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A Note from the Editor

OCTOBER
2024

Welcome to the October edition of the Redcliffe Guide!

This month young and young at heart partake in all things spooky as we celebrate Halloween. Halloween is believed to have originated over 2000 years ago in Ireland. Its origins date back to the ancient Celtic festival of 'Samhain' - the celebration of the end of harvest season.

Back then, the Gaels believed that on 31 October, the boundaries between the worlds of the living and the dead became blurry and the dead would come back to wreak havoc among the living. One of the ways to scare the dead was to wear costumes and masks.

We have some great spooky ideas for families in our What's Hot plus for a family night in, the top 10 streaming spooky movies!

Scan the QR code below to listen to this month's **GuideCast**, a podcast telling the incredible stories of ordinary people in our community. This month we talk to Misty Johnson about the importance of disconnecting with social media and reconnecting with the world around us.

To keep up to date with these stories and more, follow our **Facebook page** and sign up to our **fortnightly newsletter** here: <https://theguidesbrisbane.myflodesk.com/signup>

Tune in to my **radio interview** on Sunday, 6 October with Suzy and Johnny from 'It Takes Two' on 99.7 Bridge FM. Until next month, happy reading - and listening!

Jodie



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WHAT'S HOT AROUND TOWN



jacqueline macou from Pixabay

STORY **SALLY EBERHARDT**

WOULD YOU LOVE TO PARRRTY WITH PIRATES?

Yo ho ho! Ahoy there, mateys! Parrots, peg legs and all manner of scallywags are invited to Redcliffe Markets Festival of Frights at Redcliffe Jetty on Saturday, 26 October.

Redcliffe foreshore will be creeping and crawling with costumed characters and activities for

swashbucklers of all ages. Join the expedition for a pirate's scavenger hunt – follow the clues to uncover hidden treasure!

Whether ghost, witch, pirate, zombie or any other creature of the night, be sure to wear your spooky best for a chance to win the Best Dressed Competition.

Enjoy the region's best street eats, boo-gie to the beats of live entertainment and browse over 200 market stalls brimming with loot. Keep a wary eye out for haunted pirates and spooky stilt-walkers!

Don't miss the spectacular fireworks display at 8:30pm.

All up, it's a jolly good outing for the whole family. Register for your free ticket at trybooking.com (search for Festival of Frights).

From 4pm-9pm.



Tim Hill from Pixabay

WANT TO AVOID TRICKS BUT FIND LOTS OF TREATS?

Halloween-themed drinks and baked delights are the speciality of the evening at Halloween Night Market by Bikkies & Bakes, Clontarf, on Friday, 1 November.

Enjoy a night of Halloween FUN with market stalls and spooky beats as they celebrate their first birthday with treats for you. Sample the free lollies and check out all the goodies available to eat and drink on the spot or take home.

Wear your coolest scary costumes to win one of the prizes for Best Dressed.



Aether

LOVE TO LISTEN TO SOME FIENDISHLY GOOD SOUNDS?

Frock up and rock up in your spookiest best to get your hardcore groovy ghoulie on at Fright Night! at Tribe Clubhouse on Saturday, 26 October.

This monster mash is not for the fainthearted with a freakishly good lineup of local bands!

The popular and talented Aether bring you Melodic Death Metal, scream along with Osmium's heavy metal, grunge rules with Zigarat and Verminate thrills and chills with modern grindcore.

Dress up and party with this friendly, welcoming Tribe.

Free entry. Doors open 5pm, spooky bands play from 6pm.

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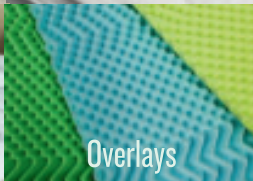
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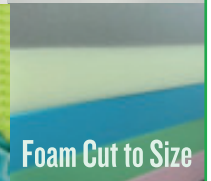
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SUNRISE, SOUND & STILLNESS



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

In today's bustling world, connecting to some gentle movement, meditation and the soothing sound of crystal bowls - against the backdrop of a beautiful Margate Beach sunrise - sounds like just the ticket.

What's more, is that these monthly events, aptly titled Sunrise, Sound and Stillness, continue to be free to the public.

According to organiser and somatic experience practitioner Brent Elton, the events are the result of wanting to make a difference for people in terms of mindfulness and wellness.

"I love teaching movement and meditation and wanted to find a way to give back to the community that was sustainable for me," Mr Elton said.

The events start early and include a two-minute TED-type talk followed by some light movement and meditation, interspersed with the soothing chime of sound bowls.

"Mix in some humour, warmth and a group photo and you have Sunrise, Sound and Stillness in a nutshell," Mr Elton said.

Mr Elton said that after spending a year abroad, he and his spouse came back with some

ideas on making the events bigger and better and that attendance and support had been amazing.

"The numbers quickly grew from 30 to 130 participants and counting, and one of the most helpful things for us has been the sound system donated to us by a participant," he said.

According to Mr Elton, his primary role as a somatic experience practitioner has allowed him to assist individuals in recovering from PTSD, anxiety and trauma, and this informed his own mental health journey – a process he was only too happy to share with others.

"Whenever I run these sunrise events, I try my best to give people small, digestible lessons on how to regulate stress, process trauma and digest emotion," he said.

His advice for participants was to bring a yoga mat or towel, to be kind (to yourself and to others), and, for first-time attendees, to arrive a little early.

For information on the next event (including a map of where to park and where to meet), join the Sunrise, Sound and Stillness group on Facebook at www.facebook.com/groups/sunrisesoundandstillness



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BLAST OFF WITH COSMIC FUN AT REDCLIFFE MUSEUM

St Benedict's College Choir at Redcliffe Museum

STORY **ALYSSA MACKAY**

Join Redcliffe Museum on a space-bound journey of entertainment this month, with a free event featuring sing-a-longs, parodies and family-friendly activities.

'Music and Skits: Sci-Fi Jubilee' celebrates the museum's Australia in Space: Earth and Beyond exhibition and the Beyond the Horizon Imaginarium.

St Benedict's College Choir will launch the jubilee with a celestial performance led by teacher Jenna-Maree Woodforth, a Star Wars fan with a love for all things space-related.

"The students have really enjoyed learning the new repertoire and are keen to share these songs with the community," Jenna said.

The choir will perform five starry numbers, including Fly Me to the Moon, Moondance and Jabba Flow from Star Wars.

Following the choir, nine talented young actors from Mousetrap Theatre will take to the stage with two skits and a one-act play.

Mousetrap Youth Workshop Drama Coordinator, Karen Christl, said the event was a wonderful opportunity for the students.

"This chance to perform in partnership with the museum shows the community that Mousetrap is still going strong after 70 years of being part of the local community," Karen said.

The skit, Space Race, written by student Liv Wood, explores the age-old question of who truly won the Space Race: the USA or the USSR?

In How the Constellations Got Their Names, written by Karen, audiences will travel back in time to discover how familiar constellations came to be.

Danger in Space, also written by Karen, is a 20-minute play where Captain Danger faces off against Empress Sia, leader of the mighty Drens, who has threatened to kidnap Princess Penelope.

Rounding off the event, the Australian Space Agency Adelaide will present a live telecast – Fact or Fiction?

Nate Taylor, Manager at the Australian Space Discovery Centre, said participants could test their space knowledge to distinguish between space facts and space fibs.

"During this online presentation you will be challenged with common (and not so common) ideas like, 'The asteroid field is dense', 'In space, no one can hear you scream', 'Mobile phones rely on space technology', 'We are already making oxygen on Mars', and many more examples," Nate said.

"Along the way, you may even learn about many of the cool ways we use and rely on space today."

Attendees are encouraged to dress up as their favourite space-themed characters or planets.

For more information, visit www.moretonbay.qld.gov.au/Galleries-Museums/Events/RM/Music-And-Skits

Mousetrap Theatre actors rehearse for the Sci-Fi Jubilee

Music and Skits: Sci-Fi Jubilee
Saturday, 5 October, 10.30am-12pm
Redcliffe Museum
75 Anzac Avenue, Redcliffe.





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ESCAPE THE OFFICE FOR SUNSET SELF-CARE AND SOCIAL CONNECTION

STORY **SALLY EBERHARDT**

Stuck in an office all day but would love to socialise with other business and professional women?

The Ladies Who Long Lunch have an event for you! Join the fun at Summer Sunset Vibes to celebrate a big year of business, friendship and empowerment.

Founder of Ladies Who Long Lunch events, Kirsty Fields said each event was designed as the perfect environment for women to meet friends, forge relationships with women across different industries and enjoy some self-care in an entertaining format.

"Women love to gather socially with other women, but our combination of networking, empowerment, conversations and beautiful venues with excellent food is irresistible to our guests," Kirsty said.

"Summer Sunset Vibes allows women who can't normally join us for lunch, to celebrate with us at the end of the day – so we're excited to welcome some new ladies."

Co-host of Ladies Who Long Lunch, Jo Stevens, added that their guests loved the genuine connections they made.

"It's the mix of fun, laughter, and meaningful conversations that keeps them coming back," Jo said. "We receive a lot of feedback on how the event offers a relaxed, friendly environment for networking – plus, who can resist a little cheeky wine?"

