

The Community Leader

YOUR **NEW** LOCAL MONTHLY NEWSLETTER

ISSUE 3

HOLIDAY AT HOME

If you're hankering for a holiday, or even just a change of scenery, treat yourself to a holiday at home.

Now's the perfect time to see your own backyard through fresh eyes. Playing tourist at home gives you the chance to explore new experiences in your neighbourhood.

We're lucky to have the stunning tall ship South Passage docked at Manly this month. It's a unique opportunity for a fun day of sailing, and you might even spot a few dolphins and turtles along the way.

Jump aboard the Cat O Nine Tails and visit St Helena Island. This former colonial prison has a fascinating history, and its stories are told today by a dedicated theatre troupe.

Serious fishing is on offer through charters leaving from Manly. Although you'll have to get up early, seeing the sunrise on the water is worth it. And for not-so-serious fishing, drop a line



South Passage under sail with North Stradbroke Island in the background, more details on page 9. Photo: Supplied

off the rock wall, there's usually plenty of fish jumping.

Journey back in time and discover the highlights of the Wynnum Manly Heritage Trail. From the captivating military history of Fort Lytton to the imposing architecture of the Masonic Temple at Wynnum, these important Bayside landmarks have many stories to tell.

Stroll through the Sunday markets at Manly to find hand-made souvenirs, and be sure to try the local honey, it's fantastic.

Down by the water, pull up a seat, soak up the sun, and let nature be your theatre. Pack a picnic and head to the waterfront to watch the pelicans, seagulls and plovers play.

Relax in a café and watch the world go by, or try an evening cocktail at one of the many bars now open. Eat your way through a diverse range of menus; try something new and be adventurous, you're on holidays!

Whatever is on your itinerary, you'll be surprised at the ever-changing beauty, great dining options, and rich history of the Bayside.



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DONATIONS NEEDED FOR BONNER WINTER ESSENTIALS DRIVE

Federal Member for Bonner Ross Vasta MP has officially launched the Bonner Winter Essentials Drive to donate goods to local charities and organisations supporting people in our community doing it tough.

Mr Vasta said the coronavirus pandemic has had an unprecedented impact on local communities and as a result, local organisations supporting vulnerable people were finding their resources stretched.

“Nationally our government has delivered emergency relief funding to many of these organisations, including an additional \$200 million under the Community Support Package,” Mr Vasta said.

“However, with more than 21,000 people in Queensland living rough, either through boarding houses, supported accommodation or sleeping out in the cold, at a local level there is always more we can do.

“Bonner’s local charities and organisations always go above and beyond to support vulnerable people in our community and this is our chance to make a difference and give back.”

Mr Vasta is seeking donations of non-perishable food items, hygiene products and blankets to donate to Bonner charities. If you’d like to help, you can drop off items at the following locations:

- Office of Ross Vasta MP at 69 Clara Street, Wynnum.
- Office of Cr Ryan Murphy at Shop 8 Millenium Centre, 14 Millenium Blvd, Carindale.
- Office of Cr Steven Huang at 2072 Logan Rd, Upper Mt Gravatt.



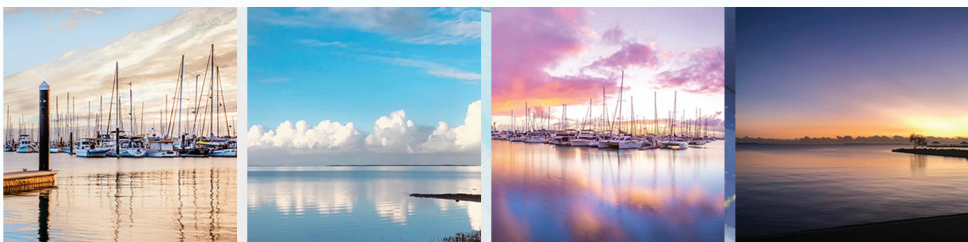
Ross Vasta receiving donations with the Assistant Minister for Housing and Homelessness Luke Howarth. Photo: Supplied.



JOIN US AT THE TABLE


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JOAN PEASE’S COMMUNITY UPDATE

STATE MEMBER FOR LYTTON

Queensland continues to be the envy of the world when it comes to our COVID-19 response. Thanks to the hard work of Queenslanders, we have been able to get our economy back on track as we unite & recover from the pandemic.

I've been so pleased to see the return of Bayside icons like the Wynnum RSL, Wynnum Manly Leagues Club, and Cedar & Pine. And last week, we were finally back at Manly Hotel for the Manly-Lota RSL's famous meat raffle!

A big thank-you as well to all those businesses like the Waterloo Bay Hotel and Moreton Bay Trailer Boat Club that kept trading throughout the lockdown.

Most importantly, our plan for economic recovery means creating jobs for Queenslanders. Amazingly, Queensland was the only state to record an improvement in the unemployment rate between May and June.

On the Bayside, we're supporting local business with our COVID-19 Adaption Grants of up to \$10,000. Twenty-five Lytton businesses have already received the grant, including local favourites like Caffeination Station, Celtic Corner, and Fun Fit Play. We're also backing sporting clubs, with grants of up to \$20,000 available for repairs and upgrades as community sport returns.

I was especially proud this month to officially open the Wynnum Community Place, our new neighbourhood centre at 154 Bay Terrace. The Community Place is funded by the Palaszczuk Government to provide services and support to locals, as well as offering a place where community groups and residents can get together. I'd like to say a heartfelt thank-you to everyone who donated to my food drive to help the Community Place get started!

The Manly Boat Harbour public consultation process is now under way. I urge all Baysiders to have their say on the future of our beautiful harbour by going online to tmr.qld.gov.au/ManlyBoatHarbour. Submissions close on the 14th of August.

I feel so passionate about protecting the harbour and our beautiful Bayside environment – that's why I'm so proud that the Palaszczuk Government recently introduced legislation to ban certain single-use plastics like straws, cutlery, and plates.

Finally, recent events in Victoria and overseas are a critical reminder that this pandemic is far from over. I urge all Baysiders to continue social distancing and washing your hands. If you feel any cold or flu symptoms at all, please self-isolate and call your GP or 13 Health to get a COVID test.

Our border to Victoria has been firmly shut since the 3rd of July, and we will continue to assess community transmission elsewhere. I commit to you that we will always follow the best health advice and put the safety of Queenslanders first.

As always, if you require any assistance please call my office on 3915 1100.

IMPORTANT CORONAVIRUS INFO

Dear resident,

Please know that you are not alone as we fight COVID-19 and head towards the recovery together.

As your local MP I am here to help, so please do not hesitate to get in contact.

You can also head to www.covid19.qld.gov.au for all the latest info.

Joan

IMPORTANT CONTACTS

Health advice

13 Health (13 43 25 84)

Coronavirus Community Support Hotline

1800 173 349

Small Business Hotline

1300 654 687

Beyond Blue

1300 224 636



Joan Pease MP | State Member for Lytton



PO Box 719, Wynnum QLD 4178



(07) 3915 1100



JoanForLytton



lytton@parliament.qld.gov.au



[@JoanPeaseMP](https://twitter.com/JoanPeaseMP) | www.joanpease.com



Handsome Roger.

Name: Roger.

Suburb: Wynnum.

How long have you lived here? Since I was purchased in February 2018.

Favourite local walk? Wynnum Creek to Darling Point and back. My legs are eight inches long so that’s basically a marathon.

