



Redbank Palms Residents Association Inc

REDBANK PALMS COMMUNITY NEWSLETTER FOR NOVEMBER 2025 .. E & OE

Due to often unforeseen circumstances, dates for functions etc shown on newsletters, are subject to change, often at short notice – if residents are on our newsletter email listing they will be notified ASAP, If not on that list then checking the notice boards at the hall is your best option.,

The next Residents meeting will be on Friday 5th December at the hall commencing at 3.30 pm. Please sign in

Just a reminder to everyone that as the weather is heating up, so are our roadways. Walk your furbies early in the morning or in the evening. If the road is too hot for you to stand on in bare feet – it is too hot for your little mate's paws as well.

There is still time to make a booking for our Tradie Deals for this month. Pest Control dates are the 24th and 25th November, and there are still some spots available for house washing, AC, Windows and Solar Panel cleans on the 11th and 12th November. If interested give Maureen a ring on 3812 9818 and book in now.

In response to the request from one of our residents in last month's newsletter, regarding poor phone reception, Sue H. kindly sent in this suggestion ... *have the people with the phone reception issues considered installation of Wi-Fi repeaters, or has anybody approached Hometown, re them installing external Wi-Fi Repeaters, throughout the community, as this will increase signal strength, in the areas with poor reception, another thing that could be raised, has anybody contacted Telstra regarding this issue, as they may have a service solution regarding the poor reception within the lower areas.*

Is this a widespread issue? If so, I am sure the residents committee can bring it to Hometowns attention. Let us know if it is an issue with you as well.

Your RPRA have obtained a new flag for our community courtesy of Hon. Milton Dick, our Federal Member for Oxley. The new video, TV, audio equipment has now been installed in the hall.

Our front gate opening and closing times will remain as they currently are during the week. Hometown vetoed the suggestion re extended opening times. Gates will be closed on weekends. External motion activated lighting will be installed at the hall to give better lighting for residents. The Dart Board at the Hall is now available for use since John kindly added some protection for the freshly painted walls behind it. The community fencing at the hall, and flyscreens are marked down for action in the 2026 Villa Budget.

Just a reminder to all the residents who can play or tinkle the ivories to kindly take some time out to play the piano in the Community Hall so that it can be kept in good working order. Don't be shy, maybe those that are fortunate to be able play might like to play for their fellow residents? It would be lovely to have more residents using this lovely piano – channel your inner Liberace.

If a resident needs to call Emergency services as in Police/Fire/Ambulance out of gate closing times, make sure that you give the gate code details to the person taking the call, to enable the emergency responders to access the Village - DO NOT PRESUME that they have it on file....because if an 'out of area' team responds to your emergency you can pretty well guarantee that they will not have the access code. Minutes saved equates to lives saved. Don't forget there are portable defib units in the hall and the bowls club.

A big thank you to Sharon and her helper's who installed the solar lighting in car park areas at the Hall

Commencing from this month, for a trial period, the RPRA is looking at producing our newsletter on a bi-monthly basis, with a monthly newsflash page issued on the off month. One of the benefits of being on the

Newsletter email list is that you get notification of events far earlier than those relying on a printed copy of the newsletter. By supplying your residents committee with your email details, you can guarantee you will receive newsletters, important updates etc etc as soon as they have them to hand. Email addresses are not shared. Likewise, an internal resident's directory of phone numbers only is available by email. Let Maureen know if you would like an electronic copy emailed to you. Our RPR Secretary David has just updated it. Our last update was in March 2025. Don't forget if you change your phone numbers to let your committee people know as well. Get into the habit of making our website your first port of call when sourcing information about our community - <https://rprared.wixsite.com/website>

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David	RPR Secretary	3814 2095	rpra.redbank@gmail.com



UNLOCKING HOME CARE SUPPORT – WHAT YOU NEED TO KNOW – WHY YOU NEED TO HAVE AN ASSESSMENT TO OBTAIN A HOME CARE PACKAGE Don't fail the aged care assessment ..

