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# Redcliffe

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**GUIDE**

## "CELEBRATIONS"

AT THIS YEAR'S FLORAL & ART FESTIVAL

**BROTHERS  
BAND TOGETHER TO  
END LONELINESS**

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Cover photo - Bruce Redman

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# A Note from the Editor

JUNE  
2024

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**W**e are officially welcoming winter as we bring the June edition of the Redcliffe Guide to you.

There are some great events on again this month in and around the community for us all to enjoy. You will find loads of details inside along with all the information on the Redcliffe Show!

You will also find inside a handy trades and services section so don't forget to help support our local small businesses!

Be sure to scan the QR code below to hear this month's podcast as I interview Kylie Payne, an inspiring mum fighting to save lives on and off the road after her son Harry was killed in a 4WD crash in 2021.

And don't forget to tune in to 'It Takes Two' with Suzy and Johnny on 99.7 Bridge FM on Sunday night 2 June where we will chat about all that is going on in and around the Peninsula.

Until next month, happy reading - and listening!

Jodie

Scan to hear our latest podcast!



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# WHAT'S HOT AROUND TOWN

STORY **SALLY EBERHARDT**

**I**s 'What You Need' some great INXS songs? Fans of INXS get ready for a 'New Sensation'! Redcliffe Dolphins Leagues Club brings you IN2XS, SEQ's newest tribute to INXS, live and kicking on Friday, 28 June.

Feel your heart thump to the iconic sounds of sax, keyboard, drums and guitars that made INXS one of Australia's biggest pop/rock bands. Members of IN2XS have their own rock pedigrees, having played with bands such as Noiseworks, Screaming Jets and Boom Crash Opera.

Disappear, Need You Tonight, Original Sin, Never Tear Us Apart, and many other favourite hits will energise the room as IN2XS pay homage to the superstar rockers. Grab your mates and make a night of it!

*Free entry. Doors open at 7pm for DJ. Show starts at 8.30pm.*



**D**o you LOVE the rock and pop songs of the 60's to 90's? If these are your favourite decades for music then get yourself to Bramble Bay Bowls Club to see Shellacken' Band on Friday, 14 June.

Shel D fronts the new Shellacken' Band, a high-energy act playing the hits that remind us why music from the 60s to the 90s will live forever. With Chris Griffin on lead guitar, Gary O'Brien on drums, Dave Simpson on keyboard and Simon Begley on bass, Shellacken' will have you dancing and singing to the songs that mean so much to you.

Covering classic songs from greats such as The Eagles, The Beatles, Lynyrd Skynyrd, Creedence Clearwater Revival and more, the Shellacken' Band are dedicated to ensuring you have the time of your life.

*Free entry. Band plays from 7pm-late.*



**W**ill The Piano Wizard tug on your Heartstrings? Andrew Farrell aka The Piano Wizard brings you The Musical Genius of Billy Joel, Tom Waits, and Elton John at Jumping Goats Bar in Margate on Friday, 7 June.

Don't let the whimsical hippie appearance of The Wizard fool you – he is widely considered a versatile virtuoso pianist with great technical and brilliant improvisational skills. All 88 piano keys are used to take you on a magical journey of the music of modern-day piano men Billy Joel, Tom Waits and Elton John.

Add in The Wizard's powerful and compelling vocals and you are in for a treat of mind-blowing proportions. Don't miss the only SEQ performance of this internationally acclaimed performer. *Tickets are \$25. Show 7pm-10pm. For tickets go to [events.humanitix.com/piano-wizard](https://events.humanitix.com/piano-wizard)*



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**EXCITING NEW LOOK COMING SOON** //

# REDCLIFFE FLORAL AND ART FESTIVAL



STORY **PATRICIA HIGGINS**  
PHOTO **BRUCE REDMAN**

**T**he earth laughs in flowers, as Ralph Waldo Emerson once observed, so it would follow that the Redcliffe Floral and Art Festival, which combines artistic expression with blooms and foliage, cannot be beaten for merriment.

The Clontarf-based festival is set to happen over a Friday to Sunday interval in June at St Peter the Fisherman Anglican Church and includes live music, art exhibits, floral displays, gardening tips and much more.

Organiser Liz Peters said this year's event promised more excitement than ever, partly due to the new addition of Redcliffe's Scottish Pipe Band (accompanied by drums, pipes, and full regalia) – scheduled to perform on the Sunday of the event, from 11am to 2pm.

"This year's theme is 'Celebrations' where weddings, birthdays, Valentine's Day, Easter, Christmas, and Halloween will be highlighted," Ms Peters said.

With New Year in Scotland being referred to as Hogmanay, the Scottish Pipe Band music brings a unique Highlands twist to the overall theme, especially for those with Celtic heritage.

Such a spectacle is expected to tie in nicely with a floral and artistic flourish, with attendees given the opportunity to decorate a gift, a wine glass, or a bottle of wine and to be shown other floristry-based tips.

"For the gardening enthusiasts, there are succulents and cacti on sale, and a large plant stall will have plenty of bargains," Ms Peters said.

Specialists will demonstrate various botanic arts, such as how to prune and maintain bonsai, bind Japanese kokedama, make macramé potholders, and construct a terrarium.

Ms Peters said there were no admission charges, but any money dropped into donation buckets would be appreciated.

"Donations are directed to local support groups and charities, and patronising the event is also an opportunity to support local musicians, artists and school students," she said.

The festival, which is now in its seventh year, has proved to be extremely successful in attracting not only local visitors but those from greater Brisbane and beyond.

"There have been friendships made, renewed, re-found and tales of unexpected meetings from school days," Ms Peters said, proving that flowers have the ability to not only bring joy but to bring people together.

**Redcliffe Floral and Art Festival**  
**Friday, 14 June - Sunday, 16 June, 10am-4pm**  
**St Peter the Fisherman Anglican Church**  
**13 Lucinda Street, Clontarf.**





# Buying Now

Mike and Nate Cornish will be travelling to the Redcliffe area for **2 days only on Friday 12th and Saturday 13th July**. We want to buy your unwanted items listed below. Please visit us at one of the venues shown below for an 'on the spot' appraisal.

If you live outside the area, have too many items to bring in, or would like a home visit, **phone Nate on 0426 820 646 NOW** to arrange a time.

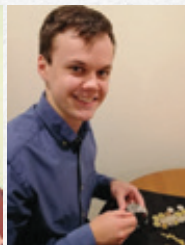
These events are often compared to the 'Antiques Roadshow' on TV, but without the long queues. **Don't miss this opportunity!**

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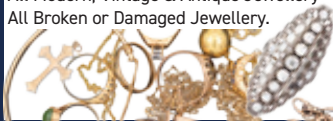
**Any jewellery, incl damaged? Do they sit in a drawer or cupboard?**

**Are you no longer collecting? Are the family not interested?**

**Would the money be more of use to you?**

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## Other Items

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**Aust. Proof & Uncirculated** - RAM, Perth Mint, sets.  
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Phone 0426 820 646  
For a Home Visit**

**SATURDAY  
13TH JULY**

**Redcliffe Leagues Club  
(Dolphins HQ Room)  
10:00am - 2:00pm  
Cnr Klingner Rd &  
Ashmole Rd**

**Home Visits  
2:00pm - 6:00pm  
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For a Home Visit**

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**Nate 0426 820 646**

# BROTHERS BAND TOGETHER TO END LONELINESS



STORY **PATRICIA HIGGINS**

**I**t all starts when a concerned and loving person connects us to a person who feels lonely. This is the objective that local organisation Band of Brothers facilitates, and together with several initiatives and a community grant from Kedron-Wavell, they have been able to impact social isolation and loneliness in the community.

According to Bryan Wiseman, President of Band of Brothers, the group reaches out to people who may need more connection and support via a weekly telephone call, and then expands on this to “build bridges of friendship”.

“We then find out what could interest and motivate this person to connect with the community, for example, they might enjoy fishing or shopping, and then we actively facilitate introduction and follow-up,” Mr Wiseman said.

According to Mr. Wiseman, loneliness can result in social isolation, mental illness, and even chronic illnesses.

Recent Australian research reveals that feeling lonely affects one in three Australians, but as many as one in two try to cover it up.

“Not only is loneliness a taboo subject, it’s also the scourge of our community for probably over 21,000 people in Redcliffe – so let’s talk about it and take the time to engage with people feeling lonely,” he said.

In light of this, Band of Brothers has stepped up their efforts with the recent launch of a poster campaign, their preparation for Ending Loneliness Together Week (a nationwide social awareness initiative) and the planning of a ‘Senior’s Party’ to be held later this year.

They are also working towards providing temporary crisis accommodation for unhoused people and secure overnight parking for women and children sleeping in their vehicles, as well as care packages for those in need.

They call these ‘Hope Bags’ (filled with goodies as well as notes of friendship and encouragement), with Mr Wiseman saying they “cost about \$30 each, but it’s well worth seeing the smiles on the faces of people who are homeless”.

“The support of Kedron Wavell RSL and the Cornerstone Group, plus many kind people, is appreciated,” he said.

