40TH ANNIVERSARY

BY ASHLEIGH HOWARTH

Music lovers will have the chance to celebrate a milestone in the Redlands' arts history when the Redland Sinfonia marks its 40th anniversary with a special concert this month.

The community orchestra will present Across the Stars at the Redland Performing Arts Centre (RPAC) on September 12, combining classical masterpieces with some of the most recognisable music from film, television and popular culture.

The first half of the program will feature highlights from Gustav Holst's *The Planets*, including the thunderous force of *Mars* and the haunting, ethereal mystery of *Neptune*, before taking the audience on a cinematic journey through iconic space-themed scores from productions including *Doctor Who*, *2001: A Space Odyssey*, *Star Wars*, and *Star Trek*.

Orchestra President Rosina McDonnell-Tucker, who has been involved with the Sinfonia since its inception in August 1986, said the concert was a fitting way to celebrate four decades of community music-making.

"I was at the very first meeting when the idea of creating a community orchestra for the Redlands was discussed, and I'm still here today as a percussionist," she said.

"Our charter has always been to bring fine music to the people of the Redlands and surrounding areas, and that's something we've proudly

continued for 40 years.

"We present four concerts each year, with performances in March, June and September at RPAC, before finishing the season at the Donald Simpson Centre in November, where audiences can enjoy afternoon tea and meet the orchestra.

"We're incredibly proud to be the RPAC's ensemble-in-residence – it's a privilege to rehearse and perform in such a wonderful venue, and to have a place we can truly call home.

"Having a home venue means people don't have to travel into Brisbane to experience live orchestral music – they can enjoy it right here in their own backyard."

Rosina said hundreds of musicians had passed through the orchestra over the decades, with several going on to pursue professional careers.

"We've had so many people begin their musical journey here before forging successful careers as instrumentalists and singers, and that's something we're incredibly proud of," she said.

Describing the Sinfonia as "a family", Rosina said the orchestra welcomed musicians of all ages, from school students to performers in their 80s and 90s.



Photo: Supplied.

"I met my husband through the orchestra, our children have all played, and we've also had several generations of families perform together in the orchestra, including mother and daughter duos," she said.

"Music is something you can enjoy at any age, and that's what makes a community orchestra so special."

The performance will begin at 6:00pm and will conclude with a birthday cake cutting, giving audiences the chance to celebrate the orchestra's milestone alongside its musicians.

Tickets are available through the Redland Performing Arts Centre website.

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# BOARDS, BEACHES AND BRAGGING RIGHTS: STRADDIE’S BIGGEST SURF SHOWDOWN RETURNS WITH HOT LOCAL TALENT ON DISPLAY

BY ASHLEIGH HOWARTH

Some of Australia's best boardriding clubs will once again go head-to-head on the waves at North Stradbroke Island this October as the Gage Roads Straddie Invitational returns for a big weekend of surfing, friendly rivalry and classic island vibes.

More than 20 clubs from Queensland and northern New South Wales will descend on Main Beach at Point Lookout from October 16 to 18 for the event, which is renowned for being the world's longest team surfing competition.

Now in its 43rd year, the event first began in 1983 as the Straddie Assault and has grown into a cornerstone of Australian surf culture.

With plenty happening both in and out of the water, event organiser Hugo Prasser said the Gage Roads Straddie Invitational offers the perfect mix of world-class surfing, entertainment and island atmosphere.

“A number of clubs from Noosa all the way to Byron Bay come to Straddie every year to compete because it’s a great place to catch some awesome waves, enjoy some friendly competition, and spend a great weekend on the island,” Hugo said.

“One of the best things about this event is the mix of competitors.

We have everyone from grassroots boardriders right through to those who have been part of the World Tour circuit, including men, women and juniors.

“There will be two competitions over the course of the weekend – the classic Teams Event, where eight surfers combine to earn points for their club, and the crowd-favourite Tag Team Showdown, which always brings plenty of fast-paced action.”

Local pride will also be on the line as the Point Lookout Boardriders look to add more titles to their name as they aim to make the most of their home advantage.

“Last year they finished second in the Team competition and fourth in the Tag Team, so they will definitely be out to win this year.”

The action continues long after the final heat, with live music at the local pub plus food stalls on the headland supporting the Point Lookout Boardriders Club.

With its east-facing beaches and exposure to the open Pacific Ocean, Straddie is renowned for producing consistent swells, making it one of the best surfing spots in the world.



Photo: Supplied.

“Straddie is one of the best places in the world to host a surfing competition, and we’re very lucky it happens to be in our own backyard,” Hugo said.

“Whether you’re a long-time fan or new to the world of competitive surfing, it’s well worth a trip to come over to beautiful Straddie to cheer on the boardriders, enjoy the sun and the sand, and support the local businesses.”

## CRITICAL THINKING – AN EVERYDAY ESSENTIAL

BY JAN NARY

**Ironically, “fake news” has become part of our lexicon, and sorting the informational wheat from the chaff has become increasingly difficult in this techno-terrific age. We need to contend with media bias, corporate interests, hype geared more to self-interest than to common good, “influencers” influenced by sponsorship and algorithms, technology that can create false records and photographs, marketing hype. There’s quite a battery at work, but we do have a good defence: critical thinking.**

Our brain contains about 86 billion neurons and uses approximately 20% of our energy supply. We still don’t fully understand the relationship between the brain and its products. Our brains can sense, translate and calculate information and responses at amazing speeds and make sense of most things. But when we’re being pushed into fear or anger or self-defence, it’s easy to feel overwhelmed and distrustful of everything.

It helps to pause, listen and think. How likely is this to be true? What real evidence is there? Does my own experience support this view? Cui bono? Who’s going to benefit if I accept this as the truth? Then ask questions. Seek out the evidence, ask about the linkages and connections.

Once we’ve really thought about issues it opens the door to better debate and discussions, stronger communities because authorities are more accountable, we make better decisions and we’re not as easy to manipulate. Taken as a civic responsibility, critical thinking is a boost for a living, breathing democracy – and it can put a cannonball through fake news. And we may win back the comfort and stability of knowing what – and whom – to trust.

We have wonderful brains. It would be a pity to waste them. After all, it’s what we think we think with.\*

\* psychoanalyst Jacques Lacan.





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future buyers enjoy: functional pull-through garage storage for bayside living toys and work trailers, etc and second living MPR’s to all homes to enable calm, functional living outcomes,” explained Urban Solace Director Damian McIntosh.

“We are really pleased to deliver another project in the Bayside, contributing to the Bayside in what we feel is a good example of considered infill housing. We want to take this opportunity to thank our trades, staff, builders,

suppliers, consultants, and neighbours for their hard work, patience and expertise in assisting this project coming to life”.

