

The Community Leader

ISSN 2652-8738

YOUR LOCAL MONTHLY NEWSLETTER

ISSUE 10

A NEW ERA OF MOTION-PICTURE MEMORIES



Majestic Cinemas take centre stage this month, raising the Berrima Street curtain with a sensational line up of new movies, in a shiny new state-of-the-art cinema complex, marking the beginning of a new era of entertainment on the bayside.

With a nod to nostalgia, Majestic picks up where Wynnum's old Imperial Theatre left off in the '80s, rolling out the red carpet for the next generation of movie goers.

Remember the 'flea pit'? Chances are if you don't, you may know someone who has fond memories of rolling jaffas down its aisles back in the '60s and '70s. It was more than just a cinema; it was a place where kids sat in awe of their first movie on the big screen, teenage romances were kindled, and imaginations inspired. The 'flea pit', or the Imperial Theatre as it was formally known, met its fate with a bulldozer in 1983, at a time when video shops were in their heyday and at-home entertainment ruled.

Yet today, when most homes have at least one television, there's still something special about collectively enjoying a movie in a cinema with others. Did they laugh when you laughed? Why did the stranger next to you love that movie and you didn't? Let's meet for coffee afterwards and workshop the plot; it was so good, let's see it again in surround sound!

It's time to make some new memories with Majestic.

And whether you use the darkness of the cinema for some time-out on your own, or you take friends and family along for the ride, Wynnum's new cinema is just what the community wants, and needs.

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GREEN THUMBS HARD AT WORK AT BLUE TONGUE

A flexible, nimble approach to disability support has seen more Blue Tongue Adventure participants preparing to take on paid employment.

The service's Green Thumbs gardening program, established for training purposes, is now getting NDIS approval to offer jobs to its participants.

Director Alex Shaw said the program was another example of how supports could be customised to participants' needs.

"A couple of our young people, Mitchell and Lachlan, came to our School Leavers Employment Support program but we hit a lot of brick walls trying to find job placements for them. Their dream job was to work in garden maintenance, so we said 'well, let's make it happen'," Ms Shaw said.

And so Green Thumbs was created. Tools and vehicles were sourced, and there are now six participants learning and practicing their skills by maintaining Tea-Cup Cottage's Supported Independent Living houses.

"The change in those young men was instant. Every morning they pull on those Green Thumbs uniforms with pride, and they love what they do each day," Ms Shaw said.

"We're really about a person-centred approach. We don't want people to feel like they should just take any old job that's available, we want to help them find a job they're really invested in, a job they really love doing, that gives them a purpose each day."



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PETER CUMMING'S LOCAL AREA UPDATE

COUNCILLOR FOR WYNNUM MANLY WARD



The Australia Day Breakfast was cancelled this year, but the Scope Club of Wynnum's Australia Day Award was presented as usual.

I was pleased to be at the presentation to Mr Des Lawson, volunteer, local businessman and community person who I learnt has been volunteering for 40 years this year. (I do note that Des has not always lived locally).

Des is a dedicated community person who has put his hand up for any and every project he could. His projects include, but not limited to:-

- Member of the first committee to host the annual Australia Day Breakfast event;
- The Murarrie Kite Festival;
- Expanding the Wakerley Christmas Carols since 2013;

- With Port of Brisbane Rotary and Iona College, setting up 'Dream Cricket' for Darling Point Special School students. This initiative gives the students a chance to play cricket no matter their ability;
- Helping with the water stations at the old Brisbane to Bay, now Bridge to Brisbane Fun Run.

Des is a passionate advocate for Rotary and mental health issues in the community and has given tirelessly to Rotary International. He was a worthy recipient.

I also would like to give recognition to the Scope Club of Wynnum. They are a group of ladies who have since 1977 supported many worthy events in the local area. Scope also provides a scholarship to each of the local state high schools annually. Along with their fundraising and community activities they also have fun which creates a good friendship circle.



Scope is seeking new members. If you would like to join or find out more, please contact Jenny on 3396 7318 or email jennygrahampeach@bigpond.com or Merrie on 3396 0149 or email merrilyn.oneill@bigpond.com.

DOG BAG DISPENSERS

Council has had a change of heart. They have always insisted that dog bag dispensers are only for dog off-leash park areas. After much lobbying, the Council has identified the need for bags along the Wynnum foreshore.

Two dispensers will be installed, one at the Wynnum Wading Pool Park area and one at the George Clayton Park/Bandstand Park area.

This is a good initiative considering the number of dogs walked in the area. Council does note that these dispensers are "as a courtesy to dog owners who may have forgotten their own bags". Dog owners should carry bags at all times and can be fined if they do not. Please ensure you clean up after your dog.

DEVELOPMENT

There have been several recent approvals. The first approval was the fish and chip shop café and bar at 18a Fox Street, Wynnum also known as the old Wynnum Fish Markets site.

The developers are the proprietors of Lipke Motors and Towing, Adam Lipke and his mother-in-law Sue Lawson. I saw Adam recently. He said they are getting quotes. Even though they obtained approval for a microbrewery they will not be proceeding with that part of the project. There will be takeaway fish and chips, a seating area to eat onsite and an ice creamery.

The other development which was approved much quicker than I thought would be the case, was for the Wynnum Plaza upgrade. The Plaza was originally built in 1980 and has undergone two other upgrades since then.

There will be 184 units over eight buildings as well as a food court and dining area. Most parking will be underground.

The big news is that the redevelopment will include cinemas. This will mean Wynnum has gone from no cinemas since 1983 to two complexes in a few years.

MAJESTIC CINEMA

The Majestic Cinema in Berrima Street, Wynnum will open in mid to late March 2021.

You can go online and order your membership card now for a special price of \$15 which allows you to purchase your ticket for \$8.50 each time you go to the cinema for a year. Every individual needs their own membership card.

The link is <https://bit.ly/39QM7Q3> or you can go to Majestic Cinema's Facebook page.



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: Finn.

Suburb: Wynnum West.

How long have you lived there? Since I was nine-weeks-old. I am only five-months-old now!

Favourite local walk? The mangrove boardwalk.

Your most treasured toy? I love balls, so I have lots of different balls.

Your favourite food? I love a BBQ chook.

Your worst habit? I like to prune the magnolias in my Mum and Dad's garden.

Your favourite local hangout?

I love to go out for breakfast or lunch with my Mum and Dad, so anywhere in Wynnum or Manly. I also love going to daycare every week at Houndog Day Care.

Your best doggo friend? My brother, Archie.

Any funny or embarrassing stories you'd like to share? If I am not getting the attention that I require, I sit on the floor, throw my head back, and howl!

What do people love most about you? I'm pretty cute, and people keep telling my Mum what a sweetheart I am.

Name: Bernard.

Suburb: From Wynnum and temporarily in Rockhampton. My Mum works for DBL Solicitors at Wynnum and my Dad just got a job in Rockhampton.

How long have you lived there? One month. We just moved here. I lived at Wynnum all my life before that, being 14 years (or two human years).

Favourite local walk? I like walking around our block and saying "hi" to all the other doggos on our street.

Your most treasured toy? A pair of Dad's fluffy socks.

Your favourite food? I don't have a favourite food. I like eating everything, except worming tablets!

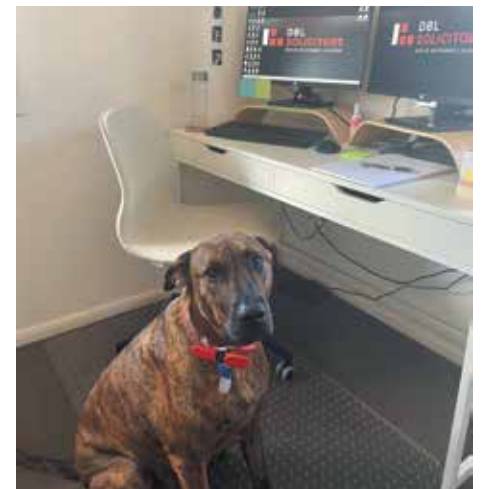
Your worst habit? According to Mum and Dad, jumping on their bed, but I think I'm pretty good at it.

Your favourite local hangout? Our neighbours' yard. My friend Tucker lives there.

Your best doggo friend? Tucker, although he doesn't smell as good as Dad's socks.

Any funny or embarrassing storied you'd like to share? Due to the pandemic I have had Mum all to myself whilst she works from home. I also double as her assistant. I sometimes wear a tie at work.

What do people love most about you? I have a speckled tongue. It's pretty cool.



WILLIAM GUNN JETTY, MANLY

tidewinebar.com.au (07) 3396 8962

MISS MAGGIE OF MANLY



EASTER PET SAFETY MEANS NO CHOCOLATE!

BY DR NICKY THOMAS, WYNNUM MANLY VETERINARY HOSPITAL



Easter time is rapidly approaching and with it the joys of the season – masses of chocolate, delicious hot cross buns and family get togethers. There are a couple of things to keep in mind to ensure that ALL members of your family stay safe and healthy during this time.

Chocolate contains chemicals such as theobromine and caffeine which can cause poisoning in dogs and cats.

Dogs in particular are often guilty of pillaging chocolate stashes, and depending on the quality and type of chocolate (the darker the chocolate, the more dangerous) consumed can become unwell very rapidly.

Clinical signs of chocolate ingestion vary from vomiting and diarrhoea in mild cases to racing

heart rates, seizures and even sudden death if consumed in large amounts.

If you suspect that your pet has eaten chocolate, contact your vet for advice. Treatment usually involves inducing vomiting and may require further treatment including charcoal tablets or IV fluids in severe cases.

Hot cross buns are another Easter treat which are not suitable for pets. The sultanas and raisins used in these delicious baked goods can cause kidney failure if eaten by dogs and cats.

Easter is often a time for family gatherings and sharing special meals. Dogs and cats may develop vomiting and diarrhoea from eating excessive treats and are prone to pancreatitis when fed fatty food.

Keep a supply of pet friendly treats such as liver treats, cooked chicken strips or dental chews so that your animals can safely indulge this Easter!



**Wynnum Manly
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 232 Bay Terrace,
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 Mon to Fri: 8am - 7pm
Sat: 8am - 12pm
Sun: 8am - 11am

PLAYER PROFILES

THIS MONTH WE'RE GETTING TO KNOW A FEW UP AND COMING WYNNUM MANLY SEAGULLS' PLAYERS.



Name: Harrison Graham.

Suburb: I live at Gumdale.

Position/s you play? I play hooker/lock.

When did you start playing footy? I started playing at five-years-old, in the under 7's team.

Who did you look up to as a kid? Andrew Johns.

Do you have any big plans for 2021, on or off the field?

Playing in the Intrust Super Cup for Wynnum.

Do you have any hidden talents outside of footy?

Off-spin bowling (cricket).

What's your favourite movie? *Cat in the Hat.*



Name: Kauri Aupouri-Puketapu.

Suburb: I live in Morningside.

Position/s you play? I play halves/lock.

When did you start playing footy?

I started playing at age 15.

Who did you look up to as a kid? Benji Marshall.

What do you like to do in the Wynnum Manly area for fun?

Train the house down!

Do you have any big plans for 2021, on or off the field?

To win the comp!

Do you have any hidden talents outside of footy?

I've never lost a game of scissors/paper/rock.

What's your favourite movie? *Once Were Warriors.*



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WELLNESS WONDERLAND ON OUR DOORSTEP

CONTRIBUTED BY THE MANLY HARBOUR VILLAGE CHAMBER OF COMMERCE

Stroll along the Esplanade at dusk or dawn and one thing will be immediately apparent – our locals love to get active.

The Bayside is attracting an increasing number of health-conscious residents and visitors alike, with local businesses seeing a growing interest in wellness services.

“Our business moved to the area last year primarily due to the location,” says Liz Masen, CEO of the newly relocated Athlete Assessments on Cambridge Parade.

“Athlete Assessments has been in operation for close to 15 years and mainly works with professional sports, both in Australia and overseas, and universities in the USA. When choosing our new office location, it was a priority to be in a great area so that our staff enjoy coming to work each day and avoid peak hour traffic of the city. From a lifestyle perspective, we love that as owners of the business, we can walk to work too and enjoy the community and village atmosphere as locals!”

