

The Community Leader

ISSN 2652-8738

YOUR LOCAL MONTHLY NEWSLETTER

ISSUE 9

GET YOUR GAME ON!

February may be the shortest month of the year, but it's also one of the busiest.

Florists are looking forward to a bumper Valentine's Day, restaurants are reporting steady bookings, and tradies are busy keeping our homes beautiful inside and out.

As kids head back to school and settle into new routines, their focus turns to kicking goals – academically, socially, and in extra-curricular activities.

Weekends are punctuated by events in the community, and our iconic Wynnum Manly Seagulls are kicking off their pre-season testing their skills against the Brisbane Broncos this month.

An exciting year of footy is on the cards for Wynnum Manly Seagulls' junior and senior teams, and whether you play the game or watch from the sideline, it's fun to be involved. Check out page 21 for some fresh footy news.



Seagulls players Brax Bachmann, Jayden Berrell and Isiah Scanlan are ready for a big year of rugby league.

Dedicated community mentors are standing by to nurture talent on the sporting field and on the stage, and no matter how young or old you are, it's never too late to learn a new skill or forge new friendships.

Make 2021 the year you find your passion. Join a theatre group, learn to dance or sing, go sailing, or just turn up to support a local sporting team. There's a deep pool of activities available on your doorstep, so dive in!

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CHEERS TO ANOTHER YEAR OF EVENTS AT THE MANLY

It's time to raise a glass to a bevy of sparkling events on the calendar at The Manly Hotel in 2021.

Champagne lovers will revel in an evening of bubbly fun at the Veuve Clicquot Masterclass on Thursday February 25. Guests will spend the night sampling some of the most sought after super premium wines from Veuve Clicquot.

Five wines will be complemented by suitably matched personal tasting platters. Guests can also take advantage of exclusive discounts on the featured wines, with lucky prize draws held at the end of the night.

"Our guests will experience five premium wines from Veuve Clicquot, with some fantastic prizes to give away, a heap of laughs and a great night out," said Manly Hotel's Functions Co-ordinator Melinda Pugh.

"Our last wine tasting event, the Mumm Masterclass, was a sell-out. Guests can't wait for our next event and with only limited tickets available, don't miss out."

The hotel also holds weekly events such as karaoke every second Thursday, and over 18 hours of live music on weekends.

At the heart of the hotel is an experienced and friendly team, standing by to make your next function or night out a success.

"Our experienced team strives to provide the most enjoyable experience possible. We cater for anything from celebratory events like birthdays and anniversaries, business meetings, corporate workshops, wakes and more," said Ms Pugh.



Since 1955 The Manly Hotel has been the social epicentre of Manly Harbour Village, serving up good times, cold drinks, quality pub meals and cracking live entertainment.

"The hotel has always been about providing the bayside community with a place to enjoy a drink with friends, have a great meal, and experience some fantastic entertainment and events we put together," said hotelier Sandy McDonald.

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PETER CUMMING'S LOCAL AREA UPDATE

COUNCILLOR FOR WYNNUM MANLY WARD



GRANTS

Due to the recently cancelled Australia Day event, there are additional funds available for the community this financial year. This includes all Wynnum Manly Ward based incorporated community groups, not for profit organisations including kindergartens, P&C and P&F Associations, sporting clubs and services clubs that are incorporated.

If your organisation is considering an event, activity or fundraising, and holding this event before 30 June 2021 plus it is open to the community, please contact me to assist with sponsorship.

If your organisation is seeking new equipment to help improve your group or seeking a small upgrade or repair works, please contact me.

You must be located in and operate out of the Wynnum Manly Ward area.

If you are not sure if you meet the criteria please email me your proposal and estimated costs or quotes for assistance to wynnummanly.ward@bcc.qld.gov.au

POP-UP LIBRARY

Did you know the Wynnum Library take their kids section down to the Wynnum Wading Pool Park twice a month?

Pop-up Libraries bring the books alive in a park. The next sessions are Wednesday 10 and 24 February from 9.30am to 11.30am.

At the Pop-up Library you can:

- Read books, magazines and newspapers while relaxing in comfortable seating;
- Browse library collections and borrow items to take home, including children's picture books, adult fiction and FastBack titles;
- Enjoy library programs including children's storytime sessions, craft, games, basic coding and robotics workshops.

The Pop-up Library will be at Wynnum Wading Pool Park on the second and fourth Wednesday of the month, where library staff host interactive First 5 Forever children's storytime sessions for children and their parents or carers to enjoy.

Each session presents a fun, educational and interactive way of learning rhymes and songs that you and your child can take home to enjoy together. These sessions also include practical tips on how you can support your child's language and literacy skills from birth.

Membership with Council's Library Service is free. Simply visit the Pop-up Library or Wynnum Library in Florence Street with your ID and sign up.

PETITION

Council is considering the removal of carparking spaces from the front of the old IGA Building in Bay Terrace, Wynnum. The frontage is near Charlotte Street. There are some concerns about this loss of car parking in Wynnum and a petition has been started. If you would like to oppose the removal of these parking bays, please go to <https://www.epetitions.brisbane.qld.gov.au/> or hard copies are available to sign in my office.

I think the spaces are incredibly important for the viability of Pierre's, Kebab Zone and Absolute Thai. What do you think?



Wynnum Manly Ward Office
3a/212 Bay Terrace (Cnr of Pine Street)
Wynnum Qld 4178

Office hours: 8.30am-4.30pm, Monday-Friday
Phone: 07 3403 2180
Email: wynnummanly.ward@bcc.qld.gov.au

MAGGIE'S MATES

SPONSORED BY MARKET 2 MARKET **20 YEARS**



Name: Harley.
Suburb: Wynnum.
How long have you lived there? I've lived in Wynnum for two years.
Favourite local walk? I enjoy a walk along the esplanade at 4pm.
Your most treasured toy? It would have to be my 'chewy' toy!
Your favourite food? Definitely chicken.
Your worst habit? Barking loudly when the doorbell rings.

Your favourite local hangout? My home.
Your best doggo friend? Jackson.
Any funny or embarrassing stories you'd like to share? I love to dress up as a pumpkin for Halloween.
What do people love most about you? I'm always happy to see anyone who visits me.

Name: Ceza.
Suburb: Manly West.
How long have you lived there? Two years (that's 14 in cat years).
Favourite local walk? Along the easement fence line.
Your most treasured toy? I'm too mature and clever to have one of those!
Your favourite food? BBQ chicken from SPAR supermarket.

Your worst habit? Biting my big sister's back legs. She snarls at me.
Your favourite local hangout? The easement fence post.
Your best catty friend? My sister Mika when she is in the mood!
Any funny or embarrassing stories you'd like to share? I was hit by a car a few years back and lost out, so I walk with a limp now.
What do people love most about you? My perrrrfect perrrrsonality.



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MISS MAGGIE OF MANLY



TOP TIPS FOR WEIGHT LOSS IN PETS

BY DR NICKY THOMAS, WYNNUM MANLY VETERINARY HOSPITAL

The festive season often sees everyone indulging a little more than usual. This can lead to excess weight gain – in our pets too! Obesity in pets can lead to a number of health issues including heart disease, diabetes and arthritis.

Weight loss in dogs and cats requires a combination of diet and exercise, just the same as in people.

Here are some tips to help your furry friends regain their ideal body condition.

- Carefully monitor your pet's food intake. The occasional treat does not hurt but constantly giving tidbits during the day can really add up.
- If you are using treats as rewards when training your pet make sure that you reduce the amount of food you are giving in their regular meal.
- Look for healthy treats. There are a number of ready-made treats available which have low fat and calorie contents. Try veggies as a reward – some dogs will happily chomp on a carrot!
- Make time every day to exercise your pet. For cats as little as 10 to 15 minutes of interactive play such as chasing a laser pointer or pouncing on a fishing line type toy can help move those excess kilos. Regular walks or swimming are good if they enjoy it, and both are great ways to exercise your dog (and you get the added benefit of being able to enjoy the beautiful walkways in our area).
- Visit your vet to make sure that your pet has no medical issues which may be contributing to weight gain. Conditions such as hypothyroidism and hyperadrenocorticism (Cushing's disease) can lead to unexplained weight gain. Your vet can diagnose these with blood tests.

**Wynnum Manly
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Wynnum, QLD, 4178



Mon to Fri: 8am - 7pm
Sat: 8am - 12pm
Sun: 8am - 11am

LOCAL PERSONALITY PROFILES



Name: Brenda Ryan.

Suburb: I live and run my business in Wynnum.

What's your business? Vibrant Business. We educate and empower small business owners to develop a business that provides them the freedom they desire by helping them understand their numbers, their ideal client, and the actions they need to take to make it happen.