Tickets sell fast! Book at: events.humanitix.com/summer-sunset-vibes-by-ladies-who-long-lunch

Summer Sunset Vibes

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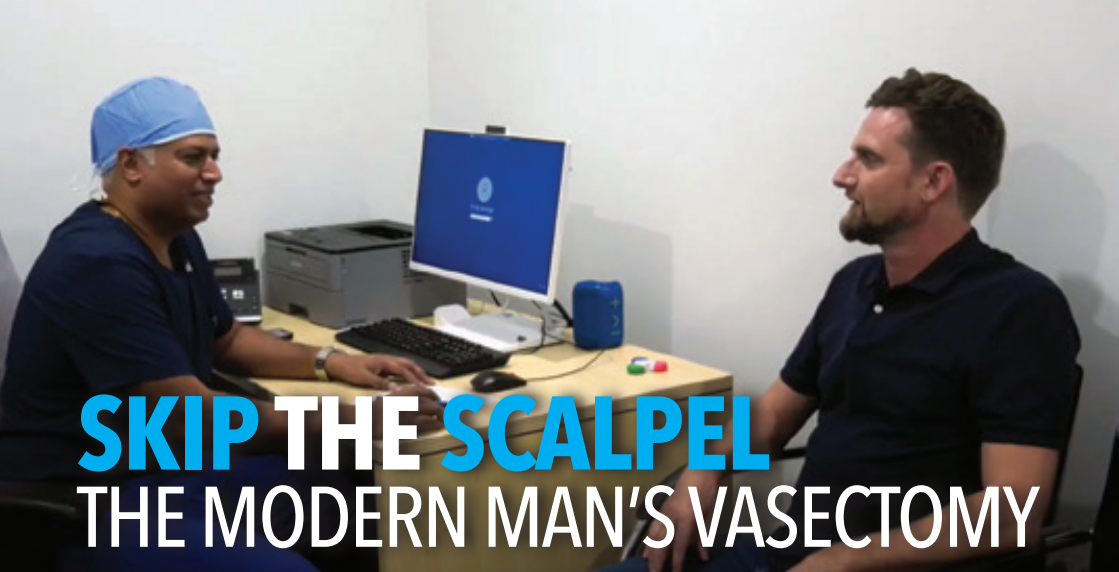
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THE MODERN MAN'S VASECTOMY

BY **KATY MORE**

Vasectomies have long been the go-to choice for men seeking a reliable, permanent form of contraception. But while the traditional procedure is effective, it's often associated with fears of pain, scarring, and a lengthy recovery. Enter the scalpel-free vasectomy—a game-changer in male reproductive health that's quickly gaining traction for its less invasive approach.

Unlike the conventional method, the scalpel-free vasectomy doesn't require 1 cm incisions with scalpel. Instead, a specially designed instrument creates a tiny access in the scrotum, eliminating the need for stitches. This technique reduces the risk of infection and excessive bleeding and makes the entire experience far more comfortable.

The benefits don't stop there. The procedure is typically wrapped up in under 20 minutes, all under local anaesthesia. Most men report feeling nothing more than a mild pinch during the process, and post-procedure discomfort is minimal—often manageable with over-the-counter pain relief. Without the hassle of stitches, healing is faster, and you'll be back to your regular routine in just a few days.

"The scalpel-free vasectomy is as effective as traditional methods, with a success rate exceeding 99.9%," says Dr Raj Selvarajan, (pictured right) who pioneered Australia's first Scalpel-Free Vasectomy Clinic in 2014.

"The process involves severing and sealing the vas deferens—the tubes that carry sperm from the

testicles to the urethra—thus preventing sperm from entering the semen. This leaves the semen sperm-free, effectively making the man sterile, all while preserving sexual function and hormone levels."

The scalpel-free vasectomy marks a significant leap forward in men's health. For men ready to commit, it's a decision that lets you keep your life on track whilst pursuing a safer, quicker, and more comfortable route to permanent contraception—one that offers peace of mind without downtime.

For men considering a vasectomy, the Scalpel-Free Vasectomy clinics in Burpengary East and North Lakes, led by Dr. Raj Selvarajan, provide the convenience of same-day pre-op consultations and procedures with Medicare rebates available to help keep out-of-pocket expenses to a minimum. Both clinics prioritise patient comfort and accessibility, offering walk-in walk-out services without needing a GP referral.

To find out more about the procedure, visit www.scalpelfreevasectomy.com.au.





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CONVOY FOR KIDS KEEPS TRUCKING

STORY **PATRICIA HIGGINS**

Ever since truck driver David Gaudron wanted to surprise his truck-mad nephew back in 2006, Brisbane Convoy for Kids (BC4K) has been able to give back to kids and raise millions of dollars for children's charities in a torque-fueled way.

Described as "a spectacular sight of Brisbane's trucking community making a difference," BC4K is back this November to have the big rigs travel from Larapinta to the Redcliffe Showgrounds (where a spectacular family fun day will ensue).

Dana Browne, Public Officer BC4K, said that organisers were anticipating at least 1000 trucks in the convoy, an upward swing on last year's total of 932, plus a truckload of high-octane attractions afterwards at the showgrounds.

"There will be numerous food and market stalls, free amusement rides, an animal farm, our charity auction and fireworks," Ms Browne said.

A dedicated truck display and competition, the debut of the 2024 Trailer of Hope, and, of course, top musical artists Diesel and Travis Sinclair are all scheduled for the event, according to Ms Browne.

Golden Guitar winner Travis Sinclair said he was excited to perform at BC4K and added that his connection to trucks and the industry had always been an integral part of his life.

"It is such a great family of people in the trucking industry, and all throughout Australia – wherever you are – there is always someone

you know and always someone to lend a hand when times get tough," he said.

Mr Sinclair said that BC4K made for a fantastic family day with some awesome trucks and it was always rewarding to see kids having fun and singing along to the music.

The event is wheelchair-friendly and stroller-friendly (no pets allowed), with parking available at the Redcliffe High School oval for five dollars (cash or card payment available).

Those who wish to be a stallholder, to volunteer, to book a campsite (or to be part of the convoy, truck show, or the trailer of hope support) should ensure they register via the website at brisbaneconvoyforkids.com.au

All general event details, including 2024 showground tickets and the convoy route, can also be found on the website.

**Brisbane Convoy for Kids (BC4K)
Saturday, 2 November, 9am-late
Redcliffe Showgrounds
Scarborough Road, Redcliffe.**



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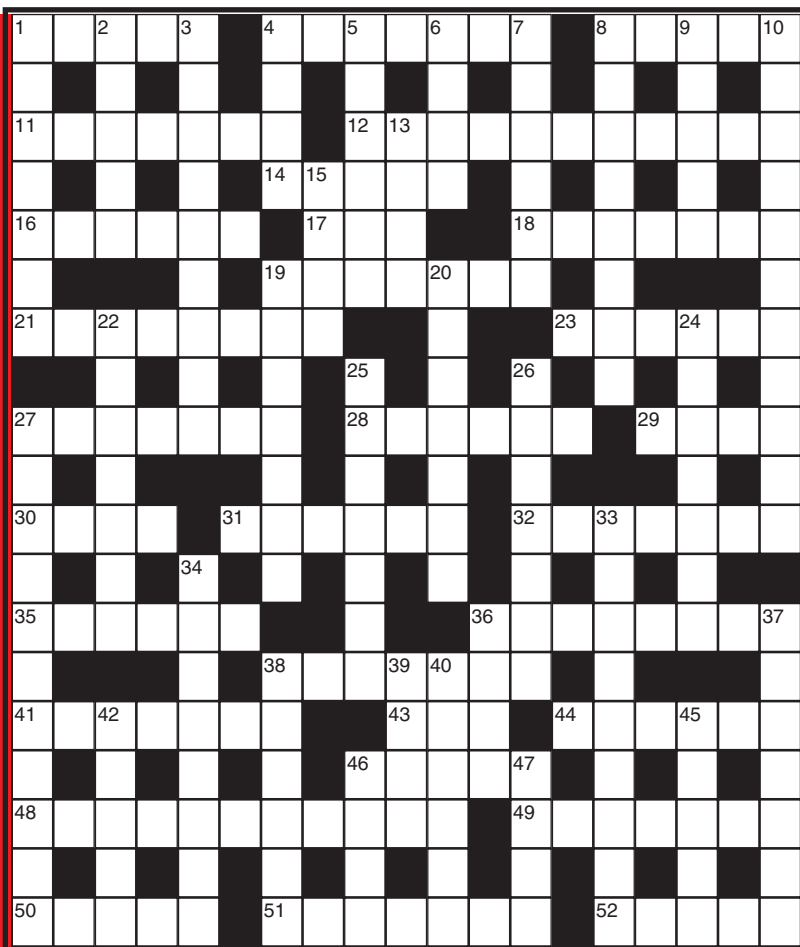
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ACROSS

- 1 Wavy, of hair
- 4 Tetanus
- 8 Looked with curiosity
- 11 Exploited
- 12 When bars start serving (7,4)
- 14 Aussie male (coll)
- 16 Came afterwards
- 17 Across (poet)
- 18 Polishing tools
- 19 Evil omen
- 21 Superficial (4-4)
- 23 Sleep
- 27 Affluent
- 28 Immoral
- 29 Toothpaste container
- 30 Ripped open
- 31 Chaos
- 32 Footy ground sirens
- 35 Suggestive
- 36 Woven wall hanging
- 38 Mechanical man
- 41 Shouting
- 43 Of us
- 44 Casual trousers
- 46 Doomed
- 48 Forget (5,6)
- 49 Nuclear fuel
- 50 Locations
- 51 Tall and slender
- 52 Company shares

DOWN

- 1 Coerces
- 2 Scented flowers
- 3 The recent past
- 4 Board game
- 5 Stove
- 6 Scoff rudely
- 7 As long as
- 8 Mammoth
- 9 The Congo
- 10 Seamstresses
- 13 Brash
- 15 Henhouse
- 19 Sells door to door
- 20 The financial system
- 22 Neglects
- 24 Pupil
- 25 Grew by absorption
- 26 Permission to proceed (2-5)
- 27 Bikes
- 33 Strains
- 34 Firm
- 36 Become weary
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27A Redcliffe Parade, Redcliffe

SOME PIONEERS: THE HAM FAMILY

STORY **PATTIE TANCRED**

Redcliffe's 200-year evolution from the exclusive preserve of its Indigenous peoples to the modern seaside suburban landscape we now enjoy owes much to the pioneers who settled here. They identified the peninsula's potential and set about making it a reality. Most of us would not recognise their names, but they are all around us, present on our street signs.