Fitness fanatics can get their fix at local gyms such as the independent, family-run 4Shore Fitness. For some outdoor fun and sightseeing, why not

hire a scooter from ScooterBike Adventures in Lota? Take a solo trip along the water or enjoy a group ride instead. Soothe those sore muscles post-workout with a relaxing treatment from Endota Spa Manly, or try Spa Wood Traditional Thai Massage. And get back on your feet with a little help from the team at Move Podiatry.

For wellness from the inside out, Manly Village has your healthcare needs covered with centrally located medical centre, pharmacy and dental surgery all within close proximity.

And for those of us who are not as sporty, don't forget that pampering is a great excuse for self-care! Visit the talented stylists at Cambridge Hair Collective to breathe some new life into your locks, or pop into Skin Revolution Australia for some dermal rejuvenation

Watch the world go by from a street side café or along the Esplanade, share a picnic and connect with loved ones in Little Bayside Park beside the marina. Or, just sit by yourself with a coffee on a park bench, read a book, look out to sea and breathe deeply. Whatever wellness means to you, there is something for every lifestyle at Manly Harbour Village.



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FLARES AHOY! LIFESAVING LIGHT ON THE WATER

CONTRIBUTED BY BRISBANE COAST GUARD

When it's dark and stormy, and your boat is rapidly taking on water, a flare is one of your emergency signalling options.

Our advice is to take a few minutes now to become familiar with how to use a flare, so that when that chaotic moment comes you have the best chance of survival.

Here's a few simple checks to get ready:

1. Check how many flares of each type that you need to carry, and if you're not sure visit the MSQ website. All registered boats, including jet-skis, need to carry two red hand flares and two orange smoke flares if operating in partially smooth or open waters.
2. Check the date stamped on the side of each flare to see that they haven't expired. The three-year life on a flare ensures that they will activate properly when you need them.
3. Read the instructions on the side of the flare that show how to activate the flare.

When that emergency situation occurs and you need to launch a flare, keep these things in mind:

- If possible, only use your flare when you can see an aircraft, or people on shore or in other boats are in visual range, as the flares only burn for around a minute.
- Stand with the wind behind you so the flare or smoke blows away from you.
- Firmly hold the flare by the bottom of the handle and hold the flare over the side of the boat, and not directly above your head – the metal canister burns hot and may eject burning material so do not hold the flare anywhere else.
- The flare may take several seconds to activate.
- When the smoke or flame has finished, drop the used flare canister in the water – don't drop the used canister in the bottom of the boat, it could burn through your hull or start a fire as it remains hot for a long time



Coast Guard members Paul Colless and Toni Dugdale demonstrate two types of flares. Photo: Harvey Shore, Brisbane Coast Guard.

If you have old flares that are out of date, at Brisbane Coast Guard we're a one stop-shop: we will safely dispose of your old flares for free, and we also have new flare packs for sale. With

advance notice we can also supply parachute flares used by commercial mariners.

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INSPIRING DIVERSITY: NICHOLE CONOLLY

When Tingalpa resident Nichole Conolly was diagnosed with Autism Spectrum Disorder (ASD), the words written on her diagnostic paperwork described her job prospects as bleak, and extremely limited to the most menial and supported tasks. Her first job, however, wasn't exactly an option found on the open job market, nor was it very menial.

On the weekends and school holidays, Nichole checked tickets and trained as a clown under the guidance of circus owners Lorraine Ashton-Grant and Gary Grant. In 2012, she became a full-time circus performer and instructor. Based in the Lockyer Valley, she frequently travelled with the Ashton Family as an artist and children's chaperone.

Despite moving to Brisbane in 2017 for academic reasons, Nichole still finds time to clown around.

"I have my circus equipment set up in the lounge room. It is not what one expects to see when they walk into someone's house, but it is now literally part of the furniture," said Nichole.

Alongside her clown hat, Nichole wears many other hats including student, currently studying her Masters of Autism degree through the University of Wollongong (UOW), tutor for autistic children, and relief teacher aide.

Nichole hopes to find permanent part-time work as a teacher aide upon completion of her studies.

"I want to work with children like me, children whose parents were told that their child would not talk and not achieve things in life. People need to understand that there are a variety of different paths and we just need to find the one that works for each individual."

In September 2021, Nichole is set to take this message to Launceston, Tasmania for the Australian Conference for Neurodevelopmental Disorders. She has previously spoken in Brisbane, Sydney, Melbourne, Perth, Launceston, Singapore and Bath (UK).

Nichole hopes to one day to take her message of inclusivity and a narrative of poignant life stories entwined with a quirky sense of humour and circus skills all around the world.



ART + FOOD A SENSATIONAL COMBINATION

Wynnum restaurateur and owner of The Fat Duck and Mr Hibachi, Olga Faataape, is supporting local artists by displaying their work. A recently featured painting is Under The Pandanus by local artist Deb Brown. If you're interested in purchasing Deb Brown's work, phone 0417 286 555.

The Fat Duck is open Wednesday to Sunday with live music every Friday, Saturday and Sunday.



Deb Brown (local artist) with Olga Faataape (owner Fat Duck/Mr Hibachi). Photo: Supplied.

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COMMUNITY PROFILE: NATIONAL SENIORS WYNNUM/MANLY

BY DENICE CAMERON

National Seniors Australia Wynnum/Manly branch has been part of the Bayside community for over 20 years.

We are part of an Australia-wide, not-for-profit organisation committed to a fair go for all older Australians.

But there's more to us than that.

The Wynnum Manly branch is the social arm of National Seniors Australia. The branch holds monthly meetings on the first Monday of the month, which commenced in February.

Branch meetings are held in the Sunset Room at the Wynnum Manly Leagues Club, Wondall Road, Manly West. Our meeting times are from 10am to 12noon. Following the general meeting the members enjoy a presentation by a guest speaker, entertainment or a game of trivia depending on the month.

Covid-19 safe principles are observed at all times.

During 2020 the National Seniors Australia organisation was successful in securing government changes to deeming and drawdown rates, and a pension loans scheme campaign resulted in a rate reduction and an extra 30,000 home care packages.

We are a large community that represents your interests. Don't take our word for it, find out for yourself.

<https://nationalseniors.com.au/>



Photo: Supplied.

THANKS FOR A RANDOM ACT OF KINDNESS

BY JENNY BOSTOCK



Recently, I attended the funeral of a dear friend at Hemmant Crematorium.

I travelled by train from Indooroopilly to Hemmant. The funeral service was to start at 9am and it was already very hot when I got off the train. I asked for directions to the Crematorium and the staff member considerably said it was a long way. As there were no taxis to be seen, I thought I had better start walking. As I trudged along in the heat on uneven, grass-covered ground, several cars passed me in the direction of the Crematorium.

I stopped briefly and thought how hot it was and wondered how much further I would have to walk. A young man in a van pulled up and said, "Can I offer you a lift?" Without hesitation I got into his van and he drove me to the funeral service.

On the way we chatted; he told me his name was Stuart Blackburne and that he works for CCR as a defence coating specialist. When we reached my destination, Stuart kindly said that if I needed a lift back to the station to call him and he would come and drive me there.

Stuart's kindness was special and such a relief on this sad occasion.

Thank you Stuart.

The Community Leader

YOUR 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 WEST	4,124
4179	LOTA	1,041
4179	MANLY (QLD)	1,185
4179	MANLY WEST	3,593
TOTAL		21,994
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ADVERTISEMENT SIZES

Full Page	Image Area	318mm deep x 265mm wide
Half Page	Image Area	135mm deep x 265mm wide
Quarter Page	Image Area	68mm deep x 265mm wide
Strip Ad	Image Area	40mm deep x 265 mm wide

APRIL BOOKINGS

- Community editorial 15th of March
- Advertising cut off 21st of March
- Distribution 31st of March (shopping centres) and the 5th of April into homes
- Bookings are for a minimum of 3 months and space is limited
- Market to Market Communications reserves the right to refuse any advertising
- **Advertising 0421 786 302**

THE BONNER UPDATE

ROSS VASTA MP FEDERAL
MEMBER FOR BONNER



UPGRADE FOR LOTA SKATE PARK

I am very pleased to share with readers the Lota Skate Park is one of 41 projects to benefit from a \$40 million Morrison Government injection into local projects across Brisbane.

The funding has been delivered to Brisbane City Council through the Local Roads and Community Infrastructure Grants and will support a year's worth of employment and support to local businesses and industry around Brisbane.

Lota Skate Park at Ed Devenport Park will receive a much-needed upgrade with a complete replacement of the existing facility and the best part is, Brisbane City Council will be working with local park users to determine the best design and elements to give locals a fresh, new skate facility for all to enjoy.

This project will be funded with \$400,000 from the grant and I look forward to seeing work get underway soon.



MISSING LINK CAMPAIGN LAUNCHED



The Inland Rail project – currently under construction – will connect Melbourne to Brisbane; however, current plans have it terminating at Acacia Ridge in Brisbane's southern suburbs.

This means freight earmarked for the Port of Brisbane must be trucked in on existing roads unless a dedicated Inland Rail link is constructed.

I'm fighting to deliver the Missing Link – a dedicated underground freight rail connection between the Inland Rail and Port of Brisbane.

Over the past 18 months I have been quietly sharing my nation-building infrastructure vision for Bonner.

Without this vital infrastructure, Brisbane's roads will be gridlocked with a further 2.4 million trucks by 2035.

By taking the rail connection underground, we will not only take pressure off the region's roads and existing rail networks which are already at capacity, we can deliver better social and environmental means of transporting freight out of Brisbane and across the east coast of Australia.

To find out more about this vital project and how it will benefit the community, my website has set up a page dedicated to this campaign. Visit www.rossvasta.com.au to find out more.

A QUICK HISTORY OF THE ICONIC MANLY HOTEL

CONTRIBUTED BY WYNNUM MANLY HISTORICAL SOCIETY

This month, the Wynnum Manly Historical Society explores the rich history of Manly's famous watering hole.

Mrs Todd built the "Canberra Palace" and hoped to obtain a liquor license. But, on Tuesday 5 February 1907, the people of Manly voted against there being a licensed hotel in the district. Mary Todd died in 1943 and, in 1945, new owners Sam and Sarah Clelland renamed the two-storey timber "Canberra Palace" as the "Maranoa Guest House".

Not until December 1953 did the licensing commission grant a license to Stefano Degiovanni, of Wickham Terrace. The license was transferred from the Royal Hotel Grandchester.

Working plans and specifications for a double-storey brick or concrete building, with 30 beds, were approved in March 1954. Mr Degiovanni, having been in the building industry for 34 years, built the hotel himself on the site of the demolished "Maranoa". Some of the demolished timber was used in the construction of the Manly Bowls Club clubhouse.

The Manly Hotel's official opening celebrations were held on the evening of 5th May 1955. Attorney General Mr Powell officiated, and the general public were "invited to participate in a FREE drink with the Management". The hotel had cost £65,000 to construct.

Laurie Coleman was the first licensee from July 1958. Edna Kate Edwards followed him in November 1964. The Edwards opened the land behind the hotel for extra car parking space in the heart of Manly Village.



The McDonald family took over the license in March 1970 and remain as licensees today.

Stewart McDonald was originally a baker but entered the hotel business after the big bakeries took over the bread trade. His first hotel was in Esk in 1960, then Stewart, Dulcie and family moved to the City View Ipswich, then to St Paul's Tavern Spring Hill, before arriving in Manly.

Stewart's son Sandy McDonald studied commerce and economics in his youth so was well prepared when his father handed over the reins of the hotel to him. Sandy's aim is to attract a broader community by continually improving the hotel's operations.

On May 4th, 2005 the Hotel celebrated its 50th Birthday. In 2010 the Manly Marina Cove Motel, owned by The Manly Hotel Group, won a tourism award and in April 2020, the hotel celebrated 50 years under the leadership of the McDonald family.

Florence & Cornelius

~ INSPIRATION FOR YOUR HOME ~



Looking forward to helping you bring joy to your home in 2021.

– Patricia

HOURS

Monday – Thursday: 9am - 5pm

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START YOUR ENGINES FOR A FUN CHARITY CAR RALLY

BY BEL ELLIS

On the 13th of March, we are heading off on a car navigator run departing Wynnum and driving out to a cafe and museum at Flagstone called Scotty's Garage.

The purpose of the rally is to raise money for our Variety Bash fundraiser to help disabled, disadvantaged and sick kids all over Queensland.