Do you have any fun/interesting stories about your job? I'm not sure if it is fun, but it was satisfying to help business owners navigate their way through

2020 and assist with them obtaining Government COVID funding.

What's your favourite local dine-in and take-away? Oh soo hard to choose! I love Cedar & Pine and can't go past a poke bowl at the new Mr Hibachi's restaurant.

Best local activity? I feel so privileged to live so close to the esplanade so I love spending time walking along there.

The last book you read? *Positive Intelligence* by Shirzad Chamine. Like many others, 2020 took a huge

toll on my mental health, and this book (and program) helps you to build those positive brain muscles!

The last tv show or movie you watched? I'm currently watching *Schitt's Creek* on Netflix, it is hilarious but I also loved *The Queen's Gambit*.

Is there anything you'd like to see happen in the local area? There is already a feel of new vibes in Wynnum and it's wonderful to see. Being part of the steering committee of the new Wynnum Commerce I am looking forward to working with the community to make Wynnum an awesome place to work and play.

Name: Lynn Norris.

Suburb: Manly West/Wynnum.

What's your business? I am one of the reception staff at the Wynnum Manly Leagues Club, and I have worked at the club for approximately 24 years.

Do you have any fun/interesting stories about your job? As the club is the home of the mighty Wynnum Seagulls, and working at front of house, I've been lucky enough to meet some of the past great players of Wynnum, as well as many Queensland and NRL players. To mention a few: Lionel Morgan, Paul Green, Chris Mckenna, Graham Murray, Craig Greenhill, Mel Meninga, Darren Lockyer, Steve Renouf, Alfie Langer, Kevin Walters and one of my favourites, Jonathon Thurston.

What's your favourite local dine-in and take-away? With my choice of local dining, I am very biased, but I do not think you can go past dining at the Wynnum Manly Leagues Club. Over the years our reputation for great food has had its ups and downs

(as most places do). However, we now have a choice of the Grill where you can get great steaks, pork ribs and chicken schnitzels, and our brand-new Café where you can get great coffee and enjoy something from our delicious Italian restaurant menu.

Best local activity? I love the whole esplanade from Wynnum to Lota. It is a great place to walk, run and exercise, especially in the mornings.

The last book you read? I enjoy reading but as I am always on the go, I usually wait until I'm on holidays to relax and enjoy a book.

The last tv show or movie you watched? I do not watch a lot of TV, mostly since my husband usually has the remote control and he only watches action movies. I have seen the start of many movies but the end of only a few!

Is there anything you'd like to see happen in the local area? I would love to see more interaction between the Bay

Terrace business areas and the esplanade. Some type of timetabled shuttle service that takes people along the esplanade as well as up into the dining precinct of both Wynnum and Manly.

Is there a local business/ community group/club you'd like to give

a shout-out to? Of course, I'm going to say Wynnum Manly Leagues Club. If I did not genuinely believe that it is a really great place to go, then I would not still be working there. It has everything – gaming, dining, TAB, and in the winter, the footy.



WILLIAM GUNN JETTY, MANLY

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A FOODIE'S GUIDE TO MANLY

CONTRIBUTED BY MANLY HARBOUR VILLAGE CHAMBER OF COMMERCE

Manly Harbour's thriving dining precinct is one of Greater Brisbane's best kept secrets – but we would be 'shellfish' to keep it that way!

Just a short drive away from the crowded and often expensive eateries of Brisbane, a growing Bayside foodie scene is delighting locals and tourists alike with mouth-watering dining options.

With fresh seafood and local produce in abundance, food lovers are spoiled for choice. Take in the marina view at Tide on the Jetty while you tuck into a chilled local seafood taste plate, and you will begin to get a taste for what makes this destination so special.

"It's a really close community – it's always great to see locals getting out and supporting local businesses," says SeaVibes Manly owner Jonathan York. "We are in a great location just opposite the marina, with incredible views and takeaway options too."

For a fresh take on the breakfast classic, try the popular smoked cod eggs benny at SeaVibes, or order takeaway fish tacos and migrate to the water's edge instead.

If seafood isn't for you, there are plenty more gourmet flavours from around the world on the high street Cambridge Parade – don't go past Lido Italia for authentic Italian pizza and pasta, the exotic flavours of Thai Boat, or the fresh French butter croissants at Le Bistro Patisserie. Cambridge Lane Espresso + Kitchen and Manly Kitchen are local brunch and coffee favourites.

Prefer to be your own chef? For all your fresh food essentials, visit The Local Butcher, Manly Baker & IGA Manly (Jones & Co Grocer) located in the 7 Day Markets Shopping Centre, corner of Cambridge Parade and Stratton Terrace.

Whatever your flavour, there's something to please everyone in Manly Harbour Village.

For more information download **A Taste of Manly Guide** from www.manlyharbourvillage.com. Ensure you follow current COVID requirements when dining as directed by QLD Government.



The team at Tide on the Jetty. Photo: Supplied.

COMMUNITY LEGAL CENTRE HELPS THOSE IN NEED

BY DANIELLE DICK

Even though the world may be in lockdown, life goes on and people can find themselves in situations where they need legal support.

The Bayside Community Legal Centre (BCLS) located at the Wynnum Community Centre is a valuable support service available for locals needing legal assistance.

The BCLS is a generalist legal practice that provides free frontline legal help to the Bayside community. Their mission is to maximise access to professional legal advice and assistance on behalf of persons who would otherwise be unable to access such advice or assistance.

The BCLS legal services are applied across a broad spectrum of legal issues and problems, such as

debt, family, child support, domestic violence, consumer, tenancy, crime, employment, Queensland Civil and Administrative Tribunal (QCAT) applications and driving offences. The BCLS also provide a mediation service.

Having noticed an increase in family law matters and other personal legal matters during the Covid-19 pandemic, particularly to those most vulnerable, DBL Solicitors reached out to the Bayside Community Legal Services to offer their support and time as volunteers to ensure that those from all walks of life get access to justice.

To make an appointment with the BCLS call (07) 3162 3282.



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BEGINNERS BRIDGE LESSONS HOSTED BY WYNNUM BRIDGE CLUB

BY CLIFFORD GIBBARDS



The Wynnum Manly Bridge Club is holding structured bridge lessons for beginners at the Municipal Hall on Thursday afternoons.

Lessons are designed to be ongoing, with the goal of teaching players the necessary skills to become part of the Wynnum Manly bridge community.

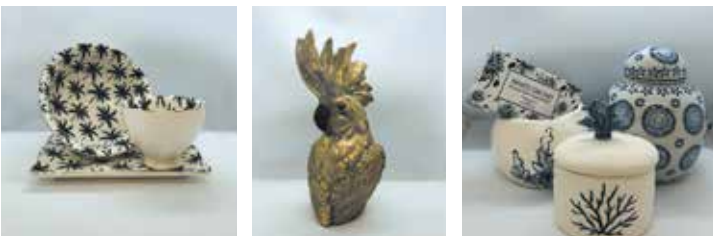
The basic beginners course includes six sessions of instruction and card play which will then progress to supervised card play. Bridge is a popular card game played all over the world, and one that challenges card enthusiasts with its complexities.

If you're interested in learning to play bridge, email wynnummanlybridgeclubinc@hotmail.com with your contact details and further information will be forwarded to you.

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COMMUNITY PROFILE: PETE'S PANTRY

BY THE REV'D DONNA PETERSEN

Pete's Pantry is an initiative of St Peter's Anglican Church Wynnum. At St Peter's we follow the gospel. Jesus said, "If you wish to be perfect, go, sell what you possess give it to the poor....then come, follow me." (*Matt 19:21*).

We take this directive seriously. So seriously in fact, that we believe it is our God-given duty to feed the poor within our community. So Pete's Pantry was born in early 2020 and we are proud to now be the driving force behind St Pete's Community Hub, operating every Monday from 8.30am to 11am.

How do we do this? Determination mostly, and by recognising that 90% of all donations come from our parishioners. Our Monday mornings begin at 8.30am, when St Pete's Community Hub offers a free continental breakfast, joined by Rosie's Street Van, and the Footprints Shower/Laundry Bus.

Hair Aid do free haircuts every four to six weeks, and hopefully in 2021 some of our partner providers offering free counselling will be back, namely Centrelink, Silky Oaks, QHinN and Housing Commission.

If you need help, visit us on the days listed. If you'd like to give help, please contact us via our website at www.stpeterswynnum.org.



DOLPHIN STUDIO CHOIRS SPREAD JOY AND FRIENDSHIP THROUGH MUSIC

BY DEB THOMAS, CHOIR DIRECTOR

Sharing music with the community is the foundation of Dolphin Studio's Choirs.

