

The Community Leader

YOUR **NEW** LOCAL MONTHLY NEWSLETTER

ISSUE 2

LET'S GO LOCAL!

There's an extra nip of cool in the air, the sea breeze carries a tinge of sweet saltiness, and there's a feeling that new beginnings are possible as our community awakens from its enforced hibernation.

July heralds the start of crisp, cooler days – perfect weather for exploring the Bayside, on and off the water. Slowly and cautiously, our favourite restaurants and bars, shops, sporting groups and clubs are waking to a new way of doing things.

Parks are once again buzzing with group activities, and it seems more families are out embracing the outdoors, together.

Supporting your local community is more important than ever. Now's the time to grab a take-away meal, buy a small gift for a friend, have your car serviced locally – whatever you can do to show your love for a local business will help our community thrive.



Wynnnum retailers are ready to welcome you: Nikola Sestic (Dramanti Artisan Roaster), Belinda Richards (The Collective Store), Nerissa Nagel (NewsXpress Wynnnum), Holly Bambridge (Cultivate Design Co.), and Alan Healey (Wynnnum Fine Jewellers). Photo: Bernie Parker.

Check on your neighbours – young or old – and ask if there's anything you can do. Be kind.

Thanks to the community leaders who

advertise here, we've added a few more pages to this issue, packed with interesting local content. It's a small yet important insight into the people and

places that make our community such a fantastic place to live in. Embrace and enjoy where you live, and shop locally whenever you can.



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SAIL AWAY ON ICEBERG

Whether you're a local or a tourist, Second Wind Sailing will blow you away with their sensational afternoon and sunset sailing tours of Moreton Bay.

Second Wind Sailing's veteran Sydney to Hobart racing yacht ICEBERG is taking guests for regular leisurely sails around the Bay, hosted by experienced sailors Captain Pete and Kathie.

Each guest is given the unique opportunity to steer the magnificent yacht, hoist the sails, and assist in setting the course. There's also ample time to relax on the deck under the sun, and experience the peaceful exhilaration of gliding across the water under sail.

"Throughout the hour-and-a-half voyage you will experience exceptional hospitality as you savour fresh fruit, an antipasto plate and complimentary drink with incredible water views," said Captain Pete.

"The voyages are leisurely and laid back; it's all about getting out on the water and enjoying the experience."



Captain Pete and Kathie are passionate about sailing, and love sharing ICEBERG, their nautical knowledge, and the local history of Moreton Bay with their guests. Their wish is that every

voyage ignites a love and passion for all things sailing and living by the Bay.

Regular small group afternoon sailing and sunset tours run from Thursday to Sunday

departing from the William Gunn Jetty at Manly. Book your tour online at secondwindsailing.com.au or call 0423 142 791.





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JOAN PEASE’S COMMUNITY UPDATE

STATE MEMBER FOR LYTTON

Queensland’s excellent response to COVID19 has allowed us to continue to lift restrictions and move forward with our plan to Unite & Recover for Queensland jobs. As well as being great news for Bayside clubs and businesses, it’s also allowing us to move forward with some exciting local projects.

I’m beyond excited to announce the Wynnum Community Place, a brand new neighbourhood centre in the heart of our community which is set to open in July.

The Palaszczuk Government is providing more than \$220,000 funding over two years to operate Wynnum Community Place, which will be based at 154 Bay Terrace – the old ANZ building. This is something I’ve been working on for a long time. The Community Place will offer a whole range of services and supports to locals, as well as providing a place where community groups and other service providers can come together.

I’ve also secured \$50,000 funding to support local organisation Safe by the Bay who will work alongside the new centre to provide services to Baysiders.

I’ve launched a food drive to support the Community Place as it prepares to open its doors. Donations of non-perishable foods and hygiene products can be made at my electorate office.

The Department of Transport and Main Roads have launched a period of consultation regarding Manly Boat Harbour, focusing on community access. They want to better understand what our community value about the Harbour and hear your ideas about how it could be improved. I urge you to have your say at tmr.qld.gov.au/ManlyBoatHarbour.

Meanwhile, the Lindum Station Precinct Study is moving into the next phase following the end of public consultation. Locals completed almost 300 surveys and shared 180 ideas on the interactive ideas wall. This feedback will now be used to inform the technical phase of the study, which will consider all possibilities, including lower community-impact options. I know how important it is to plan for a community transport hub that safely caters for all users of the station and the level crossing. I have asked the Minister to ensure all options are explored to improve safety for motorists and pedestrians.

Finally, I’m so pleased that we’ve now launched a new ophthalmology service at our Wynnum Community Health Centre. This boost in ophthalmology services in our region means that more than 2,875 outpatient appointments and 1,150 surgeries will now be delivered on the Bayside every year thanks to the Palaszczuk Government.

