

REDBANK PALMS COMMUNITY NEWSLETTER

FOR JULY 2025 .. E & OE



Redbank Palms Residents Association Inc

Invitations to participate in our Seniors Expo have been sent to 30 companies/individuals. Planned for late August the time is flying by so quickly, that if you have any craft work, paintings, books, plants, woodwork, jams and pickles etc etc you intend to sell, then now is the time to get them together as we will have tables available for our own resident's handwork as well as our external exhibitors. Let your committee know if you will be requiring a display table.

Following on from last months newsletter ... There was insufficient interest shown by those residents who are not on the regular Village lawn mowing list for help with mowing, however several people enquired re general gardening, weeding and pruning of shrubs etc. For anyone who is interested Joe Pisani can be reached on 0423900 608. He is a local bloke from

Springfield and can assist with Complete Garden Maintenance, Clean ups, Hedging and pruning, Gutter Cleans and rubbish removals.

A big thank you to David Morgan for the time and trouble he has taken in applying for a grant, purchasing a new TV and getting the Starlink Connection organized at the hall on behalf of your Residents Committee, for all residents to enjoy. You will soon be able to appreciate the wonders of having a 'huge' TV screen in the hall with the ability to view live to air programmes such as State of Origin, Melbourne Cup, Christmas Carols in the Domain, Andre Rieu concerts, Bathurst Motor Racing etc as well as being able to view our movies of choice. It will also enable us to have video conferencing with other Hometown Villages with minimal delays in data transmission thanks to internet speeds of up to 220 Mbps. The monthly charge of \$125 will be partially subsidised by Hometown the balance paid by Redbank Palms committees.

We are still seeking donations of items suitable for our Christmas in July raffles. This is the one and only big fund-raising event that the Resident's Association holds each year, and the large number of raffle prizes usually sees a lot of very happy residents going home with some goodies under their arm. Please help out with this one folk. Donations can be left with Keith at Villa 52, John at Villa 93, Graham at Villa 154 ... leave items in the marked boxes on the verandahs ... This event is planned for 19th July.

A free of charge check by QFES can help you identify fire and safety hazards. It takes about 45 minutes and can be booked by calling 13 7468 or by completing the online booking form. Book online at www.qfes.qld.gov.au Firefighters will advise you on correct positioning of smoke alarms and discuss fire safety concerns. The Queensland Firefighters from Camira and their big red truck are regular exhibitors at our Seniors Expo and always have heaps of information brochures available.



Scammers are getting more sophisticated, and their latest trick is to spread misinformation online. Recently, a series of social media posts have claimed that Age Pension recipients must submit updated personal, identity, or financial documents by a specific deadline. If recipients do not comply in time, Centrelink payments will be suspended or cancelled. Some of these warnings also claim that you could face fines or debt if you don't act fast.

Here are some red flags everyone should watch out for:

- Unsolicited messages: If you get an email, text, or social media message out of the blue, especially one that's urgent or threatening, be suspicious.
- Requests for personal info: Centrelink and Services Australia will never ask you to provide sensitive information via email, text, or unofficial websites.
- Strange web addresses: Always check the website address. Official government sites end in .gov.au.
- Poor spelling and grammar: Many scam messages are riddled with spelling and grammatical errors.
- Pressure to act quickly: Scammers want you to panic and act without thinking.

If Centrelink or Services Australia needs more information from you, they will contact you through their official channels via myGov or by a physical letter.

****Extra Tips for Staying Safe**** ... - Never share your full credit card number, PIN, or passwords over the phone. - Be wary of unsolicited calls, even if they seem to know your details.- Regularly check your bank statements for unfamiliar transactions.- Use strong, unique passwords for your online accounts.- Consider setting up two-factor authentication where possible.

To ensure continued Rent Assistance you need to report the change in rent amount within 14 days through your Centrelink account linked to myGov, or by phone. Be prepared to submit the advice regarding rent increases, which our Village manager issues. Rent assistance is updated on the 20th of March and September each year. Rent assistance is available for those paying rent in a private market (Residents here are eligible as we pay ground rent each fortnight in our Over 55's Village). Eligibility depends on receiving certain Centrelink benefits and meeting specific criteria. More details are available on the Services Australia website.