Before leaving Wynnum, there will be a gnome scavenger hunt around the Wynnum CBD, a sausage sizzle and prizes to be won.

Rally participants will follow a set of coordinates and clues, with questions to be answered and a Little Gnome fun stop along the way.

The rally is family friendly, and entry is \$50 per car.

To enter the rally, simply go to <https://www.trybooking.com/events/landing?eid=717710&> to donate, and then email littlegnomebookshop@gmail.com to secure your entry.



EVOLVING: THE EXCITING NEW NOVEL FROM MARK WEST

Bayside author Mark West has released his second and much anticipated novel of the Jackson Kidd series, *Evolving*. The title follows his first book of the post-apocalyptic series, *Surviving*, and both stories are set in Australia.

A builder by trade, Mark is breaking the mould and hanging up his toolbelt to follow his childhood dream of being an author.

"Like many others, what I dreamt of doing as a child was something I thought just wasn't possible, but my passion for creating stories continued until I couldn't ignore it anymore," said Mark.

You'll often find Mark writing at the Manly Deck, or at a picnic table beside the bay. He lives in Wynnum with his wife and daughter Madison.

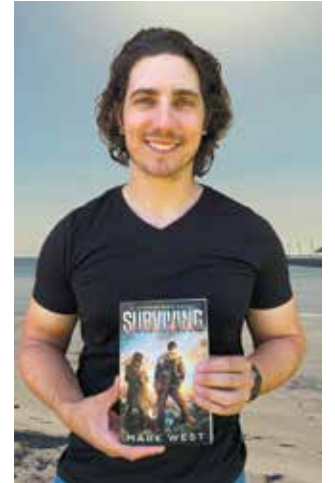
"Mark's debut novel, *Surviving*, has been a great success at Little Gnome bookstore," said store owner Bel Ellis.

"We are big supporters of local talent and Mark is right up there. If you love post-apocalyptic, dystopian novels, the Jackson Kidd series is where it's at."

Bel says Mark's latest novel is a fast-paced adventure set in Queensland, with twists and turns that will leave you wanting more.

"Mark visited Little Gnome after I reached out to him, excited to see a new local author. What a treat that was. He exudes charm and kindness and has a real passion for his work – one of the many reasons we stocked the book."

Mark's books are available through Little Gnome Bookshop, Dymocks, and major online retailers. Find out more about Mark via his website: www.markwestauthor.com.



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GIRL GUIDES ENJOY A PACKED ACTIVITY CALENDAR

BY JULIE DIXON

After an extended period of Zoom meetings and virtual activities, local Girl Guides are out and about in the community spending as much time as possible reacquainting themselves with Queensland's spectacular natural environment.

With plenty of local, regional and state events, the 2021 calendar is full of opportunities for members to catch up with old friends, make new friends and enjoy the myriad of activities available.

The local unit at Wynnum North, led by Yvette Morgan, is inviting new members and leaders to join them for what promises to be one of the most exciting years in the organisation's 100-plus-year history.

Girl Guides is a community-focused organisation that prides itself on making a difference. This difference manifests itself through engagement with people-centric organisations and participating in projects that leave a lasting impact on local areas.

Guiding programs are fun, practical, and feature outdoor experiences that ensure members are not only equipped to handle mother nature's challenges, but just importantly, are armed with sound knowledge, combined with the right skills and values to transition from study to employment.

Yvette invites local girls and young women to get out and about and become a member or leader of Girl Guides in 2021. Yvette can be contacted at ymorgo@tpg.com.au.



Girl Guides participate in a range of exciting, character-building outdoor adventures. Photos: Supplied.



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BACK TO SCHOOL AND BACK TO BUSINESS FOR THE BAYSIDE

JOAN PEASE'S COMMUNITY UPDATE, STATE MEMBER FOR LYTTON

The easing of our COVID restrictions has encouraged our schools, businesses, and community groups to come back to life, like the Sailability Bayside group providing sailing opportunities for people of disabilities to enjoy our beautiful bay. The action is not limited with the over 50's Social Walking Football competition at the Bayside United FC and the Wynnum Manly Juniors Rugby League Club, the Lady Bugs, Wolves, Vikings, Sea Eagles all back on the pitch, paddock or court.

Leadership investitures have been celebrated at our local schools and I have been delighted to attend Brisbane Bayside State College, Wynnum State High School, Lota State School and Wynnum West State School this month. I love supporting young people as leaders of our future. A special mention to Jordan Thuo, the Brisbane Bayside State College 2020 School Captain receiving a QUT scholarship towards his University studies.

Des Lawson was the proud recipient of the Scope Club of Wynnum Australia Day award, I was honoured to be invited to the Award Ceremony and acknowledged his contributions to the Australia

Day BBQs, Christmas concerts and fireworks at Wakerley, the kite festival at Murarrie and drinks station at the old Brissie to Bay fun run.

The business scene is flourishing, with the Bayside Women in Business Inc. hosting their monthly luncheon at the Waterloo Bay Hotel, attracting around 70 local businesswomen. Nici Bickley provided an informative speech on Google analytics that was especially beneficial to all businesses in the room.

Kaye, of Ede's Salon on the Corner of Bay Terrace and Cedar Street celebrates 45 years owning the place. Kaye has worked there for 50, with the salon opening 88 years ago. Kaye has committed to the Bayside by not only employing many locals but also keeping us all up to date with the latest hairstyles. Thank you, Kaye.

Preparation is also taking place for the Clean Up Australia Day that I host annually with locals at the Wynnum Creek. I welcome all locals to meet us from 7am at Greene Park on Saturday 6 March to keep our bayside looking its best and for a sausage sizzle afterwards.



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Here is a selection of our Queensland Holiday Packages that are currently available and a little different to the "normal". We have included some extras exclusive to Helloworld Travel Wynnum!

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- Outback Tasting Adventure Tour
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WHITSUNDAYS



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- 2 nights accommodation at Boathaven Bay Holiday Apartments
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*Conditions apply. Valid for restricted sale and travel dates. Packages available at Helloworld Travel Wynnum only. Prices are per person and subject to change due to availability at the time of booking. Airfares are not included and credit for future travel with Virgin or Qantas can be utilised. Prices are based on payment by cash, direct deposit or Eftpos. Credit card payment will incur a surcharge of 1.5%.

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LOCAL CYCLING TRAILS OFFER FUN AND FITNESS

BY MURRAY DONALD

Cycling has seen immense growth in popularity over the last decade through its contribution to a healthy lifestyle and being a great way to commute. Socially it offers a fun way to explore your local area with friends or family, followed by the obligatory shot of caffeine at your favourite cafe.

Whether you enjoy getting out in the bush for some off road action, or a leisurely roll along the foreshore, Wynnum Manly has something for everyone to enjoy a two-wheeled adventure.

If you're looking for some great local rides, why not try The Bay Loop, which runs along the waterfront at Wynnum and back. There's also The Wello Loop, from the Wynnum waterfront out to Wellington Point and back, and The Cleveland Loop, where you'll travel along the waterfront and out to Cleveland point.

For a leisurely family outing, pack a picnic and try Wynnum waterfront bike paths, or to really test your fitness, cycle the bike path over the Gateway Bridge, which eventually leads you all the way to Redcliffe. Another option is the Murarrie Criterium track on Wynnum Road, offering a closed circuit within welcoming greenspace parkland.



Off-road riding lets you get closer to nature and experience the sights, sounds and smells of the Australian bush. Try the Redland Bay/Bayview MTB (mountain bike) Park for good off-road trails suitable for all abilities and ages.

At Alexandra Hills, the Scribbly Gums Conservation Area has some of the best family-friendly tracks around.

And finally, being prepared is important for a great day out on your bike. Remember the following:

- Helmet
- Sunscreen
- Shaded glasses
- Water bottle
- Lights
- Lighter coloured clothing, so you can be easily seen by motorists
- Money for coffee
- Spare tubes/pump
- Regular servicing of your bike every six months

BAYSIDE YOUTH BAND TRIVIA NIGHT

Wynnum's Bayside Youth Band is holding a fundraising trivia night on Saturday March 6. It's a chance to get your family and friends together, book a table, test your brain, and help to support our community bands get back to performing.

Bayside Youth Band is one of five bands managed by Wynnum's Queensland Services Heritage Band Association.

The evening kicks off at 6.30pm at the Waterloo Bay Leisure Centre at 241 Tingal Road, Wynnum. Get your tickets now at QSHBA.eventbrite.com. Prizes will be awarded to winning teams, and there will be questions for the kids to answer.

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AUTUMN FISHING ON MORETON BAY WITH SPERO

BY SPERO KARTANOS

The season has changed and it's now autumn, but the heat and humidity and water temperature will not change much at all. The only good thing is a few more southerlies, and the fishing is normally good.

Our Moreton Bay whiting are in plentiful numbers in all the spots we come to expect them to be. Try the Small Boat Channels on the southern side of the Chain Banks and the northern side of the Maroon Banks all the way to Fishermans Gutter and across to the Maroon Hole and Channel.

A good run in the tide and a drift will do the trick, and this month there's plenty of whiting a little further at the Sand Hills at Moreton, all the way to Shark Spit (but in front of the small Sand Hill is the best). Use a good old paternoster rig, and blood worms, peeled prawns and squid strips work the best as does the cured red beach worms (my favourite).

Whiting is one of the tastiest fish with its delicate firm flesh, so for cleaning, I find hand-scaling is the best way. Personally, dragging these fish in a net and belting them around to get rid of the

scales is not how a fish should be scaled; the flesh has been belted before you fillet. Apart from octopus that gets belted to break the sinews, I don't know of another fish you would belt around before you eat it, but that's my own opinion.

The tiger squid season will be going really well and since the water colour normally improves this time of year, and so does the clarity, the squid come back in good numbers in all the weed banks where the whiting are.

A couple of hot spots are Days Gutter and the Amity Rock Wall, and the entrance to the Maroon Gutter all the way into the Maroon Hole will have plenty, as will the Small Boat Channel. It's worth flicking a squid jig on the southern end of Green Island as well. There's lots and lots of tiger squid in those two spots this time of year, and it's also a good time to start looking for the arrow squid and cuttlefish showing up in the deeper water – if they are a little early, no complaints from me!

The school mackerel should be across the bay and long tail tuna and bonito should be smashing up bait balls north of Harry's in between the Sand

Hills and Mud Island. The good news for some of us oldies who like to eat whitebait is that they should still be around the back of the boat at night, so there are plenty to catch as the days shorten.

And for all those who can throw a cast net, the prawns should be running in the entrances to all the creeks and river systems. Till next month good fishing.



Photos: Spero Kartanos.

JUNIOR FISHERMAN'S CATCH OF THE DAY

Six-year-old Coen Doolan from Manly West tested his fishing skills recently with a trip to Peel Island with his family. Coen caught this feed of whiting drifting over sandbanks using squid and worms as bait.

Like all fishermen, the story has grown each time it's told, and Coen proudly tells everyone he caught all the fish and his Dad caught none.



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Government Funds Free Short Courses For Queenslanders

For some people COVID changed everything, including their job. In response to the workforce impact of COVID the Queensland Government is providing access to free online courses and Adapt Education is leading the charge with over 25 courses currently available at no cost. Each course on offer has been selected as it complements the range of skills the market is requiring post COVID.



Adapt Education (RTO32452) is a Manly based organisation who has been running online courses for almost a decade now. According to Director Glen Parker. “Since COVID, some people have lost their job and need to reskill for a different industry. Some people experienced changes to their role such as: having to work from home; or manage tasks and staff remotely. While others are facing the looming end date of Job Keeper and Job Seeker payments and wondering what now...”

This latest funding is a leg-up for people to upskill, cross skill or reskill to meet the changing demands of their job or to better compete in the job market.

These courses are a fantastic opportunity to freshen up both your skills and your resume.

Eligibility: Courses are fully funded for QLD residents who need training to gain employment or maintain employment with a QLD small business. Funding ends March 31. Go to the Adapt Education website to enrol today.

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To Enrol: adapteducation.com.au/short-courses/qld-funded-short-courses/

1300 380 335 | www.adapteducation.com.au

BEATLES CHICKS BRING FAULTY TOWERS TO WYNNUM

BY DEBBIE SMITH

We are The Beatles Chicks – four Wynnum girls entering our 1971 Ford Cortina MK11 as Car #60 in the 2021 Queensland Variety Bash, from Winton to Yeppoon via Birdsville from August 30 to September 8 this year.