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



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MAKE IT HOME SAFELY INC.

Keeping our young drivers alive by increasing road safety awareness is the number one priority for this local community group.

Make It Home Safely Inc.'s President Nyree Mannion's sister survived a traffic crash, though never made a meaningful recovery, and has resided in care for the past 30 years. Nyree is dedicated to empowering young people to create, communicate and implement safe driving practices to ensure they – and their friends – make it home safely every day.

"While on their L plates, a driver's risk of being harmed in a crash is the lowest it will be in their whole driving life," says Nyree. "Immediately after new drivers get their P plates, their risk increases 20 to 30 times."

Awareness of passenger behaviour is high on the organisation's agenda. A split-second decision is all it takes to reduce distraction and stay focused, which can prevent a major family heartbreak.

Nyree explains that head injury comes at a high cost to a victim's family, friends, hospital systems, and to the community. "Motor vehicle accidents will be responsible for 70% of traumatic brain injury, and 70% will involve young people aged between 16 to 24 years. Two-thirds of them will be male."

In total, 219 lives were lost on Queensland roads last year. Encouraging young people to think about making it home before and when they get behind the wheel can change their attitude towards speed, driving distracted, wearing a seatbelt, drink/drug driving and driving fatigued.

Make it Home Safely's message is backed by the Port of Brisbane Pty Ltd, Caltex Lytton Refineries, Wynnum Manly Leagues Club, The Rotary Club of Wynnum Manly, Bartons Motors, Ross Vasta MP, Joan Pease MP, Cr Peter Cumming, and Tingal Graphics.



Nyree Mannion with Make It Home Safely Inc. supporters. Photo: Caleb Loeken Photography.

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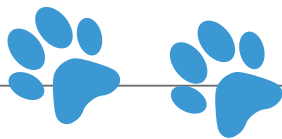
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Name: Corey.

Suburb: Manly.

How long have you lived here?
Two years, that's when I got adopted from Gumtree Greys.

Favourite local walk?
Walking to the Sunday Craft Markets to get a treat from Bob's. I miss him!

Your most treasured toy?
My teddy bear.

Your favourite food?
Raw chicken wings, good for my teeth too!

Your worst habit?
Trying to get up onto Mum and Dad's couch.

Your favourite local hangout?
Cambridge Lane Espresso.

Your best doggo friend?
Mimi, my little sister.

Any funny or embarrassing stories you'd like to share?
I'm a bit of a sook when I lay on the ground, I need a blanket or something 'cause my skin is so sensitive.

What do people love most about you?
Probably that ANYONE can pat me...and if they keep going I lean on them for more!

Name: Oscar.

Suburb: Manly.

How long have you lived here?
Six years. I grew up in Karalee and I'm enjoying the sea change.

Favourite local walk?
Along the esplanade and especially out to the beach in front of RQYS.

Your most treasured toy?
A rubber chook (Squeaky).

Your favourite food?
Roast lamb leftover, when I can manage to scrounge some.

Your worst habit?
I can tend to chew my bum a bit, it's not good!

Your favourite local hangout?
The front verandah.

Your best doggo friend?
Ralph, a terrier from down the road.

Any funny or embarrassing stories you'd like to share?
One day I actually caught the postman!

What do people love most about you?
My 'prancy' walking style and happy face.



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A portrait of a middle-aged man with short, dark, wavy hair and a full beard. He is smiling and looking towards the camera. He is wearing a light blue and white checkered button-down shirt. He is seated, and a large green plant with broad leaves is visible to his right. The background is a plain, light-colored wall.

Is there a local business/community group/club you'd like to give a shout-out to? I'd like to give a shout out to the local Coast Guard for keeping everyone safe on the water, I know they saved me a few years back. If you're not a member, it's worth every cent! Also a shout out to Bernadette Rose Photography for the photo!

A photograph of two plumbers standing next to a white truck. The man on the left is wearing a blue polo shirt and grey shorts, with his arms crossed. The man on the right is wearing a blue polo shirt, blue shorts, and a hat, also with his arms crossed. The truck has a sign that reads "sam THE PLUMBER" with a water drop logo. Below the logo, it lists services: "Hot Water Systems • Bathroom Renovations • Taps • Toilets • Blocked Drains • Drainage • Effluent & Sewer Systems". At the bottom of the sign, it says "Sam Sticher 0413 622 082". The truck's bed is loaded with various plumbing supplies and equipment.