Dolphin Studio has two community choirs, The Dolphin Studio Choir for adults, and The Bayside Children's Choir for children aged from eight to 16 years.

A community choir is about more than just singing beautiful music. Choir members become great friends; the adults share home produce, garden tips, and help each other in many ways. The children have sleep-overs and meet children from other schools and different grades.

Last year, Covid-19 restrictions presented some real challenges. During the lockdown, the choir continued to meet via Zoom. Though it was difficult to sing together because of lag issues, the choir members felt checking on each other was important.

Once restrictions allowed, the choirs rehearsed on the driveway. Both choirs united in December to bring some Christmas cheer through carolling.

We really felt how happy and appreciative people were to see us at the nursing homes and other events after such a difficult year. We like to see our community choirs as just that – a community in itself and part of the community.

If you would like to join either the Dolphin Studio Choir or The Bayside Children's Choir please contact Deb Thomas on 0411 430 658.



The Community Leader

YOUR **NEW** LOCAL MONTHLY NEWSLETTER

DELIVERED
TO LOCAL HOMES
AND BUSINESSES

The Community Leader is a monthly publication, home-delivered to Wynnum, Manly and Lota areas. Please note that if your home has a 'no junk mail' or 'Australia Post Only' label, then we are unable to deliver the newsletter to you. However, copies will be available around the local area for you to read.

Any submissions can be emailed to sales@market2market.com.au for consideration.



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4178	WYNNUM	4,221
4178	WYNNUM WEST	4,124
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MARCH BOOKINGS

- Community editorial 15th of February
- Advertising cut off 14th of February
- Distribution 24th of February (shopping centres) and the 1st of March into homes
- Bookings are for a minimum of 3 months and space is limited
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- **Advertising 0421 786 302**

THE BONNER UPDATE

ROSS VASTA MP FEDERAL MEMBER FOR BONNER



WELCOME BACK TO SCHOOL

I would like to wish all of Bonner's students good luck as they head back to school, or perhaps have just started their first year at primary school or high school.

It's such an exciting time and an opportunity to make new friends, catch up with old ones and enjoy your learning.

For some students however, the first day of school, or returning to school can be daunting. It's important to look after yourself and your mental health, and know when to seek support to help you through difficult times.

Sometimes all it takes is an open chat with family or friends. There are also some great resources out there to support you and provide help. Visit <https://headspace.org.au/> or you can contact Kids Helpline on 1800 551 800. Below I have listed some other great support organisations and contacts.

It is important that everyone knows they are not alone and there is help available



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ONLINE HELP AVAILABLE

headtohealth.gov.au

This page has been set up to provide trusted information during this pandemic. It provides facts, tips and information on how to access mental health services.

mindsport.org.au

This page has the latest mental health and wellbeing advice and tips – including for frontline workers and health professionals.

There are many more services available – more details at www.headtohealth.gov.au

COMPETITION TIME

If you would like to win a gift voucher from School and Office Supplies (SOS) at Wynnum, send in your back to school photo for the chance to win.

Send your photos via my Facebook page or email ross.vasta.mp@aph.gov.au. The winner will be drawn on Monday, February 18.

To get you started, here's my first day of school photo:



THANK YOU FOR SUPPORTING THE CHRISTMAS APPEAL

I would like to thank everyone who donated to the Ross Vasta Christmas Appeal in partnership with GIVIT.

The week before Christmas I joined the GIVIT team to spread some Christmas cheer to the Bonner community. With the generous donations, we purchased vouchers and goods from small businesses in the area to distribute to the charities supporting local families doing it tough.

It was such a rewarding and humbling day and I would like to thank everyone who gave selflessly during this time.



EXPANDING THE HARVEST TRAIL SERVICE TO SUPPORT FARMERS

Australians are encouraged to take up seasonal work opportunities in horticulture as part of a collaboration trial funded by the Morrison Government.

Federal Member for Bonner Ross Vasta MP said relocation assistance was available to people who relocated to harvest in regional areas to take up short-term agricultural work.

“This includes Australians who are not currently receiving income support and those with the right to work in Australia,” Mr Vasta said.

“If you’re considering relocating to take up short-term agricultural work, you may be eligible to receive up to \$6000 if you’re an Australian worker, or \$2000 if you’re a visa holder with general work rights.”

The Morrison Government has also expanded the Harvest Trail Service into 16 regions to ensure major horticulture areas have access to the workers they need.

Five organisations are being funded as part of the \$1 million Harvest Trail Services Industry Collaboration Trial to find new ways to encourage people to take up opportunities in the horticulture sector, while meeting employer demand.

Minister for Employment, Skills, Small and Family Business, Senator the Hon Michaelia Cash said the trial would test-run different ways to promote harvest work to Australian job seekers.

“We know growers are struggling to find the labour they need, which

is why Harvest Trail Services is as important as ever,” Minister Cash said.

“As part of Harvest Trail Services, we have provided additional funds to a number of growers groups for them to develop innovative approaches to promote new opportunities in the horticulture sector.”

The organisations selected are:

- Fruit Growers Victoria Limited
- Northern Territory Farmers Association Incorporated
- Queensland Fruit and Vegetable Growers Limited (GrowCom)
- Bundaberg Fruit and Vegetable Growers Cooperative Limited
- AUSVEG Limited

“These funding opportunities range from pre-employment projects, mentoring, training, development of videos, engagement with school leavers, and social media campaigns,” Minister Cash said.

“The Morrison Government is committed to ensuring job seekers in regional Australia can find work and to help growers meet their workforce needs.”

More details on the Harvest Trail can be found at <https://jobsearch.gov.au/harvest>

For more information about Relocation Assistance to Take Up a Job visit: <https://www.employment.gov.au/relocation-assistance-take-job>



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BEL'S BOOK REVIEWS

BY BEL ELLIS, LITTLE GNOME BOOKSHOP,
FLORENCE STREET, WYNNUM

Bel Ellis, from the Little Gnome Bookshop at Wynnum, recommends two books this month: *The Lost Man* by Jane Harper, and for little ones, *The Secret Library of Hummingbird House* by Julianne Negri.

THE LOST MAN

BY JANE HARPER

Set in the vast Queensland outback, *The Lost Man* is a captivating, suspenseful murder mystery made compelling by the isolated location and the relationship between two brothers.

For readers who loved *The Dry* and *Force of Nature*, Jane Harper has once again created a powerful story of suspense, set against a dazzling landscape.

The Lost Man by Jane Harper is on sale from \$32.99 to \$28.00.



THE SECRET LIBRARY OF HUMMINGBIRD HOUSE

BY JULIANNE NEGRI

The magical grounds of Hummingbird House and its giant mulberry tree are the perfect escape for heroine Hattie Maxwell.

When Hattie learns the house is to be demolished, she makes it her mission to save it. And when the house transports Hattie back in time and reveals its mysteries, she's taken on a journey of discovery, making new friends and uncovering hidden treasure that may just save the house from its fate.



FIND YOUR FASHION WITH GAIL FROM SIMPLY BELLA

Hi, I'm Gail from Simply Bella boutique.

I love fashion; it's fun and colourful and alive. I'm not an expert, but I give my customers an honest opinion, and my customers are my biggest advertisement for my shop. If they look good and feel great, then they will spread the word!

I love to help ladies choose that special outfit for any occasion. I think of all my customers as dear friends, and they often just pop in to say "hello".

A quote that resonates for me is from Coco Chanel, who once said "Fashion is what you buy; style is what you do with it".

I hope to see you soon at Simply Bella.

Gail



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NEW SKIPPER HELPS ALL SAILORS GREAT AND SMALL

CONTRIBUTED BY BRISBANE COAST GUARD

The phone rang early on Mark Sherwood's first day as new Duty Officer for Coast Guard Brisbane's 'B' roster, and on the end of the line was a sailor needing help to return to Manly from Lamb Island.

Mark quickly gathered his crew, and the team took to the bay in the recently refurbished vessel CG22 to rendezvous with the disabled yacht. After a long, slow tow back to Manly, Mark and the team deftly parked the 54-foot yacht into its berth.

The calls continued throughout Mark's first day as Duty Officer, with the last two jobs highlighting the diversity of work the team prepares for. While relocating a small two-metre dinghy across the harbour, a more urgent call for help came from a 46-foot catamaran with a seized engine that had run aground while berthing in the marina. The team quickly responded and helped the catamaran off the mud bank and into its berth.

"As members of Coast Guard's Marine Assist scheme, both the sailor from Lamb Island and the catamaran owner were towed to safety for free," Mark said.

"Marine Assist provides boaties with peace of mind that wherever they are in Queensland waters, we will be able to look after them."