Take Ham Street, Kippa Ring: though tiny, it memorialises quite a slice of Redcliffe history in the form of the family of Thomas Ham, one of the early pioneers of sugar growing on the peninsula. Born in 1821 in England, Thomas migrated first to Sydney in 1842, then to Melbourne where he worked as an engraver and publisher. He married Mary Jull Collings in 1851 and they moved to Brisbane and later to Redcliffe where they planned to farm. When he died in 1870, he was lauded in the *Queenslander* as a man of "genial and unassuming nature" with "the strongest faith in the country for the production of ... sugar".

His widow, Mary Jull Collings Ham, was a Redcliffe identity and it was after her that what is now Collins Street, Woody Point was named – the name having lost its 'g' at some

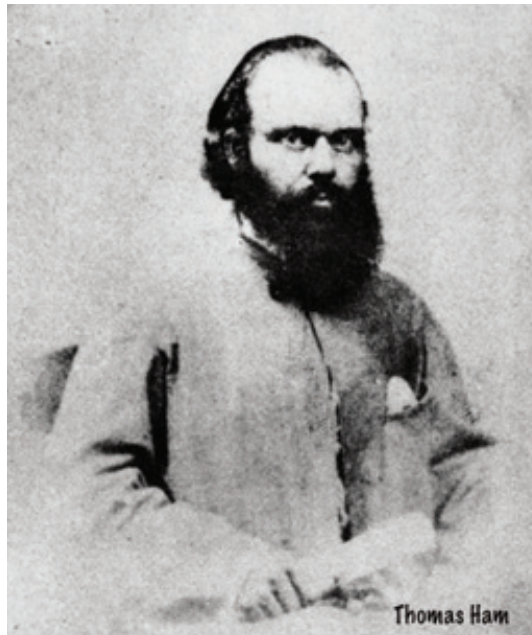
point. It was Mary who, in 1866, bought for £31 the family's first parcels of land – 36 acres – where a house was built and where the family lived. After Thomas's death – she gave birth to her youngest child the next day – Mary continued his plans to grow sugar cane despite, as she wrote afterwards, "the deep grief of losing a kind husband ... and the added burden of business perplexities". She made further investments in land and became a considerable landholder.

Mary and Thomas had nine children, among them John Collings Ham and Alfred Westbrook Ham. John, born in Melbourne in 1855, was, with his brother Alfred, a financier and real estate agent and Redcliffe landowner. He was elected to the first Redcliffe Divisional Board in 1888 and it was at his offices in Queen Street, Brisbane that the board met for the first five years of its existence. Elected chairman of the board in 1891, he served until the following year. He was remembered after his death in 1893 as "well-known in commercial financial, local government, and musical circles". Alfred (Alfred Street, Woody Point), was also elected to the Divisional Board, from 1893 until 1897, serving as chairman in 1895.

Among the many debts Redcliffe owes the Ham family are the names of three of its streets.

*[With thanks to MBRC
ourstory.moretonbay.qld.gov.au]*

The Ham family



Thomas Ham



Mary Jull Collings Ham



John Collings Ham



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PODCAST OF THE MONTH

CANCELLED MOVIE REPORT PODCAST REVIEW

STORY **NICK ALLFORD**

What happens to movie scripts that never made it?

Each week, mates Cambo and Eden unearth scripts of big Hollywood movies that were cancelled. The pair breathe new life into these parked projects through witty banter, scene summaries and top-tier voice acting from celebrity impersonators.

Cancelled Movie Report (CMR) leaves you feeling like part of a secret movie club, where only a few of us have experienced these unseen movies. Although it's not all 'theatre of the mind' as each episode contains concept artwork in the description to help you see what could have been.

Imagine a world where James Cameron made the first big Spider-Man movie and imagine even further, that Spider-Man was played by Leonardo DiCaprio. What I find fascinating is how some of the canned sequel scripts like Alien 3 and Justice League have influenced the versions that we know today.

Writers and creators of these often maligned and misunderstood movies are interviewed by the lads to help understand why their films never saw the light of day.

Ultimately Cambo and Eden are searching for the answer to the burning question, would it have been any good? Check out CMR now and judge for yourself.

Cancelled Movie Report is available wherever you find your podcasts.

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TOASTMASTERS CELEBRATE 100 YEARS OF CONFIDENT COMMUNICATION

Di Riddell

STORY **SALLY EBERHARDT**

Most people fear public speaking more than they fear death. As Jerry Seinfeld famously explained it, "That means most people at a funeral would rather be in the casket than giving the eulogy!"

But it doesn't have to be that way. Confidence in speaking is a skill that can be learnt, and organisations such as Toastmasters can make it fun and easy.

100 years ago, Dr Ralph Smedley started Toastmasters International to help his business associates speak with confidence and clarity. To celebrate 100 years, and millions of people learning to communicate more effectively, Redcliffe Toastmasters are offering an Art of Public Speaking workshop to anyone seeking to improve this valuable skill.

Di Riddell, Confidence Mentor and presenter of the workshop, said she joined Toastmasters 47

years ago at a low time in her life and has never looked back.

"Toastmasters helped me move from a state of social anxiety to confidence as a speaker, communicator and leader," Di said. "It also led me to become an author, inspirational speaker and confidence coach.

"The skills learned are life skills and can benefit anyone in every area of life."

Confidence is the key to living as your best self. Benefits include higher self-esteem, enhanced communication skills, better relationships, career advancement and very importantly – having your voice heard.

"Confidence is that extraordinary energy that is attractive, strong, vibrant and engaging," Di said. "When you see it, you know it and you want it.

"Never has finding and owning your voice been more important to living your best life. We seek authenticity and connection, which we achieve through confident expression.

"As I gained communication skills, leadership skills developed and were noticed. I was encouraged to step into leadership roles that enabled me to serve in my community, speak and MC at functions and judge speaking contests.

"It all began with learning confident communication."

Redcliffe Toastmasters' Art of Public Speaking workshop can help you speak with confidence. Workshop costs \$50, which includes a light lunch.

Places are limited.

Phone Di on 0409 638 248 or search 'The Art of Public Speaking Workshop' on Facebook for details and to book.

Art of Public Speaking
Saturday, 12 October, 9am-3pm
Uniting Community Hub
1 Richens Street, Redcliffe.



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CHOICE 4 CHANGE EMPOWERING MOTHERS TO THRIVE

STORY **KAREN BLEAKLEY**
PHOTO **SUZANNE SHOESMITH**

Looking to meet new people and move forward in all areas of your life? Choice4Change is offering a transformative initiative designed to support and empower mothers on their personal development journey.

Created by self-care coach for mums, Suzanne Shoesmith, Choice4Change offers comprehensive support through online learning, a free Facebook community group and organised outdoor walking adventures. These resources are designed to help you break free from negative habits, reprogram your mind, elevate your energy and calm your nervous system.

The walking meet-ups are held in various locations around north Brisbane and they combine social interaction with a brisk walk and some self-development tips to improve your well-being. They're about building real-world connections with other mums, fostering

resilience and resourcefulness and unleashing your inner strength to claim the life you deserve.

"Self-development is an ongoing journey and the solution to our problems lies within us – we need to stop looking outside ourselves for the solution," Suzanne said. "By rewiring our subconscious mind and rewriting our narratives, we can gain new perspectives and break free from negative habits. There are many tools and techniques available to help us along the way."

Suzanne offers these tips for maintaining forward momentum in your life:

- Get out in nature

Nature has healing properties and the colours, sights and smells help us enjoy the present moment.

- Exercise

Moving your body has so many benefits – it releases endorphins, boosts your mood, balances your hormones and aids in the development of new neural pathways.

- Spend time journaling

Writing down your thoughts and beliefs allows you to reflect, review and shift your mindset.

- Take time to breathe

Deep breathing reduces stress and anxiety, calming your nervous system. Practice box breathing: inhale through your nose for four seconds, hold for four, then exhale slowly through your mouth for four.

If you're a mum ready to prioritise your well-being, move forward in all areas of life and carve out time for yourself, learn more about Choice4Change at choice4change.com.au, visit www.instagram.com/choice_4_change or join the free 'Choice4Change - Changing Lives Through Choice' Facebook community.





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WAR WIDOWS DAY

STORY **PATRICIA HIGGINS**

War Widows Day is not only an important and poignant event on the calendar, but it also pays homage to the powerful bond of shared experience and understanding of a group of women who support one another throughout the year.

The 19th of October is significant to Australian War Widows as it is the birthday of the Widows Guild of Australia, now Australian War Widows QLD (AWWQ) founder, Mrs Jessie Vasey CBE OBE.