PETER CUMMING’S LOCAL AREA UPDATE

WYNNUM MANLY WARD



COUNCIL FUNDS FOR LOCAL CHURCHES PROVIDING RELIEF TO PEOPLE STRUGGLING FINANCIALLY

I have been able to access funds from the Brisbane City Council, Wynnum Manly Ward office account to provide donations to the following churches:

Wynnum Presbyterian Church, Seventh Day Adventist Church, St Peters Anglican Church, Wynnum and St Pauls Anglican Church, Manly, Silky Oaks Children’s Haven, St Vincent de Paul Wynnum and Manly Conferences, Intenciti Church, Bayside Uniting Church, and Wynnum Baptist Church.

I have approved a total of \$12,000 to these organisations to assist local residents with food parcels or similar assistance.

Well done to all these groups and others for their efforts to help worthy individuals suffering during the COVID crisis.

COUNCIL BUDGET

The Brisbane City Council Budget was brought down on Wednesday 17 June.

The major disappointment was that the large items Kerbside Collection was scrapped for at least two years. Sometimes when these types of programs get dropped, they never come back.

Wynnum Manly Ward was allocated \$5.072M for road resurfacing of 12 local roads. As well, Manly Road Tingalpa, a major road which is used by Wynnum Manly motorists, is having \$950,000 spent on it.

- Safe School Travel: Guardian Angels School received \$159,000.
- Parks, various work: \$988,000.
- Restoration for Recreation, Elanora Park: \$256,000.
- Major waterways and vegetation management: \$20,000.

- Traffic calming, planning and design, kerb and channel and intersection upgrades: \$763,000.
- Suburban Enhancement Fund, which allows me to allocate funds to park upgrades and building new footpaths: \$565,000.
- A new program has been set up to allow for capital works to be carried out on Council land and \$270,000 has been allocated.

Another major disappointment from the Budget was the funds allocated to Councillors to give out to community groups. These funds are used to sponsor festivals and events and for general community/sporting group grants. The amount available was slashed from \$75,000 to \$34,000 annually.

Council has implemented a rates freeze for six months from 1 July 2020 until 31 December 2020, but there will be an increase from 1 January 2021 of 2.5%.

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

MANLY CREATIVE MARKET TURNS 25

Manly Creative Market is celebrating 25 years of continuous operation.

Established in late 1991, firstly in and around Cambridge Parade at Manly, the market operates every Sunday between 8am and 2pm. It's a haven for shoppers and day-trippers looking for the novel and eclectic, as well as a relaxing interlude for locals and visitors.

The market offers a diverse range of clothing, jewellery, art, gardening and pet products as well as the usual artisan market fare, including timber, pottery, fabric and paper craft, glassware and metalworks. You can choose from academic tomes to pulp fiction, ribbons to streamers, and sketches to fine art.

A tantalising selection of street and market food is on offer from pop-up outlets, or take a short stroll and visit the many fine eateries in Manly. Relax with a hot cuppa beside the water while you listen to cool tunes from the street entertainers, and watch the kids enjoying the rides and activities.

The Markets are held every Sunday in the Little Bayside Park, on The Esplanade beside Manly Pool.



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INSPIRATIONAL LOCALS: BYRON'S BRAVERY BEADS

The Children's Hospital Foundation helps provide the best possible care and support to sick kids and their families in Queensland Children's Hospital. So, when a young family from Manly West found themselves living every parent's worst nightmare the Foundation was there for them.

At just 13-years-old, Byron has already faced three cancer battles, so to call him brave feels a little bit of an understatement.

Byron was first diagnosed with leukaemia in 2008 at just 17-months-old, and for three years he endured intense chemotherapy, numerous procedures, and lengthy hospital stays.

In 2011, Byron officially went into remission, but sadly just two years later the leukaemia returned and the now six-year-old faced a second battle. Chemotherapy, total body radiation and a bone marrow transplant gave him a positive result, but in February this year, Byron was once again diagnosed with cancer. This time, it was mucoepidermoid carcinoma, a cancer rarely seen in a child. Following a third round of treatments, he is now recovering well but faces a lifetime of tests and check-ups.

Byron proudly shows off his incredible journey through his bravery beads, just one of the programs funded by the Children's Hospital Foundation. Each bead symbolises a treatment, procedure, surgery or milestone Byron has endured. These beads provide a lifetime of reminders of the strength and resilience Byron has shown to be where he is today.

You can find out more about the Children's Hospital Foundation and donate online at childrens.org.au. Your support helps sick kids like Byron and his family get through the toughest times.



Byron with his bravery beads. Photo: Supplied.



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ROYAL QUEENSLAND WEDNESDAY SAILING RESUMES

Contributed by Helen Hennessy

Sailors were thrilled in June to learn that Royal Queensland Yacht Squadron (RQYS) was resuming the much-loved Wednesday afternoon sailing, albeit in a modified 'Covid-19 Restrictions' form.