Coast Guard offer a Marine Assist service for an annual fee. Operating in much the same way as automobile clubs do for motor vehicles, the Marine Assist service provides boaters with 24 hour a day marine rescue assistance by Coast Guard for all emergency and breakdown situations.

To enquire about Marine Assist, visit coastguard.com.au/marine-assist or email marineassist.qf2@coastguard.com.au.



*A disabled yacht under a slow tow passes a kayak.
Photo: Mark Sherwood, Brisbane Coast Guard.*

AN INVITATION TO COMMUNITY GROUPS

As The Community Leader evolves, we'd love to include your local story. We openly encourage community groups, sporting clubs, and charities to contact us with their stories and photos. The newsletter's objective is to promote activities and events in the community, while encouraging the support of local businesses. Thank you to the community leaders who have enthusiastically supported the idea of developing a friendly local newsletter. Please support them, and engage with them as best you can. Any submissions can be emailed to sales@market2market.com.au for consideration.



104 Bay Terrace, Wynnum Qld
(07) 3129 4606 | thecollectivestore.com.au



Did you know that when you shop at The Collective Store you are triumphantly supporting local with every purchase you make!? With our amazing creatives bringing in their unique and one of a kind pieces daily, there is always something fresh to see. New arrivals include super stylish Mens Socks and Ties from Peggy & Finn, the newest lust worthy Bon Maxie side kick bags plus give your lips a treat with our new Australian Made and very wearable toxin-free lipstick brand LUK.

We now proudly support 180 Amazing Australian Brands and are always on the lookout for more- contact us if you'd love to see your creations here.

The Collective Connection 2.0

After the amazing success of our first event we are keen to keep that connection going and have some more fun! This is the Perfect Afternoon Out — eco makeup and natural skin care demos, free flowing wine, great food plus don't miss our Australian Fashion Showcase.

WIN! Prizes on the day include a huge Australian maker / local small business hamper worth over \$1000 that you could be in the running for.

Make the 27th February 2021 a date in your diary- you won't want to miss The Collective Connection! Tickets on sale January 28th in store or online at www.thecollectivestore.com.au

Find us at The Collective Store, 104 Bay Terrace, Wynnum or follow us on instagram @thecollectivestore don't forget to check out or #lovelocal comp we are giving away a \$100 voucher every month!

JOAN PEASE'S COMMUNITY UPDATE

STATE MEMBER FOR LYTTON

Queensland's response to the pandemic continues to be strong, thanks to the hard work and patience of the community.

Managing the health impacts has been vital for our economic recovery, which is now well underway. In annual terms, QLD job vacancies increased by 22% – the highest level on the east coast and well above the national average of 12%. We know our recovery from COVID has a long way to go, but this shows our jobs market is tracking in the right direction.

Part of our economic recovery plan is a multi-billion dollar school infrastructure investment to create local jobs and give our kids world-class facilities to learn in. I recently checked out the works on Manly State School's new Prep building, which we're constructing to cater for the school's growth. We're also busy rolling out our school air conditioning program, with all state school classrooms, libraries and staff rooms on track to be airconditioned by June 2022.

I was very proud of the legislation to ban plastic straws, plates, cutlery and stirrers which we introduced to Parliament late last year. The ban is on track to take effect later this year and it will make a big difference to our special Moreton Bay environment. We recently

also completed public consultation on banning polystyrene takeaway containers as well, which is now under review.

This year, I'm looking forward to continuing to deliver for Baysiders on several key priorities including:

- Keeping people safe by continuing our strong COVID response
- Pushing ahead with the Lindum Station upgrade
- Hiring more local police and teachers
- Working with local business and tourism advocates to benefit the Bayside economy

Finally, I wanted to mention that the No Interest Loan Scheme (NILS) is now available at Wynnum Community Place. The NILS offers safe, fair and affordable loans for people on low incomes. Wynnum Community Place (located at 154 Bay Terrace) have volunteers available who can walk you through the application process.

As always, if you require any assistance with State Government matters please contact my office on lytton@parliament.qld.gov.au

Wishing you a happy and healthy New Year,
Joan



WANTED MOTHERS AND THEIR CHILDREN

Anne Higgs Photography is looking for mothers and their children for a studio portrait session for an ongoing photo project updating our acrylic wall art in our studio. Participants will receive a COMPLIMENTARY studio portrait session plus a \$100 WALL ART credit to say THANK YOU.

Please text Anne on 0412974426 with your name and email address for more information.

A ANNE HIGGS
PHOTOGRAPHY

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117 Talwong Street, MANLY WEST

Make Your Dreams Come True

Nestled on a huge 853sqm allotment and backing onto green space acreage, this charming family home exudes a relaxing farmhouse ambience. Offering heaps of room for kids to play and a handy workshop area for the adults, wide frontage and side access, there is a little something here for everyone! The low-set floor plan offers single level living and has been designed with an easy open flow of living spaces. It's highlighted by the soaring 9ft high ceilings and radiates a light, airy atmosphere and captures the green garden vista.

4 2 2
For Sale: SOLD
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 trishbreen@remaxwm.com.au



15 Gwynne Street, Wynnum West

A Place To Call Home...

Whether you are looking for a strong investment or a place to call home, this home is definitely worth a look!! Designed over a single level and nestled in a quiet tree-lined street in a much sought after location. The open designed living space with spacious lounge flows seamlessly to a air conditioned dining area and an adjoining kitchen. The kitchen is finished with a new oven/cooktop, large fridge space, double sink ample bench space and good sized pantry. Don't wait another year to find your dream home speak to me today!

3 1 1
For Sale: SOLD
Inspect: By Appt or Open Home
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We believe in giving back to the community and supporting small business, which is why we are offering businesses with less than five staff the opportunity to advertise local jobs free of charge subject to availability.* For larger businesses, please contact us for further information and rates.

This page is made possible thanks to the support of business and community sponsors, including Bartons, Joan Pease MP and Ebb & Flow.

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WYNNUM MANLY SEAGULLS AND BRONCOS LINE UP

CONTRIBUTED BY WYNNUM MANLY SEAGULLS

The Brisbane Broncos have confirmed they will play against the BMD Wynnum Manly Seagulls in an NRL trial match at Kitchener Park on Friday, February 19.

The Seagulls will take on their NRL affiliate to kick start their preparation for the 2021 season.

The match will present new Broncos Head Coach Kevin Walters with his first opportunity in charge of his former club.

The Broncos are expected to roll out a strong outfit which will include many of its first grade stars as NRL Clubs are limited to only two trial opportunities this year due to the COVID-19 impacted pre-season.

Seagulls CEO Hanan Laban welcomes the opportunity to host the Brisbane Broncos once again on the Bayside.

“The annual trial match against our NRL Affiliate Brisbane Broncos has become an entertainment fixture on the Bayside.

“It is a wonderful opportunity for our community so see the brightest stars in the game right at their local ground whilst also letting our aspiring players test themselves against NRL talent.

“With the redevelopment of BMD Kougari Oval and the Wynnum Manly Leagues Club nearing completion, we will once again host the Broncos at Kitchener Park which will also support the Wynnum Manly Juniors,” said Laban.

There are limited tickets available for the Broncos trial on February 19 and it is expected to be a sell-out, don't miss out. Get your tickets at <https://brisbanetickets.com.au/event/12382>



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LOCAL POETRY

THE MEANINGFUL MUNDANE

BY GEOFF SMILEY

They happen every day,
the routines of living,
life's known ways.
Daily walks to
fit body and mind;
coffee purchased leisure;
familiar people
knowing me;
the gift of friendship;
the joy of children
in the street.
Distracting routines
of shopping, meals, gardens,
structuring my life.
Travelling
in my own car.
The valued
companionship of
a loving other, who
helps me love myself.
Children who know me
and show me love.
These and my God,
everyday components
of a meaningful life.
The things that stand
for everything.

*It is right that
we celebrate the
ordinary things of
life. They are its
essence.*



FEED YOUR CREATIVITY AT WYNNUM MANLY ARTS' CLASSES

Wynnum Manly Arts is a not-for-profit art-focused organisation providing support, advice and resources as well as access to live performing arts, visual arts and arts education.

The organisation's mission is to provide opportunities to create, appreciate and participate in the arts. Through classes and workshops, members and guests can learn new skills and develop their creativity.



Wynnum Manly Arts members Deb Brown (Secretary), Coralie Peterson (Treasurer) and Sue Willingham (President). Photo: Supplied.

WEEKLY CLASSES

Mondays from 1st February 9.30am - 12.30pm

Beginners art classes with Deb Brown and Janice Lamb.
Cost: \$30 (members \$25).