Your most treasured toy? Anything cardboard. Don’t touch my cardboard. It’s my cardboard.

Your favourite food? Hard brown balls served from a bag and covered in fish oil. Can’t get enough of them.

Your worst habit? Rubbing my face on animal corpses or ripping my bed to pieces.

Your favourite local hangout? David Pearce’s Office at Belle Property Manly. His professionalism is great to watch.

Your best doggo friend? Been. I hang at Been’s when I can’t go to David Pearce’s Office at Belle Property Manly.

Any funny or embarrassing stories you’d like to share? I have a history of running into glass panels that I think are open doors.

What do people love most about you? My hair. The fish oil gives it a high-gloss finish.

Name: Ginger.

Suburb: Manly.

Favourite local walk? I love parading along the Manly Esplanade, especially when it’s warm because I often run down the stairs and take a quick refreshing dip.

Your most treasured toy? My Mother’s slippers when I can grab them. I love the chase to get them back!

Your favourite food? Cheese – and one of my real favourites is No.5 Vintage from Coles.

Your best doggo friend? Cooper, who lives nearby, my cousin Pippa in Wynnum, and Tilley.

Your worst habit? Chewing things around the house like the bottom of the laundry door, screens at the back of our house, and opening the cupboard doors looking for snacks.

Your favourite local hangout? I love to visit Ebb and Flow because Julianne is always excited to see me and give me treats.

Any funny or embarrassing stories you’d like to share? When the pool gate opens, I’m there, straight in the water, and sometimes sailing around on a float.

What do people love most about you? Lots of people comment on how soft my coat is and how I’m beautiful. It’s not hard to get used to hearing that!



Ginger looking beautiful.



Miss Maggie (left) after her interview with Sparkey.

Name: Sparkey.

Suburb: Manly.

How long have you lived here? Seven Years.

Favourite local walk? Along the Manly waterfront.

Your most treasured toy? I used to have a squeaky ball, until I broke it!

Your favourite food? Croissants.

Your worst habit? Chewing on my paws.

Your favourite local hangout? The French Café (Le Bistro) on Cambridge Parade, where Daddy buys my croissant.

Your best doggo friend? Leo and Maggie.

Any funny or embarrassing stories you’d like to share? When I need to go to the toilet at night, I wake Mummy and Daddy up by standing on the squeaky floorboard, or I cough or I shake my head or put my wet cold nose on Daddy’s face – that definitely works!

What do people love most about you? I am very handsome and friendly.

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MISS MAGGIE OF MANLY



FEEDBACK FOR DOG OFF LEASH AREA

Brisbane City Council is currently conducting a trial for the dog off leash swimming area at the beach behind Royal Queensland Yacht Squadron, off Davenport Drive at Manly. The trial started on 12 October 2019 and will run for 12 months. Council is now seeking feedback regarding the trial.

Any comments can be lodged at parks@brisbane.qld.gov.au. Councillor Peter Cumming is also encouraging residents to send a copy of any feedback to his office at wynnummanly.ward@bcc.qld.gov.au.

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.





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NEW BUILDS | RENOVATIONS | MAINTENANCE | RESIDENTIAL | COMMERCIAL | INDUSTRIAL

Is there a local business/community group/club you'd like to give a shout-out to? Jeff's Pet Services for looking after my fur-kids like they're his own!

A portrait of a middle-aged man with short, graying hair, smiling at the camera. He is wearing a dark blue textured blazer over a light blue button-down shirt. A small, colorful pin is visible on his left lapel. The background is a plain, light-colored wall.

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PETER CUMMING’S LOCAL AREA UPDATE

WYNNUM MANLY WARD



DEVELOPMENT APPLICATIONS

Substantial development applications continue to be lodged and in some cases, approved, in the Wynnum Manly Ward area.

The Sisters of Nazareth, who own Nazareth House, have lodged a new application for approval for 150 nursing home beds.

Around 10 years ago the Sisters first applied for such a redevelopment. It was approved by Council.

However, it was never built. The Sisters’ nursing home development in Christchurch,

New Zealand, was severely damaged by the earthquakes in that city. Insurance only covered about one third of the cost of repairs and the Sisters were forced to divert their surplus funds to the balance of the project.

Now the Sisters have the funds to move ahead. The application has been lodged and is being considered.

Residents can lodge submissions for and against the proposal at PDonline@brisbane.qld.gov.au. The application number is A005492750.

OTHER DEVELOPMENTS

There are a few other developments, the status of which have changed in recent times.

The new unit block on the corner of Stratton Terrace and Cardigan Parade has finally been approved after an appeal by residents concerned about the effect on their views.

The developer agreed to make minor changes which improved the situation for local residents. Work is expected to commence in mid-2021.

The new development consists of two buildings with 43 units and several small shops.

In my view it is a well-designed development which will add quality to the housing stock of Manly.

The developers have already been involved in a quality development in Wynnum with the ‘Enclave’ which looks good and sold quickly.

Meanwhile, a standard subdivision has been approved on one of the few remaining blocks that are not flood prone in Wynnum West. This is 420 Kianawah Road, Wynnum West which is situated between the Wynnum Vikings AFL Club and Wynnum Road.

There will be 31 housing blocks ranging in size from 405m² to 728m². The average house block size is around 475m².

In addition, 5.857 hectares of low lying land and bushland will be transferred to Council to add to Council’s stock of bushland.

HOSTING
AN EVENT?

I am pleased to see some invitations circulating for local events in this second half of the year. If you are planning an event, let me know so I can promote it in my weekly e-newsletter.



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

DREAMS COME TRUE IN MANLY HARBOUR VILLAGE

CONTRIBUTED BY MANLY HARBOUR VILLAGE

Most people’s response to the idea of taking over a bar in the middle of a pandemic would be, “Tell ‘em they’re dreaming.” In fact, the new owners of Bluebottle Bar + Kitchen had a dream of finding a small business in a seaside village to run, and to become part of a local community.

At the beginning of June, their dream came true. After selling another business, Joe and Michelle Arrabal jumped at the chance to become the new custodians of Bluebottle Bar + Kitchen in Manly Harbour Village.

Despite the uncertainty and trading restrictions associated with COVID-19, Joe and Michelle had confidence in the area and saw an opportunity to build on the popularity of Bluebottle Bar. Michelle and Joe’s confidence has so far been rewarded. New and returning customers are enjoying the extended trading hours (12 noon to late, Wednesday to Sunday) and a tapas-

style menu that gives a nod to Joe’s Spanish heritage, while still featuring popular Australian bar snacks.

For most food businesses, the last few months have been more like a nightmare. Manly Harbour Village traders have worked hard to survive, shifting to take-away and home delivery services, with many using the opportunity to renovate. Manly traders say they have appreciated the outstanding support from their customers.

Restrictions are easing, but businesses are still struggling. Continued support from the local community will be essential in keeping the dream alive for all the traders of Manly Harbour Village.

Bluebottle Bar + Kitchen is located on Cambridge Parade, Manly, open from 12 noon until late, Wednesday to Sunday.



Meet Michelle and Joe Arrabal, the new custodians of Bluebottle Bar + Kitchen. Photo: Supplied.

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SOUTH PASSAGE: OUR OWN TALL SAILING SHIP

You may have noticed a tall ship docked at the William Gunn Jetty at Manly recently. That's South Passage, and her volunteers invite you to experience a day on Moreton Bay under sail.