WAGS (Wednesday Afternoon Go Sailing) has been operating from the RQYS nearly every Wednesday of the year since 1978. While originally WAGS stood for 'Wednesday Afternoon Gentleman Sailors' it embraced female sailors many years ago and is now a serious midweek break for many men and women.

The all-clear was given for WAGS training to resume on June 10 with numbers on the boats limited. The practice of allowing visitors to pay a small fee to go on a boat as crew remains suspended, and mingling at the club house before or after the sail is limited.

A fleet of about 40 boats returned to the water,

despite the poor weather forecast. As predicted the rain fell but it could not dampen the spirits of the hearty souls who were enjoying the moment. The appearance of a rainbow encouraged optimism for the future.

Mr Geoff Anderson, skipper of 'Outsider' has been racing in WAGS since the early 1980s remarked, "I really missed the comradery and time on the water during lockdown. I look forward to this outing each week so it is great to be back."

The RQYS Chairman of Sailing, Mr Todd Anderson, was impressed with the number of boats on the water. "This bodes well for the recommencement of normal racing which we hope will happen early in July, depending on the easing of restrictions," he said.

The happy faces in the car park at the end of the day were testament to the success of the afternoon.



The Outsider crew including Skipper Geoff Anderson, and Todd Anderson - Chairman of Sailing. Photo: Supplied.



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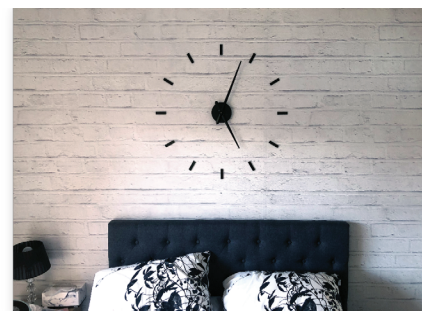
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CONTRIBUTED BY AUSTRALIAN VOLUNTEER COAST GUARD, BRISBANE

Australian Volunteer Coast Guard Brisbane is located in Manly Harbour. We have over 100 members who volunteered more than 13,000 hours in 2019. We are pleased to be partnering with The Community Leader to bring you a monthly column.

For our inaugural column, we would like to discuss our Marine Assist Program. This program is the equivalent of RACQ on the water. For \$80 per annum, you gain the comfort of knowing the AVCG is there to help you in times of need.

Craig Bowen, Flotilla Commander, said, "We had more than 160 calls for assistance from our Marine Assist subscribers in 2019. Whether you run out of fuel, experience a flat battery, or experience general issues with your vessel, we are here to help."

To find out more about AVCG Brisbane or sign up for Marine Assist, visit our webpage on <https://facebook.com/coastguardbrisbane>.



Photo: Supplied.

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We are excited to be able to work in the Bayside and continue to support the community and local business to bounce back and thrive...we are happy to be invited to support or be engaged in local initiatives.

We are committed to supporting and developing our local community and as such each successful seller will have the opportunity to donate from Team Allyn \$250.00 to a charity, sports club or local business of their choice and Team Allyn will match this \$250.00 again...with a recipient of our choice for the next year!

Lynette and Alan look forward to meeting you to discuss your property needs and provide a complimentary current market appraisal and fresh perspective on your home.

CONTACT US:



Alan Chambers | 0435 838 847 | alanchambers@remaxwm.com.au

Lynette Brown | 0450 022 439 | lynettebrown@remaxwm.com.au

LOCAL POETRY
CYCLISTS

By Geoff Smiley

A wall of sound,
with flashing lights
coming through the dawn –
cyclists awakening
our sleeping town.

Thin framed gazelles,
exposed to the elements.
Rude in vulnerability,
as impatient cars rush past,
resenting such vitality.

And when dismounted,
prancing, helmeted,
with shoes unbalanced,
awkward joining walking life.

Contact and coffee
consumed,
they remount, transform
back into a crowd,
a moving wave, leaving
the other world behind.

There they go,
chasing the road.
I look in admiration,
wondering if the return is
worth such intense motion.

*“Cyclists are everywhere.
They travel the streets in self-
protective packs as a form of
exercise. Their different behavior
sets them apart from most
others. Perhaps this explains the
complex relationship they have
with other road users.”*



SNAKES ARE HIS OBSESSION

By Mick Long

Brendan Dyer is often seen cruising up and down Manly Pool's swimming lanes and afterwards joining his friends for a chat at the coffee shop. His swimming efforts have returned the occasional reward at the Queensland and Australian Masters Swimming Championships.