Tuesdays from 2nd February 9.30am - 12.30pm

Sewing classes with Fauna from Faun Creations. A sewing machine is essential for this class. Suitable for beginners. Cost: \$30 (members \$25).

Wednesdays from 3rd February 10am - 1pm

Any medium or level with Sandra Temple. Cost: \$35 (members \$30).

FEBRUARY WORKSHOPS

Sunday 7th February 10am - 3pm

Gold acrylic embellished art with Janice Lamb and Deb Brown.
Cost: \$120 (members \$100).

Saturday 13th February 10.30am - 2pm

Learn to paint quick birds and animals with Sandra Temple. This workshop is sold out, however a standby/waitlist is being collated.

Sunday 21st February 10am - 3pm

Silk painting with Catherine Marsh. Cost: \$120 (members \$100).

All materials are supplied for workshops. For enquiries phone 3348 2369 or 0429 004 104, or email wmarts@tpg.com.au.



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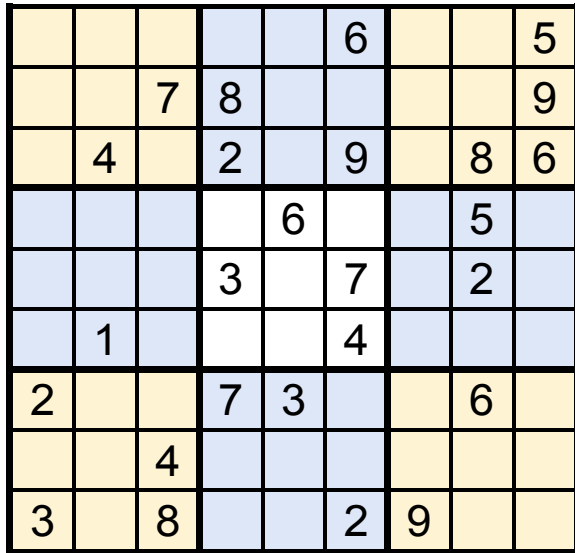
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PUZZLES

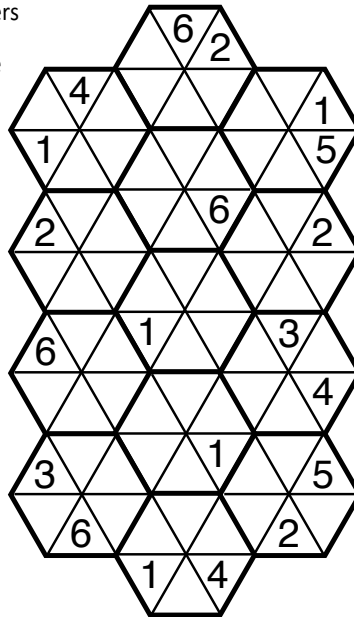
Sudoku

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

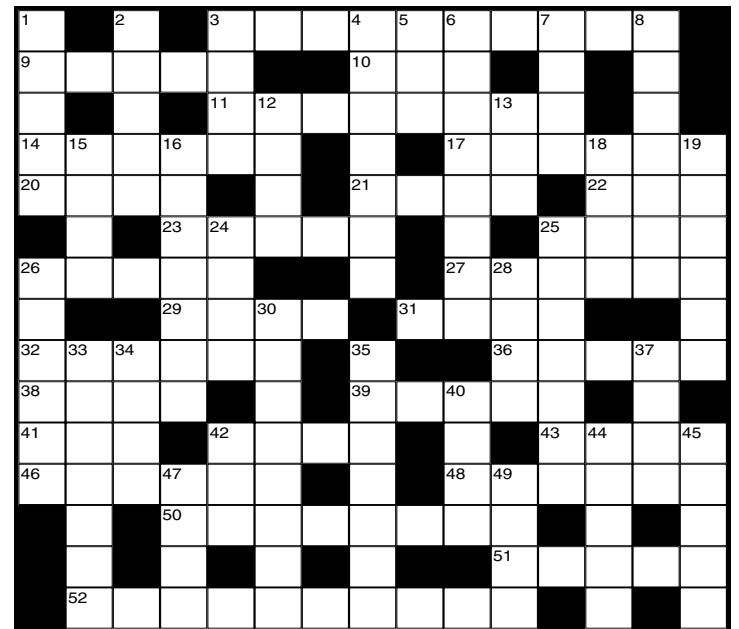


Quick Workout

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



Crossword

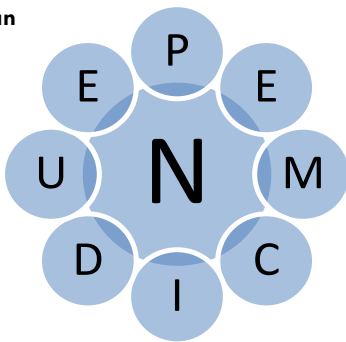


Focus

An All Australian Word Game

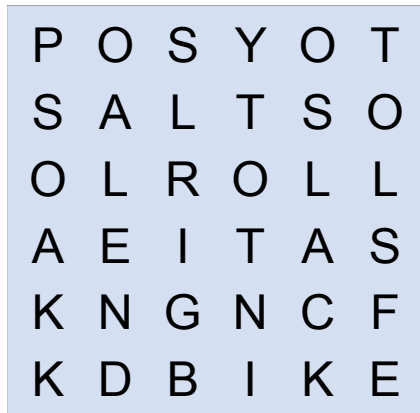
- * Each word must contain the centre 'Focus' letter and each letter may be used only once
- * Each word must be four letters or more
- * Find at least one nine letter word
- * No swear words
- * No verb forms or plurals ending in 's'
- * No proper nouns and no hyphenated words

TODAY'S FOCUS Good: 11 words
Very good: 20 words
Excellent: 30 words



Reference: Macquarie Concise Dictionary
Focus No. 3840

Word Find



Find the following words in the grid. They may read in any direction, even diagonally. Some letters are used more than once.

- | | | | |
|------|------|------|------|
| Ally | Lack | Part | Soak |
| Also | Lend | Posy | Toy |
| Bike | Link | Roll | Trek |
| Girl | Loaf | Salt | |
| Into | Oink | Slot | |

Join the Dots

What creature is this? Find out by joining the dots.



ACROSS

- 3 Assert the opposite
- 9 Combine
- 10 Fishing pole
- 11 Set apart or appropriate
- 14 Rubber
- 17 Concretions of nacre
- 20 Flaccid
- 21 Medium-sized hawk
- 22 Consume
- 23 Coral isle
- 25 Court attendant
- 26 Glisten
- 27 Closer
- 29 Finds fault constantly
- 31 Eagerly excited
- 32 Electrical unit
- 36 Salamanders
- 38 Equipment
- 39 Corkwood

DOWN

- 1 Urge forward
- 2 Dairy product
- 3 Yield
- 4 Fall by drops
- 5 Fabled monstrous bird
- 6 Making suitable
- 7 Notion
- 8 Tilled land
- 12 Therefore
- 13 Golf mound

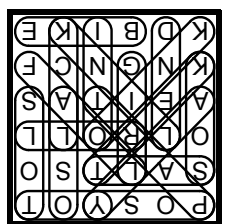
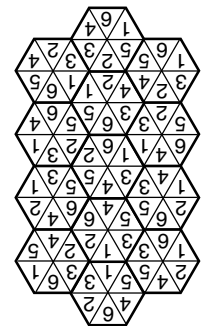
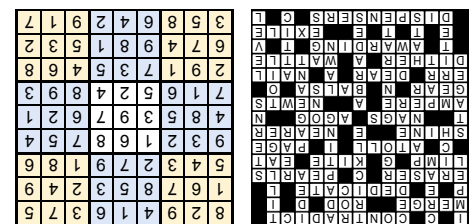
ACROSS

- 15 Wealthy
- 16 Tool
- 18 Bring up
- 19 Rear ends of ships
- 24 Rend
- 25 Splendid procession
- 26 Organised
- 28 Vast ages
- 30 Produce
- 33 Deserved
- 34 Separate
- 35 Scrapes off
- 37 Work hard
- 40 Grassy expanse
- 42 Early freshness
- 44 Top room
- 45 Even
- 47 Headwear
- 49 Matures

Solutions

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emend endemic endure impend
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menu mien mince minced mind
mine mined need nice nice nude
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LOCAL SAILING

SAILABILITY RESTARTS SAILING IN MANLY

BY GEOFF GRACE, PRESIDENT, SAILABILITY BAYSIDE

Sailability Bayside offers sailing opportunities for all people with disability. The organisation had been unable to operate its usual sailing program during 2020 due to the dire situation with the COVID-19 virus, however as restrictions were eased and better advice was received from authorities, a plan to restart was approved in the latter part of the year and will be implemented in 2021.