South Passage is an impressive 100-foot gaff rigged schooner, built specifically for adventure sailing and education, launched 26 years ago.

As the brainchild of local businessman Simon Steenland and his family, South Passage was built to give to the next generation of Australians the opportunity to experience a tall ship adventure. Designed by local sailor and naval architect Rick James, the busy ship usually spends 240 days each year at sea.

Today it is owned and operated by a registered charity and not-for-profit association, The Sail Training Association of Qld Inc. As a true non-profit ship, South Passage still continues to fulfill Simon's vision of education and adventure.

Past President Neil Richardson explained that South Passage's goal is to teach ROPES, an acronym for Respect, Opportunity, Participation, Enjoyment and Safety.



Photo: Supplied.

"In the last 10 years we have changed the lives of 13,440 school students, 7,251 public passengers – a total of 20,691 people – not to mention the many volunteers who crew and sail South Passage from ports as far north as Cairns in the winter, and

south to Sydney and Wollongong in the summer," said Neil.

South Passage is available for local voyages now because COVID-19 has forced a change of plans. This is great news for those wanting to experience a unique day on the

water departing from Manly, and support the great experience that South Passage provides for young people.

"The opportunity will not last as our main clientele is high school students. Come and help us help

young Australians by booking a day sail now on Moreton Bay," said Neil.

Bookings can be made online at www.southpassage.org.au or by calling (07) 3893 3777.



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SAILING FOR PEOPLE WITH DISABILITY AT MANLY

CONTRIBUTED BY SAILABILITY BAYSIDE

Sailability Bayside is an all-volunteer, not-for-profit organisation, which has been operating from the Darling Point Sailing Squadron premises at Trafalgar Street Manly since its inauguration in 2003.

The concept of Sailability was developed in the UK during the 1980s and has since spread around the globe, providing a system of sailing for all people with a disability. The Bayside group is one of a number based in South East Queensland, with others located at Southport, Graceville, Shorncliffe, Mooloolaba and Noosa.

Sailability Bayside operates each Monday and Thursday during school terms, however activities are currently suspended due to the Coronavirus pandemic. Presently, volunteers are attending one day each week to maintain equipment and ensure the group is ready to return to sailing when the situation is deemed safe for volunteers and their clients. At this stage, a review will occur in September.

Hansa 303 dinghies are primarily used for sailing as they are extremely safe and stable and accommodate two persons – a volunteer skipper and a passenger. However, a seven-metre Payne yacht is also part of the fleet, which can accommodate a volunteer skipper and a crew member, plus seating for another eight people.

Volunteers are always needed, and whether you can sail or not is of little importance. There are many positions for land-based activities such as maintenance, administration, food preparation and fitting lifejackets. And, if you also have an interest in learning to sail, there are more than enough qualified people who will provide you with the necessary experience.

Like to know more? You can direct your enquiry to sailabilitybayside@gmail.com, or simply call 0432 152 310 for more information.



Sailability volunteers on the water at Manly. Photo: Supplied.



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MORETON BAY DISCOVERY CENTRE & MUSEUM

An exciting new visitor attraction is under development on Manly Harbour to showcase the natural wonders of Moreton Bay through engaging and interactive displays.

The opening of the Moreton Bay Discovery Centre & Museum on the William Gunn Jetty at Manly will give visitors the opportunity to explore Moreton Bay's diverse natural beauty through interactive and educational experiences. Here you'll be able to discover the secrets of turtles, dugongs, whales and dolphins, and find out more about the Bay Islands.

With the goal of operating as an integrated tourism and environmental awareness facility, the Discovery Centre will be a waterfront tourism hub that places value on the social, economic and environmental qualities of the bay.

The Centre will be aligned with the Wynnum Manly Visitor Information Centre and adjacent to the popular Tide on the Jetty café on the William Gunn Jetty – already a busy visitor hub.

As a rapidly developing tourist destination, Manly Harbour Village hosts regular events including

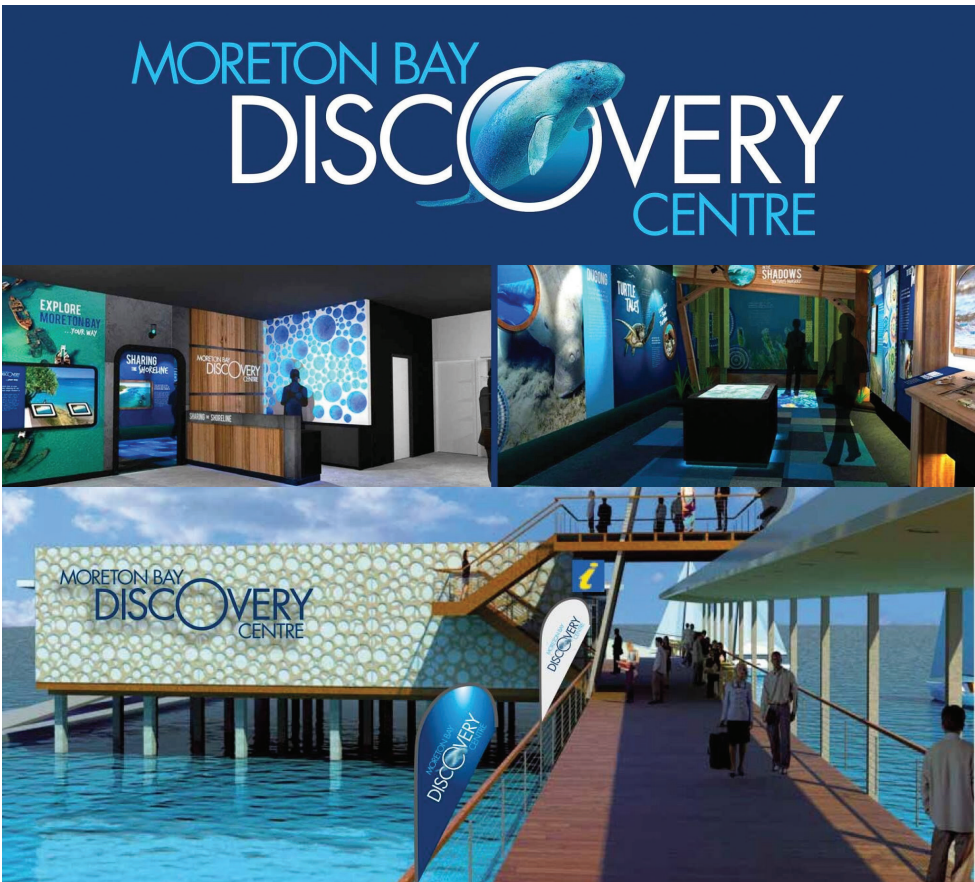
farmers' markets twice a month, and creative markets each Sunday. Maritime events are scheduled throughout the year, with sailing and fishing competitions at the four main marinas attracting thousands of visitors.

Establishing the Moreton Bay Discovery Centre & Museum over the water at Manly will provide a significant opportunity to promote Moreton Bay's unique qualities to locals and tourists in an easily accessible way.

While financial support has been received from all levels of government to complete the museum building, funding is now being sought to install the interactive displays.

Tax deductible donations can be made through the PayPal Giving Fund. Every dollar of your donation goes towards completing this locally-based asset. You will receive a tax deductible receipt to the value of your donation with no fees or charges.

Visit the Moreton Bay Discovery Centre & Museum Facebook page for links to make your donation at www.facebook.com/moretonbaydiscoverycentre.