<https://www.servicesaustralia.gov.au/who-can-get-rent-assistance?context=22206>

An alarming investigation by Animal Justice Party & Collective Fashion Justice has revealed that clothing containing *cat fur* is still being sold in Australia — despite supposed bans. Imported garments labelled as faux fur have been found to contain real fur from animals like raccoon, dogs and cats, sourced from cruel overseas fur farms. This shocking discovery exposes massive gaps in enforcement and regulation. It's time Australia took a real stand, and it starts with us being vigilant about what we buy. That cozy, pretty fur trimmed garment may well have come at the sacrifice of another living being. Money talks and voting with our pockets by refusing to purchase such items, speaks volumes.

National Australia Bank (NAB) recently trimmed the interest rate on its popular Reward Saver account, marking a double whammy for customers.

What happened, and how can customers make sure that their savings are still working hard for them?

NAB reduced the maximum interest rate on its Reward Saver account by 0.05 per cent, bringing it down to 4.35 per cent. According to financial comparison platform Canstar, banks like ING and Rabobank have also been trimming their rates, with some slashing even more than the Reserve Bank of Australia's (RBA) own cash rate cuts.

- For those who prefer the certainty of a fixed rate, term deposits have also been an option. However, more than 50 banks have cut at least one term deposit rate in the past month, including the Big Four major banks.

According to Canstar, term deposit rates are falling even faster than at-call savings rates. With rates on the slide, it's essential to check options when it comes to banks and savings accounts. Term deposit rates are also dropping, with over 50 banks reducing rates in the last month as they anticipate more cash rate cuts.

It's also a good time to review your overall savings strategy, so sit down with a trusted financial expert to see your options.

COOKS CORNER SWEET AND TANGY SALMON WITH BEANS



Ingredients

- 4 salmon fillets fresh or frozen - around 150g each
- 1 tablespoon butter
- 2 tablespoons brown sugar
- 2 tablespoons low salt soy sauce
- 2 tablespoons Dijon mustard
- 1 tablespoon olive oil
- 1/2 teaspoon pepper
- 1/8 teaspoon salt
- 800g fresh green beans, trimmed

Directions

1. Preheat oven to 190°C / 170°C fan forced. Place fillets in a baking pan coated with cooking spray. In a small skillet, melt butter; stir in brown sugar, soy sauce, mustard, oil, pepper and salt. Brush half of the mixture over the salmon.
2. Place green beans in a large bowl; drizzle with remaining brown sugar mixture and toss to coat. Arrange green beans around fillets. Roast until fish just begins to flake easily with a fork and green beans are crisp-tender, 14-16 minutes.

QUICK & EASY PIZZA DOUGH.

Ingredients:

1.5 cups self-raising flour (I use plain flour + 3 tsp baking powder)
1 cup plain Greek Yoghurt (I use full-fat)
Cooking spray or baking paper

Method:

1. Mix the flour and yoghurt in a bowl, using a spoon.
2. Dust a clean bench top or pastry mat with flour.
3. Tip the dough from the bowl onto the bench/pastry mat. Knead the dough until it is rollable and no longer sticky. To make this work, sprinkle over a bit more flour if the dough is sticky or add drops of water if the dough seems dry.
4. Roll out the dough to the desired thickness. Rectangular is fine and easier to shape than round. Either oil the tray or line it with baking paper. Lay the flattened dough onto the prepared tray. Top with your favourite pizza toppings. Bake at 230° for about 12-15 minutes. Just keep an eye on it; you might need longer. This meal serves 4.

IN SEASON IN JULY - MID WINTER – FRUIT & VEG Eating with the seasons means more money in your pocket and better tasting ingredients on your plate. So, here's what's in season this July:

Apples, custard apple, grapefruit, lemons, limes, mandarins, nashi, oranges, papaya, pineapple, pomelo, rhubarb, tangelo.

Asian greens, avocados, beetroot, broccoli, brussels sprouts, cabbage, carrot, cauliflower, celeriac, celery, fennel, garlic, ginger, horseradish, Jerusalem artichoke, kale, leeks, okra, olives, onions, parsnip, potato, pumpkin, shallot, silverbeet, spinach, swede, sweet potato, turnip.