<https://community.villagelocal.com.au/feed>

Thousands of older people across Australia have gone through the process of requesting home care support services and were not approved for the level of support they need. This is known as being "under-assessed"...and it is extremely common. The main for being under-assessed is that the person requesting support hasn't been able to explain the challenges they are facing and the difficulty of their situation in a way the aged care department needs to hear. This video shows you exactly how to describe your situation to the aged care department and the words to use when requesting the home support services you need to continue living independently and well at home. <https://www.youtube.com/watch?v=oNhmd8i5jag>

From **1 November**, major changes to aged care will mean that pensioners as well as partially and fully self-funded retirees will be required to **co-contribute** to the services they receive under a Home Care Package (Department of Health and Aged Care, 2024).

Here's something many people don't realise: **if you genuinely can't afford the fees, you may be able to apply for financial hardship assistance. On the Centrelink page navigate to the Aged care claim for financial hardship assistance (SA462)**

Hardship provisions are designed for people who genuinely cannot afford their aged care fees and would otherwise go without services. Some assets can be disregarded, such as your main car (if used for essential transport) or pre-paid funeral plans.

You may be eligible if:

- Your assets are below **\$44,811** (excluding certain "unrealised assets")
- You have not gifted more than **\$10,000** in the past 12 months or **\$30,000** in the past 5 years
- You have completed an income and assets assessment through Services Australia

Applying for hardship can be **daunting** — but it can mean the difference between keeping your services or going without. By preparing your documents carefully and explaining why you cannot sell or borrow against your home, you give yourself the **best chance of success**.



JFK once said, 'ask not what your country can do for you – ask what you can do for your country'. A now famous quote that has reverberated around the world for over 60 years and still holds good today – and exactly what, in so many cases, gives communities like ours their sense of being, and helps to make them a pleasant place in which to live.

From the good neighbour who puts out your rubbish bin, who mind your 'furbie' when you are in hospital, drives you to a specialist appointment when you can't do it yourself, picks up some groceries, changes a light bulb or a tap washer, drives the 'village' bus for residents, keeps our library books in order, puts the newsletters and notices into mailboxes, picks up a newspaper for you or your mail, serves on a committee, helps out at social functions etc etc All everyday little jobs, that don't take a lot of time or effort but help to

grease the wheels for all of us who live here. To those people in our Redbank Palms Community – the 'doers' versus the 'whingers'. Thank you. Give yourselves a pat on the back and know that you do make a difference, that benefits us all, and it is appreciated.

Our thanks to Lance McCallum and to his staff for their generous assistance in the printing of this newsletter. Lance is our local member for Bundamba, Labor member of the Queensland Legislative Assembly and a great supporter of our Village community. Lance has a proud history of fighting for a fair go for his community and working people. He can be contacted at his Electorate Office at

Shop 39, St Ives Shopping Centre, 2 Smiths Road, Goodna QLD 4300

Phone - (07) 3447 9100 Email - Bundamba@parliament.qld.gov.au



VALE – Ken Bywater

VALE - Paul Baker

Our sympathy to Julie Bywater and to Teresa Baker, and to all their family and friends. We were saddened to hear of Kenneth and Pauls passing from our community in October.

The loss of a spouse is a profound loss, and we cannot imagine your grief. Losses aren't meant to be endured alone, so know that we are here for you.

We are holding you close in our thoughts. Please know that you are surrounded by your community who will help wherever they can at this difficult time. Let us know what help you need.

Don't forget to check for any last-minute updates on our Community Notice Boards located in the Hall.

For those residents who have shared their email addresses with the Editor, email communication will be sent ASAP advising changes whenever possible.



Monday	Cards (Bowls Club)	4.30 pm .. <i>bring a plate to share</i>
Tuesday	Mixed Darts (Bowls Club)	9.15 am
Wednesday	Bowls - games start at	5.30 pm - now on the Summer timetable
<i>Place rubbish bins on front lawn</i>		
Thursday	Croquet	9.00am
	Dinner – (Grand Hall)	6.00pm .. <i>Check noticeboards for updates</i>
Friday	Bimonthly Residents Meet	3.30pm - <i>At the Hall - please sign in</i>
	Happy Hour at the Hall	5.30 pm
Saturday	Bowls – games start at	5.30 pm
Sunday	Trivia at the Hall -	2.00 pm <i>3rd Sunday– BYO Nibbles</i>

REMINDER – NO SMOKING OR VAPING INSIDE OR WITHIN 5 METRES OF A BUILDING
.....