*To make a difference personally (and also for local businesses interested in sponsoring Band of Brothers) visit [www.bandofbrothers.org.au](http://www.bandofbrothers.org.au) or call 07 2105 5959*



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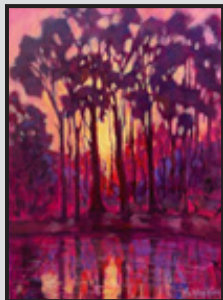
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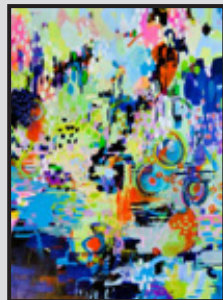
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## **BRIGHT SIDE of the PALETTE** Patricia Wheatstone & Christine Hopkins



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12 June—7 July 2024  
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1:00 pm 15th June  
Demonstrations 10:30 am  
22, 29 June, 6, 7 July**



Redcliffe Art Society Inc. at the Old Fire Station, 395 Oxley Ave Redcliffe Q 4020  
Gallery and shop open from Wednesday to Sunday 10am—3pm: Entry FREE



# REDCLIFFE PUTS ON A SHOW

STORY **PATRICIA HIGGINS**

**Y**ear after year, the Redcliffe Show promises to deliver excitement and entertainment for the whole family, with performances now taking place from day into night.

The acts are slated to be diverse and expansive, running the gamut from classic show favourites to enriching cultural showcases.

According to Barbara Mapp, Senior Vice President of the Redcliffe Show and Chairperson of the Redcliffe Show Society's Management Committee, this year's event will feature three days of unbridled entertainment, made up of mainly local talent.

"To foster local talent is important, with everybody coming to the Redcliffe Show because it is different from all other events held on the Peninsula," Ms Mapp said.

Scarborough's very own ukulele players, known as Supers, as well as an array of multicultural dance performances, are among the many live stage attractions.

"We also have Mixed Martial Arts (MMA) demonstrations from Elite Martial Arts, woodchop events, championship dogs, and horse jumping," Ms Mapp said.

She said that the night entertainment would not disappoint with FMX bikes, trackskill cars, vintage speed cars, and the much-loved fireworks display.

According to 'TeeJay', leader of the Supers, the Redcliffe Show was an occasion that the whole band was excited about.

"The ukulele is such a happy instrument, guaranteed to make you smile, so we always like to welcome our audiences to sing along with us and join in the fun," Teejay said.

Performer Tessa Tapa Haleti said she was grateful for the opportunity that her dance ensemble, the Tuvalu Country Group, had been given to share the stories, knowledge and wisdom passed down by her cultural elders through many generations.

This group's native Tuvalu, one of the world's smallest countries, has a dance called fatele, which is a significant part of the nation's cultural heritage.

"To be invited to perform and showcase our culture, through not only fatele but also through our unique cultural attire, will always be an honour for us to do so for our tiny island home," Ms Tapa Haleti said.

To find out more about the Redcliffe Show, including the program of events, ticket prices and ticket sales, visit [www.redcliffeshow.com/](http://www.redcliffeshow.com/)

The 75th Annual Redcliffe Show  
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# TRIBUTE BAND HONOURS LEGENDARY 1988 PINK FLOYD TOUR

STORY **ALYSSA MACKAY**

**A**ustralia's top Pink Floyd tribute band, **Echoes of Pink Floyd**, is returning to Redcliffe with their latest concert experience, **Signs of Life**. This show will celebrate Pink Floyd's 1988 Australian tour, the last time the band visited the country, and their live album **Delicate Sound of Thunder**.

Echoes of Pink Floyd lead vocalist Matt Goodluck said they would be performing many of the songs from the 1988 tour, allowing fans to relive memories of that time.

"While the show still features all of the band's classic hits, it has a particular focus on Pink Floyd's 80's output, which is something we've not done before," Matt said.

"One highlight for fans of the 80's era is that we are performing all of the A Momentary Lapse of Reason album (which Pink Floyd did on that tour) – something that no other Pink Floyd tribute does. The reason being that those songs are quite musically challenging but it's been great fun for us to replicate those songs along with all of the big standout hits from the band."

The setlist will include popular album tracks, including Learning to Fly and On the Turning Away, as well as lesser-known gems like Yet Another Movie. The show will also feature videos as a backdrop to the music.

"I think it's really important to keep mixing up the set list every couple of years to keep it interesting for both us and the fans," Matt said.

"We've had such great feedback on this tour about the songs we're playing and how it's brought back a lot of memories for those that attended those iconic shows back in 1988."

The six-piece band from Adelaide, featuring guitarists Daniel Hunter and Mark MacNab, drummer Jason Miller, keyboardist Paul Bindig, and bassist Tony Coppola, will be joined by saxophonist Ben Westphal and vocalist Bree Gregory for this tour.

Matt said the Redcliffe Entertainment Centre was a fantastic venue in a beautiful part of the country.

"The audience were so enthusiastic last time, which is why we're back," he said. "We really love it when the crowd audibly gets into the music. It becomes a great exchange of energy between the band and the audience and that's what live shows are all about."

To book tickets go to [www.redcliffeentertainmentcentre.com.au/Events/Echoes-of-Pink-Floyd](http://www.redcliffeentertainmentcentre.com.au/Events/Echoes-of-Pink-Floyd)

**Echoes of Pink Floyd - Signs of Life Tour**  
**Friday, 14 June, 8pm**  
**Redcliffe Entertainment Centre**

Echoes of Pink Floyd



## Respite Care

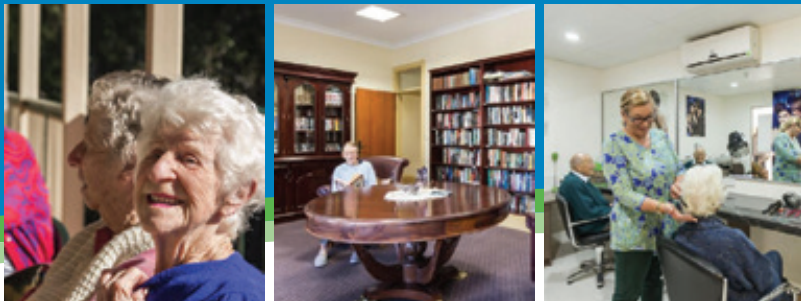
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# MARK VINCENT BRINGS HIS BEST TO REDCLIFFE

STORY **ALYSSA MACKAY**

**D**on't miss the opportunity to witness the incredible talent of Mark Vincent, Australia's classical crossover tenor, when he takes the stage at the Redcliffe Entertainment Centre.

On Saturday, 6 July, Mark will perform his most popular hits in his show, *The Best So Far*.

Mark, who shot to fame after winning Australia's *Got Talent* in 2009 at the age of 15, said his repertoire included *Hallelujah* and *Nessun Dorma*.

"Audiences can expect a calibration of songs from musical theatre, arias and classic ballads that I've been known for over the years," he said.

"*Nessun Dorma* for me is an aria like no other. It's the party piece of my show. If I don't do this aria, people yell out for it.

"For me, it's great to experience the audience's reactions from different areas around the country. Make me always believe that being a performer is who I am and what I'm meant to be doing.

"The hardest thing is being away from my wife and children. It can get lonely on the road touring but this is the business I'm in. It's all part of the journey."

Mark began singing at the age of 9 when he was inspired by his grandfather and the music of American actor and tenor, Mario Lanza.

After struggling to find the right singing teacher, Mark eventually met a special woman named Mrs Gould.



"She was the only person who never gave up on me," he said. "To think I went through five different singing teachers prior to her and each teacher said the same thing: 'We can't help Mark. He can't take on music direction.' Mrs Gould saw something in me and from that moment I started with her, I never looked back."

Mark's career has been on the upward ever since, working with artists like Dame Julie Andrews and recording the album *A Tribute to Mario Lanza*, which features a virtual duet with the legendary tenor.



He said paying tribute to Mario was a great honour.

"Having Mario Lanza's only living daughter, Elisa, giving me permission to do this project is something I'll never forget," he said. "I'll always cherish this close to my heart."

*Tickets start at \$75.50 (excluding transaction fee). To book tickets go to [www.redcliffeentertainmentcentre.com.au/Events/Mark-Vincent](http://www.redcliffeentertainmentcentre.com.au/Events/Mark-Vincent)*

**Mark Vincent - The Best So Far**  
**Saturday, 6 July, 2pm**  
**Redcliffe Entertainment Centre**  
**Downs Street, Redcliffe.**



# Mark Vincent

THE BEST SO FAR



**SATURDAY 6TH JULY**

**2PM** Redcliffe Entertainment Centre

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# FUNDRAISER WITH A FLOURISH

STORY **PATRICIA HIGGINS**

**R**aise it for Redcliffe Hospital (and the pinnacle of the initiative in Giving Day) allows supporters to contribute to funding medical supplies and programs in a choice of ways, such as a one-time gift, establishing a monthly gift debit and even by sharing their own stories.

June's exquisite Morning Tea and High Tea event, organised by RR Lifestyle Arts, represents another opportunity to make an impact in a unique and meaningful way.