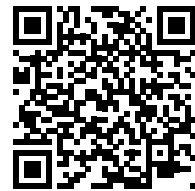
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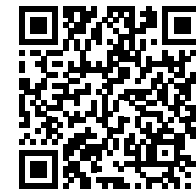
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## The Local Community Online

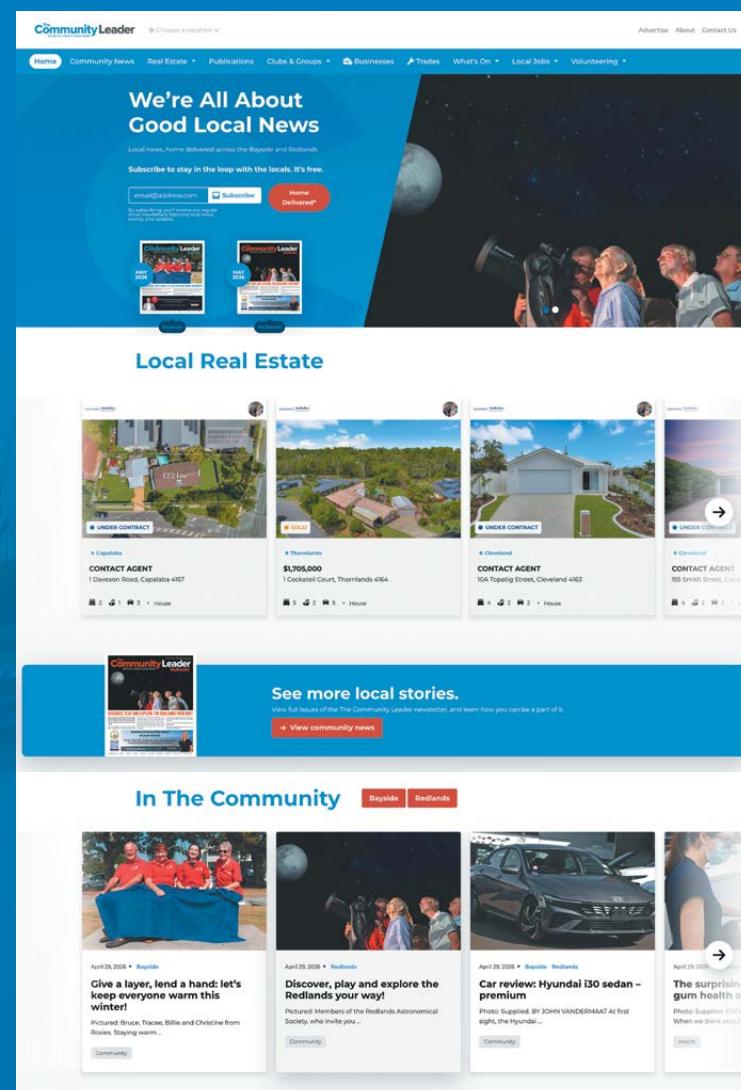
The **Community Leader** is not just another property portal, it's a trusted local hub where people find reliable community information, supported by one of Brisbane's largest print runs and home delivery\*. Our website content is focused on the corridor from **Mt Cotton to Camp Hill**, ensuring locals can easily access news and updates relevant to their area.

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# READY, STEADY – REDFEST!

BY JAN NARY

It started as a one-off community fundraiser selling surplus strawberries to raise funds for the Capalaba School of Arts. It's now an iconic Redlands Festival that draws crowds from all over the region for a weekend of live music, market stalls, sideshow alley attractions, rides, entertainment – a wide range of food – and of course, strawberries.

RedFest secretary Robyn Keenan says that there have been some changes over the sixty-plus years of the festival.

“We no longer have the Strawberry Queen competition or the street parades and the style of the festival has changed. The Redlands used to be called the ‘Salad Bowl’ and back in the ‘60s it was more of an agricultural show; farmers coming together with the wider community. Over the years it grew into the full-blown strawberry festival but many local farms have gone now, replaced by houses.

“While there's only one major strawberry farm in the region, the strawberries are still the star attraction; the ice cream, fresh strawberries, strawberry jam, strawberry wine and the popular strawberry eating competition.”

While COVID had an impact, the last two years have seen RedFest attract crowds of 12,000 and 15,000, and there are expectations of topping those figures this year.

“We're aware of the rising cost of living, especially for families,” says Robyn “so all the entertainment and games in the kids’ area, including the petting zoo and rock climbing wall are free.”

An entry ticket also gives free entry to the Redlands Coast Museum.

RedFest is celebrated on Saturday, September 26, and Sunday, September 27, 2026 at the Redland Showgrounds.

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**Census**

# CAPALABA GIRL GUIDES RETURNS HOME TO CELEBRATE 50 YEARS

**After being forced out of their much-loved hut following Tropical Cyclone Alfred, the Capalaba Girl Guides has finally returned home to celebrate their 50th anniversary.**

Past and present members gathered at the hut on August 1 to mark the milestone, which had been delayed after a gum tree crashed through the roof during the cyclone, causing major water damage and destroying furniture, resources and supplies.

For District Manager Barb Hodgkinson, there was only one place to celebrate.

“The hut means so much to generations of Guides, so we wanted to wait until the repairs were done,” she said.

The celebration included an afternoon tea before members gathered around a campfire to sing songs – a longstanding guide tradition.

The day also celebrated the district’s history, with founding leader Claudia Cunningham choosing the design of the commemorative anniversary badge created by junior leader Phoebe Terhoeven.

The Capalaba District Girl Guides began in July 1975 after Claudia was approached by the State Commissioner to start a Guide unit in the growing suburb, with seven girls signing up.

Having joined herself in 2000, Barb says thousands of girls have made their way through the Capalaba Girl Guides, with many returning later as leaders.

As part of the worldwide Girl Guides movement, the organisation gives girls the chance to learn, lead and grow through outdoor adventures, teamwork and practical life skills.

“The girls decide what they’d like to do each term and we help make it happen,” Barb said.

“They’re learning things like budgeting, teamwork, problem-solving and leadership without even realising they’re learning.”

From canoeing, abseiling, archery, orienteering and geocaching to camps and environmental projects, members continue to take part in a wide range of fun activities.

Giving back to the community is also a big part of Guiding, with



Photo: Supplied.

members collecting donations for Share the Dignity, Night Ninjas and the RSPCA, as well as baking biscuits for local emergency service personnel.

For more information or to join, visit the Girl Guides Queensland website or email [capalabadm@guidesqld.org](mailto:capalabadm@guidesqld.org).

# SPRING HAS SPRUNG AND OUR SENSATIONAL BAYSIDE FESTIVAL RETURNS!

**The Bayside Spring Festival is one of our region’s most iconic community events, its origin dating back to the 1950s. Once famous for its decorated floats, community queens and vibrant street parades through Wynnum, the festival returned last year after a decade-long pause, reviving its core purpose of bringing people together to celebrate the bayside.**

While the traditional parade and Spring Queen pageant are no longer part of the program, today’s festival offers a modern, family-friendly experience. Visitors can enjoy live music, dance performances, market stalls, food trucks, rides, fireworks and a wide range of free activities for children.

Presented in partnership with Wynnum Commerce Inc., the festival will once again transform George Clayton Park into a buzzy three-day celebration with something for everyone. Across the weekend, families can enjoy food trucks, a sideshow alley, a giant Ferris wheel, rides for all ages and a licensed bar for grown-ups.

Friday night features Brisbane Festival’s Manly Serenades with Thunder Fox, Eli Wan, Bring a Plate, plus two laser light shows over the bay.