The Variety Bash is not a race or a rally. It's an adventure! And it consists of driving 30 year-old plus cars through regional parts of Australia, all to raise funds for Variety, the children's charity supporting thousands of Australian kids in need.

Our fundraising from the event will provide grants of equipment, services and scholarships. With your help, more kids who are sick, disadvantaged or have special needs can get the assistance they need to achieve their full potential. We believe all kids should be able to follow their dreams and be the best they can be, no matter what life throws at them. We are just *Doin' it for the Kids* and we would love your support!

But that's not all, we are holding a number of fundraising events in the lead up to the Variety Bash where all proceeds go towards the cause.

Faulty Towers, the Original Dining Experience is a two-hour eat, drink and laugh sensation and a five-star tribute show that is internationally renowned. Our first dining extravaganza sold out within 24 hours, so it's back by popular demand. Tickets to the encore show to be hosted at the wonderful Mr Hibachi restaurant in Wynnum are now available. Purchase your tickets online today from <https://www.eventbrite.com.au/e/faulty-towers-the-original-dining-experience-tickets-138197328931>

We are also looking for more businesses to get involved in sponsoring our one-of-a-kind Ford Cortina! She's a 1970's beauty and if you want your company name splashed across her as we drive across regional Australia, we want to talk to you! Contact Debbie on 0427 753 731.

<https://www.varietybashqld.com.au/t/beatleschickscar60>

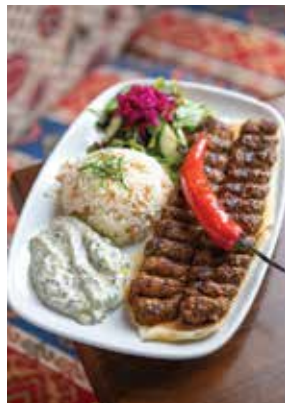


Photos: Supplied.

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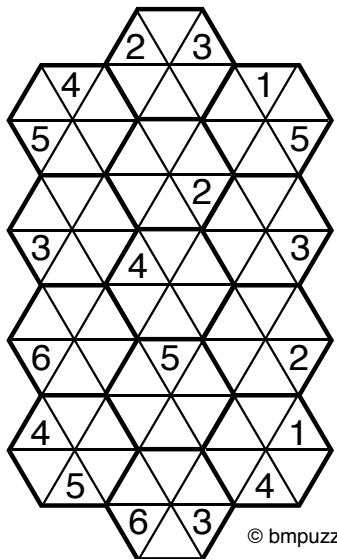
Sudoku

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

	3			7	8	6		
							8	9
	6				3		2	
9			2					
		8					4	1
								5
	5							
3				4			1	2
		4	9				3	

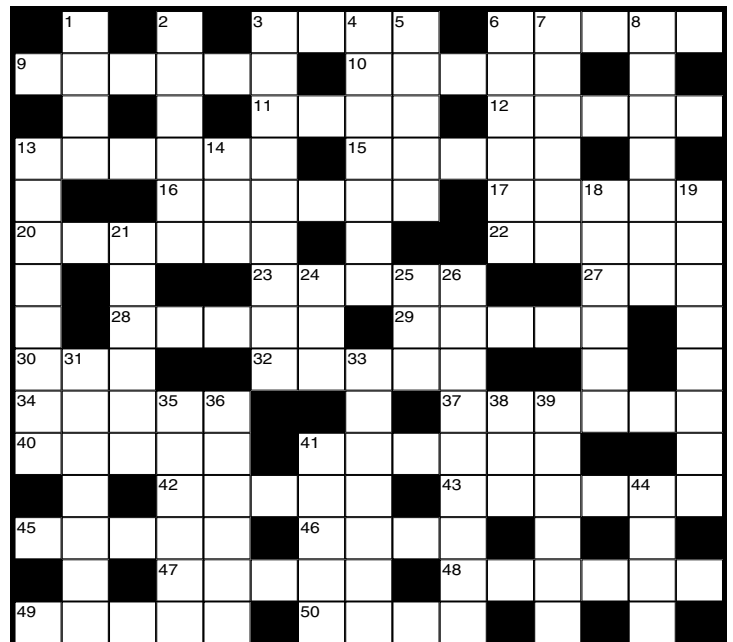
Quick Workout

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.



© bmpuzz

Crossword



ACROSS

- 3 Fir or pine wood
- 6 Sets down heavily
- 9 Stick together
- 10 Marital partners
- 11 Summit
- 12 Stubborn animals
- 13 Make beloved
- 15 Happen again
- 16 Corrects
- 17 Send money
- 20 Of foreign origin
- 22 Wear away
- 23 Said further
- 27 Beverage
- 28 As before
- 29 Circumference
- 30 Frozen formation
- 32 Character
- 34 Approaches
- 37 Opposed
- 40 Cockatoo

- 41 Parallel of latitude
- 42 Summoned by name
- 43 Asteroid revolving around the sun
- 45 Very bright
- 46 Dry and withered
- 47 Cosy retreats
- 48 Hostile spirit
- 49 S-shaped mouldings
- 50 Agitate

- 13 Making effort
- 14 Friend (Fr)
- 18 Parent
- 19 Instructors
- 21 Severe trial
- 24 Small spot
- 25 Self
- 26 Vanish
- 31 Stopping
- 33 Most difficult to deal with
- 35 Plunder
- 36 Shelters from sun
- 38 By way of
- 39 Rich cake
- 41 Examines
- 44 Malarial fever

DOWN

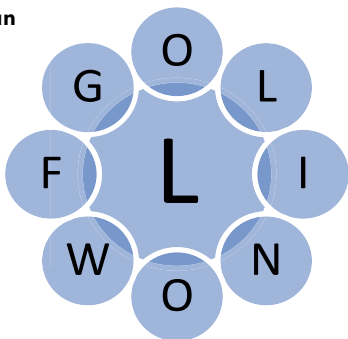
- 1 Satellite
- 2 Vanquish
- 3 Express earnest disapproval
- 4 Bestowed
- 5 Finds pleasing
- 6 Affectedly modest
- 7 Unscrupulous moneylender
- 8 Be chairperson

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: 15 words
Very good: 24 words
Excellent: 35 words



Reference: Macquarie Concise Dictionary
Focus No. 3841

Word Find

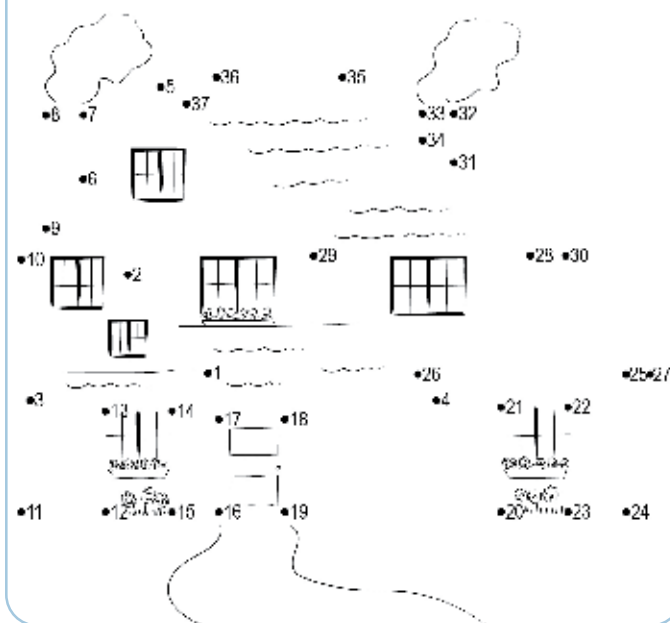
R	L	L	O	R	D
A	R	O	O	F	L
E	R	T	U	O	I
Y	M	U	R	D	M
E	A	I	S	A	B
S	O	R	T	T	Y

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

- | | | | |
|------|------|------|------|
| Asia | Lord | Roll | Time |
| Drum | Loud | Roof | Tray |
| Eyes | Mat | Rot | Year |
| Limb | Mild | Rust | |
| Loom | Ours | Sort | |

Join the Dots

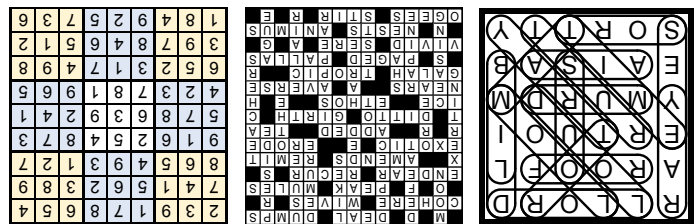
What is this? Find out by joining the dots.



Solutions

Puzzles and pagination supplied by Auspac Media

fill filio fling flog flow flowing
flown foil follo follow
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fowling gill glow golf igloo iing
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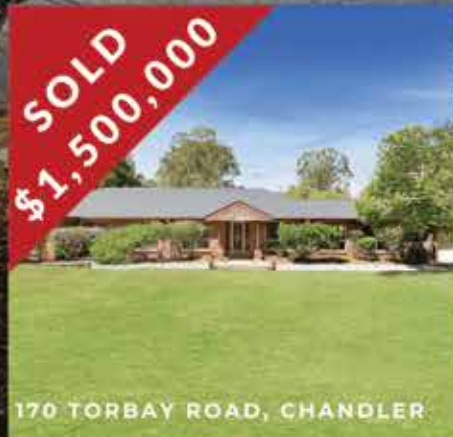


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LOCAL POETRY

MANGROVES

BY GEOFF SMILEY

Walking the mangroved shore,
I know the defenceless gentle presence of the trees;
this healing nursery of the sea.
Salt-weeping leaves,
struggle in their marginal home.
Vertical roots, breathing,
reviving the mangrove zone.

Mangroves, sea-land territory.
The flood and drained exposure
of endless repeating tide.
The cycle of water and season,
haven for fearful birds;
and breeding sanctuary of the sea.

Its life filled base,
cornucopia of muddy generosity.
Beauty of the mangrove zone.
Full-tide shaded reflections,
of gnarled and bended boughs.
Low-tide mud and roots,
relieving respite from watery demise.
Primitive beauty easily discarded;
apparent uselessness to man,
but by seers lovingly defended.

Healing nursery of the sea.
Such purpose in a gentle stand of trees.

Mangroves are an example of tenacity in adversity. Their roots would die except for being exposed at low tide. These struggling yet beautiful trees fringe our waterfront and creeks.



JOIN BETA SIGMA PHI INTERNATIONAL

BY JOAN DEAN

Introducing a unique women's group within our community: Beta Sigma Phi International (Life, Learning, Friendship).

The local chapter of the group was founded by Joan Dean several years ago. The first meeting for the year was held at the home of Treasurer Rachael Ooi, at Lota. President Elizabeth Noske, from Wakerley, welcomed members to the meeting.

Several decisions were made during the meeting, including details of the Annual Charity Day which will be held on Tuesday 13th July at the Royal Queensland Yacht Squadron, where the anticipated number of guests will be more than 150. The day will include a guest speaker, fashion parade, an emporium of interesting stalls, raffles and an enjoyable gourmet lunch. It will be lots of fun!

Although Beta Sigma Phi is not officially a service club, members do enjoy fundraising for charities. Donations have been given to Youngcare, Asbestos-Silicosis, Safer Lives, and other causes in the community. Many social occasions are enjoyed such as Friendship Day, birthdays, change-over breakfasts, Founder's Day and more. Members enjoy the combination of educational programs, friendship and the opportunity to be of service to others.

Members are women of all ages, interests, educational and economic backgrounds, and the chapter is looking to welcome new members. If you're interested in joining this great organisation, please contact Joan on 0417 551 806.



Photo: Supplied.

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.



When not conjuring up creative customer and user experiences, **Mel** is pining for a panang curry with a sneaky spring roll from **Absolute Thai**

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LOCAL SAILING

SAILABILITY ACKNOWLEDGES TWO OF ITS BEST

BY GEOFF GRACE, PRESIDENT, SAILABILITY BAYSIDE

Sailability Bayside is a wholly volunteer, not-for-profit charity providing sailing experiences for all people with disability at Manly Harbour in Brisbane.

Our organisation, like any volunteer organisation, can only operate when sufficient people take up the challenge to meet the demands of the task at hand. At Sailability Bayside, we have those in spades and we believe our volunteers are some of the best an organisation could ever wish for.