According to Karyn Salau of RR Lifestyle Arts, fundraisers hold a variety of potential benefits for businesses that go far beyond just the recognition of their involvement.

"Participating in fundraisers shows that a business cares about the community, which can enhance its reputation and strengthen its ties to local customers," Ms Salau said.

Charity endeavours such as Raise it for Redcliffe Hospital can not only help to foster a sense of community and shared purpose, but they can also honour the legacy of a loved one, which was the case

for Ms Salau.

"My mother, Betty, was a vibrant, loving and strong woman who always put others before herself, and in 2022, our world was turned upside down when she was diagnosed with ovarian cancer," Ms Salau said.

Ms Salau said that the hospital's efforts gave her family precious moments together, and despite being in the palliative care unit, her mum's face always lit up with joy when she was able to enjoy a beautiful cup of tea.

This is emblematic of the Morning Tea and High Tea Giving Day event, infusing the restorative qualities of good company and an uplifting conversation with the added twist of a specially crafted and presented flowering tea.

"Flowering tea, also known as blooming tea, is a special type of handcrafted tea that offers a unique and visually stunning experience," Ms Salau said.

Reserve your place at the RR Lifestyle Arts Morning Tea and High Tea by calling 0432 410 801 or by visiting [www.rubileereloved.com](http://www.rubileereloved.com) (bookings are essential).

To find out more about Raise it for Redcliffe Hospital (including Giving Day) visit [www.raiseitforredcliffe.com.au/](http://www.raiseitforredcliffe.com.au/)

Supporting Raise it for Redcliffe Hospital  
Morning Tea and High Tea  
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# REDCLIFFE MAKES THE CUT FOR QUEENSLAND'S TOP TOURISM TOWN AWARD



**R**edcliffe has been chosen as a finalist in the prestigious Queensland Top Tourism Town Awards. Presented annually by the Queensland Tourism Industry Council (QTIC), the award recognises destinations that excel in providing outstanding experiences for visitors.

City of Moreton Bay Mayor Peter Flannery said Redcliffe was well deserving of such an accolade and was excited that Queenslanders would have the chance to vote for the city.

"Redcliffe is certainly one of the most iconic locations of City of Moreton Bay, contributing significantly to our 4.6 million annual visitors," Mayor Flannery said.

"From the iconic Redcliffe Jetty and Bee Gees Way, scenic waterways and wetlands, Kayo Stadium and the Dolphins, a host of great events, and a warm and welcoming community Redcliffe offers so much for visitors.

"I encourage our community and visitors to get behind Redcliffe and show their support by voting for the Top Tourism Town Award."

The winner will be determined through a combination of public votes from locals and Queensland residents, as well as evaluation by a panel of tourism experts.

Voting for the Queensland Top Tourism Town Awards closed on 17 May, with the winners set to be announced on 7 June.

Will Redcliffe take home the top prize? Stay tuned to find out.

*For more information go to [www.qtic.com.au/top-tourism-award](http://www.qtic.com.au/top-tourism-award)*



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## Death.

At London, on the 12th October, 1854, Dr. Walter Scott, late of Eskdale, Hinton, an old and respected colonist. Dr. Scott's death will cause regret and sorrow through a wide circle of friends in this district, by whom he was highly esteemed.

Dr Scott's death notice, Maitland Mercury, 24 Jan, 1855

# MR SURGEON WALTER SCOTT: QUEENSLAND'S FIRST DOCTOR

STORY **PATTIE TANCRED**

**A**mong the 70-odd people - soldiers, convicts, wives and children of soldiers - who came ashore in September 1824 at Red Cliff Point, site of the soon-to-be established Moreton Bay penal settlement, was one Mr Walter Scott, a civilian, that is, neither soldier nor convict.

Described in the diary of a fellow passenger as "Commissariat Storekeeper (acting also in the Capacity as a Surgeon)", Mr Scott was responsible for the supervision of both the health of his fellow colonists and the supply of stores and rations.

Scott was born in Scotland in 1787. As a young man, he undertook a surgeon's apprenticeship (the usual path to the practice of surgery in those days), after which, in 1819, he enrolled for two years as a medical student at the University of Edinburgh. In 1822 he embarked on the *Regalia* for the life of a colonist, arriving in Sydney in early 1823. His first few months in New South Wales were taken up with the selection of a parcel of land in the Hunter River region. On returning to Sydney, he was appointed to a position in the colonial government as a commissariat officer, dealing with procurement and distribution of stores.

Thus, it was in the dual capacity of surgeon and supplies officer that Scott took ship on the *Amity*

with the 40th Regiment of Foot under Lieutenant Miller to Moreton Bay to found the first convict settlement in what would become Queensland. Among the priorities in the fledgling colony was the unloading of supplies and the construction of secure premises for their storage – theft of provisions and implements was a real threat – and the first commissariat store, constructed under Scott's supervision, was erected within 14 days of the landing. Thereafter, he was responsible for the care and distribution of implements, food and other materials.

As the settlement's medical officer, Scott would have been kept busy treating whatever ailments and injuries the colonists presented with, among which were dysentery, heat exhaustion, fevers and, probably, in the absence of fresh vegetables, scurvy. On a happier note, having trained in midwifery at Edinburgh, he would have been invaluable to the three pregnant women, Mrs Miller, Mrs Thompson and Mrs Cox, who had accompanied their soldier husbands.

It is to the credit of Mr Surgeon Scott that, despite the conditions – rudimentary sanitation, inadequate nutrition, poor water and infestations of mosquitos – only one death, that of a soldier, was recorded during the tenure of the colony at Redcliffe. In addition, the three babies born there flourished and went on to live long lives.

When the settlement transferred to the Brisbane River, Scott served there until October 1826, when he returned to Sydney and his former duties in the commissariat. He later took up the life of a landowner and pastoralist in the Hunter Valley. He returned to England, in ill health, in 1854 and died in London, probably of cholera, later that year.

*[With grateful acknowledgement to John Pearn, In the Capacity of a Surgeon and John St Pierre, Moreton Bay Detachment 1824-25]*



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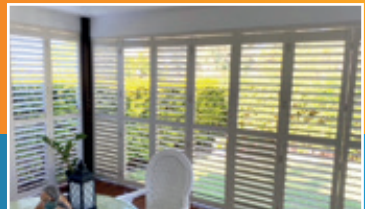
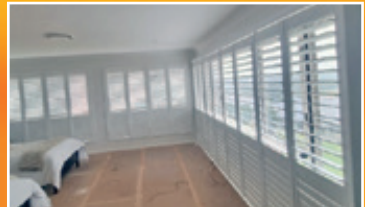
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## DELIA'S GONE

STORY WATCHITWOMBAT

**S**et in bleak rural America, we follow the story of Louis (Stephan James), who, after a childhood accident, is left with a mental impairment and is raised by his sister, Delia. After waking up to find her dead body on his kitchen floor, he is accused of her murder and sentenced to five years in prison.

Having served his time in jail, he now lives in a voluntary institution, where he is visited by 'Stacker' (Travis Fimmel), one of the last people to see his sister alive.

Claiming to know more about Delia's murder, he sets Louis on a path to uncover who is really responsible for her mysterious death.

Travis Fimmel is incredible in Vikings, but I've never seen him break free of that character, offering the same performance on repeat. However, this is the closest I've seen him come to breaking free of that mould – cast as a broken man trying to rebuild his life and his family.

As Louis leaves a path of destruction in his wake, he is pursued by ex-sheriff Fran, played by Marisa Tomei, who is uncharacteristically but deliberately unlikeable.

What helps set this film apart from most

murder mysteries is that instead of a grizzled detective who has solved countless cases, Louis sees the world differently and resorts to unorthodox methods to find the clues and answers he needs.

The plot isn't overly complicated, but I think this was a conscious decision made by the filmmakers because if it were, it would make it less believable that Louis could follow a complex investigation.

This film isn't an action-packed revenge thriller like John Wick. It's far more bleak and closer in style to True Detective. It may not be everyone's cup of tea, as the slow pacing and sparse landscapes can make it feel quite laboured in places. However, as it only runs for 90 minutes, it's closer to watching an episode on Netflix than a feature film.

Some solid performances from the leads, an interesting concept and an intriguing murder to solve.

If you're looking for a revenge crime thriller with a difference, then Delia's Gone is worth your time.

Available on DVD and digital from 5 June.





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# DELICIOUS DATE & GINGER CAKE

**T**his month's recipe is thanks to Kerrie who is sharing a delicious cake taken from the CWA Classics Recipe book. Delicious Date & Ginger Cake from Beverly Lee from Central Coast Branch, Tasmania

## INGREDIENTS

1 cup of chopped dates  
1 cup soft brown sugar  
½ cup crystallised ginger  
110 g butter, chopped  
1 teaspoon bicarb soda  
1 ½ cups SR flour  
1 egg, beaten

## METHOD

Preheat oven to 180 Celsius (160 fan forced)  
Grease & line an 18cm square cake tin  
Put dates, sugar, ginger, butter & 1 cup of water in a saucepan.  
Bring to the boil.  
Then take off the stove & add the bicarb soda.  
Allow to cool then add the SR flour and egg, mix well.  
Pour mixture into the prepared tin and bake for about 45 minutes.  
Enjoy with cream or icecream or on its own!