State president of Australian War Widows QLD, Judy Smith, said that War Widows Day reminded Queenslanders of the loss felt by many members and raised awareness of the support available to our widows and widowers.

"This day recognises and honours the contributions, sacrifices and grief of widows and widowers from all conflicts whose loved ones gave their lives in service to their country," Ms Smith said.

According to Ms Smith, key activities include monthly meetings of the 26 groups throughout Queensland, as well as other initiatives and annual events, such as Veterans Health Week, Friendship Day and Christmas functions.

Ms Smith said that in terms of commemorating War Widows Day, each of the sub-branches was encouraged and assisted by AWWQ to find a way that was fitting to their approach.

"Some may have a luncheon and invite a special guest; others may have a bus trip to a

place of relevance, but the members decide what is appropriate for them," she said.

According to Jennie Armstrong, President Australian War Widows Queensland Redcliffe Sub-Branch, 28 ladies were planning a trip on the Mary Valley Rattler in Gympie – and this was just one of the many things their group was grateful for.

"We are very lucky on the Peninsula that there is a War Widow Building, which has 24 independent units, and everybody who lives there is very happy and friendly," Ms Armstrong said.

Ms Armstrong said the ladies at the Redcliffe sub-branch were only too happy to receive any donations for their monthly raffles and invited people to get involved in their meetings whether they were a war widow or not.

"If you are not a war widow but have interest in the group, you can apply to be an associate member," she said. "We are also always looking for guest speakers."

Visit the AWWQ website for information at www.warwidowsqld.org.au, phone 07 3846 770, or email admin@warwidowsqld.org.au

War Widows Monthly Meetings
First Friday of the month, 10:30 am onwards
Redcliffe RSL (Peacekeepers Room)
Irene Street, Redcliffe.



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Angie getting gel from Aloe leaf

HEALTHY DRINKS TO KEEP YOU COOL & WELL

STORY & PHOTO **SALLY EBERHARDT**

It's probably the most valuable, yet the most under-utilised plant in your garden. Aloe vera is easy to grow and well-known for its ability to soothe burns, but did you know aloe vera brings those same healing properties to the rest of your body?

Local author of *Cookin' for Cures*, a cookbook featuring over 100 aloe vera-based recipes, Angie Andrews said drinking aloe vera juice regularly was a simple and natural way to stay much healthier.

"Aloe vera contains over 100 vitamins, minerals, amino acids and vital enzymes that help repair

and maintain the body's healthy cells while rejecting harmful cells," Angie said.

"This strengthens our immune system and assists in the healing of many diseases and ailments, including arthritis, diabetes, skin conditions and cold sores, to name just a few.

"Aloe vera has also been known to support those going through chemotherapy by reducing the side effects."

When purchasing aloe vera plants for consumption, it is vital to ascertain that they are of the *barbadensis* variety and at least two years old. Put them in full sun and water weekly for maximum gel.

Angie's top tips for preparation are to cut mature leaves at least 23cm long, wash thoroughly to remove yellow sap, trim sides and slice the top off with a sharp knife, then scrape the gel off the leaf.

"Most of the goodness in the gel lasts for about two hours, so use it straightaway or freeze as ice cubes," Angie said.

"Aloe has no flavour and blends well with juices and smoothies and other food. It helps keep you hydrated as well as healthy."

Try these delicious recipes from **COOKIN' FOR A CURE:**

PINE-MELON CRUSH

- 2 slices pineapple
- 1 apple (cored and sliced)
- 2 slices watermelon
- 1 mango (peeled and sectioned)
- 1 aloe vera leaf (gel)

Place all ingredients in a juicer and blend. Add ice cubes to serve.

Great for general health and lowers cholesterol.

BAN-MANGO SMOOTHIE

- 1 banana
- 1 mango (peeled and sectioned)
- 1 cup vanilla yoghurt
- 1 aloe vera leaf (gel)

Place all ingredients into a blender along with crushed ice. Blend and serve.

Helps remove body fats.

*For further information, visit www.angiessmartbooks.com
Cheers to your health!*



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Following the AGM, October will see the commencement of a new Chamber Committee, including a new President. Outgoing President, Paula Burgess, did a great job during her term as did Deborah Fay, our outgoing VP. Also special thanks to Ruth Woollett for her work on the committee. The new office bearers have a challenging year ahead, but no doubt will do a wonderful job.

The Business awards are not far off – only a few weeks, November 2nd. There's still tickets available. The commitment of the various sponsors to this event is much appreciated as is the efforts of the internal organising committee.

Recently a series of federal workplace legislation amendments came into effect, bringing big changes to workplace laws, and adding another layer of complexity for businesses in an already challenging business and employment environment.

The changes are numerous and complex, but you don't need to tackle them on your own. The Queensland Business Chamber has developed a comprehensive range of resources to help you understand the details in these changes. Refer to their website for more detail - businesschamberqld.com.au

The Chamber continues to host business workshops for members – there have been three this year to date.

Find your cash – Brad Flynn

How to launch your own Podcast – Lyndall Harris

Pitch & Presentation Bootcamp - Jacqueline Brooker

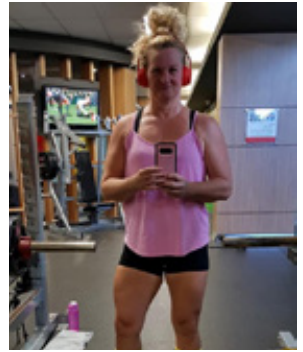
All workshops were booked out and more are proposed for next year. Attendees gained valuable insights in the subjects addressed.

A few months back there was a presentation to members regarding proposed changes to the local road network, focusing on greening Anzac Ave, a light rail system between Kippa-Ring rail station and the Redcliffe foreshore, and also a new arterial road from Duffield Road across Saltwater creek to Kinsella Rd East. The Moreton City Council is looking to adopt the proposed changes. All suggested infrastructure developments will be beneficial for the Peninsula.

Get your tickets for the Redcliffe Peninsula Chamber of Commerce Business Awards on November 2nd.

IS MUSCLE HEAVIER THAN FAT? A STRENGTH COACH'S PERSPECTIVE

As a strength coach for those over 50, a common question I hear is, "Is muscle heavier than fat?" The short answer is no – a kilogram of muscle weighs the same as a kilogram of fat. However, the key difference lies in their density.



Muscle is much more compact than fat. This means that muscle takes up less space in the body compared to fat. If you've been training consistently and notice your clothes fitting

better, but the scale isn't budging, this is likely because you're gaining muscle while losing fat. It's possible to see body composition changes, such as more toned arms or a firmer midsection, even without major weight loss.

This is particularly important for people over 50, as maintaining muscle mass becomes crucial with age. Muscle not only helps with balance and strength but also boosts metabolism. This allows your body to burn more calories, even at rest. Fat, on the other hand, serves as energy storage and is less metabolically active.

So, rather than fixating on the scale, focus on how you feel and perform. Building muscle improves your overall health, mobility and quality of life. Remember, muscle might not be 'heavier' than fat, but it's far more valuable when it comes to staying fit and active as we age.

Want more info about strength training; the benefits, and how to's? Scan the QR Code for more.



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HAPPY HALLOWEEN

Lots of excitement at the Gallery this month with several new artists taking up residence in their own studios!



The rooms along the sides are being used by artists to work on site & set up their own spaces.

Come along & say **"Hi"** to the new artists & hopefully be tempted to buy some of their beautiful works!

Every Saturday there is Laser Sound & Light Show from 3.30pm presented by our dynamic events manager, Kirill
All welcome!

Halloween Festival of Frights is on **Saturday 26th October** at the Redcliffe Jetty from 4pm to 8.30pm.

Fireworks at 8.30pm.

Seaside Artists Gallery will be looking



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MORETON BAY CYCLING A BREEZE



STORY & PHOTO **PATRICIA HIGGINS**

One of the great pleasures of living on the Redcliffe Peninsula is taking in the cool sea air, which is only enhanced by biking along one of our local cycleways.

The Moreton Bay Regional Cycleway (MBRC) connects 150 kilometres of the Brisbane coastline, from Redcliffe to Manly, but there are plenty of paths in our own neighbourhood.

And hopping on a bicycle is a great experience for almost anybody, according to Jens Uhsemann, owner of Margate-based bike repair, servicing and restoration business StreetArtCycles.

"Riding a bike saves you the hassle of finding a parking spot, keeps you active and helps you stay healthy," Mr Uhsemann said.

The MBRC starts near Scarborough's Pirate Playgrounds, continues to the Redcliffe Foreshore (past the Redcliffe Markets on a Sunday morning) and winds its way alongside the popular Settlement Cove Lagoon.

You can continue through Margate and onto Woody Point past the Gayundah Wrecks (a perfect photo opportunity) and for more die-hard riders, you can end your route at the Ted Smout Memorial Bridge.

For cyclists, whether casual or more advanced, keeping a bike in tip-top working condition is

important for not only performance but also longevity of equipment and rider safety.

Mr Uhsemann said that, overall, he was motivated to help people get on bikes and was happy to share his bike care advice.

"The most important thing is to keep your bike dry, clean and well-lubricated," he said.

Although it's definitely a good idea to make use of the City of Moreton Bay's many bike paths, according to Mr Uhsemann, every cycling journey starts at your front door.

"Just hop on, visit friends, head to the beach, or run errands," he said.

For those who do want to make cycling more of a recreational activity, the Briscycle website recommends "picking a section close to home and making a day out of that."

"There are plenty of landmarks, little shops to grab lunch, and rail connections to get you back home," the website says.