Saturday delivers a full entertainment lineup hosted by local personality Ranger Stacey, including a wildlife show, the Australian Navy Band, The Kunins, Bayside Brass, Kate & Isaac, Cody Miller, Charlotte Street Jazz Band, Works Over, the Queensland Services Heritage Band Association Big Band, and students from Iona College, the Moreton Bay Colleges and Brisbane Bayside State College. Market stalls, street art, free jumping castles, free face painting, and evening fireworks round out the day.

Sunday’s highlights include the Volkswagen Drivers Club of Queensland’s 40th Day of Action, community stalls and performances from Annette Roselli Dance School, Each Ukulele Group, Wynnum RSL Pipers, Bayside Dance, Kelleher’s Dance Academy, Wynnum Choir and Dotted Beats Vitals.

See you there on Friday September 11 to Sunday September 13 at George Clayton Park, Manly!



Photos: Supplied.

# LOCAL FISHING WITH SPERO

## SNAPPER BACK ON THE BITE AS MACKEREL AND WHITING HIT THEIR STRIDE

BY SPERO KARTANOS

The weather in September should be very good, as it has been in past years, and the fishing should be the same, with plenty of all our local species in abundance throughout the bay.

The whiting should now have moved throughout the Small Boat Channel, Rous Channel, Amity Banks, the Sand Hills and the Blue Hole, so there's no excuse not to get a good feed for most families. My favourite baits to use are bloodworms, beach worms, peeled small prawns and strips of squid. The easiest rig to use is a paternoster, and my top tip is to fish for whiting when there's a good run in the tide.

School mackerel will be in the bay in good numbers, especially around the Small Boat Channel towards the Rous entrance, and there will be lots of undersized ones...but some really nice fish will be amongst them, and September should be a cracker of a month for mackerel fishing. Floating pillies or diving boards with spoons will work best to catch them.

The squid and cuttlefish taper off a little in September, but they will still be in good numbers, and will have even moved into the weed banks. I find the dull-coloured jigs work best on cloudy days and the bright colours on the sunny days. September is also a great sand crab month!

The snapper season restarted in August, so there will be plenty of choices when you're deciding what fish to put on the table over the next month or so.

Till next month, good fishing!



Photos: Spero Kartanos.



# PITCH, HIT, RUN – LET’S PLAY SOFTBALL!

BY JAN NARY

**“Pitching is probably the most critical thing; the more good pitching you have, the better your chance of winning. You can’t be too sure how well your batting will go if you come up against a first-class pitcher on the other team.**

“The record speed for a male pitcher is 168.5 km ph – and it’s not just about the speed. A good pitcher can make the ball drop or rise or curve and they have a move called a ‘changer’, which can actually take speed off the pitch, so the hitter thinks it’s coming fast but it ends up coming slow; it’s very skilful.”

Fabian Barlow, Director of Operations, Softball Queensland State Team, who has coached the sport for most of his life, says the Queensland State Championships are approaching and the selection criteria will be critical for choosing the players who will represent their District Association and be considered for State Team selection. There are 19 teams, and competitors will have to be a member of a club to compete.

Competitors from 16 years old will be testing their skills against older, more experienced players; where does the advantage sit?

“You ignore youth at your peril. More experienced players could bring the emotional ‘baggage’ of previous games that didn’t go well; naïve young players just come in and play the game that’s in front of them,” Fabian says.

“On the other hand, you need the ability to analyse the opposition’s style and that’s where experience comes in. There are so many variables – where are the base runners? What’s the strength of this batter? What’s the strength of our pitcher? What options do we have?

“Defensively, when you’re out there, you’ve got to work all that out and decide what play you’re going to make. You definitely need that game sense which comes with experience. And you need speed. Youth, experience – you’re chasing a bit of both.”

The State Championships, supported by the Redland City Council, will be played from Friday October 9, to Sunday October 11, 2026. For more information, visit <https://www.softballqld.asn.au/events/341546>



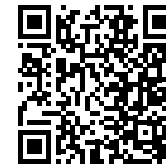
Photos: Supplied.



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# HOW WOULD YOU LIKE TO SING, SING, SING, TO YOUR HEART’S CONTENT?

BY FIONA JACKSON

**Want to sing? Come and try Sing Sing Sing, Queensland’s first dementia choir!**

Sing Sing Sing is warmly inviting people living with dementia and their carers, family, and friends who are curious about joining a dementia choir to take part in an affordable introductory program.

No singing experience is needed, only a willingness to have fun and connect.

Participants will experience a genuine taste of choir life, with opportunities to catch up over morning tea, make new friends, and become part of a welcoming choir family built on joy, belonging, and the extraordinary gift of singing together.

Founded by Melissa Gill, a qualified vocal coach, choral conductor and family carer, Sing Sing Sing has been rehearsing weekly at Redland Performing Arts Centre as a Company in Residence since early 2024, bringing people together through the power of music.

Research demonstrates that group singing can improve wellbeing for people living with dementia and for their carers, as well as reducing isolation and stigma.

“I know from personal and professional experience that a choir can offer connection, community and understanding. Everyone has a voice – and finding and using that voice can be a life-changing experience,” explained Melissa Gill.

This introductory series is made up of seven sessions on Mondays, including workshops and rehearsals. If you missed the first session, you can still join in later sessions. The program is supported by a grant



Photo: Supplied.

from the Queensland Government Regional Community Arts Program through Arts Queensland, part of the Department of Education.

On Saturday 24 October, participants will step on stage alongside their new choir family to perform in an inspiring Sing Sing Sing showcase, a joyful celebration shared with family, friends and the wider community.

Redland residents who are interested in finding out more about this opportunity can make contact by phone at 0481 348 552 or via email at [hello@singsingsing.au](mailto:hello@singsingsing.au).

# CELEBRATING REDLANDS THROUGH STORY, SONG AND DISCOVERY

CONTRIBUTED BY MICHAEL CLARK

**The Redlands Coast is a place of natural beauty, rich wildlife and treasured local history. Inspired by this remarkable region, local author and illustrator Sandy Clark has created a unique series of three children's books that encourage families to explore, learn and connect with the area's iconic landscapes and wildlife.**

Written and illustrated by Sandy, the series centres on the Chook Family and their good friends the Koalas, combining engaging storytelling with colourful illustrations to create an experience that is fun, interactive and educational for readers of all ages. The books inspire children and adults alike to discover the local environment while developing a greater appreciation for one of Australia's most loved native animals.

Adding another dimension to the adventure, each book now includes a QR code that allows readers to scan and listen to an original song written by Sandy's husband Michael. The music brings the stories to life, making the experience even more memorable for children and families.

For those wanting to enjoy the songs anywhere, an MP3 player is also available, preloaded with three original tracks: the *Redlands Old Koala Trail* song, the *Chook Family Rap*, and the *Icki Biki Family* song. Together, the books and music create a complete storytelling experience that entertains while encouraging learning and exploration.

Sandy and Michael's creative partnership showcases the talent within the Redlands Coast community while celebrating the region's wildlife, history, and sense of place. Their books, songs and gift collection are a reminder that some of the most meaningful adventures begin right in our own backyard.

The children's books are available from Daisy Layne, which houses a treasure trove of eclectic surprises, locally inspired products and goodies sourced from around the globe, located at 42 Bloomfield Street, Cleveland.



Photo: Supplied.