*The Clontarf branch of the QCWA hold meetings on the 2nd Wednesday of each month 9.30am, craft every 2nd & 4th Thursday 9am and indoor bowls every Monday morning 9.30am held at the QCWA Clontarf Hall, Cnr Victoria Ave & Georgina Street, Woody Point.*

*For further information please contact our email [clontarfbranch@qcwa.org.au](mailto:clontarfbranch@qcwa.org.au)*

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# Habits vs Intentions

**A**s a strength coach, I've seen time and time again that habits truly do beat intentions when it comes to changing to a healthier lifestyle. This realisation came to me when I thought about why habits beat intentions.

Think about it – habits are ingrained behaviours that we perform automatically, even without thinking about it. Let's say consistently.

Intentions are usually based on desires or goals, but they don't always translate into action.

Intentions often rely on willpower and over time if this intention hasn't become your habit, then the intention can fade, especially if you're making changes without support and just with your willpower!

While intentions may lead to short-term changes, habits are what make for long-term results. So, the thing is, we can turn those intentions into habits by consistently working on those intentions.

Habits are closely tied to our environment, triggers or cues. So, by intentionally shaping our environment to support healthier habits, we can make it easier to turn the intentions into habits.

How do we do that to change to a healthier lifestyle? Schedule regular exercise, and plan out and prepare meals to support your healthier lifestyle.

But one huge factor is to have the support and accountability of a friend or a coach.


I work with a lot of people who have made and are making these habit changes. It's worth it! Check us out if you want the support, too.



*Be Involved!*

**F** Feeling isolated matters  
**L** Look out for the lonely  
**E** Engage with them  
**C** Connect them to the Community Hive

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# REDDYROUNDUP

STORY **JULIA LEWIS**

## **BABY RHYME TIME - REDCLIFFE LIBRARY**

Looking for an educational activity to share with your little one? Join other like-minded parents for Baby Rhyme Time at Redcliffe Library, where you and your baby can bond and learn together in a warm and welcoming environment.

The sessions engage in rhymes and finger plays, which are carefully curated to enhance your child's communication skills and lay the foundation for early literacy.

Best of all, Baby Rhyme Time is free and no bookings are required! Simply drop in and enjoy the fun. Sessions are held on multiple days throughout June at Redcliffe Library, 476 Oxley Avenue, Redcliffe.

*For more information, contact Redcliffe Library on 3883 5745, email [redcliffe.library@moretonbay.qld.gov.au](mailto:redcliffe.library@moretonbay.qld.gov.au) or go to [www.moretonbay.qld.gov.au/libraries/Events/Baby-Rhyme-Time](http://www.moretonbay.qld.gov.au/libraries/Events/Baby-Rhyme-Time)*

## **REPORT ALL KOALA SIGHTINGS**

In the past few years, Moreton Bay Koala Rescue have reported an increase in dog attacks and koalas who have been struck by cars. They are urging members of the community to report all sightings of koalas. Injured koalas will be collected and receive immediate transport to registered wildlife hospitals. Spot a koala? Report it!

*Call 0401 080 333 or visit [moretonbaykoalarescue.org](http://moretonbaykoalarescue.org) for more information.*

## **DANCE CLASSES AT WOODY POINT WITH LEARN 2 DANCE THE BAY**

Ready to step into the world of ballroom and Latin dancing? Experience the thrill of movement in a lively and sociable atmosphere where everyone is welcome, regardless of skill level. Whether you're taking your first steps on the dance floor or looking to refine your technique, these classes are tailored to accommodate dancers of all abilities.

Classes are held at Woody Point Memorial Hall,

Cnr Hornibrook Esplanade and Oxley Avenue, Woody Point.

*For more information including bookings and class times, email [learn2dancethebay@gmail.com](mailto:learn2dancethebay@gmail.com) or call 0405 541 404. You can also visit their website at [www.learn2dancethebay.com.au](http://www.learn2dancethebay.com.au) to stay updated with upcoming events.*

## **MAKE MUSIC MONTH THIS JUNE**

Get ready to turn up the volume and immerse yourself in the rhythm of Make Music Month! Throughout June, galleries, museums and libraries are transforming into vibrant hubs of musical celebration. Whether you're a music lover or a budding musician, there's something for everyone to enjoy as local musicians make music the heartbeat of Moreton Bay.

Music will range from rock to reggae, and classical to contemporary – so there really will be something for everyone. Whether you're seeking family-friendly fun or nostalgic classics, Make Music Month promises an unforgettable musical experience for all ages.

*For the full lineup of musicians and event details, visit [www.moretonbay.qld.gov.au/Services/Arts-Culture-Heritage/Creative-Festivals-And-Experiences/Make-Music-Month](http://www.moretonbay.qld.gov.au/Services/Arts-Culture-Heritage/Creative-Festivals-And-Experiences/Make-Music-Month)*

## **POUCHES IN THE PARK AT WOODY POINT**

Attention all dog lovers! Don't miss the dog-friendly extravaganza at Apex Park in Woody Point on Sunday, 16 June.

Enjoy a morning of fun with your furry friends, complete with pet-themed market stalls, delicious treats, live music and a variety of activities for you to enjoy. Remember pet etiquette for a pawsome time! The free event is presented by City of Moreton Bay and runs from 8am to 12pm.

## **CALLING ALL GREEN THUMBS FOR A TERRARIUM WORKSHOP**

Transform your empty coffee jar into a miniature garden masterpiece. During this hour-long workshop of creativity, you will be guided through the process of crafting and maintaining your very own terrarium.

This beginner-friendly workshop is designed for adults and requires no prior experience. Best of all, participation is completely free, however, bookings are essential to secure your spot. Don't miss out on this opportunity to unleash your inner gardener and create a stunning terrarium to adorn your home or office. Participants are required to bring their own clean, empty coffee jar. The workshop is on Thursday, 6 June from 10am to 11am at the Redcliffe Library, 476 Oxley Avenue, Redcliffe.

For more information, contact Redcliffe Library on 3883 5745, email [redcliffe.library@moretonbay.qld.gov.au](mailto:redcliffe.library@moretonbay.qld.gov.au) or go to [www.moretonbay.qld.gov.au/libraries/Events](http://www.moretonbay.qld.gov.au/libraries/Events)

### Would you like to contribute to Reddy Round Up?

Is there something happening in the 4020 community you'd like to share? What are you talking about on social media, at the local café, or the school gate? Email Julia to be included in the next Reddy Round Up: [editor@redcliffguide.com.au](mailto:editor@redcliffguide.com.au)

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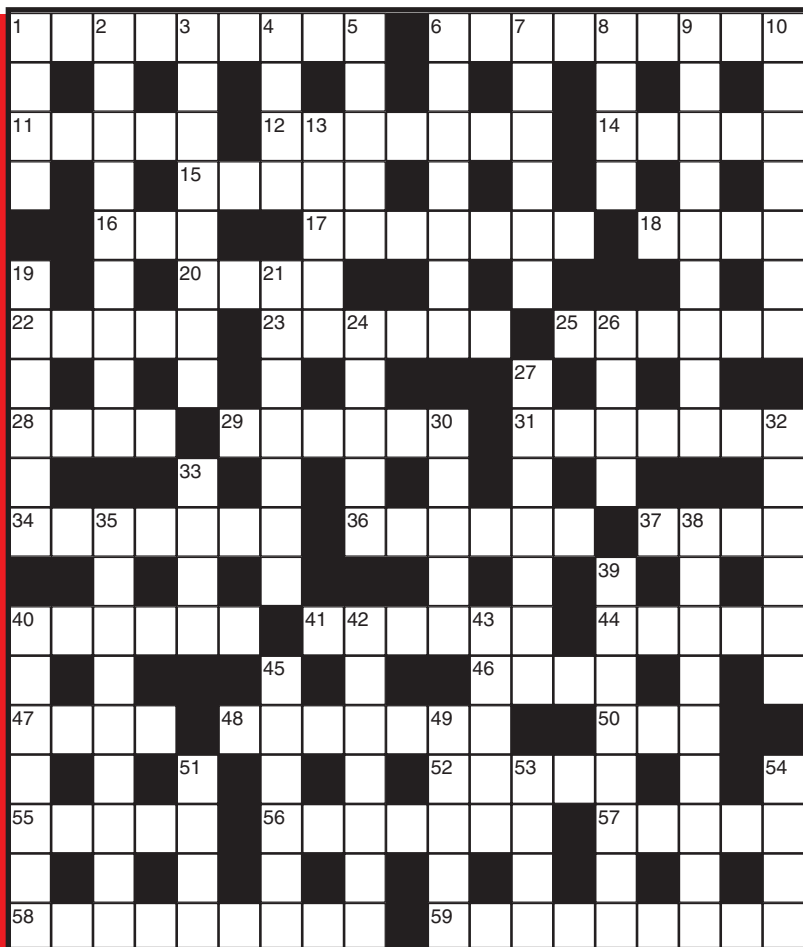