Check out the MBRC cycle paths and routes at briscycle.com/moreton-bay/ You can reach Jens Uhsemann on 0406 112 083 and locate StreetArtCycles at 13 Ewan Street, Margate.





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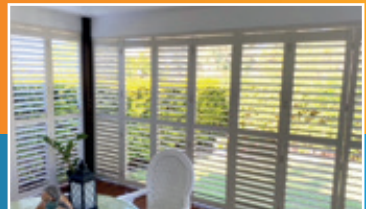
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EMM POWER EMPOWERING LOCAL LIFELINES

STORY **PATRICIA HIGGINS**

The not-for-profit social venture EMM Power was founded in memory of Emma, Moi and Mary, three beautiful local women and friends who sadly took their own lives.

EMM Power now has an op shop in Clontarf and supports the community through several initiatives, one of which involves distributing free bread (courtesy of Banjos Bakery and Cafe in Redcliffe).

Michelle Feuerriegel, Founder and Team Leader at EMM Power said she felt grateful that she and her team were able to help those in need, with the ultimate goal being to empower others.

“Our little shop of opportunity is full of surprises and we are so grateful for the overwhelming support we have received from our amazing community,” Ms Feuerriegel said.

She said the contribution that EMM Power had received from Banjo’s Bakery and Cafe in Redcliffe was instrumental and had been “meaningful in such a way that we are able to provide free bread every Saturday and Sunday.”

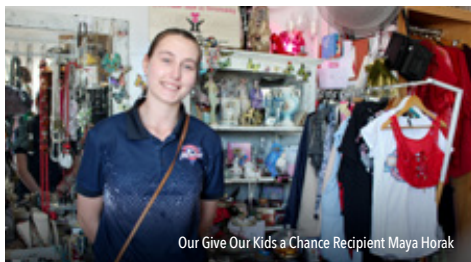
Ryan Coleman, Manager at Banjos Bakery and Cafe Redcliffe, said he was only too happy to support EMM Power, with “the short and sweet of it being it’s the right thing to do and because throwing away the bread would be a waste.”

EMM Power collaborates with a number of additional organisations, such as Bendigo Bank in Margate, Aspley Assist, Zephyr Education Australia and Our Community Pantry.

“The grant we received from Bendigo Bank Margate enabled us to provide paid training to Our Give a Kid a Chance recipients, which is about providing a safe place for young people to



Michelle Feuerriegel with Banjos Bread Donations



Our Give Our Kids a Chance Recipient Maya Horak

upskill and gain valuable on-the-job training,” Ms Feuerriegel said.

Also absolutely integral, according to Ms Feuerriegel, were her small but dedicated group of ‘Op Shop Angels’ who “work hard every day to keep up with demand and provide quality clothing at affordable prices.”

“It is not unusual on any given day to give away as much as we sell and we offer great value clothing bundles,” Ms Feuerriegel said.

EMM Power has also donated 50,000 dollars to start a female football foundation in memory of Emma, Moi and Mary.

Search ‘EMM Power Shop of Opportunity’ on Facebook for more information.



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REDCLIFFE MUSICAL THEATRE CELEBRATES 15 YEARS

STORY **PATRICIA HIGGINS**

In providing more than just fabulous entertainment over the last 15 years, Redcliffe Musical Theatre (RMT) has been a cornerstone of the local arts scene and a source of inspiration and support for so many.

The theatre group has offered performance and training opportunities for numerous talents (many of them young people). It has also provided an outpouring of charitable donations (giving hundreds of free tickets to nursing homes, outpatients and families across the region).

Madeleine Johns, founding member and current president of RMT, said that it was her vision that drove the development of a once fledgling theatre company into the hub of creativity that audiences know and love today.

"We wanted to offer the opportunity to locals to see high-quality, affordable music theatre and to include youth in our productions," Ms Johns said.

She said there had been over 30 main stage productions performed by RMT at the Redcliffe Entertainment Centre (REC), including *Mary Poppins*, the Queensland community theatre premiere of *Wicked*, *Mamma Mia*, the *Phantom of the Opera* and *The Wizard of Oz*.

Over 60,000 patrons have seen the theatre company's shows (over \$1.6 million in total ticket sales), but a boost is now needed to avoid any chance of a final curtain call in the future.



Madeleine Johns

An ideal way for members of the public to show their support (as well as patronising the ongoing scheduled performances) would be by attending RMT's upcoming 15-year celebration this month, *Magic of Musicals*.

"We plan to showcase a number from each of the major productions that we have performed at the REC in our 15-year celebration, and we hope to see you there," Ms Johns said.

Ms Johns reinforced the vital role of musical theatre in the cultural life of the community, especially in "helping audiences connect with characters and their experiences on a profound level."

"We need your support to keep going – just come and see what we do and how we engage with so many in our community, especially youth," she said.

Learn more about RMT, including scheduled performances and training and audition opportunities, via redcliffemusicaltheatre.com.

Book tickets for RMT's 15-year celebration event, *Magic of Musicals* at mbrc.link/rec-rmt15

Redcliffe Musical Theatre's 15 Year Celebration (Magic of Musicals)

Friday, 4 October, 7.30pm-9.50pm;
Saturday, 5 October, 2pm-4.20pm; 7.30pm-9.50pm;
Sunday, 6 October, 2pm-4.20pm

Redcliffe Entertainment Centre
Downs Street, Redcliffe.



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LIGHTING



POWER



SOLAR



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DID YOU KNOW THERE IS A NEW AUSTRALIAN STANDARD FOR SMOKE ALARMS?

BY 2027, SMOKE ALARMS IN ALL DWELLINGS MUST:

- BE PHOTOELECTRIC (AS 3786-2014);
- BE INTERCONNECTED
- BE NO OLDER THAN TEN YEARS;
- BE INSTALLED ON EVERY LEVEL;
- BE INSTALLED IN EVERY LEVEL & BEDROOMS
- BE INSTALLED IN HALLWAYS OUTSIDE THE BEDROOMS AND IF THERE IS NONE, IN THE MOST LIKELY PATH OF ESCAPE.



SMOKE ALARMS SUPPLIED AND INSTALLED **\$150 PLUS GST**.
SMOKE ALARM TESTING/SERVICING **\$99 PLUS GST**.



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7.1KW \$2537.32 plus GST

activelect@gmail.com

WWW.ACTIVEELECT.COM.AU



Great Rock Variety

Your local community station more info: 997fm.com.au

Tune in & you'll never tune out

SWASHBUCKLING SPOOKY FUN AT FESTIVAL OF FRIGHTS



STORY **ALYSSA MACKAY**

Embark on a spine-tingling adventure as the Redcliffe Markets Festival of Frights haunts the foreshore just in time for Halloween. The fantastic twilight market will be back on Saturday, 26 October with a ghostly pirate theme that promises to shiver your timbers.

Market coordinator Mark Power said the Festival of Frights was a one-of-a-kind Twilight Market that was impossible to replicate.

"With best dressed competitions, spooky activities and a spectacular fireworks finale at 8.30pm, this event will turn Redcliffe into the ultimate Halloween destination," he said.

"Last year's event attracted over 15,000 attendees from all over South East Queensland – an impressive turnout that's rare for similar events.

"It's events like these that play a significant role in boosting local awareness and driving the economy, as they draw both locals and visitors to discover and support the incredible businesses in our community."

Market-goers can feast on ghoulish goodies from food trucks, enjoy bone-chilling live entertainment and scour over 200 spooktacular stalls.

Little monsters can hunt for hidden treasure in a pirate's scavenger hunt, trick-or-treat, get their faces painted and more. Keep an eye out for eerie stilt-walkers and pirate performers parading through the market.

Park for free on the street or for \$5 at Pearson Park, Klingner Road. Register for your free ticket at www.trybooking.com/CUZVD

Redcliffe Markets Festival of Frights
Saturday, 26 October, 4pm-9pm
Redcliffe Parade, Redcliffe.

BRAD'S BUSINESS TIPS

Why Multitasking Is A Lie

STORY **BRAD FLYNN**

So, try this for yourself...

Next time you brush your teeth, try leaving your socks on (no shoes just socks). Put the toothpaste on, run your brush under the tap (if you do this), and then start brushing.



WITH **BRAD FLYNN**

Now keep brushing and, at the same time, reach down and take off one of your socks.

What happened?

Were you able to keep doing both tasks without missing a beat, or were you like me and flip-flopped between the two tasks, not doing either of them that well? (Or am I just a little bit uncoordinated?)

So often, I hear the mantra that 'multitasking helps efficiency' but that is not the truth.

Even the term multitasking, which comes from computer processors and was invented in the 1970s, is misleading. The processors could only do one thing at a time, but they were able to switch between these tasks incredibly fast, giving the impression it was multitasking.

What's my suggestion to find more quality time to work on your business?

Do one thing at a time, do it well and don't start your next task until you have completed your current task.

To help get more done in your business in less time, visit www.businessmentored.com



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Redcliffe

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MASSAGE**



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redcliffe@citycave.com.au



1/265 Oxley Ave, Margate, QLD, 4019



LOCAL FACES - BARRY TUTON

STORY RICHARD LANCASTER

Margate local Barry Tuton's life before moving to the Peninsula in 1977 was to say the least, a colourful one. He left home and school aged 15 and moved into Brisbane City, becoming as he calls it, 'one of Brisbane's original street kids'. He subsequently worked in a variety of jobs involved with the Meatworkers, Storeman and Packers and the Painters and Dockers unions.