LOCAL READERS – A BOOK REVIEW

MUCKLE FLUGGA BY MICHAEL PEDERSEN

BY ANNE CROWLEY

WHAT THE EXPERTS SAID

“It’s no ordinary existence on the rugged isle of Muckle Flugga. The elements run riot and the very rocks that shape the place begin to shift under their influence. The only human inhabitants are the lighthouse keeper, known as The Father, and his otherworldly son, Ouse. Them, and the occasional lodger to keep the wolf from the door.

“When one of those lodgers – Firth, a chaotic writer – arrives from Edinburgh, the limits of the world the keeper and his son cling to begin to crumble. A tug of war ensues between Firth and the lighthouse keeper for Ouse’s affections – and his future. As old and new ways collide, and life-changing decisions loom, what will the tides leave standing in their wake?” Source: *Goodreads*.

MY THOUGHTS

Muckle Flugga is real: the northernmost island and lighthouse in Scotland. The lighthouse was built by the Stevenson family, to which Robert Louis Stevenson (RLS) belonged. A word of warning, though: if you mention this book to anyone, pause first and get the title straight in your head – it is easy to get wrong!

This is a quirky atmospheric book, with an oddball story and elements of fantasy; yet it also explores brokenness, trauma, loss and grief, possessiveness, and love, loyalty, compassion and goodness –

‘Because sometimes it’s okay to look the other way when the ugly parts of someone you love are showing.’

The extreme remoteness and rugged tempestuousness of the ocean and landscape are vividly depicted, providing a fitting backdrop for The Father, who seems almost of the same nature: as volatile as the waves he illuminates. Although violent, he is complex enough to, at times, elicit some sympathy.

Ouse, by contrast, is a gentle soul: a mercurial artist known for his brilliant knitwear and rugs, and a dedicated caretaker fascinated by the small details of island plant and animal life. For much of the novel, The Father and Ouse are the only two people on Muckle Flugga, so the book concentrates closely on their characters and relationship, along with island, the lighthouse and the ocean who also seem like characters.

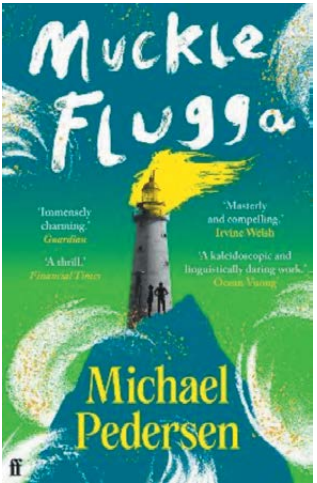
The prose is beautiful, and the word choice precise – so precise that regular use of a dictionary is useful. Incidentally, all the characters are named after bodies of water.

Ouse seeks guidance from his imaginary friend, RLS, who first appeared to him on the day his mother died. As Firth pressures Ouse to leave the island, RLS helps Ouse grapple with the tug of

war between Firth and The Father. ‘There is no duty we so much underrate as the duty of being happy.’ ‘To be what we are, to become what we are capable of becoming, is the only end of life.’

Some members of my book group found Firth likeable, seeing him as motivated by good intentions and a desire to “free” Ouse from The Father’s control. To me, he seemed manipulative and self-serving, and I felt a strong sense of foreboding while waiting to learn what Ouse would decide. Would he escape The Father’s control, only to fall under Firth’s?

The drama towards the end builds like the massive storm battering the island – a fitting crescendo. Magnificent! And the ambiguous ending leaves room for optimism. A good read!



LOCAL POETRY  
REMEMBER THE PROSTATE

BY GEOFF SMILEY

Prostates are not for everyone.  
Life gives males this organ,  
dormant ‘til adulthood.  
It then makes fools of them  
with the power it gives.

However,  
with advancing years  
comes biology and disease.  
They conspire to stop its function  
and thus begins the fall of men  
into impotence but wisdom.

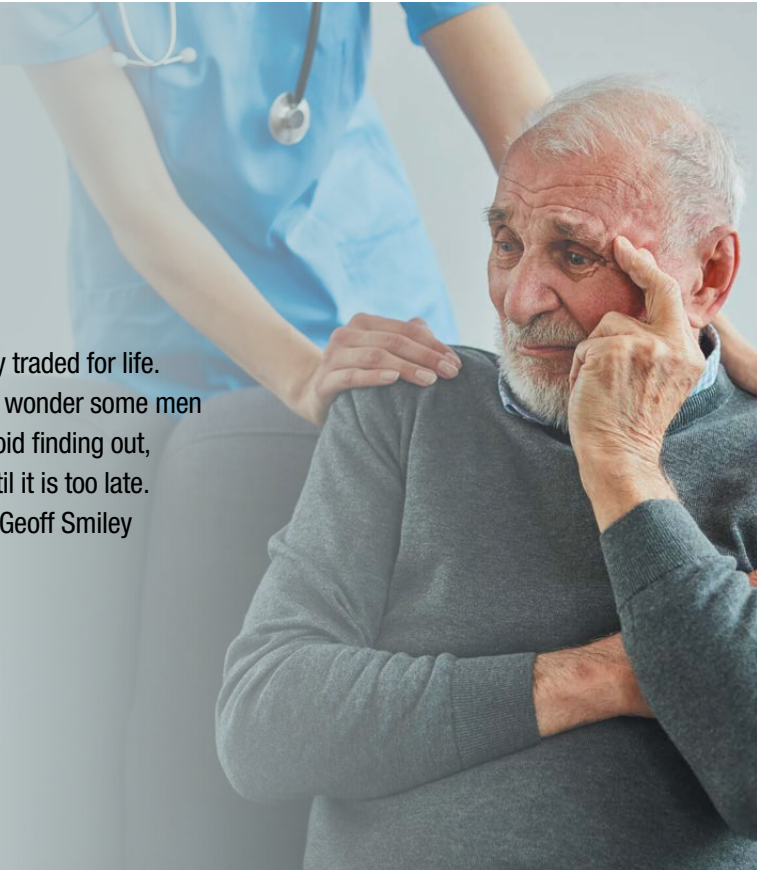
The prostate’s other function  
is jinxed by  
its once joyful reason.  
Urination and not sex  
becomes its preoccupation.

No longer is it a magic  
electronic telephone.  
It becomes like a landline  
that makes no demands  
and gives no fun.

We now possess an organ  
with no other function,  
but for most, memories  
of its past good service.

Prostate-less men  
are harmless to women  
but keep a connoisseur’s interest.  
A life of practice is not lost  
by a prostate now absent.