An artist's depiction of the Moreton Bay Discovery Centre & Museum.

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LOCAL POETRY
MIGRANT

By Geoff Smiley

Irish ancestor
left for a better home.
Future thinking,
but
leaving gentle seasons
for a continent of
struggling evergreens.

What is left behind?
Part of the soul and
precious identity
by Ireland
forever claimed.

Australia promises
but cannot satisfy
what's been.

Next generation
beneficial receiver;
undistracted
and immersed.
The brave risk-taker
is sustained
by hopes,
while trapped
in marginal regrets.

“The migrant ideas in this poem refer to those who migrated from early Europe, but also includes those who have come in recent times. Criticism of later arrivals for having a continuing identity with their original home misunderstands attachment to country. Time is needed for transition to a new location.”



LOCAL AUTHOR PROFILE
JEANNETTE MAREE

Sydney-born author Jeannette Maree now resides in Brisbane. Her latest book, *Plum Blossom*, reflects her interest in her current locality of Wynnum Manly. Jeannette's earlier novel, *Remember to Breathe*, is also set in Queensland.

The mother of five took up writing in 1990 after someone remarked, “You’ve had such an interesting life, you ought to write a book!”

This comment encouraged Jeannette to write her first novel, *I Belong to Me*, which was written under the name Louise Ayden.

Plum Blossom tells a story of a young man arriving in Wynnum in the 1960s.

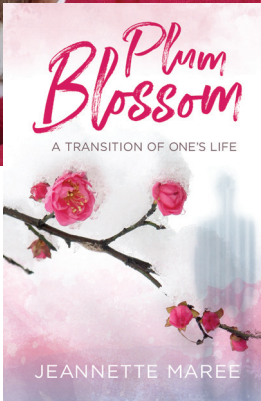
“In the summer of 1967, Gabe Connor, a young man with a dark past, arrives in Wynnum. He is quickly accepted among the fishermen as brave and hardworking, but is feared for his unpredictable violent rages,” explains Jeannette.

“Gabe meets the love of his life, Bonnie, who helps him become a quieter man. However, his dark past haunts him and during a late night walk, Gabe meets his fate. But Gabe’s spirit was not ready to leave. Gabe has unfinished business and so becomes a spectator in the life he should have lived.”

If you’d like a copy of Jeannette Maree’s *Plum Blossom*, it’s available to purchase from Amazon.com.au, the Wynnum Historical Society, and Simply Bella on Bay Terrace at Wynnum.



Photos: Supplied.





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PHOENIX LEARNING HAS MOVED TO 154 BAY TERRACE WYNNUM

Marika Suhr, the founder and director of Phoenix Learning, is inspired by an undeniable passion for bringing out the best in people. The magic of the Phoenix bird represents this vision.

Phoenix is committed to education that empowers people's career choices by igniting passions, lifting self-esteem and unleashing people's true potential.

Flexible Study Days are offered at the Wynnum training space. Students are encouraged to take ownership of their training and to dedicate three to four hours a week face-to-face in the classroom. The classroom is open to all students every Monday, Tuesday, and Wednesday from 9am to 5pm. We will always have a trainer here! Our students love this flexibility. There are also rolling intakes so new students can work at their own pace.

We get it, people's lives can be disrupted; we can all get lost in our vision of what is right for us. Phoenix helps you find that vision again, wake up that passion and desire to simply focus on your career. Our trainers are selected for their industry expertise, and their personal commitment and drive to make a difference in people's lives.

We are unstoppable in finding the potential in every person, no matter who they are, what they have done, or what they have been through. We are committed to working with our community services by customising the delivery of our training via programs that meet the needs of all participants.

We believe we can help you discover your true potential through learning. The choices in Phoenix Learning's pathways play a major role in your career direction, your job satisfaction, health, financial security, and your self-respect.

At Phoenix we care and value our clients. With great integrity and love, we embrace our responsibility to help you rise to your potential. We serve and respect our community service organisations for the incredible work they provide to people from all walks of life. We continually evolve our thinking and embrace change, and we do this while staying true to who we are, and true to the core of our Phoenix Learning family. Call in and see us at 154 Bay Terrace, Wynnum.



WE LOVE TRAINING!

OUR NEW SPACE @ 154 BAY TERRACE WYNNUM

Marika - 0419 131 318 / Cherie - 0411 833 566 / Admin - 0466 148 723

- ✓ Certificate III Community Services
- ✓ Certificate III Business
- ✓ Certificate III Individual Support
- ✓ Certificate III Hospitality (coming soon)
- ✓ Diploma of Community Services



NDIS PROVIDER

Coming Soon!

Flexible Study Days & Rolling Intakes

Rolling Intakes - so that new students can join at any time. All our students can work at their own pace. **Flexible Study Days** - we offer at our Wynnum training space. Students are encouraged to take ownership of their training and to dedicate 3 to 4 hours a week in the classroom. Our classroom is open to all students every Monday, Tuesday and Wednesday from 9 am till 5pm. We will always have a trainer here! Our students love this flexibility!



We share our new space with the wonderful 'Wynnum Community Place' To Enquire:
Call into our space @ 154 Bay Terrace OR... Phone us on the above numbers. We'd love to meet you and chat!

THE BONNER UPDATE

ROSS VASTA MP FEDERAL MEMBER FOR BONNER

As life returns to the new normal it has been great to catch up with local businesses and community groups as they reopen with their COVIDSafe plans.

I recently had the opportunity to visit Sailability Bayside for their First Aid Training course which I was pleased to help fund with a \$3000 volunteer grant.

Sailability Bayside is a fantastic volunteer organisation and provide a safe and fun environment for people with disability to enjoy sailing and other water-based activities.



Thank you to Peter Long and everyone at Wallum Nurseries Gumdale for inviting me along to a morning tea to meet the team and chat about the Morrison Government's Jobkeeper wage subsidy.

We recently announced JobKeeper would be extended for another six months to the businesses that need it most. Peter at Wallum Nurseries explained how his team of 30 were able to stay in employment thanks to JobKeeper and as they recover, they have even been able to take on more part time staff. What a fantastic outcome.



Did you know we have a film studio right here in Bonner? Following my visit to Hemmant's Screen Qld Studios with the team from Extra Specialists Group, I was very excited by our Government's announcement to deliver a further \$400 million to attract film and television production to our shores.

This industry creates thousands of local jobs, from carpenters to lighting technicians, local actors, set designers, extras, crew and special effects.

Extra Specialists Group specialise in stunt training and utilise the expertise of our Defence Force Veterans who train actors and extras in combat stunts. During my visit they took me through my paces and had the pleasure of meeting Aussie actor Lincoln Lewis who recently completed their training course.



Stay up to date with the latest coronavirus restrictions, support measures and travel updates at [Australia.gov.au](https://www.australia.gov.au)

For local news and updates, visit my website rossvasta.com.au or follow me on Facebook or Instagram @RossVastaMP



Ross VASTA MP

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✉️ ross.vasta.mp@aph.gov.au 🌐 rossvasta.com.au
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Authorised by R. Vasta, Liberal National Party of Queensland, 69 Clara Street, Wynnum QLD 4178.