Some volunteers also go far beyond the expected and are obvious by their passion, energy, reliability, commitment and creativity. We have recognised two such people recently who have all these qualities, Ian and Paul, and to demonstrate how much we appreciate their efforts over many years, we have (with their approval), named a newly constructed boat shed and recently refurbished dinghy in their honour.

During the recent ceremonies to recognise the contributions of these volunteers, both related how they had gained more than they gave when volunteering. However, the people they serve know their Sailability experience would be somewhat diminished without Ian and Paul's cheerful banter and encouragement.

Well done Ian and Paul, you contribute so much to Sailability Bayside.

Would you like to volunteer with us? No sailing experience is necessary, just a willingness to help others. Email us at sailabilitybayside@gmail.com.



Photo: Supplied.



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THE MIGHTY BUGS ARE BACK FOR 2021!

CONTRIBUTED BY WYNNUM RUGBY UNION

Wynnum and District Rugby Union Club, affectionately known as The Mighty BUGS, is looking forward to the start of the 2021 season. With over 26 teams from U6s through to our senior teams, there are plenty of keen players looking forward to pre-season and the season ahead. New players keen to get involved in a great sport at a great club are always welcome.

Training has begun for all teams, and the start of the season for the juniors (U6 to U16) will be on the first weekend in May.

The senior group are well into pre-season; training is on Tuesday and Thursday nights from 6.30pm, all levels are welcome. Senior trial matches are booked in March and the season will kick-off on the second weekend in April. With new coaching and support staff, the seniors are hoping to get deep into the finals again in 2021.

Registrations are now open for both the rugby club and our affiliated 'Ladybugs' netball club for new players, returning players and for anyone keen to get out and enjoy great grassroots sport in a relaxed and friendly environment.

Our U16 cohort is looking particularly strong this year. We are hoping to field two teams in this age group. If you are 15 and thinking of playing, Bugs is a great club with excellent coaches and a strong culture.

Please contact Michael, our Vice President of juniors at juniorvp@wynnumrugby.com.au or Dan, our Seniors VP seniorvp@wynnumrugby.com.au if you would like more information.

For updates or further information follow us on <https://www.facebook.com/wynnumrugby> or <https://wynnumrugby.com.au> or send an email to: info@wynnumrugby.com.au.





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SHIRE CLERK'S MARKET HAS OVER 70 STALLS

FROM THE WATERLOO BAY LEISURE CENTRE

The first Shire Clerk's Cottage Market for 2021 will be held on Saturday 20th March from 8am to 1pm at the Waterloo Bay Leisure Centre, 241 Tingal Road, Wynnum. If you haven't been to one of our markets yet, you may be in for a little surprise!

With over 70 market stalls located within the Waterloo Bay Leisure Centre (WBLC) and in the grounds surrounding the Shire Clerk's Cottage, there is something for everyone.

The market is mainly focused on local arts and crafts, delicious baked goods and bric-a-brac. Food and drinks are available at our BBQ and the WBLC canteen, and a coffee van will be on site.

The cottage is open to the public for viewing and you will be greeted by local identity Iris Brewer, aka the Pink Lady. Our friendly volunteers will be happy to serve you a scrumptious Devonshire Tea on the verandah, and scones will be baked on the day at the Centre.

Other market dates for the remainder of the year are 17th April, 19th June, 14th August, 16th October, 11th December. Admission is free and Devonshire teas are \$5. For bookings email markets@wbcl.com.au

MARCH CONCERTS

Tuesday 9th March, doors open at 9.30am with entertainer is John Cornelius.

Tuesday 23rd March, doors open at 9.30am for our special Easter Concert with entertainer Lachlan Wallace.

The cost is \$8 for each concert and morning tea, plus \$10 for a two-course lunch served at 12pm. Please phone 3396 9488 to make your concert booking.



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WILL PERFECT PRACTICE MAKE YOU PERFECT?

CONTRIBUTED BY PANDANUS PADDLE CLUB

Manly's Pandanus Paddle Club (PPC) was recently awarded funding from the Brisbane City Council's Lord Mayor's Community Fund Grant.

This funding, for which we are very grateful, enabled PPC to offer our members the opportunity to attend a series of paddling clinic workshops.

PPC wisely invested this funding by engaging two individual well-known and highly-respected Outrigging Coaches, who are not only Elite Ocean Athletes themselves, but also highly sought after and preferred coaches to both Australian and World Outrigger champions.

The PPC paddling clinics were tailored to the requirements of our members and held over several days. These sessions covered technique on Outrigger six-person canoes (OC6s), together with single and double Outrigger Craft (OC1s and OC2s).

Surely it can't be that difficult to paddle an Outrigger Canoe, can it? Well, to do it effectively and efficiently, takes perfect practice!

When you consider the Polynesian migration across the Pacific from Raiatea in Tahiti to Hawaii in the North and Aotearoa in the South was accomplished in 'Waka- Amas' or Outrigger Canoes, it would be imperative that your crew could paddle efficiently.

Our goal at Pandanus Paddle Club as outrigger canoe paddlers is to adopt these "Perfect Practice" principles in an effort to polish our skills and maybe, one day, achieve the goal of being better paddlers!



Photo: Supplied.



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SPEND SUNDAY AT FORT LYTTON NATIONAL PARK

FROM THE FORT LYTTON HISTORICAL ASSOCIATION INC

If you're looking to expand your knowledge of local history, pack a Sunday picnic and spend the day exploring Fort Lytton National Park. There's plenty to see and do for all ages with fascinating heritage buildings, museums, an extensive artillery collection plus Australia's only fortress surrounded by a moat.

The park's picnic area is located in a beautiful, shaded spot overlooking the Brisbane River, and there's a vast field for the kids to run off any excess energy.

Entry to the park is at 160 South Street, Lytton, and admission to Fort Lytton is free. Open on Sundays from 10.00am to 4.00pm, there are cold drinks and souvenirs available to purchase at the canteen with EFTPOS facilities available. Times for guided tours (subject to COVID-19 restrictions and availability of volunteer guides) will be on display outside the canteen.

Domestic pets are not permitted in Fort Lytton National Park. Please also leave your drone at home!

For more information, visit the website at fortlytton.org.au or contact National Parks on 07 3393 4647.



Photos courtesy of Queensland National Parks.

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Go Further

WYNNUM MANLY SEAGULLS AND PAYNTERS TEAM UP FOR STUDENTS WITH DISABILITIES

CONTRIBUTED BY WYNNUM MANLY SEAGULLS

Bayside commercial construction company, Paynters, in conjunction with the Wynnum Manly Seagulls, is excited to announce a new community initiative, the Paynters Seagulls Community Footy program.

The program focuses on expanding the relationship with Darling Point Special School by welcoming students to game days for rugby league skills drills with players, Seagulls' staff and Paynters' employees.

Wynnum Manly's CEO Hanan Laban said the partnership for the 2021 season will result in fantastic outcomes for the local community.

"It's wonderful to have Paynters onboard as a platinum partner this season. Paynters are a highly respected commercial design and construction company with a history of supporting local communities and we are proud to commence this new partnership.

"The Paynters Seagulls Community Footy program will be an exciting football experience that will have a positive impact for Darling Point Special School students, and we are excited to commence the program on select home games during the 2021 season."

Paynters is currently working on extensive renovations at the existing Wynnum Manly Leagues Club, set to be complete in April this year. Construction will incorporate a new gaming lounge, café, dining and car parks.

Paynters General Manager Brett Johnston (pictured) said, "This program is a great initiative, and we are proud to tie our brand to such a reputable football club. During the foundation year we aim to be able to provide the Darling Point Special School with an opportunity to tour our sites and delve into the projects that make their community so special.



Wynnum Manly Seagulls players and staff with Darling Point Special School students. Photo: Supplied.

"As a business we are passionate about people – people within our business, people within the community and the opportunities that we can provide to youngsters who may one day want to explore a career in design and construction."

"The children are thrilled to join the program and look forward to the proposed activities," said Darling Point Special School's Principal, Charmaine Driver.

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LOCAL ART TEACHER HELPS YOU LOVE YOUR LIFE

CONTRIBUTED BY STUDIO YELLOW

What do you do when you lose your mojo? How do you find a way to sparkle when you are so caught up in day-to-day responsibilities? Where do you turn when you can't remember the last time you felt excited about all of the opportunities and possibilities that are available to you? You seek out Natalie Lynch, the proud owner of Studio Yellow, based in Manly West.

After teaching art for almost 30 years at Wynnum High School, John Paul College, and Moreton Bay College, Natalie launched Studio Yellow in 2016 to help adults reignite their creative spirit.

"After losing my husband to suicide, I am now dedicating my life to helping others nurture their mental health and prioritise self-care through art," explains Natalie.

"My workshops and programs are a mix of traditional art classes and art therapy techniques to help adults rediscover the well of creativity and inspiration that is within them."

Studio Yellow is a place where you can learn how to find joy in each and every day.

"I help jumpstart your imagination and give you the tools you need to discover your creative essence because art is a wonderful hobby that opens your heart and soothes the soul," says Natalie.

If you'd like to join Studio Yellow's art classes and workshops, visit studionyellow.com.au for more information, or call Natalie on 0404 390 443.



Photo: Supplied.

THE DIFFERENCE BETWEEN ICE-CREAM AND GELATO

BY RUDI, MATILDA THE ART OF GELATO



So, what is the difference between ice-cream and artisan gelato?

Well, the two should not be compared, as ice-cream is not gelato and vice versa. Gelato originated from Italy, and its meaning is not ice-cream, it is simply gelato. The process of making the two are very different. Making gelato is an art that produces low quantities each time and requires it to be made and consumed fresh.

Ice cream is industrially made. It is produced in large quantities and can be stored for months. It is made with re-hydrated ingredients and synthetic aromas, and contains much more sugar and fat than gelato. A machine used to make ice cream runs by producing excess air, and this causes the weight of the ice cream to double. This may also explain the reason why it can cost less, however it is also cheaper in flavour.

Gelato is made on a slow rotation with little air, and the result provides the customer with the authentic aromas of the ingredients

used. We make our products using natural ingredients like nuts, vanilla beans, and espresso coffee. Our sorbet is dairy-free and vegan friendly, made using fresh fruit like mango, pineapple, and pure lemon juice. This means our gelato has a lot less sugar and fat and a stronger taste. No eggs are used, which helps create a much lighter product for our customers and is perfect for anyone with egg allergies.

So, if you are going to treat yourself, then it is probably best to do so with a gelato!

Shortly we will be doing a survey asking our customers for their feedback, and we invite our biggest gelato fans to help us improve the experience. After all, the saying 'Italians do it better' comes from striving for product perfection!

We welcome you to our shop at 60 Florence St, Wynnum, to have a free taste and sample the difference for yourself. Stay tuned for Matilda's third birthday celebrations.

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PIPIS WITH LINGUINE RECIPE

BY SPERO KARTANOS

We had such a huge response to local fisherman Spero Kartanos' delicious squid paella recipe in our February edition, so he's back with another tasty seafood dish.

INGREDIENTS

- 1 packet linguine pasta (cooked and drained)
- 1 kg packet Goolwa Pipsis, live and fresh, de-sanded and ready to cook
- 1 small onion finely chopped
- 2 to 3 cloves of garlic
- 1 tsp salt and pepper
- 2 tbsp salted butter
- 25 ripe cherry tomatoes, chopped
- ½ cup of dry white wine
- 1 tbsp chopped Italian parsley
- 2 shallots, finely chopped
- 1 tsp fresh coriander, chopped
- ½ cup cooking cream

METHOD

1. Drizzle a little olive oil in large pot, then add chopped onion and sauté until soft.
2. Add crushed garlic and stir. Add chopped tomatoes salt and pepper and sauté for 3 to 4 minutes, and as soon as they start to break up add white wine and 1 tablespoon of butter (reserve the other tablespoon for later) and cook until alcohol cooks out (about 2 – 3 minutes).
3. As sauce starts to thicken a little add strained pipis and cook until most have started to open.
4. Add cream and the other tablespoon of butter and the chopped herbs and stir. Add the cooked and drained linguine mix and serve immediately.