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VILLAGE BUS TIMETABLE FRIDAY PICK UP TIMES FOR REDBANK PLAZA ... PLEASE NOTE CHANGES

(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

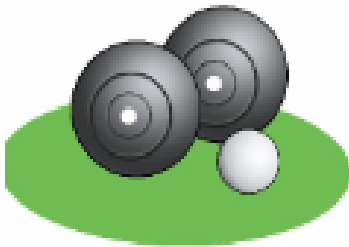
HANDY PHONE NUMBERS

Managers Office	07 2104 5044
Village Doctors Surgery	07 3814 5803
Village Hairdresser Cynthia	07 3814 1111
Ambulance, Fire, Police	000
Ipswich Hospital	07 3810 1111
Taxi Yellow	131 924
Plumber Steve	0418 193 957
Electrician Justin	0411 969 479
Kruger Village Pharmacy	07 38144244

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.



BOWLS CLUB NEWSLETTER ..



Welcome everyone, it's been a quiet month so there's not much to report. Still waiting on people to return from holidays to finalise the Triple Games. This should only take one day to complete, so it's not a big deal. The pairs teams have been drawn and the first game has been played, so they are up and running.

We are planning on holding a Bare Foot Bowls day for the whole village, we haven't a date yet, but possibly in August, and we'll let everyone in good time, so keep your eyes on the notice board.

That's all from me, keep smiling.

Marie Ritchie - Secretary 3463 9945

REDBANK PALMS DARTS CLUB ... We meet in the Bowls Club Tuesday mornings 9.15 a.m. 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

Wow! July Already. So it's time for one of our main events for the year on Saturday, 19 July- that's Christmas in July or as it should read Christmas Dinner in July because that's what it is. A nice hot meal in the cold months and leave our hot Christmas for prawns and salad etc.

Now thanks to the efforts of Dave Siffleet -who is cooking the meats for us and Marie and her helpers who are doing the vegetables, we will be able to give you a traditional hot Christmas dinner with all the trimmings. So, make the effort and attend. We usually get close to 100 for this night, and of course there's the monster raffle run by the Resident's Committee where you might go home with a nice "Christmas present". So we are looking for your support with this raffle. Our June Thursday night dinner was great- a good chance to catch up with everybody and have a chat and what a wonderful day it was for our bus trip to Broadbeach to watch the Australian championship bowls. Planning ahead for your calendar, on Sunday, 10 August we will have the Sparklers Dance Group performing for us -starting at 2 pm with a free afternoon tea. The Residents' Committee will be organising an information Expo on Tuesday, 19 August.

September will be a quiet month for us with nothing officially organised. A good spell for all the hard workers

Then on 13th of October there will be a dinner dance with a "Black and White" theme. That should be easy for us to achieve. On Sunday, 26 October at 2 pm there will be a fashion parade. More details later, but here's a chance to buy your new summer dress.

We're all looking forward to seeing the results of the freshly painted hall.

Hoping to see you at some of our functions Marie (president) and Barry (secretary)



TRIVIA - our Trivia game welcomes new players. It is all light-hearted fun, the competition is fierce and the questions are not too scary. So why not come on over on Sunday and join the fun

Next trivia game - Sunday 20th July at 2 pm - **BYO Nibbles & drinks**

See you all there.....Cheers Agnes

To all the recent newcomers to our Village community, we bid you a big welcome. Hope you are all settling in and enjoying life here at Redbank Palms.

For any information you may require we have our own webpage, which will help keep you up to date with what is going on as well as supplying you with info you perhaps weren't aware of. It contains copies of our newsletters, our Welcome booklet, details on where you can obtain assistance, both here in the Village and with local tradies, community groups etc. It also has details on the current legislation pertaining to Over 50's Lifestyle Villages and relevant forms that you may require.

You can find it all here - <https://rprared.wixsite.com/website>



Our thanks to Lance McCallum our local member for Bundamba, Labor member of the Queensland Legislative Assembly and to his staff for their generous assistance in the printing of this newsletter.



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

Don't forget to check on our Community Notice boards as well for any last-minute updates.



Monday	Social singing group (Grand Hall)	9.30 am
	Cards (Bowls Club)	4.30 pm
	<i>bring a plate to share/ drinks can be purchased.</i>	
Tuesday	Mixed Darts (Bowls Club)	9.15 am
Wednesday	Songs of Praise (Grand Hall)	9.30 am
	<i>1st & 3rd Wednesday of the month</i>	
	Bowls games start at	5.30 pm
	<i>Place rubbish bins on front lawn</i>	
Thursday	Croquet	9.00am
	Community Dinner – (Grand Hall)	6.00pm
	<i>check notice Board for date</i>	
Friday	Bimonthly Residents Meeting	4.00pm
	<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 of every month - BYO Nibbles & drinks</i>	