Finding it cheaper and bringing him closer to the North Coast and his favourite sport, surfing, he moved to Redcliffe, where he worked for a time on a local trawler. Living at Filmer's Palace Hotel, provided by the late iconic Mavis Filmer, he soon immersed himself in environmental matters and in 1998, he joined and became a Vice President of the then newly formed Redcliffe Dugongs group based at the Palace Hotel. The group was dedicated to protecting Moreton Bay's endangered dugong herd from a proposed fish farming venture in Moreton Bay. Currently he is Chairman of the Mavis Filmer Award, which arose from that group. The award is given to local individuals, who contribute significantly to the wellbeing of local wildlife.

His love of photography and visual art allowed him to attend local art classes and create images that were subsequently published regularly in the local newspaper. He had a local Rotary club calendar dedicated to his work and he provided photographs to local politicians for their Christmas greetings cards. History, always of interest to him, saw him join and become



active in The Gayundah Preservation Society, a local group battling unsuccessfully, to save the wreck of an historic Australian warship beached at Woody Point.

Acting in movies was his next venture. He was selected as the performing narrator Bertie Banksia, for all three locally produced historic mockumentary movies. Showing his acting versatility he also played four other parts in these movies, as well. Covid brought about an amusing offer to the now well-known local actor. An online spoof local newspaper named the Redcliffe Rave invited him to become their Home Affairs reporter in which he wrote about a make believe group dedicated to creating Redcliffe as a breakaway country from Australia. "My latter years have been fun!" he said.

Our Making Queensland Safer Plan includes:

- ✓ **Adult Crime, Adult Time** to restore consequences for actions for youth offenders and hold them accountable for serious crimes.
- ✓ **Removing detention as a last resort** to unshackle the courts and deliver sentences in line with community expectations.
- ✓ **Increasing the number of police** on the beat, through retention and better resourcing.
- ✓ **Staying on Track program** to provide up to 12-months of intensive support for every youth transitioning back into the community after detention.
- ✓ **Putting victims' rights first** by providing automatic updates, removing the burden on victims to seek out information about their cases.



Kerri-Anne Dooley

M: 0412 130 329

E: redcliffe@lnp.org.au

W: kerriannedooley.com.au



David Crisafulli
LNP Leader



A WORD FROM OUR REPRESENTATIVES

Council's Active Holidays program during the recent school holidays was action-packed as always and had an epic line-up of activities ranging from



WITH **CR SANDRA RUCK**

FREE to \$5. This program brings children aged 3 - 17 together to play, develop skills and make new friends. Lots of fun activities included Stand Up Paddle Boarding, Children's Anti-Abduction and Self Defence, Go Go Golfing, Target Archery, Freestyle

BMX Clinics and so much more. Why not put a 'date claimer' in your diary and look out for the summer program during the next school holidays?

Why not check out Council's other program Healthy and Active Moreton, which runs all year round and provides a diverse range of free and low-cost sport, recreation, fitness and wellness activities and workshops for all ages, fitness levels and abilities?

...and don't forget to bring your chairs and picnic blankets to our next Movie in the Park event at Nathan Road Sports Complex on Saturday, 19 October, from 5.00pm to 8.00pm – KUNG FU PANDA 4. This is a FREE event sponsored by City of Moreton Bay.

October is an important month for many reasons. Firstly, Australia celebrates World Teachers' Day on Friday, 25 October.



WITH **LUKE HOWARTH MP**

Let's celebrate our teachers and thank them for all the work they do to educate, inspire and empower learners across Australia.

My wife, Louise, is a teacher – I know that this is an important job and that teachers

play a vital role in shaping our community. The 2024 celebrations will focus on "valuing teachers' voices: towards a new social contract for education".

10 October, World Mental Health Day, is also an important day to acknowledge people in our community who are impacted by mental ill-health. This month, our challenge in the mental health system is to improve knowledge, raise awareness and take actions that promote and protect everyone's mental health - both on World Mental Health Day and throughout Mental Health Month in Australia.

It is important that we recognise both of these dates.

As always, I will continue to bring your matters to Parliament. If you have an issue affecting you, please contact me at luke.howarth.mp@aph.gov.au or via phone (07) 3284 8008.



**NORTH BRISBANE
ALLIED HEALTH**
YOUR HEALTH, OUR PRIORITY



North Brisbane Allied Health is a team of practitioners dedicated to promoting a healthy you.

Our services include:

- ✓ Podiatry
- ✓ Physiotherapy
- ✓ Exercise Physiology
- ✓ Hydrotherapy

NOW OFFERING - LASER THERAPY

Laser Therapy (PBMT) is non-invasive therapy that uses specific light wavelengths to promote healing, reduce inflammation, and repair tissues.

PBMT has the potential to **accelerate the healing process by up to three times***, making it an effective choice for a range of conditions.

Treatment of Conditions:

- Chronic pain e.g Arthritis
- Sprains, strains and inflammation
- Nerve pain (Neuropathy)
- Wound healing
- Sports injuries
- Post-surgery recovery



Referrals accepted from:

Department of Veteran Affairs
Enhanced Primary Care (EPC)
Work Cover
National Disability Scheme (NDIS)
Home Care Packages
Private Health Insurance

**Individual results from Photobiomodulation Therapy (PBMT) may vary*

07 3888 7781

1/322 Oxley Avenue, Margate QLD 4019
info@northbrisbanealliedhealth.com.au

STORY **JULIA LEWIS**

A GREENER FUTURE WITH YOUR NEW GO BIN

As of 9 September, 120,000 households across the City of Moreton Bay received their first Garden Organics (GO) bins, marking a key step towards sustainability. This rollout supports the new GO kerbside collection service starting on 2 December, which aims to divert 15,000 tonnes of organic waste from landfill. Residents are encouraged to follow guidelines for proper use, ensuring the waste is effectively composted and contributing to a greener future for our community.

For more information, visit www.moretonbay.qld.gov.au/News/Media/City-of-Moreton-Bay-Gets-Set-to-GO

NAVIGATING YOUR CARE - SENIORS INFORMATION CAFÉ

The Redcliffe Library will host an informative session for seniors on navigating aged care and My Aged Care services. Attendees can enjoy a cuppa while learning about these essential services. The event, provided by ADA Australia and Services Australia, is free but requires bookings. The event will be held on Friday, 4 October, from 11am to 12:30pm.

For more information or to book, contact Redcliffe Library on 3883 5745 or email redcliffe.library@moretonbay.qld.gov.au

\$15 PARMY TUESDAYS AT THE KOMO

Enjoy a \$15 Parmy and a lively night of trivia every Tuesday at The Komo. Test your knowledge with interactive buzzers and stand a chance to WIN! Trivia starts at 6:30pm at The Komo, 99 Marine Parade, Redcliffe.

The deal is exclusive to trivia players.
For reservations, call 3284 6520 or visit www.thekomo.com.au

NATURAL BOOKBINDING WORKSHOP

The Redcliffe Library will host a natural bookbinding workshop where participants can create a concertina book using natural dyes gathered from leaves and vegetable peels. This wonderful session will be guided by artist Natalie Billing. Free event, however, requires bookings.

The workshop will be held on Sunday, 13 October from 11am to 1pm.

For more information or to book, contact Redcliffe Library on 3883 5745, email redcliffe.library@moretonbay.qld.gov.au, or visit moretonbay.events.mylibrary.digital/event?id=72366

SMART MOVES EXERCISE CLASS FOR OLDER ADULTS

Join like-minded people at this gentle exercise class designed for older adults, including those with disabilities, chronic diseases, or mobility and balance concerns. This class supports maintaining independence and staying active. The cost is \$4 per session. Sessions held on Mondays on 7 October, 14 October, 21 October and 28 October from 10am to 11am at Redcliffe Red Cross Hall, 31-33 Portwood Street, Redcliffe.

For more information, contact Amie Larkin at 0409 615 758 or email amielouisebikinis@gmail.com.

To register your interest in the class, visit www.moretonbay.qld.gov.au/Services/Sport-Recreation/Healthy-And-Active-Registration-Enquiry

PARK TALES AT SUTTONS BEACH

Enjoy a fun-filled storytime with rhymes, songs and puppets at Youth Park, Suttons Beach, Redcliffe. This free outdoor event is perfect for young children and their families. No bookings required. The event will be held on Monday, 9 September from 9:30am to 10am and again from 10:30am to 11am. Check the website 24 hours prior for updates or cancellations due to weather.

For more information, contact Redcliffe Library on 3883 5745 or email redcliffe.library@moretonbay.qld.gov.au.

SUNRISE YOGA AT SCARBOROUGH BEACH

Experience a rejuvenating yoga and meditation session with Toni as the sun rises over Scarborough Beach. Suitable for all levels and ages, this weekly class promotes flexibility, strength, balance and well-being. Join the community for coffee after the session. The cost is \$4 per session, and they are held every Wednesday in October from 6:15am to 7:15am.

For more information, contact Toni Clare Wright on 0447 847 859 or email toni_clare@hotmail.com.
To register, visit www.moretonbay.qld.gov.au/Services/Sport-Recreation/Healthy-And-Active-Registration-Enquiry

MEET THE AUTHOR: GILLIAN WILLS

Debut author Gillian Wills will discuss her novel, *Big Music* and the real-life music college stories that inspired it. Her book follows Beat's efforts to rejuvenate a struggling music school. After the talk, Gillian will sign copies of her book, with sales courtesy of Shelflovers Bookshop. Light refreshments will be provided. The free event takes place on Friday, 18 October, from 6:15pm to 7:30pm. Bookings required.