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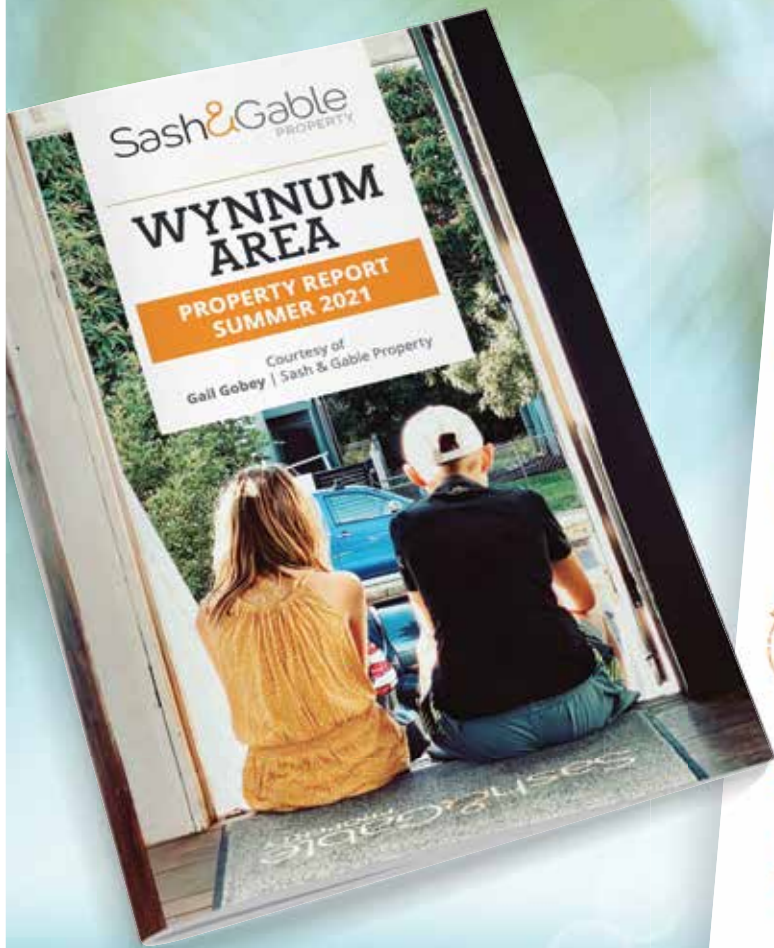
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Where: Each Social Activity Group, 212 Bay Terrace, Wynnum

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!



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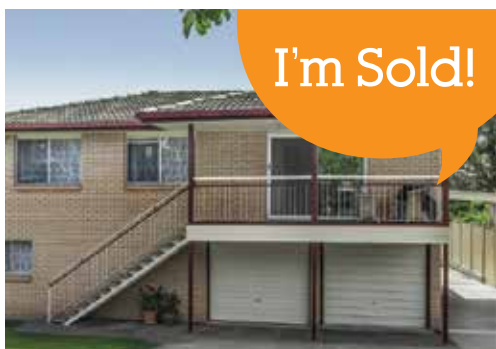
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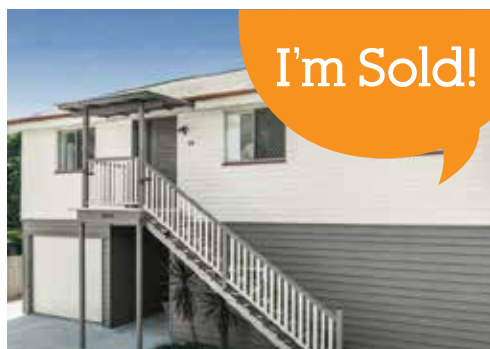
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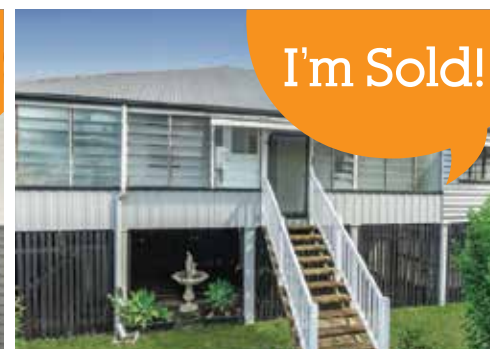
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FAIR WINDS FOR 73RD BRISBANE TO GLADSTONE YACHT RACE

If you've spent some time around the Wynnum Manly area, you probably know someone who's competed in the iconic Brisbane to Gladstone Yacht Race. Now in its 73rd year, the race is a challenging trip up the Queensland coast that's a fast wild ride for some, and a slow cruise for others.

The first Brisbane to Gladstone Yacht Race was held during Easter 1949 when seven vessels started. Two of them carried radios while Brisbane's Homing Pigeon Club supplied pigeons to the others for position reporting. Two pigeons were released each day.

The first person to finish the race was Doug Perrins on the bow of Hoanna. After sailing through strong winds and heavy seas, Hoanna finished with an elapsed time of 47 hours, 8 minutes and 25 seconds – a creditable time that stood until 1955.

The race record has been smashed many times since the inaugural event, with the most recent record of 16 hours, 53 minutes and 57 seconds being set by Black Jack in 2018.

Gladstone-based yacht Wistari has entered the race 50 times, with her last start in 2018. Originally skippered by Noel Patrick, she is now in the capable hands of Noel's son, Scott. Wistari will line up for her 51st start in the 2021 Brisbane to Gladstone Yacht Race.

Watch the live stream of the race on April 2 at <https://www.brisbanetogladstone.com> or better still, take a trip to beautiful Gladstone to cheer the yachts over the finish line and join the celebrations.

There's a packed schedule of special events in Gladstone from April 1 to 4, including the Gladstone Harbour Festival, Seafood Festival and Sculptures by Gladstone Harbour.



All photos courtesy of Gladstone Regional Council.





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- Brisbane to Gladstone Yacht Race Live Stream** | 2 April
- Yachtsman's Long Lunch 18+** | 2 April
- Seafood Festival** | 3 April
- Line Crossing Party 18+** | 4 April
- Live Music at Gladstone Yacht Club** | 4 April

MAJESTIC CINEMAS BRINGS THE MOVIES TO WYNNUM

BY KIEREN DELL, CEO, MAJESTIC CINEMAS

Majestic Cinemas is the operator of the new Wynnum cinema, due to open in March in Berrima Street.

Majestic Cinemas is proud to be operating the first cinema in Wynnum for almost 50 years, bringing country service and value to the city.

Back in the middle of the 2000s, David Bateson of Wynnum Business tells the story that the then Nambour Chamber of Commerce had about 6,000 signatures on a petition from Wynnum locals requesting a cinema in their area.

The Chamber approached cinema operators in Brisbane with the request to build a cinema in the area, but did not get a positive response, and so they cast their enquiries further afield, and came across Majestic Cinemas, who had five sites in regional New South Wales at the time (now eight) and were about to expand into Nambour on the Sunshine Coast.

Majestic were first contacted by Reno Muscat, a local real estate agent, in September 2015 and made our first visit soon after on our way

to setting up our new site in Nambour. We were instantly interested in developing a cinema in an area that clearly was crying out for one, with the nearest cinemas servicing the 60,000+ people in the catchment area more than 20 minutes' drive away. It was also clear that this was an area on the verge of major change, with a move to more medium density high-rise developments, which would increase the population, including with a potential influx of baby boomers and others looking for the bayside lifestyle.

At first the old library site was proposed, which didn't work out, and two other potential sites were looked at over the following 18 months, including a council-owned site, and we even had some preliminary discussions with Council. But neither of these sites were going to work.

In January 2017, we were introduced to Justin Ham of Ham Bros and the Waterloo Bay Hotel. Justin had a vision for a cinema and apartment block across the road from the Waterloo Bay Hotel on some land he had purchased, and he was keen to see the development of an



Karen Gale Kieren Dell Joan Peese MO Andrew Weir and Andy Schmidtke - the Majestic Team

entertainment precinct with both the hotel and a new cinema at its centre.

Majestic then proceeded in early 2017 to begin work on plans with our architect, as well as a commercial agreement with Justin, while Justin lodged a DA for approval with Brisbane City Council in mid 2017. Council approval was given in mid 2018, and negotiations on the commercial agreement continued towards

finalisation in early 2019, with building commencing soon after.

Originally, the aim was to open by late 2020, however with COVID delays to movie releases, this was then put back to March 2021.

We look forward to entertaining patrons in the new state-of-the-art cinemas, and bringing the best new-release movies to the bayside.

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Join the Movie Club & get discounted tickets & more!

FEMALE FOOTBALL ON A ROLL AT BAYSIDE UNITED

BY KYLIE FRASER

An exciting new football season is just around the corner and local club Bayside United is ramping up for a big year.

After receiving a number of grants to develop female football in the area, as well as building on their very successful men's and junior competitions, club members are now enjoying the new improvements to the clubhouse. Along with new female changing rooms, the club's kitchen facilities are currently being refitted to improve the match day experience for players and families alike, while the addition of solar panels has made the clubhouse more environmentally friendly.

On the back of their all-conquering Under 12's girls team's success last year, Bayside is planning to have a senior women's team competing in the City League this year, as well as girls' teams competing in most age groups from under 6's to Under 15's.

With 2021 registrations to date showing nearly as many junior girls playing as junior boys this year, the future of female football in Brisbane's eastern suburbs looks rosy.

The club would like to thank Ross Vasta MP, Joan Pease MP, and Councillor Peter Cumming for their assistance in helping secure the funding for this initiative.

For any interested players (both male and female), visit the club's website at www.baysideunited.com.au or follow the club on Facebook at <https://www.facebook.com/baysideunitedfc> for more details on how you can get involved.



WYNNUM AFL GIRLS ARE KICKING GOALS

BY GRACE JOHNSTON, WYNNUM VIKINGS

There's nothing quite like the thrill of being on the footy field, hearing the crowd roar, as you kick that winning goal and take your team to victory.

It's that rewarding feeling that gets girls like Tarni White to training nights and weekend matches throughout the footy season.

And all of Tarni's hard work and commitment has paid off, as she was named the Round 1 NAB AFL Women's Rising Star nominee.

Tarni is just one of the many females who are loving the fun and excitement of the dynamic game that is women's AFL.

Tarni White currently plays with St Kilda in the AFLW. She started her career at Wynnum Vikings, playing through the junior ranks. She is definitely one to watch!

Wynnum Vikings is currently looking to enter teams in the Under 11 and Under 13 girls' competitions and is welcoming more sport-loving girls to join its teams.

"Our female teams are all about making friends, building confidence, working up a sweat and enjoying new challenges," says Sam, the Wynnum Viking's Youth Coordinator.

"Ladies, if you haven't tried footy yet, you haven't really lived!"



Women's AFL is a great way for girls and women to keep active and learn new skills in a supportive team environment.

Nationally and locally, female football continues to grow at a rapid rate. There are opportunities for players of all skill levels and exciting talent development opportunities including the Rising Star.

So if you want to have some fun, get fit and discover what you're really capable of, email the Wynnum Vikings at: wvafcfemale@gmail.com

The future of female football in the bayside is looking bright!

WYNNUM MANLY RED CROSS NEWS

BY HELEN KASTRISSIOS



At the November meeting of the Wynnum Manly Red Cross, the branch celebrated its 30-year anniversary of trauma teddies with a trauma teddy birthday party. Convenors Anne and Geoff (pictured) and the trauma teddies offered a birthday cake and candle to each of the members.



In December, dedicated volunteers displayed another beautifully crafted trauma teddy Christmas tree for the annual Tree-rific display hosted by St Peter's Anglican Church Wynnum.