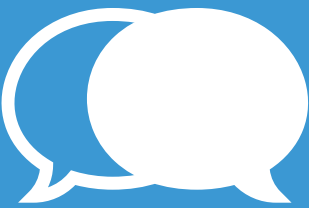
To his friends Brendan is known as “Snakey”, because he is a local snake catcher. Conversations over coffee quite often focus on our wriggly friends and Brendan is always able to provide a reptile specialist's opinion. The standing joke in the coffee group is that few of us will accept a lift home with Brendan for fear of what he has in the hessian bags on his car's back seat.

Brendan became interested in herpetology as a hobby when he was about seven and this led to a job at a pet store where he developed further expertise as a reptile, fish and arachnid specialist.

A favourite story is the time he was engaged, on Christmas Day, by a frantic client to remove rubber snakes from their roof. A neighbour had placed them there as a joke and ended up having to pay for Brendan's snake catcher services.



Brendan and his daughter Tara admiring her diamond python.



DID YOU KNOW...

Wynnum's iconic wading pool was built in 1932. Generations of kids have spent summer splashing around in the fresh sea water, and in recent times during winter, the pool has been converted into beach volleyball courts.

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NEW NEIGHBOURHOOD CENTRE FOR WYNNUM

A new government-funded neighbourhood and community centre has been given the green light in Wynnum. Wynnum Community Place will operate in the heart of Wynnum at 154 Bay Terrace (formerly the home of ANZ bank) as a two-year pilot until March 2022, operated by the Redland Community Centre Inc.

“The Wynnum community will be well serviced by this new centre and its operators, Redland Community Centre Inc.,” said Minister for Communities Coralee O’Rourke.

“Redland Community Centre will continue to deliver neighbourhood centre, emergency relief and financial literacy and resilience services in Redlands, in addition to emergency relief and the new neighbourhood and community centre service in Wynnum.

“Redland Community Centre is already delivering emergency relief, financial literacy, financial counselling, coffee mornings and workshops as well as a homelessness support service on an outreach basis from Bay Terrace in Wynnum.”

Mrs O’Rourke said local Wynnum organisation Safe by the Bay will work with Redland Community Centre Inc. as they establish the new centre and work to respond to the local and specific needs of the Wynnum community.

“Safe by the Bay will provide a number of supports to the new centre,” she said. “This includes undertaking community consultation, hosting quarterly community meals to engage with the local community and conducting a number of local events to showcase other local service providers.”

Member for Lytton Joan Pease MP has championed a neighbourhood centre in Wynnum and is delighted with the announcement.

“Wynnum Community Place is ideally located to support the bayside community and will provide a range of services and support that baysiders need, close to home,” Ms Pease said.

“This is something that I have been working on for the bayside community for many years.

“We are fortunate in the bayside that we have such a wonderful community spirit. To know that we will now have a space where our community can come together is just fabulous.”

Allison Wicks, Redland Community Centre CEO, said securing the central location in Wynnum was made possible due to a long-term partnership with Phoenix Learning & Care who have agreed to co-locate with the Wynnum Community Place.



Chris Webster, Chairperson of Redland Community Centre, Allison Wicks CEO of Redland Community Centre, Joan Pease MP. Photo: Supplied.

“We are so excited about this new venture and being able to build resilience and community wellbeing in the Wynnum area,” Ms Wicks said.

Ms Pease announced that she had launched a food drive to support the Community Place as it prepares to open its doors.

“We are looking for donations of non-perishable foods and hygiene products that will be distributed to those in need in the community and

I’m delighted to say that we’ve already received plenty of donations.”

Donations of non-perishables can be made at Ms Pease’s electorate office located at 100 Edith Street, Wynnum.

For more information about neighbourhood and community centres in Queensland, visit <https://www.qld.gov.au/community/your-home-community/neighbourhood-community-centres>.



Cubs Cherakeh and Zamyra receiving their Grey Wolf Awards. Photo: Supplied.

WYNNUM SCOUTS

Wynnum Scouts is the oldest continuously operating Scout Den in Queensland, and has just celebrated 110 years of operation.

Although the Scouts recently had to close their doors and conduct online scouting due to COVID-19, the Wynnum group has now re-opened and is following all the Government health regulations for staying safe.

In the lead-up to the COVID-19 lockdown, Wynnum Scout Group had a number of members achieve the highest awards in their sections. Two cubs, Cherakeh and Zamyra, were presented with their Grey Wolf Awards; Melanie from Joey’s got her Joey Promise Badge, and Toby from Venturers got his Queen Scout Award.

Adult Member Patrick Dunne, who has been part of Wynnum Scout Den for over 33 years and now a member of the Fellowship, received the Wynnum Scope Club’s 2020 Award for Outstanding Voluntary Service to the Community.