Hairdresser News For our newer residents who are not yet in the know, Cynthia has won the Bundamba Small Business Award for 2 years running in 2023 and 2024. She also has a beautiful loyalty program in place that rewards her clients after just 3 visits – don't forget to ask for a card when you visit. On top of that Cyn always gives friendly service and a warm welcome – go check it out for yourselves. A great hairdresser is one part artist, one part therapist, and one part magician. Life isn't perfect, but your hair can be!

“Hello and Welcome,
For those who don't me, my name is Cynthia, and I am the hairdresser in the village. My salon, Cynful Hair, is located between the doctor and the reception office. I offer cuts, colours, blow-drys, perms, facial

waxing/tinting and more for both men and women.....Salon hours are Tuesday-Thursday 8:30am-4pm and Friday 8:30am-3pm.

For bookings, call (07) 3814 1111 or 0499 331 642, email cynfulhair@hotmail.com or message on social media at Cynful Hair (@cynfulhair.stylist) (Facebook, Instagram, Tiktok, Youtube)

For those who cannot make it to the salon, I can provide house calls for cuts and blow-drys only. I also offer lifts to and from the salon if necessary.

***Please Note:**

For the months of November and December 2025, I will also be opening Mondays 9am-3pm to ensure you are looking fabulous for Christmas and the New Year.



Were you aware that you get free roadside assistance 24/7 when driving on our toll roads, which operate in New South Wales, Victoria, and Queensland?

The next time you're weighing up whether to take a toll road, remember that the fee might include more than just a faster route, it could also include a safety net that's there when you need it most. Traffic Control Room operators detect incidents within seconds of them occurring, and incident response teams are on the scene within minutes. This rapid response is crucial for safety, particularly on high-speed motorways where a stranded vehicle poses significant risks.. The service covers all the basics you'd expect from premium roadside assistance:

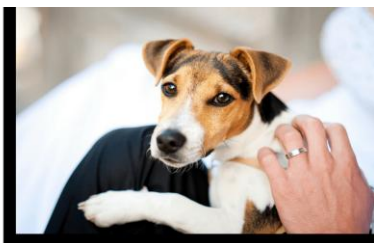
Free towing to the nearest safe location
Jump-starts and battery assistance
Accident response and traffic management

Tyre changes (if you have a roadworthy spare)
Emergency fuel (to reach the nearest service station)



General roadside assistance: 13 11 11
Road incident reporting: 131 170

Toll road customer service: 13 33 31



How to Find Care for Your Pet While Hospitalized

Most of us assume that we will outlive our pets. But what if you become ill or incapacitated and can no longer care for your pet? May I strongly suggest that residents with pets join the Golden Hearts Club, registering their furbies as Legacy Pets with AWLQ -Animal Welfare League Queensland.

Joining AWLQ's Legacy Pets Program is free of charge and will provide you with the peace of mind that if something ever happens to you, there is a secure plan in place for your pet's future. Whether that be short term accommodation or a permanent home, should you need to rehome them. It costs nothing at all to join and even has the additional benefit of a reduction on Vet fees if attending an AWQL Vet – our closest is at Tiger Street, West Ipswich.

If you can assist the AWQL with used towels, blankets, sheets they would be appreciated - they go through an awful lot of linen with the furbies - since naughty ones tend to rip them up.

GLAUCOMA - Symptoms and Treatments

90% of the time, the symptoms of Glaucoma are very subtle and can result in significant loss of vision before diagnosis. However, other symptoms are more easily identified, such as, headaches, watery eyes, blurred vision and more. More serious symptoms require immediate medical attention.

While there is no cure for Glaucoma vision loss, most people can manage their symptoms and prevent further blindness through the use of eye drops, surgery, oral medicines, and laser treatment. Some patients will require more than one method of treatment to reduce pressure In the eyes.