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# THE BIG ONE CROSSWORD



## ACROSS

- 1 Extremely confidential (3,6)
- 6 Magazine
- 11 Grasp firmly
- 12 Disregarded
- 14 Buffoonery
- 15 Peanuts' character
- 16 Also
- 17 Inflated
- 18 Fellow
- 20 Currency of China
- 22 Hoard
- 23 Delivered a cricket ball
- 25 Startles
- 28 A temporary quiet
- 29 Swiss city

- 31 Erasers
- 34 Town on a harbour
- 36 Absconded (3,3)
- 37 Entrance
- 40 Secret code
- 41 Science of light
- 44 Young dog
- 46 Try judicially
- 47 Sound of a horn
- 48 US singer Frank
- 50 Conditions
- 52 Inert gas
- 55 South American animal
- 56 Unpleasant person (coll) (2-3-2)
- 57 Two-masted vessel
- 58 Quickly
- 59 Corrected

## DOWN

- 1 Bloodsucker
- 2 Realistic
- 3 Staff member
- 4 Wreck
- 5 Strained
- 6 Service charge for wine
- 7 Boat's steering apparatus
- 8 Collar of lace
- 9 Outsider (4,5)
- 10 Excuses
- 13 Bird manure
- 19 Burns, as with steam
- 21 Kidnaps
- 24 Buzzing sound
- 26 Square block

- 27 Abundant
- 30 Vietnam's capital
- 32 Waifs
- 33 Hemispherical roof
- 35 Sanctions
- 38 Totally different people
- 39 Scatter or spray
- 40 Animal entrance (3-4)
- 42 Mollify
- 43 Makes black
- 45 Washes
- 49 Detection device
- 51 Potato dish
- 53 Virtuous
- 54 African republic

**Solution Page 44**





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## A WORD FROM OUR REPRESENTATIVES

**T**he Miles Government understands the pressures that Queenslanders are feeling, just to make ends meet. That's why we've introduced a \$1,000



WITH **YVETTE D'ATH MP**

**rebate aimed at significantly reducing household electricity expenses.**

With this rebate, many households will find their initial electricity bills fully covered, leaving them with more money to cover other expenses. Any surplus from this rebate will automatically be credited towards the subsequent billing

cycle, potentially resulting in zero charges for many households during the second half of 2024.

For people with a concession card or those who are pensioners or on low incomes, they'll get an additional \$372 off their electricity bill, bringing their total rebate to \$1,372.

This pivotal measure, led by the Miles Government, ensures fair contributions from multinational mining companies and provides direct financial relief to Queenslanders when they need it most. It's a commitment to fairness for both citizens and industries in the state's resource management.

In more good news, Tangelife, a local business, received a \$250,000 grant from the Accessible Tourism Elevate Fund. Tangelife intends to use the grant to purchase a co-designed accessible glass-bottom boat, broadening access for wheelchair users.

**T**he Federal Budget is an opportunity for the Government to demonstrate their priorities to the Australian people and outline an action plan to address some of the most pressing concerns for our country. Our responsibility as the Opposition is to communicate and consider these budget measures back to the local people we represent and offer alternate policies that will help our constituents and all Australians get ahead.



WITH **LUKE HOWARTH MP**

I will always work hard to deliver locally.

**T**hank you residents of Division 5. I feel very honoured and privileged to have been re-elected to represent you for another term.



WITH **CR SANDRA RUCK**

I am pleased to say that City of Moreton Bay is the most stable Council in Queensland, having 11 Councillors and Mayor re-elected and a big welcome to Cr Jim Moloney who is replacing Mick Gillam on his retirement after 30

years of service.

This means that we can hit the ground running and continue where we left off with projects such as a new regional SES Building, Bayview Terrace streetscape, bike pump track and Boama Park upgrade at Deception Bay; new softball and baseball clubhouses at Kippa-Ring; new AFL fields, Nathan Road upgrade and major runway resurfacing at Redcliffe Aerodrome, Rothwell; Newport Park upgrade and so many more.

News about your region and in particular Division 5 will be communicated to you as always through project notices, letterbox drops, my newsletter and Facebook page.

My preferred contact is via email [sandra.ruck@moretonbay.qld.gov.au](mailto:sandra.ruck@moretonbay.qld.gov.au) or phone 3283 0410 so I can ensure the correct information is passed on to you.

At the time that I have written this article, the Federal Budget has not yet been announced. By the time you read this, the Budget would have been released. If you have any feedback on the Federal Budget, or any questions relating to how this impacts you, please contact me on 3284 8008 or email me at [luke.howarth.mp@aph.gov.au](mailto:luke.howarth.mp@aph.gov.au)

I would also like to acknowledge and congratulate some groups in the electorate that have received Federal Government funding through the Volunteer Grants Program. Clubs include the Lions, Little Athletics, Surf Life Saving Club, Men's Shed, Scouts and many more. Thank you to everyone who applied.



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BY RICHARD LANCASTER

**W**e are all part of the Redcliffe Arts and Crafts Advisory Board, which has been created to promote and preserve the wonderful arts and crafts creative spirit that exists in the Redcliffe community. Come and join us! If you are a single artist/craftsperson or a member of an arts or crafts group, give us a ring on 0438 193 728 as it could benefit you as well as your group.

Some great events are happening in the arts and crafts arena on the Peninsula.

## BORN TO PERFORM FESTIVAL

Redcliffe Entertainment Centre from June 21-28.

Come and be part of over 2000 dancers from all over South East Queensland, when Comdance hosts this magnificent dance spectacular, featuring all genres of dance like classical ballet, tap, jazz, hip-hop and contemporary dance. Dancers from five years old to adults will compete for trophies, scholarships and bursaries. Sessions from 9am to 9pm.

Contact organisers for tickets on 0414 431 471 or 0438 797 468.

## HOW TO KILL YOUR HUSBAND

Author, musician and cinematographer Brian Lee Watson has produced yet another of his hilarious movies, How to Kill Your Husband. It stars two award-winning actors, Wendy Spencer and Wayne Bassett and local actors Toby and Sam Chittenden, Patricia Chardon and Toni Williamson. Its premiere at Hoyts Cinema Kippa-Ring has already sold out but Brian is willing to show it again with two other movies at the same venue if interest is shown.

If you're interested, phone Brian on 0400 855 852.

## MAD HATTER'S TEA PARTY

The Redcliffe Art Society is run by volunteers. The Society conducts a Volunteers Tea Party to thank them for their work without any financial reward expected. This year the theme is 'Mad Hatter' and there will be prizes for the best 'Pretty Hat' and 'Mad Hatter's Hat', plus an Alice in Wonderland-themed quiz and lots more fun. It all happens on the afternoon of Tuesday, 11 June.

## ART SO LIVELY

Redcliffe CBD's Comino's Arcade is the art-smart place to be. The Art So Lively Art Academy offers a range of professionally tutored art classes for both young people and adult students. Now in its eleventh operational year, over 1000 past students have shown success in art performance, second to none. Contact the director Gabrielle Turnbull on 0477 002 545.

## REDCLIFFE WRITERS GROUP

According to writer/member David Jones, the Redcliffe Writers Group will be voting in a new committee this month. They have an exciting event happening shortly and are looking for new writer members to join the group.

Contact David Jones at [davyjones@y7mail.com](mailto:davyjones@y7mail.com)

## AUSTRALIAN PREMIERE

Redcliffe Musical Theatre and Ghostlight Theatre Co will perform the Australian premiere of the best-selling book and movie The Exorcist at Theatre 102 on Anzac Avenue, Redcliffe from June 7 to 23, with a special 10pm creepy late-night showing on Saturday, 15 June.

Tickets available at [www.redcliffemusicaltheatre.com](http://www.redcliffemusicaltheatre.com)

## ROAR ACADEMY

Roar Academy will be conducting a Musical Theatre Holiday Workshop – Alice in Wonderland on 24-28 June for young performers from eight years upwards.

Enquiries [info@roaracademy.com](mailto:info@roaracademy.com)

## REDCLIFFE CITY CHOIR

For years, our choir has entertained our community with a variety of song styles and everything from shows, jazz and the classics. Under dynamic new young conductor Eli Ball, they are preparing for a super concert in September. They welcome enthusiastic men and women singers who can follow a score and enjoy singing in harmony.

Contact the secretary at [admin@redcliffecitychoir.org.au](mailto:admin@redcliffecitychoir.org.au)

## REDCLIFFE SHOW

The Redcliffe Show will be held on 28-30 June and the show committee is calling all artists to get their entries in by 7 June.