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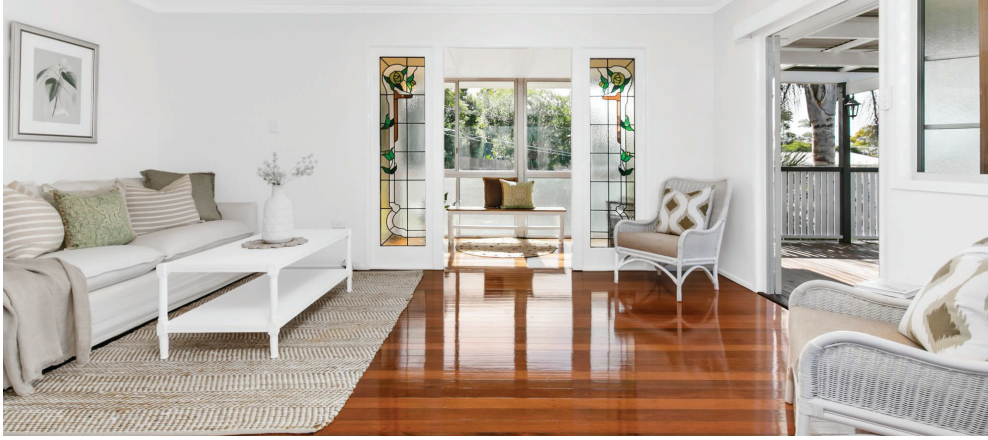
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MANLY WEST, 4 Verdant Street

Room for all the family and more...

Freshly painted inside & out, this high-set timber home has all the extra space you've been searching for! Encompassing two levels of living, upstairs being the central hub of the home with kitchen, bedrooms, open designed lounge/dining, separate tv room & large deck while downstairs incorporates separate multi-purpose rumpus plus large entertainment room. Occupying a generous 698sqm block, with northerly aspect, wide frontage, side access plus off-street parking.

4 2 2 Off-street

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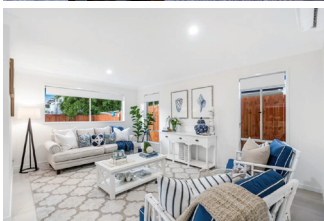
MANLY WEST, 15 Carnation Road

4 2.5 2

Bespoke Living In Premier Position

Nestled in the sought-after Water Tower Precinct of Manly West, this superb two-storey home will tick all the boxes: location, lifestyle and liveability. Immaculately presented with a mix of traditional Queenslander style and modern sophistication this home will certainly capture your heart. The most exciting feature is the design – open living on the lower level with separate parents wing connected via walk-way to the three bedroom kids zone complete with own living area & bathroom.

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Inspect: By Appt or Open Home
Contact: Trish Breen 0419 647 799
trishbreen@remaxwm.com.au

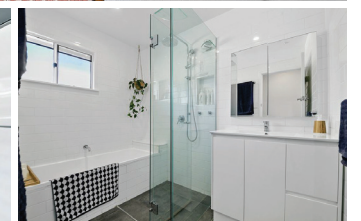


WYNNUM, 25 Chestnut Street

Here you'll find a free-flowing and light-filled floor plan with a focus on your dream bayside lifestyle and entertaining. An open plan living and dining area form the heart of the home, overlooking the sleek gourmet kitchen which includes a gas cooktop with range hood, dishwasher, breakfast bar and bench tops illuminated by feature down lighting. Enjoy beautiful bay breezes and Brisbane's fantastic weather with alfresco dining in the outdoor entertaining area overlooking the neat and tidy, fully fenced garden. Just meters to the waterfront.

4 2 2

For Sale: \$899,000
Inspect: By Appt or Open Home
Contact: Tamara Hall 0424 468 376
tamarahall@remaxwm.com.au



WYNNUM WEST, 56 Bulgin Avenue

Immaculate high-set home - Act Quick!

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3 2 2

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MANLY WEST, 20 Andes Street

A home of this quality does not become available very often. An outstanding opportunity to secure a quality home in an elevated, premier Manly Heights address, where you have an amazing view out towards Moreton Bay and cooling bay breezes to enjoy. A home for the family & an entertainer's paradise, this property is set across two light filled levels with the central living area & kitchen positioned on the first floor, along with formal dining & lounge and 3 bedrooms all with built ins. The ground floor containing the fourth bedroom or a study room if you wish and a media room made to enjoy movie nights with the family. The home's interior has been finished with a careful hand & hardwood floors. The kitchen is bright & spacious and will appeal to those who love to cook. The balcony runs along the full length front of the house where you can sit back and enjoy that view towards the bay. The backyard is where the kids will be. Room to run and a pool to play in, the kids will spend their days outside all day long. Hurry! Won't Last!

4 2 2

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DEAN’S RIDE FOR RESEARCH: TOUR DE CURE

Bayside local Dean Ashton needs your support for his upcoming charity ride to raise funds for cancer research.

Since 2007, Tour De Cure has helped fund hundreds of cancer projects, leading to life-changing breakthroughs in the treatment and care of cancer patients. The charity raises funds through bicycle rides held throughout Australia, powered by volunteer riders.

Dean Ashton has committed to riding approximately 260km in a fundraising effort for the charity via its Signature Tour.

“Tour de Cure is a registered tier one charity that has funded over 430 cancer research projects and achieved 29 significant breakthroughs,” explained Dean.

“The Tour de Cure’s Signature Tour has gained great media coverage with the channel 7 Sunrise program for several years, and in October this year a group of cyclists will be travelling from

Newcastle to Noosa to raise critical funds for cancer research.

“Along the way we will be making donations to local cancer groups as well as visiting schools to promote the ‘be fit, be healthy, be happy’ cancer awareness message.”

Tour De Cure participants collect donations ahead of their rides, which in turn helps to fund valuable cancer research projects.

“Like many others I have had family members affected by cancer and I would like to see better outcomes for our future generations,” said Dean.

Dean will be participating in the last two days of the epic tour, riding from Ipswich to Noosa.

You can support Dean and the Tour De Cure through a tax deductible donation at <https://tourdecure.com.au/profile/?memberId=90953&tourId=1037>



Photo: Supplied.

THE CUSTODIANS OF QUEENSLAND’S MILITARY HERITAGE

CONTRIBUTED BY BRIAN ROUGH

Through the intriguing exhibitions of the Queensland Military Historical Society you can now explore and discover Queensland’s military heritage.

A not-for-profit organisation run by members and volunteers, the Society opened its new museum at historic Fort Lytton National Park in November 2019. It promotes an understanding of Queensland’s military history through research, scholarship, and exhibition of its specialised collection.


The current exhibition tells the story of Queensland’s involvement in war and peace from pre-Federation to

the present. It includes many significant items such as a soldier’s diary written at Gallipoli; letters, photographs and personal items from men and women who served in war and peacetime; uniforms and equipment spanning the century, and even nineteenth century field guns. The exhibition showcases the breadth of artefacts and documents held in trust for current and future generations, and a portion of it will change periodically.

The museum is following a COVID-safe plan and is open on Sundays and public holidays from 10am to 4pm. Fort Lytton National Park is located at 160 South Street, Lytton.




Photos: Supplied.