A COVID safe plan was developed and with the wonderful assistance of the Darling Point Special School, several operating days were initiated during October and November to ensure that the plan was appropriate and effective for volunteers and participants.

When this system was found to be successful, the Management Committee approved operations to resume on Monday 1st February 2021.

To comply with the COVID safe plan, numbers of sailors will be severely limited to ensure social distancing. It is necessary for all potential participants to register their details with sailabilitybayside@gmail.com in the first instance and await confirmation that they may attend sailing at a given date and time. These bookings are necessary at the start of each school term and we regret that any arrivals without an allocated time to sail will be turned away.

For further information about Sailability please email sailabilitybayside@gmail.com or call 0432 152 310.

A SLIP IN TIME: RESURRECTION OF BALGUE'S SLIP (PELICAN'S PERCH)

CONTRIBUTED BY WYNNUM MANLY HISTORICAL SOCIETY

Noel Balgue came to Wynnum in 1922. He bought a 22-foot sailing boat called "Lizzie" and applied to the then Town Council of Wynnum to build a boat slip at the foot of Havelock (now Penfold) Parade. The boat was floated into the slip at high tide, then, as the water receded, the barnacles could be scraped off bottom of the boat, ready for painting.



The slip at 5.30am.

At 5.30am on Sunday 21 October 2012, two utes, a generator, and 12 Rotarians from Wynnum Manly ventured onto the rocky, muddy foreshore to re-erect the collapsed half of the slip. Engineer Rotarian David Groves was in charge. The stainless steel brackets were donated by Sean Carroll of Capalaba. By 7.30am the slip was standing ready for the pelicans to take up ownership again.



7am - almost complete. Photos: Supplied.

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FRESH FEBRUARY FISHING TIPS WITH SPERO

BY SPERO KARTANOS

The year is flying along already! It's February and hot cross buns are in the shops, and before you know it we will be singing jingle bells again.

February is a mixed month for fishing, not because the fish don't bite, but the weather can be very unpredictable. At the end of February last year we had a very severe storm come through and lots of rain, so it's a good idea to keep your eye on the weather when going out in the bay.

Spotty mackerel are still in the bay and should be in bigger numbers feeding on the surface, so keep an eye on the feeding terns as they hover over the top of the spotties feeding. A chrome slug around the 35gm weight is the best for these feisty fish; cast around the feeding schools and a fast retrieve works best but don't use wire.

The school mackerel are throughout the bay and you will find them from Hyubers Light out to Hope Banks, along the drop off towards Ormiston and the basin between the Lazaret Gutter and Amity Banks, and the area on the western side of Moreton Island from Shark Spit all the way to

the two yellows in front of the Sand Hills. Diving boards with a 3-inch spoon works the best, but floating out pillies is also a good way to get a few, and jigging with a chrome slug is also lots of fun.

Tiger squid are now throughout the bay in most weed banks and judging by the number of small ones around in January, it's going to be a great season for the calamari eaters. Use 3.5gm size jigs in any of the prawn pattern in orange, red or natural.

Whiting are throughout the Small Boat Channel and the Rous Channel, and Amity Banks and the Sand Hills are the other two areas where you will get a nice feed. Blood worms, peeled prawns or strips of squid are the best bait to use on a paternoster rig.

February also is a very good month for sand crabs and judging by the amount being caught there will be plenty for all.

So get out on this beautiful bay (weather permitting) and get a fresh feed!



Photos: Spero Kartanos.

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PROFILE: BAYSIDE CREEKS CATCHMENT GROUP (BCCG)

BY KEITH BROWN

We are a community volunteer group whose members are passionate about protecting and restoring the ecosystem health of the Bayside's beautiful creeks and catchments. We do this by:

- Promoting the importance of caring for our precious environment to our local community and schools;
- Looking after bushland areas through weeding and replanting;
- Organising outreach activities and additional environmental tasks such as our Native Plant Propagation project, clean ups with our Bayside Clean Up Crew and workshops;
- Working with local businesses and all levels of government to ensure the values of the Bayside catchments are protected.

We are currently taking part in the Brisbane Big Butterfly Count. If you would like to count the different butterflies in your garden or along your favourite bush track, we can provide you with check sheets.

Our new President, Penny O'Neill, is looking to expand our community programs in 2021, and we need more people to join in and help to develop those programs.

We would love to hear from you, whatever your interests are. BCCG is here to conserve and protect the kind of diverse and healthy coastal ecosystem that will support our communities in the future.

Contact us at info@baysidecreeks.org.au or visit our website at www.baysidecreeks.org.au



Photos: Supplied.

WATERLOO BAY LEISURE CENTRE'S CONCERT AND LUNCH CALENDAR

BY KAY RIGGALL

Concerts are held at the Waterloo Bay Leisure Centre, 241 Tingal Road, Wynnum on the second and fourth Tuesdays of each month.

Doors open at 9.30am. Morning tea is served from 9.30am and the concert begins at 10.15am and continues until 11.45am. The cost for morning tea and the concert is \$8. A two-course lunch is served at 12pm for an additional cost of \$10. There are lucky door prizes and raffles on the day.

Bookings are essential for the concerts and can be made by calling 3396 9488. All concerts follow COVID safe procedures.

Upcoming concerts include:

- 9th February 2021 with entertainment by Dennis Boland.
- 23rd February 2021 with entertainer Robbie Dunn.
- 9th March 2021 with entertainer John Cornelius.
- 23rd March 2021 with entertainer Lachlan Wallace. This is a special Easter concert, with a prize for the best Easter hat.

The Centre is wholly operated by volunteers, and we are always happy to welcome new volunteers.

We are currently seeking volunteers to support our kitchen and catering, functions and markets, office and marketing, and gardening and general maintenance.



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SHARP TURN RIGHT FOR THE BAKER'S CART

BY DON CLEGG

In Manly during the 1940s and 1950s deliveries of bread, milk and other staples were much more widespread than today, because few families owned a car and there were no large shopping centres.

This meant that the majority of the residents relied either on home delivery services or nearby corner stores for their food needs. At this time the Neuman family owned a bakery which supplied bread to the Manly/Lota area. Horse drawn carts were the main means by which they delivered bread to customers. These carts had two large steel shod wheels with the box for the bread between and seat for driver and helper on top.

My family and theirs went to the same church and they offered me a job over the school holidays, which I gladly accepted, to replenish my much needed pocket money stock.

The horse that pulled the cart knew the route well and would often move on without us to the next delivery point in search of tufts of grass growing by the roadside.

Our last delivery was a home for orphaned children along Manly Road. We would drive up the long path to the home, drop off the bread and then turn the cart back towards the Manly Rd entrance. The horse knew that oats and fresh hay were waiting for him at the bakery stable and he would bolt down this path until he reached the entrance where he had to do a sharp right on to the road home.

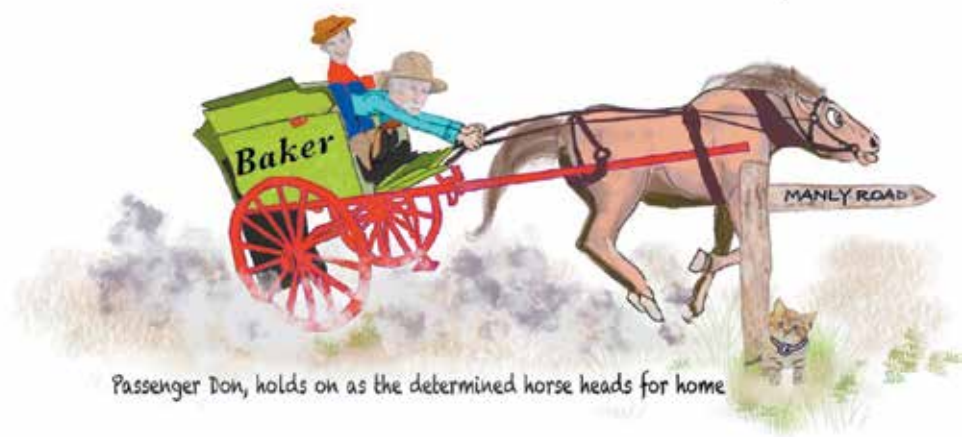


Illustration by Mick Long.

I always dreaded this moment. I would hang on tightly to the armrest expecting the right wheel to lift at any moment and disaster to follow. The regular driver next to me never seemed to be concerned.

Somehow we always managed to get back to the bakery safely, but the memory of those fleeting moments have never left me.



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BLUE TONGUE ADVENTURE'S SWEET NEW VENTURE

First there was Willy Wonka, now there's a new chocolate factory in town, and this one's made even sweeter by the doors it opens for local young adults living with disabilities.