Wynnum Scouts looks forward to welcoming new families and members. They’re currently seeking expressions of interest from adults who would like to join the family-friendly group as Leaders for the following sections: Joeys (5 to 7 years), Cubs (8 to 10 years), Scouts (11 to 14 years), Venturers (15 to 17 years), and Rovers (adults aged 18 to 26).

For further information please contact the Group Leader, Jodie Barnes (Whip) on 0435236111 or email wynnumgl@hotmail.com.

THE BONNER UPDATE

ROSS VASTA MP FEDERAL MEMBER FOR BONNER

We're halfway through 2020 and I don't think anyone could have predicted the past six months.

I would like to thank everyone who has followed the social distancing guidelines throughout the coronavirus pandemic. Thanks to all those doing the right thing, we successfully flattened the curve and prevented potentially thousands of deaths.

However, while we have stopped the uncontrolled spread of COVID-19 across our communities, the trade-off was the impact we are now seeing on those businesses that had to shut down.

The Australian Government has worked hard to support those doing it tough. In my electorate, more than 5200 businesses have signed up for the JobKeeper wage subsidy program, to keep staff on and secure local jobs.

For those who lost their job, the COVID-19 supplement added to JobSeeker has helped provide much needed financial support.

With the worst behind us, our government is now focused on the road ahead as our economy recovers. We see businesses at the centre of the economy and we're looking at economic policy measures that are pro-growth, encourage business to employ people and enable business to invest.

The best thing we can do as a community now is support those businesses as they get back up and running.

Cafes and restaurants are reopening, retailers are trading, and life is returning to normal. If you can, please shop at your local small businesses, buy Australian-made and enjoy eating out again.

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

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



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✉️ ross.vasta.mp@aph.gov.au 🌐 rossvasta.com.au
📘 RossVastaMP 📷 [rossvastamp](https://www.instagram.com/RossVastaMP)

Authorised by R. Vasta, Liberal National Party of Queensland, 69 Clara Street, Wynnum QLD 4178.



WYNNUM, 156 Coreen Street

4 2 2+

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For Sale: By Negotiation
Inspect: lizamartinez@remaxwm.com.au
Contact: Liza Martinez
0408 111 840
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Liza MARTINEZ
0408 111 840

P. 07 3893 6714

lizamartinez@remaxwm.com.au



WYNNUM, 102 Worthing Street

3 2 1+

This unassuming property is positioned behind an electric gate and once inside this home, you will be pleasantly surprised with how much room you have. Beautifully polished timber flooring, combined kitchen, lounge area and separate dining room that folds out to the rear deck which overlooks a large yard. With interest rates at an all-time low, you would be crazy not to check out this property. For first home buyers wanting to enter the market or a savvy investor who is looking to expand their portfolio, this property is an excellent investment.

For Sale: \$595,000
Inspect: Saturday 10 - 10:30am
Contact: Liza Martinez
0408 111 840
lizamartinez@remaxwm.com.au



WYNNUM, 89 Petersen Street

4 2 2+

This contemporary-style, split-level home set on a 728m² block is only a few minutes' walk to Wynnum Esplanade and within a short drive to Wynnum business centre. Built eleven years ago, the owners have enjoyed living on this quiet, tree-lined street high on Wynnum ridge. Offering privacy, convenience and capturing breezes from Moreton Bay, this lovely home benefits from an in-ground pool, entertainment area, 2 living areas and your dream kitchen, making it perfect for entertaining family and friends. This home is a "must see" this coming week.

For Sale: By Negotiation
Inspect: Saturday 11:30am - 12pm
Contact: Liza Martinez
0408 111 840
lizamartinez@remaxwm.com.au



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RSVP: Monday, 13th July 2020

We have local experts discussing the market, government grants, finance and more. We invite you to stay after the presentation for drinks and nibbles.

This information evening is limited to 20 guests, RSVP now by phone or email to secure your place. Unfortunately if you aren't registered we will not be able to allow access on the evening.

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Alan Chambers | 0435 838 847 | alanchambers@remaxwm.com.au

Lynette Brown | 0450 022 439 | lynettebrown@remaxwm.com.au



WYNNUM, 25 Chestnut Street

4 2 2

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 include an 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.

For Sale: \$939,000

Inspect: By Appt or Open Home

Contact: Tamara Hall 0424 468 376
tamarahall@remaxwm.com.au



HEMMANT, 47 Fleming Rd

3 1 1

Secure your personal piece of Queensland Country by Moreton Bay ! You cannot go past this unique acreage property, offering particular features that would be ideally suited to the truckie, tradesman, builder, landscaper, horse lover, gardener, large scale hobbyist, or similar. **7,487sqm** land area - that's almost two acres, offering a mix of lightly treed, and native bushland so close to the beautiful waters of Moreton Bay on Brisbane's eastern suburbs. Get the best of both worlds ! Country and bayside lifestyles !