For more information or to book, contact Redcliffe Library on 3883 5745, email redcliffe.library@moretonbay.qld.gov.au, or visit moretonbay.events.mylibrary.digital/event?id=82589

KIDS EAT FREE AT REDCLIFFE LEAGUES CLUB!

Every Thursday night, kids enjoy a free meal with every adult meal purchased at Bistro Forty20, exclusively for members. It's the perfect family night out! Available from 5:30pm at Redcliffe Leagues Club, Cnr Klingner Rd & Ashmole Rd, Kippa-Ring.

For more information, contact dolphins@redcliffeleagues.com.au or call 3203 4754.

U3A SENIORS CONCERT! MUSIC FROM THE MOVIES

U3A are holding their annual Seniors Concert and this year the theme is Music from the Movies! Mark Saturday, 19 October into your calendar. Enjoy songs from movies like *Westside Story*, the Beatles and *The Way We Were* plus many more. You will be entertained by the U3A musical groups, singing groups and line dancers. Tickets are only \$15 per person and includes a light lunch with tea/coffee/juice and water. The concert is being held at the Senior Citizens Hall, 401 Oxley Avenue Redcliffe. Doors open at 9.30am for a 10am start.

For more information, call 07 3284 2687. Or go to their website.

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@edcliffeguide.com.au

Supporting Someone's Mental Health

October is mental health month and sometimes talking about mental health can be uncomfortable, especially when someone is struggling. Here is a quick guide on how to support someone's mental health distress.

Firstly, ACT. Don't be afraid – you won't catch it! If you notice someone is struggling, ask them how they are doing.

Then, listen – without judgment. Sometimes, all a person needs is someone to listen. Avoid offering solutions right away and instead, validate their feelings. Phrases like, "I get this must be difficult for you" or "I'm here to support you" can go a long way.

Action: Once you have heard them, talk to them about who or what might be of help. Ask them what could help and if you could support them. It might be talking to the boss about a bully or accessing a professional through their work's employee assistance programs.

Remember, you do not have to have all the answers, but you can guide them to who does.

Lastly, follow up. After a few days, find a quiet spot and check in with the person. How are they doing? They might not have taken action yet, but that is not the point. It is about them knowing you are there and wanting to support them.

By supporting people in this way, we can make a difficult situation better for others while creating a better environment for everyone.

On a side note: While supporting others, make sure you stay okay. Supporting people can take its toll, so practice good self-care.

If you have any further questions, please reach out to me directly via the QR code.

Warm regards, Tanya from Redcliffe Counselling.



Local DINING GUIDE



141/145 Griffith Road
Newport

Bakery & Cafe
Ph 3880 3601

ANCHORAGE BAKERY & CAFE

Feature: Anchorage Bakery & Cafe is a locally owned and family operated business offering a range of freshly baked bread, pastries, sweets, sandwiches, wraps, a full menu, catering and much more. Freshly brewed coffee dine in or takeaway. We're more than just a bakery.



161 Redcliffe Pde, Redcliffe
Bakery Café
Ph 3284 0166

BANJO'S BAKERY CAFÉ

Feature: Grab 3 Small Savouries for just \$7.95 or one of our many great deals at Banjo's Redcliffe!

In a rush? Skip the queue with the Banjo's Ordering App! Available in the App store and Google Play.

Delicious and made in Redcliffe. Pies, pastries, sweets, sandwiches and coffee. Breakfast, lunch or a treat anytime. Dine in or take-away.



439 Scarborough Road
Scarborough
Fish & Chips/Burgers
Ph 3203 5033

BAY BOATS

Feature: Famous for our great range of tasty seafood, burgers with homemade burger patties, hot crispy chips locals love and customers come from far far away to enjoy. Not to mention fresh sandwiches, great coffee and good old-fashioned milkshakes. Is that chicken or plain salt?



2/150 Maine Road
Clontarf
Asian Cuisine
Ph 38256688 / 0403830037

BAY WOK MULTIASIAN

Feature: Stella & Jack have been in Australia for over 35 years. Bay Wok Multi Asian Restaurant returns to dazzle your taste buds. Formerly at Bramble Bay Bowls Club, now we're back to the neighbourhood, and we're better than ever. Explore our unbeatable Asian cuisine and savour the best of Australian meals. Lunch specials available & offer BYO wine. Open Mon to Sat for Lunch and Dinner 10:30am-2pm and 4:30am-8pm (8:30pm on Fri & Sat)





165 Redcliffe Pde, Redcliffe

Tex Mex

Ph 3284 7990

CACTUS JACK'S

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

Open Tuesday - Thursday from 5pm - late
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.



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



Local DINING GUIDE

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
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.



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.

Thai Hut Margate

Takeaway

Home Delivery \$5

Phone 3284 5962



OCTOBER What's On.

01 TUESDAY

WEEKDAY MUSIC

Redcliffe Leagues Club
11:00 am - January 3, 2025 @ 2:00 pm

02 WEDNESDAY

WEDNESDAY & THURSDAY LIVE MUSIC LUNCH

Redcliffe RSL
11:00 am - January 2, 2025 @ 3:00 pm

03 THURSDAY

CELEBRATE SENIORS! HEALTH AND WELLBEING DAY

Redcliffe Library
9:00 am - 2:00 pm

ROSIES KARAOKE

Bramble Bay Bowls Club
6:30 pm - 9:30 pm

04 FRIDAY

FRIDAY ENTERTAINMENT AT REDCLIFFE RSL

James Brennan 11am-3pm
Curt Luxton 6pm to 10pm

FRIDAYS & SATURDAYS AT REDCLIFFE LEAGUES CLUB

Redcliffe Leagues Club
11:00 am - October 26 @ 11:00 pm

JUNIOR & THE EASY ACES

Bramble Bay Bowls Club
7:00 pm - 10:00 pm



WEEKEND LIVE MUSIC

Bramble Bay Bowls Club
7:00 pm - October 6 @ 5:00 pm

FRIDAYS AT MORETON BAY BOAT CLUB

Moreton Bay Boat Club
7:00 pm - November 15 @ 10:00 pm

05 SATURDAY

MUSIC AND SKITS: SCI-FI JUBILEE

Redcliffe Museum
10:00 am - 12:00 pm

SATURDAYS AT REDCLIFFE RSL

Darren J Ray 11am - 3pm
Inder 7pm - 11:00 pm

CHICK FLICK

Bramble Bay Bowls Club
7:00 pm - 10:00 pm

06 SUNDAY

SUNDAY ENTERTAINMENT AT REDCLIFFE RSL

Redcliffe RSL
Buddha Phoenix 12pm - 3pm

SUNDAYS AT MORETON BAY BOAT CLUB

Moreton Bay Boat Club
2:30 pm - March 2, 2025 @ 5:30 pm

JAEDEN O

Bramble Bay Bowls Club
7:00 pm - 10:00 pm



08 TUESDAY

WEEKDAY MUSIC

Redcliffe Leagues Club
11:00 am - January 10, 2025 @ 2:00 pm

09 WEDNESDAY

WEDNESDAY & THURSDAY LIVE MUSIC LUNCH

Redcliffe RSL
11:00 am - January 9, 2025 @ 3:00 pm

10 THURSDAY

ROSIES KARAOKE

Bramble Bay Bowls Club
6:30 pm - 9:30 pm

11 FRIDAY

FRIDAY ENTERTAINMENT AT REDCLIFFE RSL

Matt Black 11am - 3pm
Pully 6pm - 10pm

FRIDAYS & SATURDAYS AT REDCLIFFE LEAGUES CLUB

Redcliffe Leagues Club
11:00 am - November 2 @ 11:00 pm

THE JAM FACTORY

Bramble Bay Bowls Club
7:00 pm - 10:00 pm



WEEKEND LIVE MUSIC

Bramble Bay Bowls Club
7:00 pm - October 13 @ 5:00 pm

FRIDAYS AT MORETON BAY BOAT CLUB

Moreton Bay Boat Club
7:00 pm - November 22 @ 10:00 pm

12 SATURDAY

SATURDAYS AT REDCLIFFE RSL

Darren Mono 11am - 3pm
Craig Taylor 7pm - 11pm

R2

Bramble Bay Bowls Club
7:00 pm - 10:00 pm



MARINA PRIOR & MICHAEL CORMICK - CENTRESTAGE

Redcliffe Entertainment Centre
7:30 pm - 9:50 pm

13 SUNDAY

SUNDAY ENTERTAINMENT AT REDCLIFFE RSL

Mary Lenz
12pm - 3pm

L.R. MARSH

Bramble Bay Bowls Club
1:30 pm - 5:30 pm



SUNDAYS AT MORETON BAY BOAT CLUB

Moreton Bay Boat Club
2:30 pm - March 9, 2025 @ 5:30 pm

15 TUESDAY

WEEKDAY MUSIC

Redcliffe Leagues Club
11:00 am - January 17, 2025 @ 2:00 pm

16 WEDNESDAY

WEDNESDAY & THURSDAY LIVE MUSIC LUNCH

Redcliffe RSL
11:00 am - January 16, 2025 @ 3:00 pm

17 THURSDAY

ROSIES KARAOKE

Bramble Bay Bowls Club
6:30 pm - 9:30 pm

18 FRIDAY

FRIDAY ENTERTAINMENT AT REDCLIFFE RSL

Rob Stevenson 11am - 3pm
Tommy Memphis 6pm - 10pm

FRIDAYS & SATURDAYS AT REDCLIFFE LEAGUES CLUB

Redcliffe Leagues Club
11:00 am - November 9 @ 11:00 pm

THE AGENTZ

Bramble Bay Bowls Club
7:00 pm - 10:00 pm



WEEKEND LIVE MUSIC

Bramble Bay Bowls Club
7:00 pm - October 20 @ 5:00 pm

FRIDAYS AT MORETON BAY BOAT CLUB

Moreton Bay Boat Club
7:00 pm - November 29 @ 10:00 pm

19 SATURDAY

SATURDAYS AT REDCLIFFE RSL

Rose Powell 11am - 3pm
Chi Chi - Duo 7pm - 11pm

SUNSHINE BLUES BAND

Bramble Bay Bowls Club
7:00 pm - 10:00 pm



20 SUNDAY

SUNDAY ENTERTAINMENT AT REDCLIFFE RSL

Redcliffe RSL
Caleb Caswell 12pm - 3pm

BRAMBLE BAY'S OPEN MIC

Bramble Bay Bowls Club
1:30 pm - 10:00 pm

SUNDAYS AT MORETON BAY BOAT CLUB

Moreton Bay Boat Club
2:30 pm - March 16, 2025 @ 5:30 pm

CANTICUM CHAMBER CHOIR - "IMAGINE"