Joy traded for life.  
No wonder some men  
avoid finding out,  
until it is too late.  
© Geoff Smiley



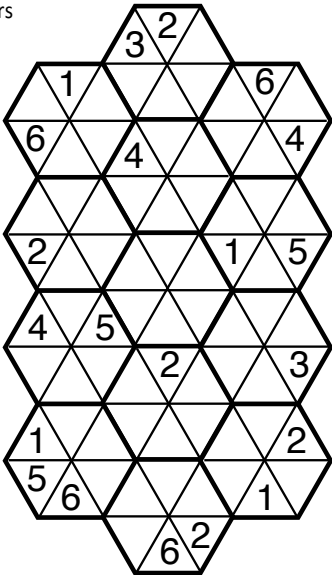
Sudoku

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

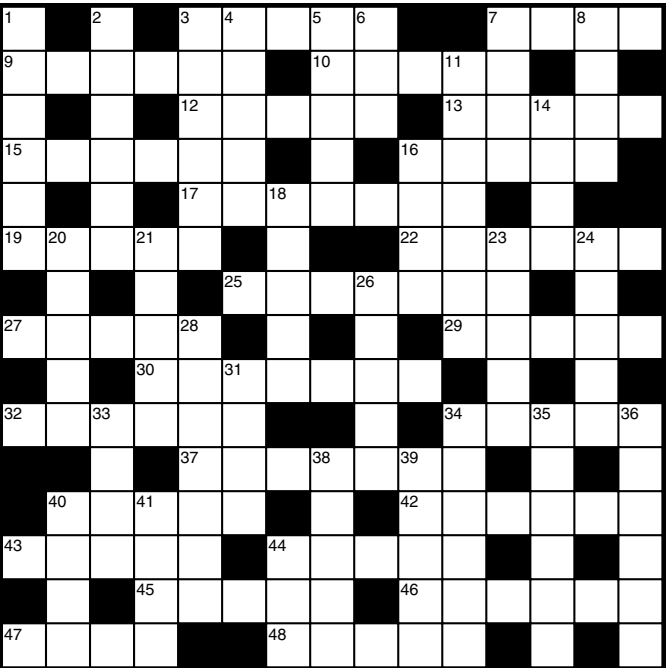
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|   |   |   | 6 | 1 |   |   |  |   |
| 7 | 4 | 5 |   |   |   |   |  | 3 |
|   |   |   |   | 7 |   | 9 |  |   |
| 5 |   | 3 | 4 |   |   |   |  |   |
|   | 1 | 2 |   | 3 |   |   |  |   |
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|   |   |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

Quick Workout

Fit the numbers 1, 2, 3, 4, 5 and 6 into the hexagons so that where the hexagons touch, the numbers will be the same. No number is repeated in any hexagon.



Crossword



- ACROSS**

3 Indian currency unit  
7 Reflected sound  
9 Proverbs  
10 Prize  
12 Wall painting  
13 Lively frolics  
15 Mend  
16 Comforts  
17 Arachnids  
19 Wearies  
22 Issues with force  
25 Put back  
27 Conductor's wand  
29 Mistake  
30 Rich pasturage  
32 Expunge  
34 Pale yellow  
37 Offers  
40 Wanderer  
42 Top rooms
- 43 Discourage  
44 Lowest point  
45 Muslim religion  
46 Waistbands  
47 Metal  
48 Jury

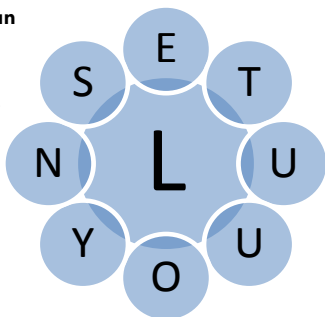
**DOWN**

1 Vegetable  
2 Picnic basket  
3 Sluggish  
4 Take unjustly  
5 Large antelope  
6 Snake-like fish  
7 Love god  
8 Jumps on one leg  
11 Effacement  
14 Network  
16 Therefore  
18 Unsuitable  
20 Likeness
- 21 Run away to marry  
23 Liquid part of blood  
24 Call up  
26 Numeral  
28 Talks much about nothing  
31 Prophet  
33 Plunder  
34 Starry  
35 Intelligent  
36 Oppose  
38 Play  
39 Lift up  
40 Nurture  
41 Blood vessel  
44 Short sleep

Focus

An All Australian Word Game

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



**TODAY'S FOCUS** Good: 14 words  
Very good: 21 words  
Excellent: 31 words

\_\_\_\_\_

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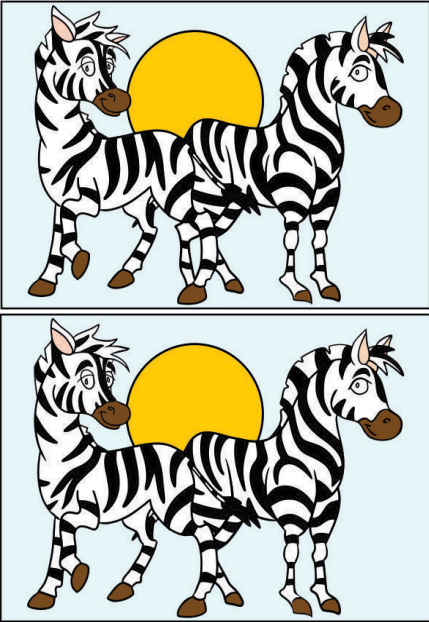
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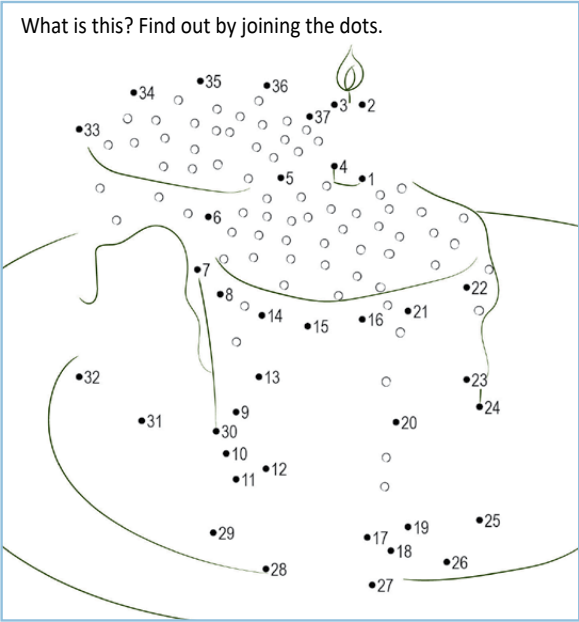
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Reference: Macquarie Concise Dictionary  
Focus No. 3910

Spot the 5 Differences

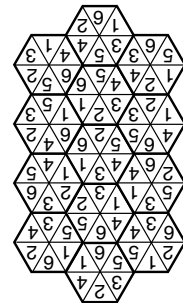


Join the Dots



Solutions

Puzzles and pagination supplied by Auspacc Media



**SPOT THE 5 DIFFERENCES:** Extra stripe on first zebra's chest, ear on first zebra changed into mane, missing leg, size of second zebra's hoof, missing stripe on second zebra's face.