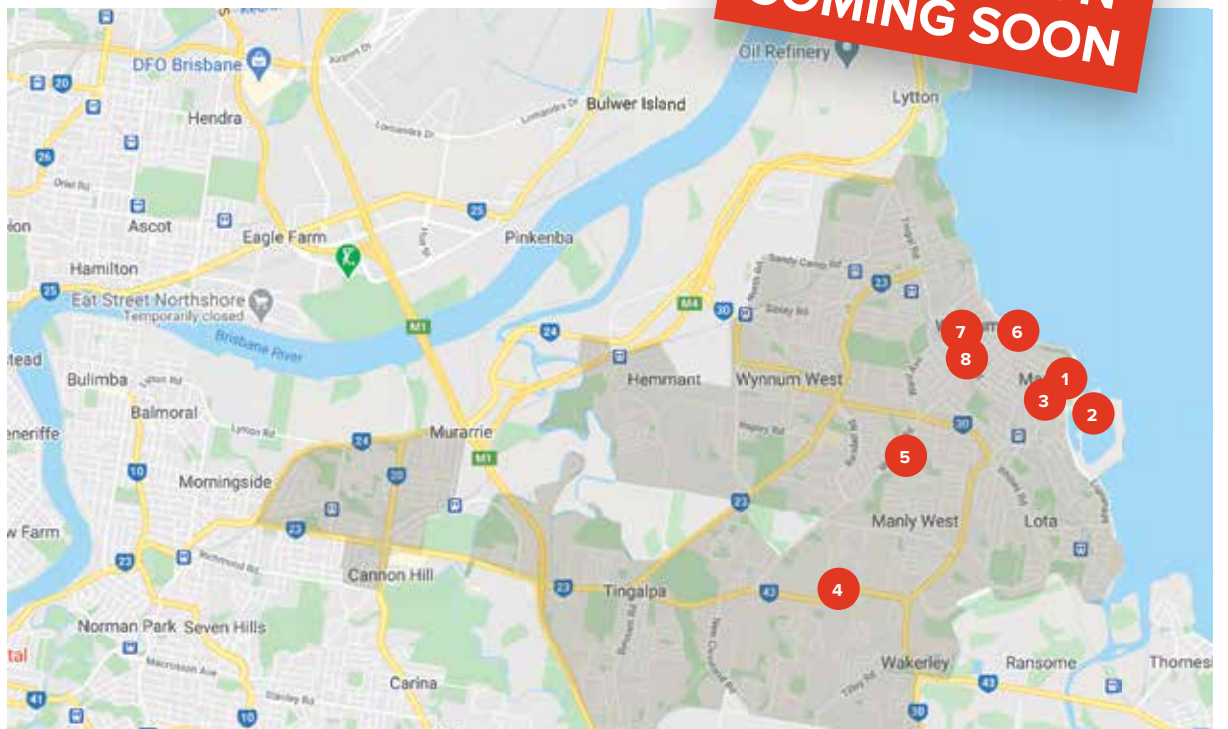
Photos: Supplied.

At the February meeting, President Polly Kastrissios (left of picture) and branch members gratefully received a donation of \$1,000 from local residents Danielle and Grant Gauld. Last year Danielle made and gave away over 200 fabric face masks (complete with filter layer) to family and friends. After hearing that COVID restrictions prevented the branch from fundraising, Danielle sold the masks and donated all proceeds to Red Cross. Danielle (front right) was presented with a certificate of appreciation for her wonderful gesture and generosity.

LOCAL DINING GUIDE

**NEW SECTION
COMING SOON**

- 1 MANLY HOTEL
- 2 TIDE ON THE JETTY
- 3 MANLY HARBOUR VILLAGE
- 4 TURKISH KEBAB & CUISINE
- 5 WYNNUM MANLY LEAGUES CLUB
- 6 FINNS'S FISH HOUSE
- 7 MATILDA THE ART OF GELATO
- 8 WYNNUM CBD



For more information call 0421 786 302 or 0407 912 660

MEET THE WYNNUM WEST SCHOOL LEADERS

FROM WYNNUM WEST STATE SCHOOL

Congratulations to the newly appointed Wynnum West State School captains who were welcomed into their new positions at the end of last year ready for the start of 2021.

Every leader brings unique skills to the role and we look forward to them leading our school this year. We know they will uphold the school rules and values of Faith, Honesty and Truth.

Together they have pledged that they will conduct themselves as respectable community members and commit to being reliable ambassadors for our school.

Please visit our school website to discover all the innovative and rigorous programs we offer such as STEM (Science, Technology, Engineering, Mathematics) and EcoMarines. Wynnum West always strives to inspire young minds for success.



Wynnum West State Schools' 2021 Captains. Photo: Supplied.

LOTA ANNOUNCES 2021 LEADERS

FROM LOTA STATE SCHOOL



Lota State School Leaders. Photo: Supplied.

Students at Lota State School kicked off their school year with a badge ceremony for their newly-appointed 2021 School Leaders.

Principal Mrs Sarah-Jane Lavington welcomed Joan Pease MP, Member for Lytton, Ross Vasta MP, Member for Bonner and Councillor Peter Cumming to assist in the presentation of the school leader badges.

Lota State School's Leaders for 2021 are:

School Captains

Anneli Anderson and Renzo Quinn

Cultural Captains

Nandhini Lingam and Bailee Morrison

Oxley House Captains

Michelle Carmichael and Amren Nicol

Flinders House Captains

Kira McKenna and Ava Watts-Luke



MEET THE RECTOR AND PRINCIPAL

FR MICHAEL TWIGG OMI AND MR TREVOR GOODWIN

Mr Trevor Goodwin and Fr Michael Twigg OMI have shared the leadership of the College since January 2019.

Fr Michael, a local Iona College Old Boy (1987) has over 26 years experience in education, including leadership roles at both Mazenod Colleges in Victoria and Western Australia. Fr Michael has promoted a Catholic philosophy of entering Iona to learn and leaving Iona to serve.

Mr Goodwin returned to Iona on his appointment to the Principal's role, having previously taught at the College from 1996 to 2006, including two years as Head of




Gerard House. With over 27 years in education, Trevor's previous leadership roles include serving as Assistant Principal at St Edmund's College, Ipswich, Deputy Principal at Chisholm Catholic College and Deputy Headmaster at Marist College Ashgrove.

Together our College leaders encourage, challenge and support each Ionian to 'Let Your Light Shine', our 2021 College theme.

We invite you to view our Virtual Tour - 'Discover Our Oblate Spirit', on the Iona website and hear more from Fr Michael and Mr Goodwin.

IONA COLLEGE | 85 North Road | Lindum Q 4178 | T: 07 3893 8888 | E: admin@iona.qld.edu.au | www.iona.qld.edu.au



MEET THE PRINCIPAL


MR BEN TURNER

Connected and Learning is the mantra at Wynnum West State School in 2021. Wynnum West aims to maximise learning through an environment based on belonging and engagement. Our school has a strong focus on wellbeing and inclusion with the purpose of ensuring all students are working towards their potential.

This year we are opening a brand new free, school-based playgroup to help support children and families in the crucial first 1000 days of their lives and improve transitions to school.

Our school values of Be Respectful, Be Responsible, Be Safe and Be a Learner are strengthened daily through our commitment to being a PBL (Positive Behaviour for Learning) school along with a focus on Growth Mindset.

Wynnum West: where learning is enhanced through connection.



Wynnum West State School

2036 Wynnum Road, Wynnum West 4178
07 3893 6888
the.principal@wynnumwestss.eq.edu.au
www.wynnumwestss.eq.edu.au

PROFILE: ROTARY CLUB OF WYNNUM AND MANLY

BY JOANNE O'CONNOR

The Rotary Club of Wynnum and Manly is made up of local men and women who work voluntarily to help others in the local Bayside community and often further afield with national and international project support.

There are many activities and fundraisers that we love to get involved in as part of our service to the community. Our activities include the Australia Day BBQ, Anzac Day Breakfast, Family Fun Day, Bunnings BBQ's, International Women's Day Breakfast and much, much more.

"When you get involved with Rotary, it's not just the club and community that benefit, you benefit too," explained Club President Tony Fox.

"As a Rotarian you make connections and develop skills while doing good in the world. You tackle local and global issues that are important to you and your fellow club members. You build lifelong friendships and have fun while helping others. You feel the shared sense of purpose that comes from working together to better our community.

"Rotary really is an important partner in helping build the communities we serve so that when it comes to being an active Rotarian, the opportunities are endless."

If you are interested in learning more about being a Rotarian, please call Rotary Membership Director JoAnne O'Connor on 0407 522 347.



Photo: Supplied.

MARINERS SOFTBALL CLUB'S PROUD TRADITION CONTINUES

BY RACHEL STONE

In 1979 Mariners Softball Club Inc. was formed by a group of ladies who were related in one way or another, with some of those ladies being descendants of the Quandamooka people of Moreton Bay.

Aunty Merle Dippel, who was a founder of the Mariners, is also a well-known Quandamooka Community Elder from North Stradbroke Island (known as Minjerrabah). She resides in Wynnum and had a vision to provide a safe, fun, family environment for all women to come together and play softball, encouraging all ladies and juniors to come and join. This began with one B-grade team, soon to be joined by a second team.

Since its inception, the Mariners have fielded teams in all grades each season from the highest level at A-grade right down to the little T-ballers, with players aged from four to 75 years. Some current and past senior players went on to compete at state, national and international levels and have returned to the club to give back to the juniors in an official capacity.

Covid impacted not just the sport of softball but all sports, and also had a detrimental effect on the Mariners' membership numbers. This year the newly elected committee will be focusing on rebuilding membership numbers with the goal of fielding teams in all grades.

As the 2021 President and also a descendant of the Quandamooka people, it will be my role to ensure we maintain the legacy, values and pathways that were set out by my elders. I know I have big shoes to fill, however with the vibrant young committee I have walking this journey with me, I can feel it is going to be a huge season again for the Mariners.



You can contact us via messenger on the Mariners Softball Club in Facebook page or email us at marinerssoftballclubinc@hotmail.com or you can come and have a chat to us on our Sign-on Day on Sunday 7 March from 9am to 11am at Redlands Softball grounds. We also have a second planned Sign-on Day on March 14.

HOW DO YOU MAKE A MIXED BERRY SMOOTHIE?

BY GREG FROM FRESH BERRIES DIRECT

This mixed berry smoothie is simply frozen berries, banana, vanilla Greek yogurt, liquid of your choice, and sweetener if you desire. I buy bags of mixed frozen berries and always have a few in the freezer for when a smoothie craving strikes. I typically make these smoothies with apple juice as it eliminates the need to add any sweetener later on. Other liquid choices are skim milk, almond milk, coconut milk or even a cranberry juice would be nice. When I do sweeten smoothies, I typically reach for a little honey. Like I said, it's really not needed here if you're using juice, but you may want to add some if you go with a less sweet liquid-like skim milk.

INGREDIENTS

- 1 1/2 cups apple juice can also use almond milk, skim milk, coconut milk or other flavor of juice
- 1 banana sliced
- 1 1/2 cups frozen mixed berries
- 3/4 cup vanilla Greek yogurt
- 1 tablespoon honey optional
- Optional garnish: fresh berries and mint sprigs

INSTRUCTIONS

1. Place the apple juice, banana, berries and yogurt in a blender and blend until smooth. If the smoothie seems too thick, add a little more liquid (1/4 cup).
2. Taste and add honey if desired. Pour into two glasses and garnish with fresh berries and mint sprigs if desired.

NUTRITION Calories: 221kcal | Carbohydrates: 52g | Protein: 6g | Fat: 1g | Cholesterol: 2mg | Sodium: 60mg | Fiber: 4g | Sugar: 41g



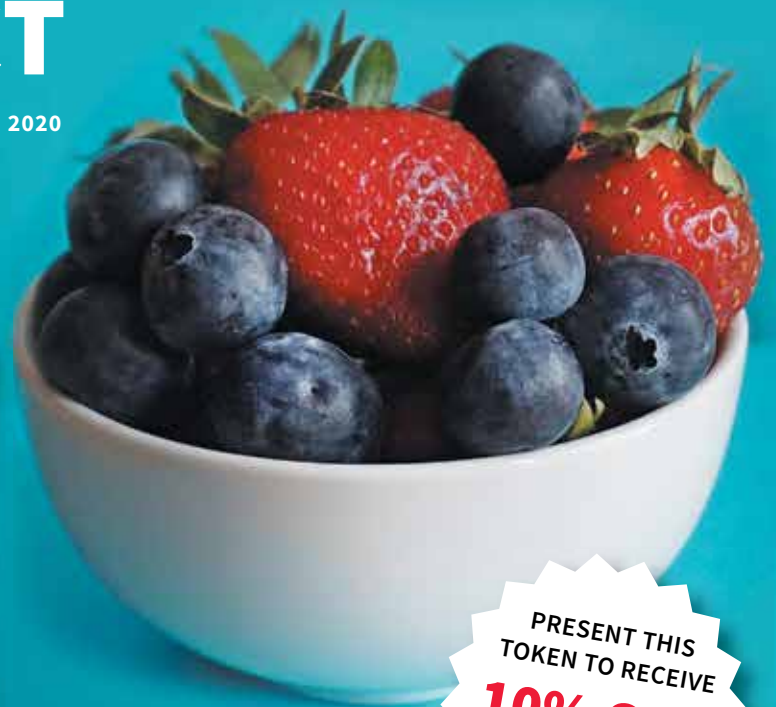
FRESH BERRIES DIRECT

CELEBRATING 10+ YEARS PARTNERSHIP WITH GROWERS. TINGALPA RETAIL STORE LAUNCHED JUNE 2020

Due to the overwhelming public response since our launch in 2020 for farm fresh fruit and veg we now offer free delivery service from our centralised shop front on Manly Rd Tingalpa. To keep pace with the growth in demand we will soon be expanding our current location to continue to provide amazing quality from our ever widening grower partnerships.