Sandgate Town Hall
3:00 pm - 4:00 pm



22 TUESDAY

QUEENS OF COUNTRY TRIBUTE SHOW

Redcliffe Entertainment Centre
11:00 am - 1:00 pm

WEEKDAY MUSIC

Redcliffe Leagues Club
11:00 am - January 24, 2025 @ 2:00 pm

23 WEDNESDAY

WEDNESDAY & THURSDAY LIVE MUSIC LUNCH

Redcliffe RSL
11:00 am - January 23, 2025 @ 3:00 pm

24 THURSDAY

ROSIES KARAOKE

Bramble Bay Bowls Club
6:30 pm - 9:30 pm

25 FRIDAY

FRIDAY ENTERTAINMENT AT REDCLIFFE RSL

Dave Clayton 11am - 3pm
Greg Berriman 6pm - 10pm

FRIDAYS & SATURDAYS AT REDCLIFFE LEAGUES CLUB

Redcliffe Leagues Club
11:00 am - November 16 @ 11:00 pm

PUBLIC NUISANCE

Bramble Bay Bowls Club
7:00 pm - 10:00 pm



WEEKEND LIVE MUSIC

Bramble Bay Bowls Club
7:00 pm - October 27 @ 5:00 pm

FRIDAYS AT MORETON BAY BOAT CLUB

Moreton Bay Boat Club
7:00 pm - December 6 @ 10:00 pm

26 SATURDAY

SATURDAYS AT REDCLIFFE RSL

Trevor White 11am - 3pm
Simone Cutting 7pm - 11pm

THE TURNAROUND

Bramble Bay Bowls Club
7:00 pm - 10:00 pm



27 SUNDAY

SUNDAY ENTERTAINMENT AT REDCLIFFE RSL

Redcliffe RSL
Grace Spinks 12pm - 3pm

DILLION JAMES

Bramble Bay Bowls Club
1:30 pm - 5:30 pm

SUNDAYS AT MORETON BAY BOAT CLUB

Moreton Bay Boat Club
2:30 pm - March 23, 2025 @ 5:30 pm

29 TUESDAY

WEEKDAY MUSIC

Redcliffe Leagues Club
11:00 am - January 31, 2025 @ 2:00 pm

30 WEDNESDAY

WEDNESDAY & THURSDAY LIVE MUSIC LUNCH

Redcliffe RSL
11:00 am - January 30, 2025 @ 3:00 pm

31 THURSDAY

ROSIES KARAOKE

Bramble Bay Bowls Club
6:30 pm - 9:30 pm

ARTS & CRAFTS FULLY REDCLIFFE

Redcliffe City Choir

The Redcliffe City Choir is soon to share the stage with the enthusiastic young singers of St Benedict's School Choir, Mango Hill. This inter-generational concert - United in Song - will include a mix of well-known Aussie songs and some music that's perhaps less familiar. Come and enjoy an afternoon of choral music by singers young and old, who all sing for the love of it!

Where: KSP Theatre, Corner Old Bay Rd and Maitland Rd, Burpengary

When: Sunday, 13 October, 2.30pm

Tickets: \$18 (no concessions); Book online <https://www.trybooking.com/CVYL> Tickets also available at the door.

Seaside Artists Gallery

Seaside Artists are committed to helping emerging performing artists achieve their full potential and kick start their careers in the performing arts by attending a Saturday afternoon session. Sessions start at 3.30pm and finish at 7.30pm. Participants can gain industry experience by learning about sound, lighting, hosting and even gallery management.

Contact Manager Kirill on 0493 243 450 to book your place.

Moreton Bay Arts Council

On Saturday, 30 November, the Arts and Crafts Markets will be held in the grounds of the Old Fire Station at 395, Oxley Ave Redcliffe from 9.00am to 2.00pm. This is the last market for the year. There are a limited number of tent spaces still available for vendors.

Apply now by emailing info@moretobayartscouncil.org

Mousetrap Theatre

A unique vintage Hitchcock presentation will be enacted by Mousetrap actors when they present three Hitchcock masterpieces rolled into one, live on stage. The onstage actor will speak into radio mics, while the production crew create sound effects to match the dialogue. The Hitchcock plays are The Lodger, Sabotage and The 39 Steps.

Where: The John Naumann Hall, Deception Bay Rd, Deception Bay (next to shops).

When: Friday, 4 October at 7.30pm, Saturday, 5 October at 7.30pm, and Sunday, 6 October at 2.30pm.

Tickets: \$25 adults, \$20 concessions, \$15 children. Book at www.trybooking.com/UVJB

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Where: The Art So Lively Art Academy, Shop 2, Comino's Arcade, Redcliffe.

When: [alternative weeks]
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Thursdays from 10am to 1pm.
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Worldly and business savvy, Heather brings a heartfelt yet common-sense approach to property. She's a familiar face with a wealth of industry knowledge and bold ideas for her refreshing new brand. It's boutique, wholesome and a novel real estate experience without complexities.

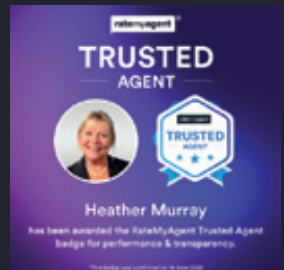
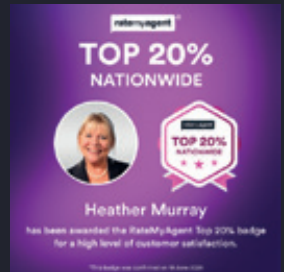
Throughout her extensive real estate career, Heather has established a solid network of repeat clientele and a robust reputation for her consistency, forthright approach with third parties, and authentic client interactions. Grounded with a mature grasp of the current environment, she's as inspirational and genuine as she is professional.

Heather is highly invested in understanding every client's circumstances and is an unwavering advocate for the mental and financial well-being of those more mature. In addition to her exclusive marketing benefits for seniors and carers, she's committed to providing clear, well-researched advice to ensure well-informed decisions are made. There's nothing more rewarding than seeing her clients thrive after they've moved into new surroundings or on to new beginnings. Heather is dedicated to delivering a wholesome client experience from beginning to end.

An award-winning agent, Heather is proud to have received the real estate industry's prestigious A-List Award in both 2015 and 2017. She also secured the Rate My Agent, Agent of the Year Award in 2022 for Clontarf, Margate and Woody Point and in 2023 for Redcliffe, Margate and Woody Point.

Having serviced these areas for many years, Heather has an intimate and comprehensive knowledge of the local community, it's amenities, residential properties and nearby infrastructure.

Heather's sense of adventure precedes her as much as her love for dogs. An instructor at the Caboolture Dog Obedience Club, she has trained and competitively trialled Border Collies and Labradors for over 30 years.



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But sadly, there is an important part of Redcliffe's cultural heritage that has withered with limited government and community support. I'm talking about the Redcliffe arts and crafts family, consisting of local artists and actors, musicians, sculptors and more.



WITH RICHARD LANCASTER

In 2002, a Council manager and I published the Redcliffe Cultural Directory 2002/3. It contained detailed cultural information and listed Redcliffe's Arts and Crafts groups, which numbered more than 80. This number has dwindled to less than 40. Those who have survived and the few new ones paint a sad picture of

lack of support.

So that you, the reader, can appreciate this sad picture, I am listing a few examples of how far some Redcliffe arts and crafters go to keep our community entertained from their own pockets.

Choral singers each pay over \$300 per year to retain a conductor and accompanist. That's before they pay for the hall hire.

A couple with children have sold their home and now rent, so they could afford to hire a hall, which they have named The Loft Gallery and Coffee House. This venue provides a performing facility for community concerts and exhibitions.

A crafts group has paid \$1000 to hire a hall to exhibit their locally-made pottery.

A performing musical and drama acting group, despite mounting debts, continues to pay high rent for a hall to train local performers.

An iconic dance company, which for the last 20 odd years have hosted an annual national dance competition that attracts more than 2000 adult and child dancers, has been denied a local funding grant to cover operating costs.

A qualified and award-winning art teacher earns less than the annual pension because she chooses to devote her life to giving both local adult and young artists a chance of becoming competent artists in the future.

Please support your local arts and crafts groups by attending their concerts, exhibitions and events and request your council and local businesses to further lend their support as well.

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