When not battling design demons, **Nathan** is dreaming of devouring a teriyaki salmon box and wakame salad from **Komo Sushi**

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BEL'S BOOK REVIEWS

BY BEL ELLIS, LITTLE GNOME BOOKSHOP

ISABELLE NECESSARY

by Martii Maclean and illustrated by Sharon Clark

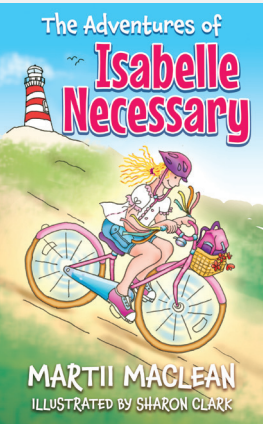
This review is one for the younger humans of the world. *Isabelle Necessary* is a book where every chapter has a different story, taking the reader on adventure after adventure of Isabelle and her friends in the sleepy beachside town of Saggy Beach.

Whimsical, magical, fun and adventurous, suitable for young readers aged 8+, the book even has an arts and craft guide based on Isabelle's adventures and includes teacher notes.

I love the simplicity and innocence of this book. The sketched illustrations remind me of the books I read as a kid. Bonus points for being a self-published book!

It's written by one of our favourite authors, Martii Maclean and illustrated by Sharon Clark. Both of these extraordinary women are locals and have several other titles on the shelves of Little Gnome.

I highly recommend *Isabelle Necessary* for the little humans who are just starting to read chapter books.



THE LOUDNESS OF UNSAID THINGS

by Hilde Hinton

The Loudness of Unsaid Things is our next book club read for August, and is the debut novel of Melbourne author Hilde Hinton.

It's a story of seven-year-old Susie, whose mother is often hospitalised with deteriorating mental health, and a father whose poverty is a source of embarrassment for her. It's a coming of age story about a child who finds adults to be complicated and confusing; a child who is mistaken for being a "bad child", when all along, she is just misunderstood and doesn't have the skills to explain herself.

Susie's struggle to be accepted, especially by her mum, is heartbreaking. She is so full of love, but doesn't know how to live that life to its fullest. It's as if the adults around her constantly fail her, with the exception of Miss Kaye.

Hinton's writing style is incredibly engaging, thoughtful and seems to draw on some of the experiences Hilda experienced in her own childhood. It's also evocative of the Melbourne and Sydney landscape of the 1980s, and having grown up in the Sydney outer suburbs, I felt a sense of belonging with the setting. This familiarity of Australian life is something it shares with another great Australian novel, *The Dry* by Jane Harper. If you loved *Boy Swallows Universe*, you will love this.





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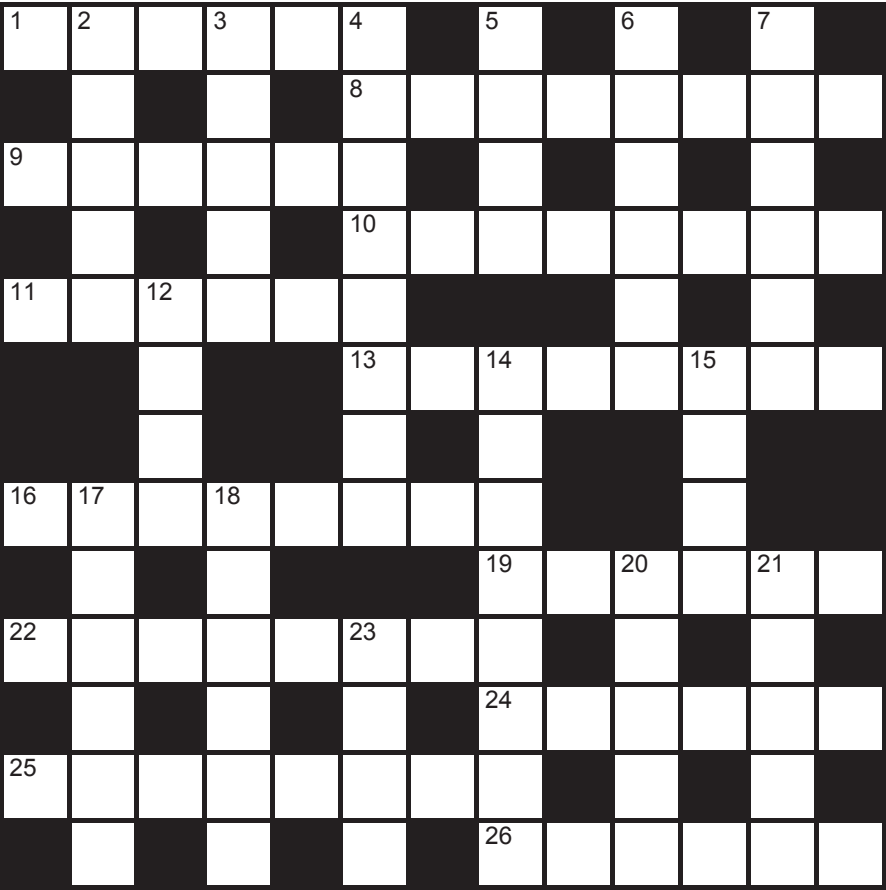
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CRYPTIC CROSSWORD



ACROSS

- 1 I have to learn about getting it in line correctly (6)
- 8 Gave you a lift, did it? (8)
- 9 Old sayings said by Aunt Dorothy initially for a long time (6)
- 10 Just a common seaman? (8)
- 11 Both that Irishman and Ronald have him as a customer (6)
- 13 Booked for their skill (8)
- 16 Those stupid South Easterly quarrels (8)
- 19 For an imposing entrance to a harbour, take a left (6)
- 22 As a tearaway you clear off after tea (8)
- 24 You'll find the Admiral in the hold (6)
- 25 It's to clear away following the performances (8)
- 26 Egged on to join the feast? (6)

DOWN

- 2 Country in which you'll discover the main dialect (5)
- 3 A regal composer, it's said (5)
- 4 It's about my boy, the little one and his way of re-echoing it (8)
- 5 Some little adornment but it's not a light one (4)
- 6 How to get with a man that's so attractive (6)
- 7 It's not cheap, Your Majesty. In fact it's even more expensive (6)
- 12 A bugle call from the past (4)
- 14 Give out the pens and keep them by your side (8)
- 15 A lot of toast baked in a kiln (4)
- 17 I'm taking a long time to produce the required likenesses (6)
- 18 Not quite the precise abstract needed (6)
- 20 It's sure to get left in with such regulations (5)
- 21 Either make amends or there's no tea for you (5)
- 23 What a mad old man he was! (4)

ANSWERS
Across: 1 Linear, 8 Elevated, 9 Adages, 10 Ordinary, 11 Patron, 13 Auditors, 16 Disputes, 19 Portal, 22 Lacerate, 24 Nelson, 25 Recitals, 26 Easter.
Down: 2 India, 3 Elgar, 4 Resonant, 5 Lead, 6 Magnet, 7 Dearer, 12 Taps, 14 Dispense, 15 Oast, 17 Images, 18 Precise, 18 Images, 19 Rules, 20 Rules, 21 Alone, 23 Adam



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IN THE COMMUNITY

Redlands Rugby League Club is celebrating its 50th anniversary this season, and although COVID-19 made this a bit tougher, in the month of July they were able to get their teams back out onto the field.

During COVID-19, the club struggled to raise revenue and needed to think outside the box. Through their creative idea generation, the club started selling take-away beverages through a drive through bottle shop at the club, and with the help of a Bartons Nissan Navara were able to organise a home-delivery service after setting up an online store, creating much needed revenue to keep the club in the same position they were in pre-Covid.