For Sale: By Negotiation
Inspect: Contact Agent
Contact: Reno Muscat 0413 754 638
reno.muscat@remaxwm.com.au
Ellie Gornharnia 0422 346 919
ellie@remaxwm.com.au



TINGALPA, 28 Lindeman Place

3 1 1

- Classic lowset brick home in quiet cul de sac position
- Ideal for first home, downsizing & great investment opportunity
- Single level living with open plan design
- Three bedrooms with two-way bathroom
- Spacious covered alfresco area + small courtyard
- Fully fenced with double gates
- Low maintenance 302sqm block
- Neutral tones, timber flooring, air conditioning

For Sale: \$439,000

Inspect: By Appointment

Contact: Trish Breen 0419 647 799
trishbreen@remaxwm.com.au



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MARKET REVIEW

At Belle Property Manly we are consistently achieving great results in Sales & Property Management. According to the past 12 months statistics from Rate My Agent, we have achieved a 19% marketshare in Manly & a 26% marketshare in Lota, giving us the Number 1 position in Real Estate. If you are looking to make a change why not call us for a confidential chat.



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ADDRESS	PRICE				M ²
30 Alastair Street Lota	\$1,050,000+	5	3	3	1,093m ²
15 Behan Crescent Wakerley	\$849,000+				701m ²
16 Goswell Street Manly West	All Offers	4	2	3	620m ²
19 Manly Road, Manly	Contact Agent	3	2	2	506m ²
26 Alexander Street Lota	Auction 18th July	4	3	2	395m ²
3 Bowering Street Lota - Vacant Land	Contact Agent				405m ²
4/74 Plaza Street Wynnum West	\$369,000	3	2	2	
40 Daisy Street Wynnum	\$549,000+	3	1	2	488m ²
40 Sibley Road Wynnum West	\$939,000	4	3	4	703m ²
45 Tantani Street Manly West	All Offers	3	2	1	610m ²
6/16 Walnut Street Wynnum	\$420,000+	2	1	2	
751 Esplanade Lota	By Negotiation	4	3	4	405m ²
80 Melville Terrace Manly	\$995,000+	4	1.5	2	450m ²

SOLD

1 Pennington Street Wakerley	\$1,010,000	5	3	2	605m ²
10 Yaringa Street Manly West	\$660,000	2	2	2	852m ²
2/163 Stratton Terrace Manly	\$610,000	2	2	2	
2291 Wynnum Road Wynnum	\$525,000	3	1	2	607m ²
23 Tulkara Street Manly West	\$650,500	3	2	2	607m ²
327a Whites Road Lota	\$560,000	3	2	3	405m ²
39 Sibley Road Wynnum West	\$853,000	4	1.5	3	883m ²
51 Hannam Street Wynnum	\$570,000	3	1.5	3	429m ²
59 Tamaree Avenue Wynnum	\$933,500	5	2.5	4	607m ²
96 Richard Street Lota	\$710,000	5	2.5	2	405m ²

Disclaimer: Whilst all care has been taken to ensure accuracy in the preparation of the particulars herein, no warranty can be given, and interested parties must rely on their own enquiries. This business is independently owned and operated by ABN trading as Belle Property Manly QLD.

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MANLY



751 Esplanade Lota



80 Melville Terrace Manly



40 Sibley Road Wynnum West

WYNNUM CROQUET CLUB

If you're looking for a fun yet gentle way to exercise your mind and body, Wynnum Croquet Club looks forward to welcoming you.

Founded in 1925, the Wynnum Croquet Club hosts a range of players from beginners to those at international level. Boasting excellent playing facilities and a friendly environment, the Club has hosted national and international tournaments, including the Trans-Tasman Test Series in 2018.

"Croquet is a game for all ages and abilities, men and women can compete on equal terms, and it can be played just for fun or competitively," explains Club Secretary Bruce Fleming.

"During the current COVID-19 restrictions we are enforcing strict rules about hygiene and social distancing and we have introduced a playing roster to limit the number of players at each session, however, there are spare places available on most days," said Club President Elizabeth Fleming.

Located at the northern end of Kitchener Park at the corner of Colina and Daisy Streets, the Club's players meet on Tuesdays, Thursdays and Saturdays from 9am to 5pm. Free lessons are also available for beginners.

For more details call 0419 650 304, email to wynnum@croquetqld.com or find them on Facebook.