Enquiries: [www.redcliffeshow.com](http://www.redcliffeshow.com)

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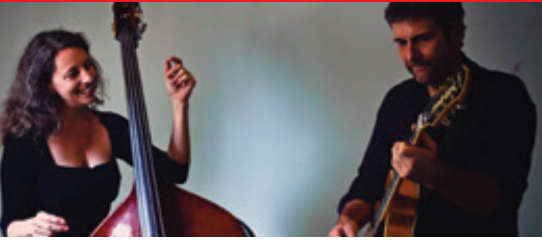
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## Musical Memories

**N**early 20 years ago, a young couple Tina Fullerton and Warwick Hargreaves teamed up and created a musical duo. They called themselves **Out of Abingdon** after the Woolloongabba street they had lived in before settling in Redcliffe. For the next five years, they called the Peninsula home, and they entertained a growing number of fans, principally at coffee houses in Scarborough Village. Their unique musical style, which covered jazz, folk, blues and groove genres played by songstress Tina on



WITH **RICHARD LANCASTER**

the double bass coupled with Warwick's guitar accompaniment assured their continued popularity.

But they soon attracted interest from Brisbane and settled there, where they continued to add to their massive fan base. In turn, the rest of Australia beckoned and in a specially built 'home truck' they travelled the country, performing in cafes and festivals, predominantly in New South Wales and Victoria. Averaging 100 performances a year, this dynamic twosome kept their audiences enthralled.

Interest from overseas saw the duo tour Europe no less than four times, playing at major venues in London, Edinburgh, Paris and Berlin. By this time, they had released three albums of their songs and created their fourth in India, where they were accompanied by noted Indian musicians.

Their latest album *Red Dirt Tracks* forms the basis of the musical two-performance program they presented at Redcliffe's The Loft in December last year. Currently, they are touring Queensland in their home truck and hope to be back on the Peninsula for more performances. *Their albums and tour details are available on their website [www.outfabingdon.com.au](http://www.outfabingdon.com.au)*

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in your area?



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We recruit volunteers and match them to like-minded recipients for face-to-face social visits where the volunteer will provide companionship and friendship.



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# FEAST YOUR SENSES

## BEYOND REDCLIFFE

STORY **KATY MORE**  
PHOTO **LUKE MARSDEN**

**T**he Scenic Rim region is gearing up for a mouth-watering extravaganza unlike any other as it welcomes back its celebrated paddock-to-plate food and farming celebration throughout June.

Immerse yourself in the abundance of offerings from the Scenic Rim's sub-regions, where every moment is an opportunity to savour the essence of this picturesque landscape. Craft your own itinerary, whether it's a leisurely day trip, a weekend escape, or an extended adventure, and get ready to explore the farms, wineries, breweries, chefs and stories that define the essence of the Scenic Rim.

Kicking off the festivities, the first weekend of June (1-2 June) shines a spotlight on the charming towns and villages of Canungra, Tamborine Mountain, and Beechmont. These gateways to the ancient world heritage-listed Gondwana Rainforests boast incredible wineries, distilleries, flavour makers and adventures waiting to be discovered.

As the month progresses, delve into the heart of the Scenic Rim's agricultural prowess. From June 6 to 9, experience the patchwork of paddocks surrounding Boonah, Kalbar, Harrisville, Roadvale and Mount Alford, recognised as Australia's carrot-growing capital. With local farmers harvesting 600 million carrots annually, it's a testament to the region's fertile soils and agricultural heritage.

Celebrate the Sesquicentennial Anniversary of Beaudesert (150 years) and Tommerup's Dairy Farm's 150 years of farming from June 21 to 23. Explore the rich history of Beaudesert, Kerry and Rathdowney, the gateways to the Lost World, amidst festivities and farm experiences that honour the land and its custodians.

Foodies rejoice as 40 exquisite long lunches, degustations and dinners await, crafted by talented producers and chefs. Indulge in local flavours set against stunning backdrops, from vineyards to breweries, mountaintops to century-old jacaranda trees, and everywhere in between.

Kathryn Sowter from Witches Falls Winery and Kooroomba Head Chef Elliott Platz at the launch of Scenic Rim Eat Local Month

But it's not just about the food – outdoor foodie adventures abound for the whole family. Watch as little ones wander through lush carrot paddocks, participating in activities like the Humpty Day dress-up and cosy campfire cookouts.

For those eager to delve deeper, workshops and classes offer the chance to step into the shoes of local flavour experts. Learn the art of cooking over fire, spirit blending, sustainable farming, and even cheese making, unlocking the region's culinary heritage secrets. Or join one of the farm tours that provide insight into poultry and camel farming while hearing first-hand stories from farmers and producers.

Market-style gatherings add to the vibrancy of the month, including the Fermented Food Festival and the Winter Harvest Festival, offering a feast for the senses and a chance to sample the region's finest offerings.

For a side dish of entertainment, don't miss the Scenic Rim Clydesdale Spectacular on June 15 and 16 – the richest Clydesdale Show in the Southern Hemisphere.

*For more information and to book events, workshops, and classes, visit [www.eatlocalmonth.com.au](http://www.eatlocalmonth.com.au)*

**Scenic Rim Eat Local Month**  
**1-30 June**



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## LOCAL FACES

# WATTLE BE NEXT FOR HELEN?

STORY **PATRICIA HIGGINS**  
PHOTO **PETE JOHNSON**

**L**ocal resident Helen Silkstone has taken out the Wattle Award for her service to the Girl Guides - whose mission is to empower girls and young women to grow into confident, self-respecting members of the community.

A Wattle badge is awarded to an adult member who has made a valuable contribution to Girl Guiding in Australia at the local, regional or state level.

According to Ms Silkstone, a Guiding Leader with Girl Guides Queensland, she was incredibly surprised to have won the award, considering that she had received a nomination from an unidentified source.

"Girl Guides have been a big part of my life for over thirty years and I have always encouraged my other leaders and girls to be involved," she said.

Ms Silkstone, who is otherwise known by her guiding leader name Bahloo, was awarded at a formal ceremony held at the Governor's House, capping off a rich and rewarding experience in guiding others.

Following the initial enrolment of her twin children in the Girl Guides, Ms. Silkstone became actively involved in the organisation and inevitably rose to leadership positions, which included serving as District Manager for more than ten years.

"In my role as a guiding partner, I have assisted new leaders to complete their learning and training so that they can become confident in their leadership roles," Ms Silkstone said.

One of the most fulfilling aspects of her role over the years, according to Ms Silkstone, was "seeing how much the girls have grown over their time with the Guides".

"I still have contact with girls who have moved on, had their own families, and have moved interstate and overseas," she said.

Ms Silkstone said she was looking forward to seeing her granddaughters join the Girl Guides and encouraged anyone who may be interested to get involved.

"In my time, I have learned to canoe, abseil, do archery and compass work, and I have made lifelong friends along the way," she said.

It's a litany of proficiencies and pastimes, which can only mean plenty of adventures ahead for this accomplished and awarded Girl Guides alumni.

*To find out more about Girl Guides, visit [www.guidesqld.org/](http://www.guidesqld.org/).*



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# THE EXORCIST TO HAUNT AUDIENCES WITH AUSTRALIAN PREMIERE

**R**edcliffe Musical Theatre and Ghostlight Theatre Company are preparing to send shivers down audiences' spines with the chilling Australian premiere of *The Exorcist* this month.

Based on the novel by William Peter Blatty, the stage adaptation written by John Pielmeier is set to bring the tale of demonic possession to life at Theatre 102 in Redcliffe.

Set in Georgetown, Washington DC, *The Exorcist* follows the story of young girl Regan MacNeil, whose behaviour takes a dark and disturbing turn. As her mother seeks help, troubled Jesuit priest Father Damien Karras is brought in to investigate the possibility of demonic possession. With the help of experienced exorcist Father Merrin, Father Karras must confront his own crisis of faith in a harrowing battle against evil to save Regan's soul.

After securing the rights to direct the premiere by special arrangement with John Pielmeier himself, president of Ghostlight Theatre Company, Yasmin Elahi, will bring the spine-tingling production to Australian audiences for the very first time.

With Redcliffe Musical Theatre president Madeleine Johns as executive producer, *The Exorcist* features Charlotte Rubendra and Kaitlyn Harding alternating in the role of Regan, Jabade Brown-Oakes as Father Karras and Scott Black as Father Merrin.

The production features cutting-edge staging methods, mesmerising effects and powerful performances designed to keep the audience on the edge of their seats as they watch the battle between good and evil play out in front of them.

Tickets are now available for 10 shows between 28 June to 14 July, with a special late-night performance on Saturday, 6 July at 10pm.

Tickets start at \$30. To book visit [www.trybooking.com/CRVKG](http://www.trybooking.com/CRVKG)

**The Exorcist**  
**28 June – 14 July**  
**Theatre 102**  
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# JUNE TIDE TIMES

TIME	M	TIME	M	TIME	M	TIME	M	TIME	M
<b>1</b>	0424 2.27 1115 0.52 SA 1725 2.05 2320 0.74	<b>7</b>	0427 0.59 0948 1.80 FR 1547 0.40 2225 2.62	<b>13</b>	0150 2.16 0847 0.79 TH 1434 1.65 2009 0.92	<b>19</b>	0142 0.80 0704 1.82 WE 1324 0.49 2002 2.36	<b>25</b>	0628 0.57 1151 1.82 TU 1741 0.45
<b>2</b>	0525 2.22 1207 0.44 SU 1825 2.23	<b>8</b>	0515 0.62 1035 1.75 SA 1625 0.46 2307 2.56	<b>14</b>	0238 2.07 0933 0.76 FR 1540 1.71 ⊙ 2117 0.98	<b>20</b>	0232 0.73 0751 1.80 TH 1406 0.45 2045 2.55	<b>26</b>	0019 2.55 0715 0.56 WE 1244 1.83 1831 0.52
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## DUSKY FLATHEAD PLATYCEPHALUS FUSCUS

If you have ever heard a fisherman say they caught a huge 'lizard' this is what they are talking about.