The Blue Tongue Chocolate Factory was recently launched as a social venture to provide training and employment opportunities for participants of the Blue Tongue Adventure program.

Local businesses and offices with eight or more staff are invited to order a box of assorted chocolates for their workplace, perfect for satisfying those afternoon sugar cravings.

Blue Tongue Adventure participants will be able to train or

work in various roles in the operation, from collecting empty boxes and dropping off new ones, to working back at the factory re-filling boxes ready for delivery.

"I'm so excited about the new opportunities this venture will provide for our School Leavers Employment Support participants," said Tea-Cup Cottage Disability Support Services Director Alex Shaw.

"We have some participants who will thrive in a customer-facing delivery role, while others will really get a kick out of the logistical and organising work."

To order a box, or for more information about Blue Tongue Adventure's many School Leavers Employment Support opportunities, email SLES@tea-cupcottage.com.au.



GRAB A COFFEE TO HELP FUND A KILN

The budding artists in the Art + Soul Studio at Blue Tongue Collectables have put a big ticket item on their wish list, and they're hoping local coffee lovers will help them reach their goal.

The ceramics workshops for young people with disabilities have been a huge hit, so the goal now is to buy a kiln for the Tingal Road studio, so creations can be fired on-site.

Fifty cents from every coffee sold in the coffee cart outside Blue Tongue Collectables will go towards the Kiln Fund, with the goal of raising \$5000.

Tea-Cup Cottage Disability Support Services director Alex Shaw said having an on-site kiln will mean the participants can do even more of what they love.

"It'll also be wonderful for our people to be involved in the firing process, so they can really be part of their projects from start to finish," she said.

"Some of our artists have a real talent for sculpture, while others love to paint and decorate ceramics like bowls and mugs.

"Sculptures were some of the first pieces to sell in our Blue Tongue Collectables art gallery, while mugs were also really popular gifts at Christmas. It's so satisfying for our participants when they see that people love what they've created."



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School's out and Blue Tongue is in! Do you have School Leavers Employment Support funding in your NDIS plan? We're a registered provider who can help you upskill for future employment. Our program covers a range of industries to suit every ability. Don't linger on that dream career. Let's make it happen!

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WYNNUM MANLY SENIORS GET TECH SAVVY

CONTRIBUTED BY STAR COMMUNITY SERVICES

The current global pandemic has highlighted how useful technology can be in keeping us informed and connected to our loved ones.

The good news for elderly residents of Wynnum, Manly and surrounding areas is that they now have access to a unique technology program to get online and become confident users of technology thanks to local non-profit organisations STAR Community Services and EACH Social Activity Group.

The STAR Tech program is run by non-profit organisation STAR Community Services and regular workshops are held locally at the Wynnum at EACH Social Activity Group Centre.

Since the program started earlier this year, more than 350 seniors have joined, including Manly residents Ed and Jill Doyle.

"We have truly enjoyed the program. It allowed us to learn at our own pace. The trainers were so helpful, so it's not intimidating to ask the most basic questions. We now understand more about technology and how it can be used to make our lives easier," said Mr Doyle.

Emailing, internet browsing, listening to podcasts, reading eBooks, watching catch up TV and online research are some of the popular activities embraced by participants to make the most of their newly learnt digital skills.

Training is adapted to suit each participant, and those who don't have a device are given an android tablet to use. Community volunteers provide support and training to help boost the confidence of the elderly in using their digital skills.



Enrolments for the STAR Tech program are currently open. To apply you must be aged 65 or over, or aged 50 or over for Aboriginal and Torres Strait Islander people.

Program fees and eligibility criteria apply. Please call STAR on 3821 6699 for more information.



CALL US TODAY
07 3821 6699

Regular sessions are held at Wynnum and Cleveland.

NOW is the Best Time to Get Online!

JOIN STAR TECH - A UNIQUE TECHNOLOGY PROGRAM FOR SENIORS

Feeling left behind? It's never been easier to get connected. **STAR Tech** is a training program especially designed for seniors to become confident users of technology. Program includes new devices and full training.

Learn how to stay in touch with loved ones via email and video calls; read news and books online; watch videos, listen to music; use myGov; research topics of interest, do online banking and shopping safely, and much more!

Program Fee applies. Eligibility criteria applies. Program open to people aged 65 or over OR aged 50 or over for Aboriginal and Torres Strait Islander people. Call STAR on 3821 6699 for more information.

YOU'RE INVITED TO TECH AND TEA FOR SENIORS!

Enjoy a social morning tea with like minded people and learn more about technology.

TECH and TEA
When: 8 Feb, 9:30 am - 11 am
Where: Each Social Activity Group, 212 Bay Terrace, Wynnum

FREE entry for seniors. Bookings are essential. Call Chanel at Each on 07 3348 1600 or 0436 526 502 to book your spot.

Guest speaker from Wynnum Library will talk about how to connect with the library online. Numbers are limited. Book today!

GET YOUR COPY OF ISOLATION: KITCHEN DESTINATION

CONTRIBUTED BY THE ROTARY CLUB OF WYNNUM AND MANLY

The Rotary Club of Wynnum and Manly felt the effects of Covid-19 in 2020 as weekly meetings, community and fundraising events were cancelled or postponed.

Finding a fundraising project that members could be involved in without the need to meet face to face gave Rotary member Jo-Anne O'Connor the idea of producing a fundraiser cookbook, where profits generated from sales could be used to fund local community projects.

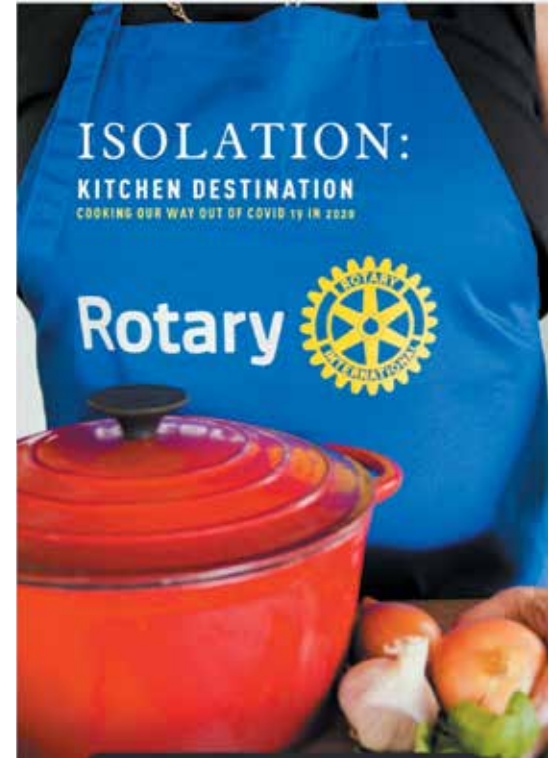
Jo-Anne set about collecting and collating treasured family favourite recipes that had been handed down to Rotary members from their families and friends.

The cookbook was produced with the sponsorship support of Ampol, an organisation that works closely with our local community.

"Thank you to everyone who has been involved in creating such a lovely book! It is heart-warming to see so many recipes contributed by so many members from our local community," said Joan Pease MP, after purchasing her own copy.

This A4 cookbook with beautiful, colourful gloss images and over 50 recipes has been professionally designed and printed. It's a great gift idea that will also come in handy in the kitchen!

Cookbooks are available for \$20. To purchase your copy please contact Wynnum Manly Rotary Club Fundraising Director, Jo-Anne O'Connor on 0407 522 347.



An advertisement for Sea Vibes Kitchen & Bar. The central part features a blue circular logo with the text "Sea Vibes" and "KITCHEN & BAR" and "MANLY - BY THE BAY". Below the logo, it lists the operating hours: "Mon - Fri - Lunch & Dinner" and "Sat - Sun - Breakfast, Lunch & Dinner". At the bottom, it says "Book with us on 07 3893 0195 or at www.seavibesmanly.co". The background is a collage of various food dishes, including bread, eggs, seafood, and vegetables.

An advertisement for Bayside Dance. It features a circular logo with the text "BAYSIDE DANCE". To the right, the address "2/264 Tingal Rd, Wynnum" and website "www.baysidedance.com.au" are listed. Below that, it says "Enquire now for 2021! Classes for 2 yrs to adult". At the bottom, the tagline "...for the love of dance." is written in a cursive font.



MARY PATCHETT'S LASTING LEGACY

CONTRIBUTED BY JOAN PEASE MP

Vale Mary Elizabeth Patchett.

The Bayside community lost one of its proudest environmental champions over the Christmas period.

Mary Patchett joined the Wynnum-Manly community in the early 1990s with a cottage on Moreton Avenue.