The club also relied on its many volunteers to work within the restrictions enforced during this time, including signing in of players and officials to ensure training could continue. To aid in this, Redlands RLC embraced technology and implemented a QR Code at sign-in, making it easy for members and the club to manage this process. This sign-in process is ongoing, and with games now underway, it is vital that all players, members and spectators ensure they follow this process to keep the community safe.



A key change in the clubs operation during COVID-19 was the additional transport needs the club experienced. With the help of Bartons, Redlands RLC were able to utilise additional vehicles to assist in picking up players and bringing them to games, along with the transport of vital equipment.



The club has recently completed upgrades of their facilities, including a newly renovated dance floor, non-slip flooring in their canteen and bar areas along with new natural oak flooring throughout the club. Also underway is the new Normy Ross Sports Bar, paying tribute to the people that have created the club that its many members call home. Redlands RLC is so proud to be creating this beautiful home for future generations of players and members.

We invite all our players, members, supporters and spectators to come down to our newly renovated facility to watch our next home game.



B BARTONS

BAYSIDE BAND WELCOMES NEW MEMBERS

Wynnum’s Bayside Youth Band is open to new members, and with term two rehearsals back on in the band room, now is a great time to get involved.

Performing regularly at community events, the band also offers affordable music lessons for children of all ages across a range of instruments including brass, woodwind, percussion, bass guitar and keyboards. Instruments are available for those who don’t own one, including lightweight short instruments suitable for young learners.

Queensland Services Heritage Band Association (QSHBA) President and Bands Coordinator, Paul Jones, explained that students may progress to any one of the performance bands as their skills, talents and interests develop.

“This is a great opportunity for our young students. We have an active performance schedule. The discipline of performing improves skills and technique, builds confidence and social skills, and is fun,” said Mr Jones.

“We particularly welcome adults experienced in brass, percussion, vocals, keyboard and guitar, as well as adults wishing to learn. Age is no barrier!”

Bayside Youth Band is one of five bands managed by Wynnum’s QSHBA. The organisation has been serving the local community since 2005, providing affordable tuition and free performances for a variety of community events and occasions. Its bands include the Queensland Show Band, the Bayside Youth Band, Light Horse Heritage Band, Bayside Drums and Adult Beginners Band. New members are always welcome, including adult beginners and experienced players.

For membership enquiries and information on activities, or a performance for your event, email qshba@topshowmusic.com.au or contact Paul Jones on 0418 740 919.



MEAT RAFFLES MAKE A RETURN TO MANLY HOTEL

Following the lifting of COVID-19 restrictions and no community transmission in Queensland, the Manly-Lota RSL sub-branch’s Friday night meat raffles are back at the Manly Hotel!

On the first night back, the beautiful meat tray from Hieatts Family Butchers Tingalpa was drawn by Joan Pease MP and Cr Peter Cumming.

The lucky winner was long-time supporter Arthur.

“It’s just great to be back supporting the Hotel and the Manly-Lota RSL,” said Joan Pease.

“I urge everyone to get along on a Friday night and get involved.”



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WYNNUM MANLY MUMS AND BUBS

CONTRIBUTED BY BIANCA DOYLE

If you need advice, want to meet new ‘mum’ friends, or just want to chat, come and join us at Wynnum Manly Mums and Bubs via our Facebook page at www.facebook.com/groups/wynnummanlymums/. The group is filled with amazingly supportive mums, and now that restrictions are easing, there are more chances to get out and about to socialise and have fun.

WHAT’S ON IN AUGUST

- **Making Mama:** A six-week program running on Mondays at Cannon Hill for mothers with babies and toddlers. Go to www.makingmamavillage.com.au for details.
- **Social Mums Club:** A new group for local Bayside mums to enjoy being social without the kids. Search Social Mums – Brisbane Bayside on Facebook. Every mum is welcome!
- **Art and Creative Workshops:** Held at Manly’s RQYS in August, workshop tickets are available at www.workshophub.com.au.
- **Mind Pour Art:** Weekly acrylic pouring art workshops. More information is available at www.mindpourart.com.
- **Aleena Active Mums and Bubs:** Various sessions, full details are at www.aleenaactive.com.au.
- **Mum’s and Bub’s Baby Sensory Class:** Held every Friday at the Intenciti Church, Wynnum.
- **Mums and Bubs Yoga:** Astam Yoga, www.astamyoga.com.
- **Fit Philosophy Group Training:** Tuesday (9.30am and 10.30am) and Thursday (9.30am) at Drevesan Park, Manly. See www.fitphilosophy.com.au.
- **Redlands & Bayside Mothers Group:** Monday at 9.30am, Manly. See www.facebook.com/redlandsbaysidemothers/ for more details.
- **MOPS Wynnum:** Held every Thursday at Wynnum Baptist Church, 9.30am to 12.00pm, for mums of children aged 0 to 6.



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LOCAL FISHING TIPS WITH SPERO

Local fisherman Spero Kartanos gives us his tips for successful August fishing in Moreton Bay.

Normally this time of the year means westerlies, the EKKA (show bags – in the old days the Triple M/FM104 show bag was the one to get if they hadn’t sold out), colds and flu, and some good fishing. Well, this year only good fishing is left, and that’s ok by me!

There will be no snapper or squire fishing until the 15th, but that’s ok, imagine how big they will be when we get back into them.

August is a very good month for school mackerel, especially in the Rainbow Channel and Peel Island areas. Also good are Hope Banks on the western side of Moreton Island at the sand hills all the way to Shark Spit, and the shipping channels and beacons (the Measured Mile beacon is one of the best, depending on where the mackerel are feeding).

The other fantastic event this month is the start of the whales migrating south, and I can’t wait to see these majestic mammals in the Bay with

their young. We’ve had a few pods in the last few years as close in as Hope Banks and east of Ormiston and Green Islands towards Peel Island, and plenty towards Tangalooma and the sand hills. September is better, but we have had them as early as the start of August.

Now, back to school mackerel, paravanning with diving boards is becoming a common sight, and it’s great to see fisherman learning to use them (and even yachties) to catch a few fresh fish to put on the dinner plate.

The Delta and Yamashita boards, followed by the orange Yozuri type boards, are by far the best with a three-inch spoon by Halco. Kimberly spoons and the old Smith jigs in white, pink and silver are the most effective. It’s no good looking for Makka spoons anymore; they don’t make them, so I’m hoping someone picks up the business as they were a very good spoon.

Water Tower Bait and Tackle have all the tools to get you started on trolling with boards and spoons, with diagrams on set up and up-to-date information on where the school mackerel are at, so it’s worth calling in to have a chat to Toni.




Photos: Spero Kartanos.



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50 PLUS FITTER BOUNCES BACK

CONTRIBUTED BY HELEN HENNESSY

Keeping people fit as they age is serious business for Katie Stewart. She runs 50 Plus Fitter in Manly and works with over 70 local people to help them maintain strength, coordination, flexibility and balance as they grow older.

Katie's classes are run under the jurisdiction of Gymnastics Queensland and take place each Tuesday, Thursday, and Friday mornings in the Manly-Lota RSL Hall.

Keeping people fit and active is a passion for Katie and her fellow instructor, Abby. During the COVID shutdown they continued classes on the web with live classes on Mondays and Fridays and a recorded class on Wednesdays. They also included brain activities to help people cope with isolation.

"It is much easier now that we are back in person," Katie said. "I really missed seeing and speaking with my clients. Many were not savvy with technology and could not do the on-line classes but they are back in force now. We have

had to introduce some COVID-safe rules, but we are able to do many of the activities we have always done."