Fresh Berries Direct also offers schools, community, sporting and social clubs our unique Berry drive Fundraiser which in the 2020 season allowed them to re invest nearly \$17,000 back into community. If you are a club, school etc looking to raise funds with our delicious, fresh produce contact Greg now. Bookings for 2021 are limited so get in early to avoid disappointment.

For farm fresh fruit and veg come down and see Andrew, Greg and the team at Fresh Berries Direct.



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Contact
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Andrew Toumpas - 0411896047

2021 WYNNUM MANLY SEAGULLS



BACK ROW: Emmanuel Tuimavave-Gerrard, Nofosa Malutoa, Selwyn Cobbo, Ben Farr, Junior Pauga, Grand Hagai, James Robinson, Sebastian Winters-Chang, Ed Burns, Kauri Aupouri-Puketapu, Lachlan Lee, Lachlan Perry, Francis Tualau, Will Parslow, Kelepi Faulkafa, TC Robati, Lazarus Vaalepu, Tom Farr, Jacob Sturt, Adam Brideson **MIDDLE ROW:** Harrison Graham, Luke Bateman, Issac Luke, Jack Campagnolo, Jayden Berrell, Kalolo Saitaua, Mathew Lyons, Ryan O'Keefe, Max Plath, Clayton Mack **FRONT ROW:** Tristan Hope, Aaron Rockley, Sam Scarlett, Max Elliott, Matiu Love-Henry, Delouise Hoeter



WYNNUM MANLY SEAGULLS

SEAGULLS 2021 MEMBERSHIP
www.wynniumseagulls.com.au



NET UPGRADES FOR BAYSIDE CRICKET CLUB

CONTRIBUTED BY PORT OF BRISBANE

Local cricketers at the Wynnum Manly District Cricket Club will start the post-Christmas season with an edge after an upgrade to the club's practice nets thanks to funding from the Port of Brisbane's Community Consultative Committee Grant Program.

And it's good timing too, with more than 500 junior and senior cricketers registered to play in the upcoming 2021 season.

A much-loved organisation in the Bayside community, the club is celebrating its 60th anniversary this year.

The club has grown tremendously from its humble beginnings in 1961 (then known as Balmoral Wynnum) to provide opportunities for men, women, boys and girls to stay active and involved in the community through junior level and competitive cricket.

Port of Brisbane CEO, Roy Cummins, said improving the club's facilities was a natural fit for the Port's Grant Program.

"We love our cricket at the Port, and we sincerely hope that this upgrade will give all of those at the club a great boost, whether they're just starting out or are budding superstars. Sporting clubs are the heart of many communities, and we're delighted to be able to help one of our local clubs improve their facilities for all to enjoy and benefit from."

"Community sporting groups have struggled through COVID in 2020 and Wynnum Cricket has not been spared this pain. Port of Brisbane's grant has come at a very opportune time for our club and will assist us in remaining one of the best quality facilities in South East Queensland," said Club President Graham Mapri.

"All of our teams are prepared for the post-Christmas part of the season and there will be 'no excuses' now as our net surfaces are ready to be fully utilised," he said.

Local cricketers keen to get involved in the club should visit its website seaeagles.qld.cricket.com.au or its Facebook page.

If you're a local not-for-profit organisation or registered charity interested in finding out more about the Port of Brisbane's grant funding, head to the Port of Brisbane's website for more details (www.portbris.com.au). Funding of up to \$2,500 is available for eligible organisations and charities.



Photo: Supplied.

PORT TIDINGS LATEST NEWS FROM THE PORT OF BRISBANE

MARCH 2021



Port of Brisbane is Queensland's largest multi-cargo port, handling 95% of the state's containers and motor vehicles, and approximately 50% of its agricultural products.

Over 70 businesses are located within the port precinct, employing thousands of people. We're also an active member of the local and regional community, supporting not-for-profit and community organisations and playing our part in protecting and enhancing the natural environment.

TRADE

Trains carrying bulk grain have returned to the Port following the recent severe drought conditions significantly impacting agricultural producers. The grain is destined for export markets around the world, as Australia's agricultural produce continues to be in high demand.

In recent years, Port of Brisbane was an 'import' port for grains, working with customers to facilitate grain imported from interstate to be trucked to agricultural producers in south west Queensland and northern New South Wales.

With improved weather and growing conditions, we are anticipating a good season for the industry.

COMMUNITY

Applications for our 2021/22 Community Grant Funding are now open! Grants of up to \$15,000 are available for individual, eligible not-for-profit and community organisations.

Every year, our \$100,000 Community Grant Program provides vital funding boosts to support those organisations supporting our communities. All the information is available on our website.

We'd also like to thank last year's Community Grant recipients for their dedication and passion in delivering positive outcomes for our community, in what was a very challenging year.

ENVIRONMENT

Over 15 volunteers from the Queensland Wader Study Group recently visited the Port to conduct annual migratory and shorebird banding. In total, 40 birds were weighed, measured and banded before being safely released, including Lesser and Greater Sand Plovers, Curlew Sandpipers, Pacific Golden Plovers, Red-necked Stints and Ruddy Turnstones. Bird banding has taken place at the Port since 1989.

The data from this recent monitoring will soon be available on our website and shared with other environmental research organisations around the world to support conservation efforts.



TRACTION, one of PBPL's 14 Community Grant recipients in 20/21.



QWSG volunteers banding a Lesser Sand Plover at the Port.

For more information about the Port of Brisbane, visit www.portbris.com.au or email info@portbris.com.au.

THE LINK BETWEEN DIET AND ORAL HEALTH

CONTRIBUTED BY DENTAL ON CAMBRIDGE

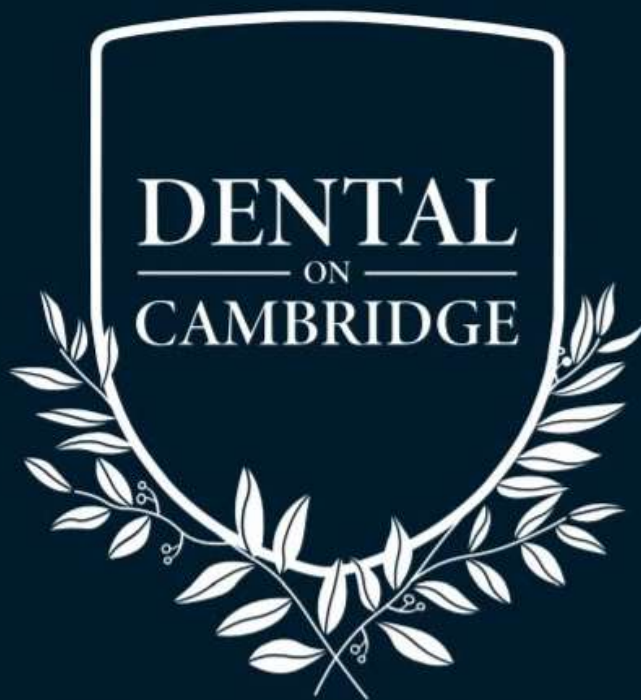
General health and wellbeing is linked to the types of food we consume. This is also the case for our oral health. The reality is our eating habits play a significant role in tooth decay, and it is not just the obvious foods like sugary sweets and drinks that can cause decay.

Foods with 'hidden' sugars such as crackers, some breakfast cereals and even dried fruits can cause an acid attack on your teeth. It is the sugars in any foods we consume – whether they are naturally occurring sugars or artificial sugars – that bacteria in the mouth love. The bacteria then release acid which attacks the outer layer of tooth enamel causing decay.

So what can you do to protect your teeth in between visits to your dentist? Here are our top tips!

1. **DIET!** Pay attention to your diet and try to limit sugary and acidic foods. These can weaken the enamel on your teeth making them more prone to decay.
2. **DRINK WATER!** Especially after drinking coffee, tea, wine, acidic or sugary foods and drinks. This will help reduce staining, but will assist in restoring neutral PH balance in mouth and can flush away leftover food debris.
3. **BRUSH!** It is essential to brush your teeth at least twice a day for at least two minutes! Tooth brushes, both manual and electric, when used well do a great job of removing plaque and food deposits in easy to access areas.
4. **FLOSS! EVERYDAY!** The area where your teeth touch is called the interproximal area and is very prone to decay. To clean this area well, something must physically slide between the teeth i.e. floss.

For more information about caring for your teeth at home between dental visits you can download our e-book on our website www.dentaloncambridge.com



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Alex Ritchie BOral (Dent), GDCent, BPhy (UQ)

SWEAT YOUR WAY TO GOOD HEALTH

The Finnish were certainly on to something when they designed the first versions of the sauna some thousands of years ago. However, you no longer have to endure the traditionally heavy, humid air to reap the benefits. The modern infrared sauna (such as those at City Cave Wynnum) uses penetrative infrared rays to heat your body which, put simply, means no steam. Instead, infrared saunas offer a 'dry' sauna experience, which makes them easier to sit in for longer periods, as well as easier for breathing.

From the moment you enter your infrared sauna, your core temperature will slowly begin to rise, and will continue to do so over the course of the session. As your temperature increases, so too does your heart rate. During your sauna your body will experience a static cardio workout, burning anywhere from 450-600 calories! This not only has a weight loss effect, but encourages good heart health.

Another positive side effect you will experience is increased blood flow and the widening of blood vessels, which in turn lowers blood pressure and results in additional oxygen being

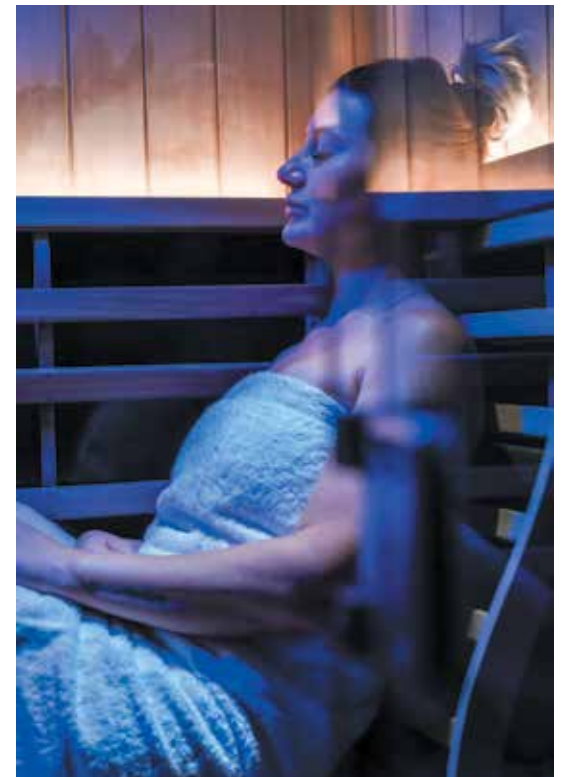
pumped around the body (particularly beneficial for optimising athletic performance).

We also find our sauna users experience a significant reduction in various kinds of pain, from acute muscle/tissue damage pain, inflammation and muscle tension, to joint stiffness. We see particularly outstanding results for pain reduction when teaming an infrared sauna session with a float therapy session, also known as our 'Flauna' package.

Finally, infrared saunas are a brilliant natural way to boost your immune system and fire up your body's natural detoxification processes. So, what are you waiting for?

The infrared saunas at City Cave Wynnum are ready and waiting for you, and come complete with bluetooth speakers, as well as a customisable chromotherapy panel for additional healing benefits. And your introductory discount is on us!

Mention the 'Community Leader' discount code for 10% off your first sauna!



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