**FOCUS:** lens lent lest lone lose lost lotus louse lousy lout lute lunny lust lute luteous only ousel slot sole  
solute soul stole stolen style stylo TENNOUSLY tolu tousle yule

**ACROSS**

3 Indian currency unit  
7 Reflected sound  
9 Proverbs  
10 Prize  
12 Wall painting  
13 Lively frolics  
15 Mend  
16 Comforts  
17 Arachnids  
19 Wearies  
22 Issues with force  
25 Put back  
27 Conductor's wand  
29 Mistake  
30 Rich pasturage  
32 Expunge  
34 Pale yellow  
37 Offers  
40 Wanderer  
42 Top rooms

**DOWN**

1 Vegetable  
2 Picnic basket  
3 Sluggish  
4 Take unjustly  
5 Large antelope  
6 Snake-like fish  
7 Love god  
8 Jumps on one leg  
11 Effacement  
14 Network  
16 Therefore  
18 Unsuitable  
20 Likeness

21 Run away to marry  
23 Liquid part of blood  
24 Call up  
26 Numeral  
28 Talks much about nothing  
31 Prophet  
33 Plunder  
34 Starry  
35 Intelligent  
36 Oppose  
38 Play  
39 Lift up  
40 Nurture  
41 Blood vessel  
44 Short sleep



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# FIBRE MAXXING: THIS DESERVES A SPOT IN YOUR DAILY ROUTINE

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

**When it comes to nutrition, protein often steals the spotlight. But another essential nutrient is quietly being overlooked: fibre.**

For decades, fibre has been associated with one thing: regular bowel movements. While it certainly plays an important role in digestive health, fibre does far more than just help keep things moving. Fibre is a fundamental nutrient for supporting long-term gut, metabolic, and overall wellbeing.

### MORE THAN ROUGHAGE

Unlike other carbohydrates, fibre isn't fully digested in the small intestine. Instead, it travels to the large intestine where it becomes food for the trillions of microbes that make up our gut microbiome.

This is where the real magic happens.

When beneficial gut bacteria ferment certain fibres, they produce compounds known as short-chain fatty acids (SCFAs), including acetate, propionate, and butyrate. These compounds help support the gut environment and maintain the health of the intestinal lining. Emerging research continues to highlight the important role these microbial metabolites play in supporting overall health.

Rather than thinking of fibre as something you take when your digestion feels "off", it's more helpful to view it as daily nourishment for your microbiome.

### ARE YOU GETTING ENOUGH?

The recommended daily intake of fibre for adults is:

- **Women:** 25 grams per day
- **Men:** 30 grams per day

While many people believe they eat a fibre-rich diet, a closer look can reveal otherwise.

For example:

- **1 cup cooked spinach = 4 grams of fibre**
- **½ cup baked beans = 5–7 grams of fibre**
- **3 prunes = 2 grams of fibre**

When you consider that adults require 25–30 grams daily, it becomes clear that reaching your target requires consistent effort across meals and snacks.

### WHY FIBRE MATTERS

The concept of "fibre maxxng" isn't about dramatically increasing fibre intake overnight. Instead, it's about finding simple and sustainable ways to include more fibre throughout your day.

Just as many people focus on staying hydrated or meeting their protein goals, fibre deserves the same level of attention.

Higher fibre diets can benefit:

- digestive health
- satiety
- blood sugar balance
- cardiovascular health and overall wellbeing

The key is consistency. Your gut microbiome doesn't thrive on occasional bursts of fibre intake. It benefits from a steady supply of diverse fibres consumed regularly over time.

### A NEW GENERATION OF FIBRE

Traditional fibre products have been dominated by psyllium-based formulas. While these products have their place, many people associate them with thick, heavy drinks that feel more medicinal than enjoyable.

Today, fibre formulations include ingredients such as acacia fibre and green banana resistant starch. These prebiotic fibres are valued for their ability to nourish beneficial gut bacteria while fitting easily into everyday routines.

Another advantage is convenience. Unflavoured fibre blends can often be added to smoothies, oats, yoghurt, coffee, or meals without significantly altering taste or texture. This makes it easier to support fibre intake without making major dietary changes.

Flavoured options also offer a refreshing alternative to the traditional "gluggy" fibre drink, helping transform fibre from a product people use occasionally into one they genuinely enjoy including each day.

### THE BOTTOM LINE

Fibre is having a well-deserved moment – and for good reason. It's not just about digestive regularity. Fibre helps nourish the microbiome, supports a healthy gut environment, and contributes to overall wellbeing. A fibre maxxng mindset is moving away from seeing fibre as a short-term solution and recognising it as a foundational part of everyday health.

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# EARLY SPRING LAWN CARE TIPS

FROM COOCHIE LAWN SERVICES

With spring now upon us, now is the time to get your lawn into shape for the coming growing season.

Early spring is a great time to ensure you have looked after any remaining weeds, planned for any lawn renovations, protected against lawn pests, and set the right watering schedule.

By focusing on and controlling weeds now, you are setting the grass up to face less competition and grow more healthily once the weather warms up. Be on the lookout for new spring weeds and foreign grasses and eradicate them early.

I'd start planning any renovations over the coming month or two; this could be anything from dethatching, scarifying, aerating, or coring to even top dressing. Different lawns have different renovation or management needs, and it's critical to get this process right if you want that improved lawn over summer.

Now is a great time to apply the right amount of fertiliser to help encourage greening and maintain a lush, healthy lawn. With the warmer weather, also be on the lookout for pest issues, as those dreaded lawn grubs are only just around the corner.

Finally, ensure you have a watering schedule for the warmer weather, as it dries out soil moisture more quickly than during the past cooler months, and this change in weather can sometimes catch lawn owners out.



Photos: Supplied.



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# LOCAL GARDENING WITH KAT

## GREVILLEAS FOR EVERYONE!

BY KAT PEARSON, *GIRL IN THE GREEN*

It is now September and technically spring! Even though in our climate spring really starts in August and is kind of over by the end of September...

Grevilleas have been blooming all winter and are still putting out their beautiful spidery flowers. Some varieties will spot flower all year round, but it's winter through to spring when they put on their best show.

The flowers are packed with nectar and bring the birds in by the truckload. Rainbow lorikeets, noisy miners and blue-faced honeyeaters love nectar-rich flowers and can often be seen (and heard!) darting in and out of shrubs, fighting with each other over ownership of their sweet harvest.

The grevillea genus is huge and there are so many species, varieties and cultivars so there is surely one for you.

Typically, they prefer sandy, well-drained soil, but a few tolerate slightly less-than-ideal conditions, such as Grevillea juniperina and grafted grevillias on G. robusta rootstock. Despite this, if your drainage is a little iffy, it's a good idea to plant on a bit of a mound.

Once you've found a good spot, the world is your oyster when it

comes to grevillea choice. They are available in all colours ranging from creamy white to yellows and oranges, pinks, reds, even purples (cv. Dorothy Gordon, I'm looking at you!). Foliage is in various shades of grey-green and silver tones, with leaf shapes from rosemary-like needles to fern shapes and broader, more 'regular' leaf silhouettes. And size? Ground covers, prostrate shrubs, upright shrubs, small trees, big trees...

I grow lots of grevilleas because they love my sandy soil. My favourites are all currently flowering their heads off in my verge garden: Grevillea 'cherry pie' – a small tree with fine needles and vibrant showy pink flowers; G. 'lilac tangles' – a low ground cover type shrub with grey green leaves and delicate lilac flowers, and G. 'Boorloo Moon' – a prostrate shrub to about 1m with silvery lobed leaves and pink (you can pretty much call me Barbie, I love pink) flowers.