As a trained nurse, caring for others was always her strength. When Mary moved to the Bayside, she began looking after Moreton Bay and our natural environment with that same passion.

Mary could count the stopping of coral dredging around Green Island, the creation of Moreton Bay Marine Park and the cessation of sand mining on North Stradbroke Island as some of her key successes.

Through the Moreton Bay Environmental Alliance and Bay Care News, Mary connected and informed groups and individuals concerned about the Bay, moulding them into a collective force to be reckoned with.

Educating young people on the need to protect the

Bay was a priority of Mary's, as was supporting local initiatives like the Pelican and Seabird Rescue.

One of Mary's biggest legacies is the Moreton Bay Discovery Centre, having chaired the steering committee in its early days before handing over to her son Michael.

A lifelong environmental advocate, feisty campaigner, animal lover, avid gardener and proud woman, Mary's boundless energy was an inspiration to many.

Member for Lytton Joan Pease joined the many Baysiders expressing their sadness at Mary's passing.

"It was an absolute honour to know Mary," Ms Pease said.

"Mary was always full of joy. She was so passionate about her causes, but she always treated everyone with kindness and respect."

Mary is survived by three children and 11 grandchildren who will continue her legacy with a shared passion for the natural environment.



Mary Patchett and her son Michael Patchett pictured with Joan Pease MP in 2016. Photo: Supplied.

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Go Further

SPERO'S SQUID AND RICE PAELLA RECIPE

Local fisherman Spero Kartanos shares his delicious paella recipe, best made with fresh local squid.

INGREDIENTS

- 2 – 3 medium sized squid, cut into strips, skin on, flaps on, and use the tentacles as well
- 6 cloves of garlic
- ½ cup of olive oil
- 2 medium onions, diced
- Half a red capsicum and half a green capsicum, diced
- 5 chopped fresh tomatoes OR 1 can of chopped tomatoes
- 4 – 5 bay leaves
- A couple of sprigs of thyme and a couple of sprigs of Italian parsley
- 1 hot chilli to taste (optional)
- 1 tsp paprika and a pinch of saffron
- 1 cup of paella rice
- 3 cups of fish stock (heated)



METHOD

1. Preheat oven to 180 degrees.
2. In an oven proof paella pan, sauté garlic and bay leaves in the olive oil then add the squid. Fry and mix constantly.
3. Season with salt and pepper and push the mixture around the side of the dish in a circle, leaving a well in the centre.
4. Add the onion, sauté, then mix in with the squid and again move to the side, leaving a well in the centre.
5. Add capsicum and sauté, then mix in with the squid mixture and again, move to the side leaving a well in the centre.
6. Add the tomatoes and the herbs and sauté, move to the side and add the rice, then mix to coat the rice and mix well with the squid mixture.
7. Add the saffron and paprika, then your hot fish stock, mix well and keep stirring so the rice doesn't stick to the pan.
8. Let it come to the boil and reduce a little (10-15 minutes), then place in the pre-heated oven and bake for 20 minutes or until the rice has softened and the juices are totally absorbed.



LOOKING FOR A NEW SPORT? TRY DRAGON BOATING

BY PETER BROWN, PRESIDENT, MANLY DRAGON BOAT CLUB

Fast, furious, adrenaline pumping and fiercely competitive, dragon boating is the ultimate team sport. Everyone is encouraged to “have a go” in this exciting and growing sport that epitomises team spirit. Dragon boating promotes fitness for people of all ages in the community.

Manly Dragon Boat Club paddles out of the Wynnum Manly Yacht Club in the heart of Manly Harbour and currently trains on water three times per week on Saturday and Sunday mornings and Thursday evenings.

Newcomers are welcome to join this friendly and family-oriented club with “Come and Try” sessions held each Saturday morning. For \$20 potential paddlers can take part in three fully coached sessions to test the water before making a final decision as to whether this is the future for them, but as evidenced by the number of new members attending the sessions, it is one that will not be regretted.

For full details please visit the club's website www.manlydragons.com



KEEPING YOUR INDOOR JUNGLE SUMMERTIME HAPPY

BY ALANA SEARLE

Indoor plants don't enjoy extremes of temperature. Whilst air conditioning makes the summer heat tolerable, the unit actually sucks the moisture out of the air to cool the space. This can result in plant dehydration, making the plant foliage wilt and potting mix dry out. To ensure that your plants do not suffer too badly from moisture depletion, give the plant and foliage a good water when the soil starts to dry out. A light misting on hot, dry days will also be beneficial.

Natural light is essential to indoor plants. Though some do quite well in dim surroundings, most need at least bright indirect sunlight for several hours a day to flourish. Generally, flowering indoor plants will bloom better with access to more light. When planning where to put your indoor plants, take advice from your garden centre and learn from your own experience. Some plants, such as ZZ plants, flourish in low-light conditions, while others must have filtered sunlight. Don't place large, spreading plants in walkways or landings where they may suffer damage from passing traffic.

To prevent uneven growth, quarter-turn pots regularly so all sides of the plants are exposed equally to the light.

Give them a nutrient boost at the start of summer with Searles Flourish Green & Growth Soluble Plant Food to encourage lush growth and boost plant health.

Find helpful tips for all things gardening at www.searlesgardening.com.au. Searles is a local family owned Queensland business.



OLDER WOMEN'S NETWORK COMES TO WYNNUM MANLY

A new branch of the Older Women's Network will launch in Wynnum/Manly in February, giving local women the opportunity to meet new people and forge long-lasting friendships.

Women are invited to meet for a coffee and a chat at Monty's Place, located at 3/119 Glenora St Wynnum on Wednesday February 10th at 10am to discuss this new initiative.

There are branches of the Older Women's Network around Queensland, including Mackay, Gympie, Capalaba and the Gold Coast, where members meet to enjoy a chat, discuss a range of topics, and have fun while making new friends.

You will need to book and follow any Covid safe rules on the day. Phone 0411 099 848 to book or to find out more, or email admin@ownqld.org.au.



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CONTRIBUTED BY DENTAL ON CAMBRIDGE

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If you have experienced the discomfort of having traditional dental impressions done in the past, you know all too well that this can be an unpleasant experience. Whether it be the awful taste or the feeling of the runny goo inducing a gag reflex. By utilising intra oral scanners, the need to take dental impressions is decreasing dramatically.

Traditional dental impressions take up to five minutes to set properly, and will often distort due to patient movement such as swallowing or tongue movements.

Additionally, traditional impressions are more sensitive to saliva contamination leading to loss of accuracy and detail.

With an intra oral scanner, due to the speed of acquisition and the ability to pause and resume data collection at any point, these issues are mitigated, and the end result is often more accurate. The intra oral scanner is a small wand like camera device that quickly records three-dimensional data inside the mouth in extremely high detail, which can be used for 3D printing and design.

How does this help with my dental visit? One of the biggest benefits we see is that patients report that the procedure is quicker and more comfortable. Additionally, we see that crowns, bridges, splints, partial dentures and implant crowns fit better and require less adjustments on completion. This often means fewer dental visits are required to complete the work. So if you've been putting off coming to the dentist because you are dreading the awful goop and gagging through your appointment, we can help!



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NEW FLOAT THERAPY WELLNESS CRAZE COMES TO WYNNUM

CONTRIBUTED BY ALLY JONES, CITY CAVE WYNNUM DIRECTOR

We are taking a closer look at float therapy and exactly why you need it in your life.

Picture yourself in your own private pool, floating on the surface of water mixed with 400kg of magnesium. The air and water are heated to the same temperature as your skin, and the salt content of the water makes you incredibly buoyant, so you feel as if you're floating mid-air. You turn the lights out and relax into the darkness, with the choice of soft music playing in the background, or the indulgence of pure silence.

Float therapy gives the mind the opportunity to shut down to a place of deep relaxation, releasing all the tension and stress of daily life, and instead promoting peace and total surrender. Once at this point of relaxation, your brain waves actually change to mimic a state of meditation, which has a calming and grounding effect that is felt long after you leave the float pool.

During a float session, your body absorbs a large dose of magnesium, an essential mineral which many of us are lacking in. Magnesium is broadly utilised in the body (involved in over 300 chemical reactions!), and has effects on muscle tension and cramping, inflammation, mental health, immune function, and sleep quality. Put simply, you will leave a float session feeling deeply relaxed, rejuvenated, and overwhelmingly 'well'.

People from all walks of life benefit from float therapy: athletes, office workers, chronic pain sufferers, pregnant women, sleep-deprived travellers, people recovering from injury... the list goes on!

Reach out to the friendly team at City Cave Wynnum today to learn more about how float therapy could assist you on your journey to wellness.



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