Glaucoma rates increase with age. As nerve damage is irreparable, and most vision loss is hard to notice, early detection through regular check-ups is critical.

Glaucoma is found in about 1 in 8 individuals over the age of 80 and is one of the most prevalent eye conditions found in the elderly population. However, as initial damage is to the peripheral field and most people are unaware of the symptoms of Glaucoma, estimates of up to 50% of individuals with Glaucoma are unaware of their condition. Among other risk factors, people at higher risk of glaucoma include the elderly, indigenous Australians, individuals with a family history of glaucoma, individuals who are extremely far or near sighted, or have experienced an eye injury or operation.

Free eye checks are available from your local optometrists now.



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VILLAGE BUS TIMETABLE FRIDAY PICK UP TIMES FOR REDBANK PLAZA ... (Will not apply to public holidays)

Pick up Points:

8.55 AM Car Wash Bay

9.00 AM Grand Hall

9.05 AM Bowls Club at side exit gate

Pick up for return journey:

11.30AM at Taxi Rank Redbank Plaza

If we have no volunteer drivers available, then the bus will not run – therefore the bus availability can change with little to no notice to residents.

COOKS CORNER ... Spanakopita Lasagna

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|---|--|
| • 2 teaspoons vegetable oil | 2 medium onions , chopped |
| • 550 gr frozen chopped spinach , thawed | 425 gr ricotta cheese |
| • 225 gr shredded mozzarella | $\frac{3}{4}$ cup skim milk |
| • 125 gr feta cheese , crumbled | 2 eggs , lightly beaten |
| • 3 cloves garlic , minced | $\frac{1}{2}$ teaspoon salt |
| • $\frac{1}{2}$ teaspoon pepper | $\frac{1}{4}$ teaspoon dried dill |
| • 9 no-boil lasagna noodles | 4 plum tomatoes , sliced |



DIRECTIONS

1. Preheat oven to 350°F. Spray a 9x13-inch baking dish with cooking spray.
2. Sauté onions in vegetable oil over medium heat until tender and translucent, about 10 minutes. Meanwhile, mix spinach, ricotta cheese, milk, feta, eggs, garlic, salt, pepper, and dill. When onions are ready, add them to this mixture.
3. Spread a thin layer of spinach mixture in the dish and then cover with three lasagna noodles. Spread another 1 1/2 cups over the noodles and then sprinkle with half of the mozzarella cheese.
4. Top with three more noodles. Spread another 1 1/2 cups spinach mixture on top and then place the final three lasagna noodles. Top the last three noodles with the remaining spinach mix, then tomato slices and mozzarella.
5. Cover with foil and bake for 30 minutes. Remove foil and bake an additional 15 minutes. Let stand for ten minutes before cutting.

Ipswich City Council provides a Free Plant Program each financial year to assist residents in developing a greener and more beautiful Ipswich. As an Ipswich resident you are entitled to 6 free plants every financial year. A driver licence or senior card showing current residential address will be accepted as proof of residency. Plants are available the **1st November** at Redbank Plains Recreational Reserve - Cedar Road, Redbank Plains



CROQUET



... Anyone interested in having a go would be very welcome, all the gear is provided and it's free. We start at 9.00am Thursdays in Summer, and 10.00am Thursdays in Winter. Anyone who needs more information, please phone Brian on 3814 1520. Anyone is welcome to set up for a game of croquet whenever they want to play. The mallets, hoops and balls are all in the locked box at the site and the key is tucked away on a magnetic catch underneath the box.

REDBANK PALMS DARTS CLUB

... We meet in the Bowls Club Tuesday mornings 9.15 a.m. for a cuppa and chat then at 9.45 a.m. the games commence. Some Darts are available for use for newcomers who do not have them. ALL ARE WELCOME for an enjoyable morning..... Cheers - Graham Swinburne.



SOCIAL CLUB NOTES

Well, the 30 or so attendees at our "build your own burger" night enjoyed themselves immensely. One long table was set up outside near the swimming pool and everybody mixed together well., meeting new people, and enjoying the fellowship.