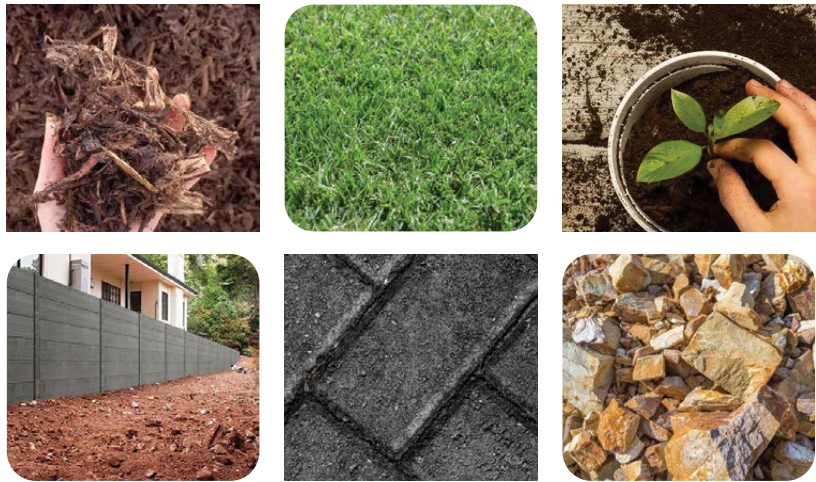


Clockwise from left: Grevillea 'Boorloo Moon', Grevillea 'Elegance', Grevillea 'Lilac Tangles'. Photos by Kat Pearson.

You can find grevilleas for sale anywhere, but may I suggest 'Princess Fancy Plants' in Chandler. Bev stocks an amazing range (not just grevilleas – I guarantee you'll fall in love with something) and their customer service is second to none.



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# A LITTLE BIT GOURMET SPRING CHICKEN SANDWICH WITH PICKLE CREAM & HERB SALAD RECIPE

A chicken sandwich can be simple, but this one is elegant, bright and absolutely bursting with flavour. Poached chicken, a silky pickle infused dressing, and fresh herbs turn a picnic classic into something worthy of a long lunch by the bay! If you need an excuse to have a picnic, this is it!

## INGREDIENTS

- 500g of chicken breast
- 1 tsp of sweet paprika
- ¼ cup of mayonnaise, preferably whole egg
- 2 tbsp finely chopped red onion
- 2tbsp of sour cream
- Sea salt and cracked black pepper
- ¼ cup of chopped dill pickles
- Butter lettuce
- 1 tbsp of pickle juice
- Fresh bread – soft white is classic, but brioche or a milk bun makes it luxe
- A handful of spring onion, green parts, finely sliced
- Optional additions: fresh dill, lemon zest, cucumber, celery heart, micro herbs

## INSTRUCTIONS

1. Put the chicken in a large pot of cold, lightly salted water. Bring it to a gentle simmer (don't ferociously boil it) until it's cooked through – about 20 to 25 minutes. Once cooked, remove from the pot and let it cool.
2. Using two forks over a large bowl, pull the chicken into fine strands. Do this properly, because the more evenly shredded it is, the smoother and more luxurious the final filling becomes (and we hate lumps, remember).
3. In a bowl, whisk together the mayonnaise, sour cream, red onion, dill pickles, pickle juice, spring onion and paprika. Season generously with salt and pepper. Add any extra herbs you like at this stage.



4. Fold the chicken through the dressing.
5. Spread the chicken mixture onto fresh bread. Add the lettuce. Add a few sprigs of dill, micro herbs or thinly sliced celery heart for crunch and fragrance. Cut off the crusts if you want to be extra fancy. Serve immediately or chill for your picnic.

*Veggie option: Swap chicken for firm tofu, finely crumbled/chopped, and add wholegrain mustard, a splash of white wine vinegar, and chopped chives.*



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# GEORGIA PHILLIPS PLUNGES INTO COMMUNITY THEATRE WITH SWEET DELILAH

FROM MATES THEATRE GENESIS

Bay FM presenter Georgia Phillips is taking on one of her biggest challenges yet, stepping onto the stage for the first time in MATES Theatre Genesis' September production of *The Sweet Delilah Swim Club*.

Known for embracing new experiences, Georgia has swapped the radio studio for the stage, where she's playing Lexie – a confident, flirtatious woman who couldn't be more different from her own personality.

"I love challenging myself and trying new things," Georgia said. "Playing someone so different from myself has really pushed me outside my comfort zone, but rehearsing with such a supportive cast has given me the confidence to embrace the role."

*The Sweet Delilah Swim Club* is a sparkling celebration of female friendship, following five women whose bond began on a college swim team and has endured for more than 30 years. Warm, witty and uplifting, it explores the realities of marriage breakdown, parenting, ageing and mental health with honesty and humour.

Director Jacqueline Kerr believes those themes are what make the play so relatable.

"It's funny, touching and incredibly honest," she said. "Almost everyone will recognise themselves, or someone they know, in these characters."

*The Sweet Delilah Swim Club* will play from September 18 to 27 at Birkdale School of Arts Hall, Birkdale. Book tickets online at Humanitix: <https://events.humanitix.com/sdsc>



Photo: Supplied.

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# RABY BAY: AN INSPIRING SEASIDE CANVAS FOR YOUNG ARTISTS

BY ASHLEIGH HOWARTH

Families looking for a fun way to spend the school holidays can swap screens for sand, sunshine and sensory play by signing up for a Community Beach Art Class held along the Raby Bay Foreshore.

Run by local artist and mum-of-two Renee Johnston, the program combines painting, craft, beach play and exploration, giving children the chance to get creative while enjoying the outdoors.

Having painted professionally for 13 years, Renee said seeing children discover their own creativity was one of the most rewarding parts of her work.

“The Community Beach Art Classes have been running alongside Little Waves Playgroup and they have become a wonderful way for local families to connect while enjoying the beautiful outdoors,” she said.

“Being outdoors allows children to use their imagination in ways that aren’t always possible in a classroom, which is what I enjoy seeing the most.

“They can explore, create and be inspired by nature while building confidence, fine motor skills and creativity.

“Every session feels different depending on the tide, and we’re often lucky enough to spot dolphins and the occasional dugong.

“We also have the comfort of a large shady tree, making it a lovely place for families to spend the morning.”

The school holiday sessions are open to children of all ages, abilities and experience levels, allowing children to unleash their imagination and self-expression.

“We use lots of simple techniques to help everyone feel successful, including stamps, stickers and easy step-by-step guidance.

“It’s all about having fun and enjoying the creative process rather than creating something perfect.”

Sessions run every Monday and Wednesday from 9:00am to 10:00am, including outside the school holidays, at Raby Bay Foreshore Park Beach, weather permitting.



Photos: Supplied.

The cost is \$15 per person and includes all art materials, with babies under 12 months free to attend. Parental supervision is required.

To reserve your child’s spot, visit [www.reneejohnston.com](http://www.reneejohnston.com)

# TAKING BABY STEPS AT REDLANDS COAST MUSEUM

BY JAN NARY

A visit to the nurseries of yesteryear is one of the displays on offer at the Redlands Coast Museum. *Babies & Toddlers* is the first display curated by Susan Hoy as head of the Museum’s Textile Team.

A highlight of the exhibition is a pram, donated in “renovator’s delight” condition and lovingly restored by a skilled museum volunteer. A classic 1960s model, complete with leather suspension, Susan says that it encapsulates a historical time.

“It tells a story, a social history of when we didn’t have cars. Mothers would dress up their babies, put them into the pram and go for a walk; it was a part of their social routine,” she says. “We also have a cane pram which is even older, probably from the mid-20th century.”