This time of year around Sandgate and Shorncliffe is perfect for catching this tasty estuary species, although they are around all year. The mouth of Cabbage Tree Creek and along the Sandgate/Brighton foreshore is excellent at high tide.

Identified easily by a single black dot on the end of the tail, they are often confused with other species, such as sand and bar-tailed flathead.

Growing to over one metre long and quite the predator at this size, you can only take them between 40cm and 75cm in Queensland as the larger breeding female fish are crucial to replenish natural stocks. My favourite way to catch them is with a light rod, braided line and a soft plastic lure that is bounced on and off the bottom as you wind in, but they will take many lures, and drifting with bait works well, too.

They love the warm, shallow, weedy edges of sand banks and mouths of creeks and rivers in the last few hours of the outgoing tide, where they wait to

ambush their prey.

Japanese friends of mine tell me it's the best sashimi they have tried in Australia. I still like mine steamed whole or beer-battered fillets though, thanks.

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*Authorised by Yvette D' Ath, 35/20 Anzac Ave, Redcliffe*



# BOOKWORM BOOK REVIEW



**B**rian Lee Watson comfortably wears a number of creative hats. He is an accomplished musician and stage performer, well known for his American Songbook performances and his musical take-offs of international superstar Rod Stewart. He is also an experienced cinematographer, having written and produced several feature-length movies.

His latest creative endeavour is as a children's book author. And for a first-timer, he has produced a pretty engaging read. It's the story of a bewilderingly mixed-up, friendly, two-humped camel named Henry, who during a period of his life has to face up to some challenging situations and thereby solve an important personal issue.

The book is illustrated by Maria Arnott, who cleverly captures the various episodes in Henry's life endeavours. Although the book is written for children, many adults should find the story an entertaining read.

*Henry The Two-Humped Camel* by Brian Lee Watson is available from [www.brianleewatsonbooks.com](http://www.brianleewatsonbooks.com) for \$14.95 with free shipping.

## BRAD'S BUSINESS TIPS

### What really is profit?

**T**he dictionary term is boring, simply it's financial gain or benefit between revenue and expenses.



My definition is a little different.

It's the efficiency with which we add value to the market.

WITH **BRAD FLYNN**

If you want to make a lot of profit, you have got to add a lot of value to your market. Think Apple, Microsoft or any big business that is super profitable and how many people they provide value to.

So, what is value?

Again, there are a myriad of different definitions, but for me, it's pretty simple.

Value is a feeling, expected and realised (or not) in a transaction.

At the end of the day, people buy feelings.

So, if we extend my definition...

Profit is the efficiency we help people solve problems and thus realise the feelings they want more of through a transaction with us.

If you want to make a lot of profit, you have got to help a lot of people get more of the feelings they really want.

What are the feelings that people buy through their transaction with you?

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# Seaside Artists

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[www.seasideartists.com.au](http://www.seasideartists.com.au)

*Seaside Artists Gallery is bubbling over with excitement as big changes are underway to make it an even more dynamic space!  
You can sit & sip surrounded by glorious art & music!  
More to come!*

***You will start to see big changes in the next few weeks!***

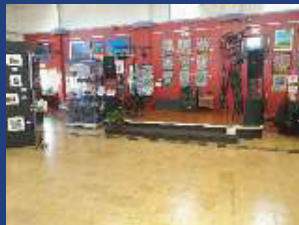
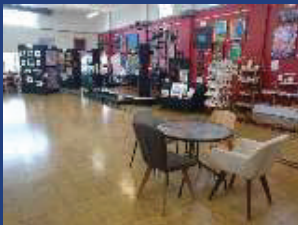
If you haven't visited for a while come up & bring your friends.  
**This is your community gallery so come & support us!**

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Kirill, our lovely volunteer, is full of enthusiasm & as well as organising Saturday night Sound & Laser shows is also offering speciality teas or coffee & scones, jam & cream for \$10 a head!

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**Feature:** Great steaks, sizzling Fajitas & authentic Mexican. Served with a full cocktail menu and local beers on tap.

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Friday – Sunday from 11am – late



Shop 7/14 Oxley Avenue,  
Woody Point

Café

Ph 3385 5394

## CAFÉ 3EIGHTNINE

**Feature:** Located directly opposite the Woody Point Jetty, Café 3Eightnine Woody Point boasts an uninterrupted 230-degree view of the magnificent Bramble Bay. Since 2018, our Café has been a culinary gem offering a wide range of all-day breakfast, lunch and beverages loved by locals, tourists and cyclists. Open 365 days from 6am to 2pm we are pet friendly, and available on UberEats & DoorDash.



Kippa-Ring Shopping  
Centre

Café

Ph 3283 4739

## THE COFFEE CLUB KIPPA-RING

**Feature:** At The Coffee Club Kippa-Ring you can enjoy your favourite cafe meals and great coffee all day, every day. Open from 7:30am-5:30pm weekdays, late Thursday 7pm, and 8am-4pm weekends. So Meet You at The Coffee Club Kippa-Ring.



184 Hornibrook Esplanade,  
Clontarf

Fish & Chips

Ph 3283 1618

## FISH'N AT BELLS BEACH

**Feature:** Here at Fish'n at Bells Beach we cook kiwi style fish and chips, mouthwatering homemade hamburgers, hand cut calamari, ice cream, coffee, cakes and a heap of treats from NZ including Paua and Kina. With views over Moreton Bay in Clontarf.



# Local DINING GUIDE



Cnr Hornibrook Espl &  
Victoria Ave, Woody Point

**Restaurant**

Ph 0433 428 168

## GOLDEN BITE RESTAURANT

**Feature:** Located at the Bramble Bay Bowls Club, our menu includes a variety of cuisines from Asia and locally. If you're looking for great food, takeaway and party events give us a call. We have over 40 years of local and International experience. \*Lunch specials available.

Open Tue to Sun for Lunch and Dinner  
11.30am-2pm and 5.30pm-8.30pm



**THE LOFT**  
GALLERY & COFFEE HOUSE

136 Sutton Street, Redcliffe

**Cafe & Art Gallery**

Ph 0405135386

## THE LOFT GALLERY & COFFEE HOUSE

**Feature:** The Loft, a vibrant Cafe & Art Gallery in Redcliffe, boasting stunning views of the Jetty. Featuring diverse exhibitions and a tempting menu, it offers a welcoming ambiance for art lovers and those seeking a cozy spot to work or dine

[www.theloftgalleryandcoffeehouse.com](http://www.theloftgalleryandcoffeehouse.com)  
[info@theloftgalleryandcoffeehouse.com](mailto:info@theloftgalleryandcoffeehouse.com)



Bird O'Passage  
Pde, Scarborough

**Steak and Seafood**

Ph 3203 5188

## MORETON BAY BOAT CLUB

**Feature:** Seafood restaurant overlooking Scarborough Harbour. Live music Friday nights & Sunday afternoons. See our website for opening times & specials.



Bird O'Passage Parade,  
Scarborough

**Fresh Seafood & Takeaway**

Ph 3203 4592

## MORGANS SEAFOOD

**Feature:** Morgans Seafood is the best place to enjoy seafood in Brisbane. Morgans are uniquely located right on the stunning Scarborough Boat Harbour dotted with luxury yachts, pleasure craft and commercial trawl fishing boats, and overlooks Moreton Bay and the Glasshouse Mountains. Fully licensed.





155 Redcliffe Pde, Redcliffe

**Modern Australian  
& Mediterranean**

Ph 3284 2986

## PREECE'S AT THE JETTY

**Feature:** We have the BEST Vanilla Slice in Queensland. All cakes, biscuits, slices & ice cream are homemade. Fabulous seaside location. Come in and enjoy the views with a fabulous coffee and cake or lunch.

Mon-Sun: 5.30am - 3pm



Bird O'Passage Parade,  
Scarborough

**Craft Brewery & Restaurant**

Ph 1800 727 104

## SCARBOROUGH HARBOUR BREWING CO.

**Feature:** Scarborough Harbour Brewing Co. is a two level venue overlooking the beautiful harbour from both levels. We brew our craft beers onsite. Wine, cocktails, spirits and delicious food also available.  
Upper Deck - Wed to Sun 11am til late  
The Engine Room - Wed to Fri 4pm to late  
- Sat & Sun 11am to late



Reef Point Esp,  
Scarborough  
(situated behind caravan  
park)

**Modern Australian**

Ph 3880 4456

## SEA SALT AND VINE

**Feature:** Sea Salt & Vine has one of the best locations on the peninsula overlooking the Glass House Mountains. A family & doggy friendly place to enjoy a tasty breakfast or lunch, or just a quiet coffee & cake served in our tranquil café setting under the trees. We are also happy to accommodate large bookings for your special family gathering & are fully licenced & offer BYO Wine. Open 7 days, 7am to 4pm.