The activities are varied and cater for a range of abilities. The aim is to keep people active and moving as they age. A major benefit of the classes is friendship, and participants enjoy the social activity. Classes are affordable (\$10 a lesson or \$80 for 10 lessons) and seniors may be eligible for government subsidies. Katie offers the first class for free so that people can try before they commit.

While anyone over 50 can join, many of the star participants are over 70. They all benefit from the exercises.

If you are over 50 and interested in joining the classes, contact Katie by email at kstewart@50plusfitter.com or simply turn up at the hall on class mornings at 8 or 9 o'clock and have a chat to her. You will know she is there when you see the signs outside the hall.



50 Plus Fitter participants enjoying a class. Photo: Supplied.

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POSITIVE COMMUNITY FEEDBACK FOR LINDUM STATION PRECINCT STUDY

A safer level crossing, increased car parking and improved pedestrian and bike access are some of the top priorities identified by the Lindum Station Precinct Study.

Community feedback from the study's first stage will be analysed to guide how the project will take shape.

Federal Minister for Population, Cities and Urban Infrastructure Alan Tudge said local knowledge was crucial to ensure the best outcome was achieved for the Lindum Rail Crossing upgrade.

"We know this intersection is dangerous and the Morrison Government has prioritised this study so we can find solutions to fix it," Mr Tudge said.

Queensland Minister for Transport and Main Roads Mark Bailey said the consultation process included a digital approach with a survey and ideas wall, as well as face-to-face engagement with community and stakeholders.

"Lindum Station and its surrounds are a crucial

part of the local community. That's why it's vital we prioritise the community as part of the study," Mr Bailey said.

"The importance of this study has been reflected in the community's feedback with nearly 7000 website views, almost 300 surveys completed and 180 ideas shared on the interactive wall.

"This study will allow us to consider the broader station area and identify opportunities for the precinct. If we get this right, it will serve as a catalyst for new local economic activity, which means more local jobs.

"Both the Member for Lytton Joan Pease and I want to plan for a new community transport hub that safely caters for commuters, school children, business, bike riding and walking connections as well as local motor vehicle traffic."

Federal Member for Bonner Ross Vasta said community safety was his top priority, with the level crossing and five-ways intersection a



Joan Pease MP outside Lindum Station. Photo: Supplied.

nightmare for motorists during peak commuter times.

"Options to be explored to improve safety for motorists and pedestrians include grade separation, upgrading the existing level crossing and relocating the level crossing," Mr Vasta said.

The Lindum Station Precinct Study is jointly

funded by the Australian and Queensland Government's both contributing \$400,000. The Australian Government has also committed \$85 million to the construction of an upgrade to the Lindum Rail Crossing.

For further information visit: www.tmr.qld.gov.au/lindumstudy.

The Community Leader

YOUR *NEW* LOCAL MONTHLY NEWSLETTER

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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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4154	GUMDALE	111
4154	WAKERLEY	2,386
4172	MURARRIE	1,302
4173	TINGALPA	2,739
4174	HEMMANT	807
4178	WYNNUM	4,221
4178	WYNNUM WEST	4,124
4179	LOTA	1,041
4179	MANLY (QLD)	1,185
4179	MANLY WEST	3,593
TOTAL		21,994

ADVERTISEMENT SIZES

Full Page	Image Area	318mm deep x 265mm wide
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SEPTEMBER BOOKINGS

- Community editorial 14th of August
- Advertising cut off 18th of August
- September bookings close 24th of August - 0421 786 302.
- Distribution 6th of September (shopping centres) and 10th of September into homes
- Bookings are for a minimum of 3 months and space is limited
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LIMONCELLO MARGARITA

CONTRIBUTED BY SHUCKS BAR, MANLY



INGREDIENTS

LEMON LIME SYRUP

- 4 lemons, juiced
- 4 limes, juiced
- 1 cup water
- 1 cup white sugar

LIME SALT RIM

- 3 tbsp salt
- Zest of 1 lime

COCKTAIL

- 45ml mezcal (if you don't like the smokiness of mezcal, tequila blanco will work too)
- 30ml Applewood limoncello
- 90ml lemon lime syrup
- Dash of rosewater
- 2 large ice cubes

METHOD

1. In a saucepan combine the sugar, water and bring up to a simmer. Stir occasionally to dissolve the sugar.
2. Allow the sugar syrup to cool for 10 minutes then add lemon and lime juice. Refrigerate for up to two weeks.
3. In a small bowl, add salt and lime zest. Stir until combined and keep in an airtight container.
4. Add cocktail ingredients into a cocktail shaker or a jar with a lid. Shake for 15 seconds.
5. With a lime wedge, coat the rim of your favourite glass and dip into the lime salt. Strain the cocktail into the glass and enjoy!

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CREAMY MUSSELS WITH WARM BREAD

CONTRIBUTED BY TIDE ON THE JETTY, MANLY



INGREDIENTS

SERVES 4

- 1kg mussels
- 150ml white wine
- 50g butter
- 80ml thickened cream
- 1 tsp crushed garlic
- 2 slices sourdough
- 1 tbsp sliced chilli
- Chopped parsley to garnish

METHOD

1. Rinse mussels under running water, scrubbing off any dirt or seaweed.
2. Melt butter in a large saucepan over low heat. Add the garlic and chilli. Cook for 3 minutes.
3. Add the mussels and the white wine and increase heat to high. Cook for 3 minutes until the wine starts to evaporate.
4. Add thickened cream. Cook, stirring occasionally for 3–5 minutes or until the mussels have just opened.
5. Discard any unopened mussels. Transfer mussels to a serving bowl and pour over the liquid. Serve with 2 slices of toasted sourdough and garnish with the parsley.



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Consultation closes
Friday 14 August 2020

Scan with your
mobile phone for
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Queensland
Government

STRAIGHTENING YOUR TEETH IS ABOUT MORE THAN JUST LOOKS!

CONTRIBUTED BY DENTAL ON CAMBRIDGE

Did you know that straight teeth are not just lovely to look at, but are much easier to care for?

When teeth are crooked it is much harder to get the toothbrush bristles and even floss to the areas of your teeth that are overlapping. This leads to a build-up of plaque and bacteria, which can lead to tooth decay and gum disease. Additionally, some patterns of malocclusion (crooked teeth) can alter the way that we bite and chew leading to increased jaw pain and stress on your temporomandibular joints (TMJs). Teeth that are not aligned can also increase the wear and tear on your teeth overall, which can mean

accelerated aging and chipping of the teeth. If you would like to have beautiful straight teeth but the idea of traditional braces puts you off, you may benefit from clear aligners. Clear aligners are comfortable thin clear clip on devices used to correct crooked teeth; they are discreet and a minimally visible alternative to braces that can help you achieve a straighter smile. They are the modern way to straighten your teeth which is suitable for adults from 18-85 years of age.

At Dental on Cambridge we use the latest in 3D scanning and imaging technology to carefully plan the complete series of movements your



teeth need to go through to achieve a straighter smile. A series of custom-made aligners to facilitate these movements will be provided by Alex, which will gradually transform your smile. They are made out of strong medical-grade plastic, however, they are smooth, making them comfortable and easy to remove.

Treatment length is dependent on each individual case, however the average treatment time is usually between eight to 12 months, with some patients only requiring six months of treatment, and others requiring 18 months.



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