The oldest pieces in the exhibition are christening gowns, petticoats and a bonnet from the 1880s, though christening gowns and other garments have disappeared from the well-dressed babies’ wardrobe list over the years.

“Christenings have given way to naming days and christening gowns have virtually disappeared; we’ve lost all the ceremony and pomp of yesteryear,” says Susan. “Other baby and toddler clothes like petticoats and button-up tailored coats are rarely seen now.”

The exhibition includes 1950s-1960s romper suits for boys and for girls, hand-knitted and hand-crocheted layettes of silk and wool, booties and mittens and one very special layette: dress, matinee jacket, leggings, booties, petticoat and a bonnet, knitted from a little doll’s layette pattern for a premature baby, born at 30 weeks. Jan Banks, former head of the Textile Team, contributed a tiny rubber baby’s hot water bottle, decorated with little animals.

Honouring the traditional owners of the land, there is an Indigenous baby doll in a coolamon, covered in fabric “gum leaves”. “For obvious reasons we couldn’t access a possum skin as a liner,” says Susan.

Another feature is a selection of historic photos of local children wearing the clothing of the time and a book for visitors to transcribe their childhood memories of growing up in the Redlands, an addition to the museum’s recorded history of the Redlands.



Photos: Supplied.

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# NATURALLY WONDERFUL ... WITH RANGER STACEY

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

**It was a wild encounter I will never forget!**

Many years ago, while filming for *Totally Wild*, the unexpected happened. We were searching for sea turtles in Moreton Bay on a picture-perfect day when, suddenly, huge oval-shaped shadows began to appear beneath the calm turquoise water. We soon realised a huge herd of dugongs (Dugong dugon) was all around us!

Without hesitation, the boat's skipper shut down the motor as we floated in silence and awe. One by one these gentle giants drifted to the surface for a breath of fresh air with massive flared nostrils ... while I tried to internalise my squeals of excitement.

Fast forward to my most recent career chapter with Redland City Council. The naturally wonderful Redlands Coast highlights a diverse range of spectacular environments, including Moreton Bay – home to a kaleidoscope of fish, dolphins, six out of the seven marine turtle species, and of course dugongs.

Nicknamed sea cows, dugongs graze on seagrass for up to 20 hours each day. An adult eats around 30 kilograms a day, which is why protecting their feeding grounds is vital for future survival. These marine mammals are like giant vacuum cleaners as they

slowly move about the seagrass meadows, leaving telltale trails along the sea floor.

Between 800 and 1000 dugongs call Moreton Bay home. With tiny eyes and poor eyesight, their favourite food is detected through sensitive bristles on the end of their broad snout. Some might say dugongs have the kind of face only a mother could love but, like many others, I find them fascinating and adorable.

Dr Janet Lanyon was their most passionate advocate, dedicating her career to dugong research and conservation. She recently passed away and I feel honoured to have filmed several stories together over the past couple of decades. Dr Lanyon was at the helm of the world's largest dugong health assessment program in Moreton Bay. Earlier this year, she spoke about her life's work at the Women and Girls in Science breakfast at IndigiScapes.

Dr Lanyon leaves behind a legacy that will continue to inspire future scientists and nature lovers.

Through simple actions, we can help conserve the dugongs that live in our bay backyard, as well as the precious seagrass sanctuaries they rely on.



Photo: Supplied.

- 'Go slow for those below' when boating
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*Ranger Stacey*

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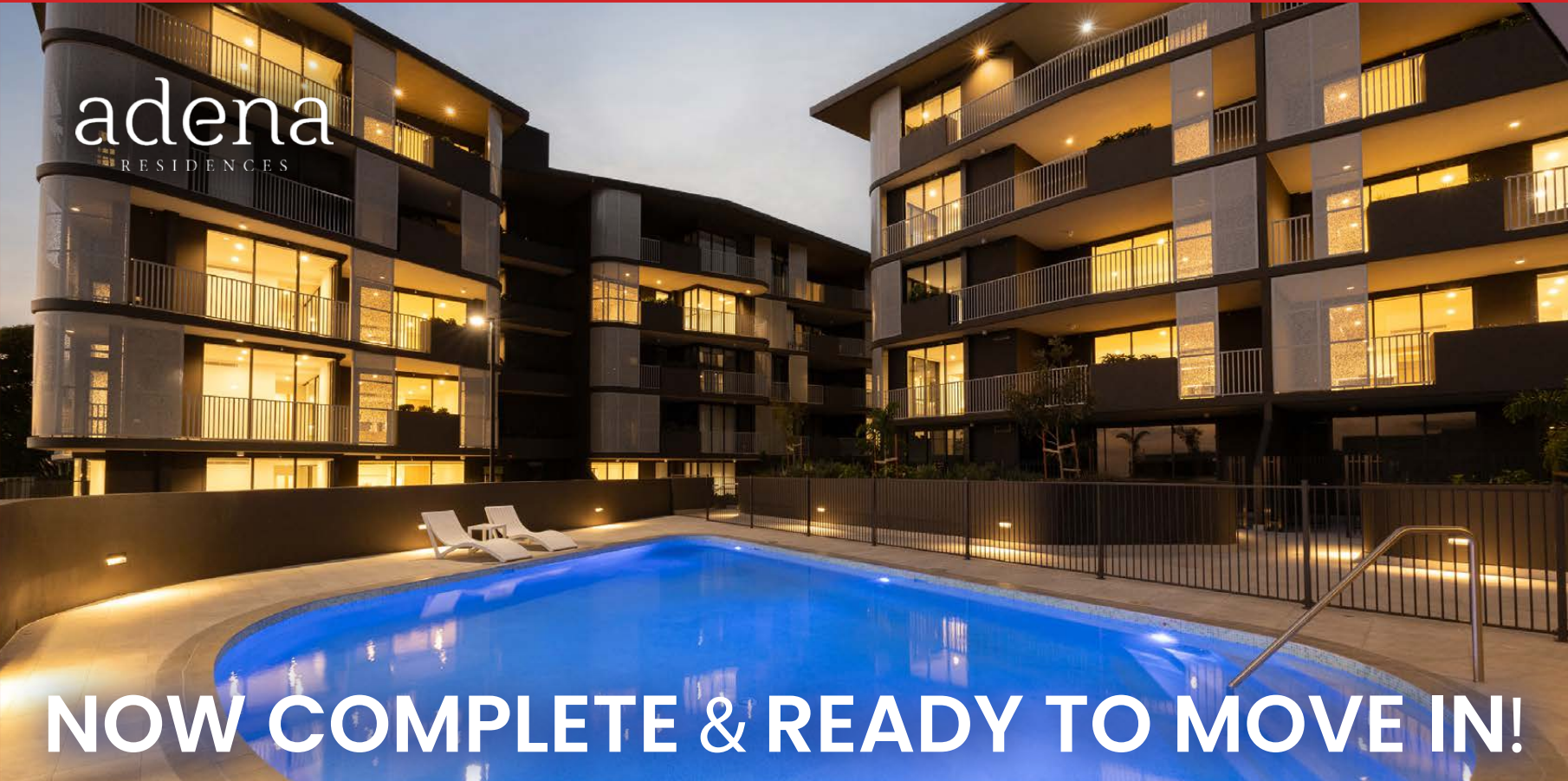


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