141 Sutton Street, Redcliffe

**Japanese, Sushi**

Ph 3283 8188

## SUSHI CENTRAL

**Feature:** Want to experience an amazing time with astonishing flavours? Come to Sushi Central at 141 Sutton Street Redcliffe and purchase a variety of products that cater to all your eating desires. Join us on Monday night and Tuesday for our \$3.50 specials. Open 7 days for lunch and dinner.



# Local DINING GUIDE

**THAI HUT**

Shop 3/265 Oxley Avenue,  
Margate

**Thai Restaurant**

Ph 3284 5962

## THAI HUT

**Feature:** Thai Hut has been on the Redcliffe Peninsula for over nineteen years. We reopened in August 2017 back to where we first started in 2000. Thai Hut cooks authentic Thai food. We do take-away, home deliveries and dine-in.

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Just one of our many lunch time specials.



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## JUNE What's On.

### 01 SATURDAY

#### 📌 **PLANT SWAP AT REDCLIFFE MUSEUM!**

Redcliffe Museum 10:30am - 11:30am  
Free event- Join us at Redcliffe Museum to take part in a community plant swap. Bring along a plant, a cutting, or some seeds to exchange, and share tips and tricks with your fellow gardeners. No green thumb necessary, just a passion for plants and a seedling or two! Gardeners and growers of all ages are welcome, younger nature-lovers can have a go at our drop-in activity.

#### 🎵 **THE LONESOME CROWS**

Bramble Bay Bowls Club 7pm

#### ★ **DAVID BOWIE EXPERIENCE**

Redcliffe Entertainment Centre 8pm



### 02 SUNDAY

#### 🎵 **ANDY PEACOCK**

Bramble Bay Bowls Club 1:30pm

🎵 **HELD TO RANSOM**  
Moreton Bay Boat Club 2:30pm

## 05 WEDNESDAY

📌 **WORLD ENVIRONMENT EVENT**  
Redcliffe Museum 10:30am - 11:30am  
Celebrate World Environment Day event with Kumbartcho nursery staff at the Redcliffe Museum. Learn about native Australian edible plants. You will get to touch, smell and see the variety of plants, seeds and fruits that have been here for millennium! Book your free tickets online, call or email us. Phone 07 34806700. Email- Redcliffe.museum@moretonbay.qld.gov.au

🎵 **MUSICAL BINGO**  
Bramble Bay Bowls Club 7pm

## 06 THURSDAY

🎵 **ROSIES KARAOKE**  
Bramble Bay Bowls Club 6:30pm

## 07 FRIDAY

🎵 **DNU**  
Moreton Bay Boat Club 7pm



🎵 **STEVE PETERSEN**  
Moreton Bay Boat Club 7pm

🎵 **BLACKCREEK BAND**  
Bramble Bay Bowls Club 7pm

## 08 SATURDAY

★ **MORETON BAY PRIDEFEST**  
Pine Rivers Park 1pm

🎵 **DIRTY DICE**  
Bramble Bay Bowls Club 7pm

## 09 SUNDAY

📌 **MUSIC STUDIO 60 AT REDCLIFFE MUSEUM**  
Redcliffe Museum 10am - 11:30am  
Join Music Studio 60 at Redcliffe Museum for a Sunday jam where tunes come to life. Experience a harmonious blend of music and visual exploration. Music Studio 60 is a locally owned music education hub founded by Hayley Kitchener in 2019. It offers diverse musical workshops, lessons, and mentorship programs. Their vision is to make music education accessible to all.

🎵 **NATE DANIELS**  
Bramble Bay Bowls Club 1:30pm

🎵 **SCARLETT GUNNER**  
Moreton Bay Boat Club 2:30pm

## 12 WEDNESDAY

🎵 **MUSICAL BINGO**  
Bramble Bay Bowls Club 7pm

## 13 THURSDAY

🎵 **ROSIES KARAOKE**  
Bramble Bay Bowls Club 6:30pm

## 14 FRIDAY

🎵 **SHELLACKEN**  
Bramble Bay Bowls Club 7pm

🎵 **RICHARD WATERSON**  
Moreton Bay Boat Club 7pm

## 15 SATURDAY

### 🎵 **EDGE DUO**

Bramble Bay Bowls Club 7pm

## 16 SUNDAY

### 🎵 **OPEN MIC**

Bramble Bay Bowls Club 1:30pm

### 🎵 **JUST JAMMIN**

Moreton Bay Boat Club 2:30pm



## 19 WEDNESDAY

### 🎵 **MUSICAL BINGO**

Bramble Bay Bowls Club 7pm

## 20 THURSDAY

### 🎵 **ROSIES KARAOKE**

Bramble Bay Bowls Club 6:30pm

## 21 FRIDAY

### 🎵 **ALICE STREET BAND**

Moreton Bay Boat Club 7pm

### 🎵 **CHICK FLICK**

Bramble Bay Bowls Club 7pm

## 22 SATURDAY

### 🎵 **MIDDLE RAGE ROCK**

Bramble Bay Bowls Club 7pm

## 23 SUNDAY

### 🎵 **MATTY NEAL**

Bramble Bay Bowls Club 1:30pm

### 🎵 **BLARNEY STONE**

Moreton Bay Boat Club 2:30pm



## 26 WEDNESDAY

### 🎵 **MUSICAL BINGO**

Bramble Bay Bowls Club 7pm

## 27 THURSDAY

### 🎵 **ROSIES KARAOKE**

Bramble Bay Bowls Club 6:30pm

## 28 FRIDAY

### 🎵 **ME & JODIE LEE**

Moreton Bay Boat Club 7pm

## 30 SUNDAY

### 🎵 **HARVEST DUO**

Moreton Bay Boat Club 7pm





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JUST  
ANNOUNCED!  
CLASSIC HITS SHOW  
**MATINEE**  
2.30PM

# Ageing well to be mentally well

**W**e are all trying to age well, which is why it is good to remember that we need to nurture our mental health and wellbeing.



WITH **TANYA FISHER**

Here are some practical strategies to maintain good mental health as we become older.

- Stay physically active: Regular exercise not only benefits the body but also supports brain health. Aim for daily walks, yoga, or gentle workouts.
- Social connections: Engage with friends, family, and community. Meaningful relationships enhance our mental resilience and connection.
- Mindful nutrition: A balanced diet rich in fruits, vegetables, and whole grains fuels both body and mind. Drinking water is also important.
- Embrace learning: Curiosity and lifelong learning keep the mind agile and firing! Learn new skills, read, speak a new language or explore a different hobby.
- Quality sleep: Make good sleep a priority! It rejuvenates cognitive functions and emotional well-being.
- Express emotions: Share your feelings with loved ones. Emotional expression fosters connection and reduces stress.
- Volunteer: Contributing to others' well-being brings fulfilment and purpose. Redcliffe has many great opportunities if you would like to look at volunteering.

Remember, seeking professional support when needed throughout the ageing journey is a sign of strength. You can talk to a clinical counsellor like me, or you can reach out to fabulous organisations like Beyond Blue or Lifeline for assistance.



**O**n 4 June the Redcliffe Peninsula Chamber of Commerce 2024 Business Awards will be officially launched. A big thank you to Moreton Money who hold the naming rights as the principal sponsor. The chamber will be seeking to identify additional sponsors - packages range from \$2000 down to \$500. If your business is interested in a sponsor's package, please let the chamber know through the website.

Sponsors will receive a range of benefits, depending, of course, on the level of sponsorship undertaken. These benefits will be established shortly and detailed on the chamber website.

The presentation dinner will be held at The Komo on Saturday, 2 November. Ticketing will be formally announced within two months of the event. Pricing is yet to be determined.

It is proposed that the awards be an annual event, which will encourage businesses to broaden their exposure and promote their services and products locally.

Our progress will be advised monthly in this article, so you are kept up to date.

Our members' meeting on 7 May was addressed by Andrew Cominos from Project Remarkable. He spoke to the group about the '5 Keys to Mental Performance in Business'. His presentation was very professional and full of enthusiasm. Those who attended enjoyed the talk and left motivated. It has always been our policy to engage speakers for our members' meetings who are interesting and motivational.

On 18 June our members' meeting is a workshop titled 'Tell me what you do'. Bookings essential – go to the website.

The chamber executives are focused on improving the local business environment through regular communication and interaction between business owners and City of Moreton City.

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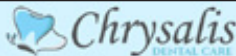
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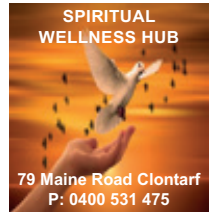
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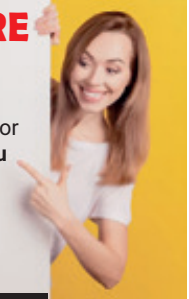
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