Thanks to Murray, who did most of the cooking, and Marj and her helpers for the salads, etc. Thanks also to those who set up the tables. So, a good night all round.

So that leads us to November with another Thursday night dinner with pasta Bolognese on the menu. That's on 6th November so names on the board and \$10 to box 135 please. Reminder once again that we have Christmas dinner on Saturday, 6th December and Christmas carols on Sunday, 14th December. We hope to see you at these events. And remember - Next week is diarrhoea week- runs till Friday. Have fun... Barry

TRIVIA

.... Due to unforeseen circumstances the last months two trivia afternoons were cancelled at short notice, but it will be running again this month on Sunday 16th November, at 2.00 pm. So, get your game plan on, organize your mates to come along to join in the fun, and don't forget the nibbles – tea and coffee are available at the hall. Lots of laughs guaranteed and what do you have to lose????? Most teams run on caffeine and guesses so I very much doubt than anyone will be outclassed.



WATER AEROBICS

..... Marie will be starting up water aerobics classes to be held on Mondays from 3 pm at the Pool. All are welcome to come along and join in. Aqua aerobics are an ideal way for seniors to exercise and to help reduce their risk of falling. The low impact activity takes the pressure of bones, joints and muscles, and helps to work your heart muscles and more. This is a free activity where you can work to your own capacity.



RESIDENTS' ASSOCIATION The village has an Incorporated Residents' Association to consult with management. We have a good relationship with the owners and the managers and meet monthly (unless there is something urgent to discuss) where any problems can generally be ironed out. Resident meetings are held every 2 months on the 3rd Friday of the month at 3.30pm. All residents of the village can attend and speak at those meetings. However, only financial members can vote. We encourage you to become a financial member. The membership fee is only \$7 per year – about the cost of a cup of coffee these days.

HOW TO MANAGE RESIDENT COMPLAINTS The routine for handling complaints is to write to management. If you prefer, there is a resident complaint form in lieu of a letter. The process for raising resident concerns, in the first instance, is to book an appointment with the community manager to discuss the issue or to email the community manager detailing the problem. If a solution is not provided to you or proper feedback is not received in a timely manner, the Residents Association would be the place where you ask for advice and, if needed, assistance to follow the right path to resolution.

The POWER of community comes from shared experiences, collective support, and a sense of belonging that enables people to achieve more together than they could alone

STORM DAMAGE IN THE VILLAGE ...To all of the retired tradies and other residents who have been helping others out, along with our local SES crews, a big thank you ... great community spirit in action. You know who you are. Your help has been greatly appreciated. Well done.

These might be helpful – somewhere on the outside wall of your home there are a couple of plastic boxes which contain your NBN connections – identified by the coding stamped on them as IP556 (or similar I imagine) If these have been damaged by hail go online to **snapsendsolve.com** and report the damage and NBN will arrange to get it fixed. If you are offline due to damage, then phone 1800 687 626 especially if there is medical equipment that relies on the NBN connection. If your actual phone line is out of action you will need to contact your phone provider to get it sorted, eg Optus, TPG, Dodo etc

If you have broken skylights then Bryce Robertson at Southeast Skylights at Springfield will be able to assist you. Contact him at 0412276427. He does a good job, and his prices are reasonable for all skylight installations and repairs. Bear in mind everything now is in short supply due to the damage everywhere.

For free disposal of storm damaged green waste, residents can drop off - free of charge between 28/10 and 2/11/25 at 81 Riverview Road, Riverview. You must supply proof of residence such as a driver's licence.

For larger items call 3130 0412 to book a FLEXISKIP Bag which you can fill and leave outside your Villa, at least 4 meters clear of any obstructions, to be picked up by Council on the date your arranged.

Acceptable items include soft flooring, mattresses, electronic items, household appliances & furniture, carpets and rugs, wood products, palm fronds, timber, tiles

Book your collect now at: <https://service.handel.group/ipswich>

If you have any insurance claims take photos or videos to support your claims before you begin to cleanup the damage