Photos: Supplied.



DID YOU KNOW...

The Great Wall of Manly, located on the corner of Falcon and Wellington Streets, was built during The Great Depression in 1933. Commissioned by the Government, the wall provided work for those who were unemployed at the time. Look closely and you'll see various animals such as emus and kangaroos depicted in the concrete pointing. Standing at approximately seven metres high, the wall is now listed on the Queensland Heritage Register.



When not dominating the digital marketing domain, **Indy** is salivating for a salad from the sensationally seasonal **Small Crop**

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WYNNUM CINEMA UPDATE



If you've been anywhere near Berrima Street lately you would have noticed the block is buzzing with construction, most notably the evolving cinema development underway at 82-90.

The foundations of the retail and cinema levels have taken shape, while the residential aspect of the development will feature a six storey and an eight storey tower. Panoramic views from these towers will provide stunning vantage points to watch the sunlight dance on the water.

With all this development, along with restrictions easing, the Wynnum Manly area is buzzing with excitement. Waterloo Bay Hotel is welcoming back patrons with the Marlin Bar, St Helena Bar, and the Fig Restaurant now open. Show your support, drop in for dinner and a drink.

The anticipation of the cinema opening will surely only grow in the coming months, and the big question on everyone's lips is, "Who is the operator?"

BEL'S BOOK REVIEWS

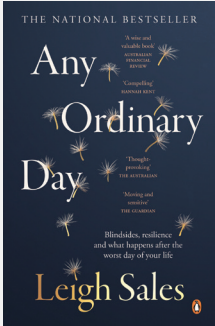
"I'm Bel and I run Little Gnome Bookshop, The Biggest Little Bookshop, with a community of all things awesome surrounding it. During this pandemic, our generous community gave over \$3000 in pay-it-forwards! We gifted almost 1500 coffees, brownies and book packs to people who were nominated by our customers. If that doesn't make you proud to be a Baysider, I don't know what does! Stay awesome. Stay kind."



ANY ORDINARY DAY
BY LEIGH SALES

I was not a big fan of this book, after reading it in May for our Little Gnome Book Club, but after our online meet-up to discuss the many layers it revealed, I started to understand it better. A few days later, a friend asked if we had any books on grief. My mind immediately went to Any Ordinary Day and how it tackles the way we handle grief and how we continue to live our lives after a traumatic experience.

Leigh talks intimately with people who've faced the most traumatic experiences that occurred on the most ordinary day, from terrorism to natural disaster, to simply being in the wrong place at the wrong time. Instead of finding people at their worst and lives shattered, unable to carry on, Leigh finds strength, hope and humour.

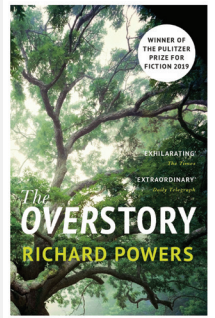


This is a warm, empathetic and candid insight into moving ahead in life, after trauma. It's about how we are in that moment, how others react around us and how we are able to forge ahead, with a new kind of normal.

OVERSTORY
BY RICHARD POWERS

There's a reason why this won the Pulitzer Prize for Fiction in 2019! It's quite possibly one of the most evocative and stunning books ever written.

In Overstory, we learn that trees tell a story. Their root system extends far beyond the trunk, linking a whole world underground that we don't get to see. The trunks bear scars and their rings tell time. The leaves dance and sway, creating their own weather pattern. It's mesmerising to read.



After reading this book, everything around me made sense. I now see the lack of big trees planted by our councils and it breaks my heart. The kind of trees that tell stories, that people sit under, seeking their shade, or climb and play on them. The kind of trees that have been around for many generations to enjoy. Those trees are coming down, but being replaced with fast growing trees that provide nothing more than to look good, in a short amount of time. Purely ornamental.

Overstory is about trees, humanity and the cruel practices that big logging companies undertake. It's a story of nine people, walking very different paths, in different spaces of time, all pummeling toward the chaotic and often hopeless scene of not being able to save the big trees, the ancient trees, the trees that hold so much history and have witnessed so much change around them.

We have more stock coming in of this book. It sells out pretty quickly!



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CEDAR & PINE BAR, WYNNUM

Contributed by David McGovern

Here's a quick language lesson: Ampersand. It's a Latin symbol for 'and', used to connect two different subjects. It also connects people. So it's rather fitting that Wynnum is home to Cedar & Pine Bar – a breath of fresh air in the Bay area, that has kept the community connected since it opened in 2015.

Owned and operated by Mali Hannun, Cedar & Pine Bar has developed an enviable and deserved reputation as a place that brings people, causes and great pastimes together.

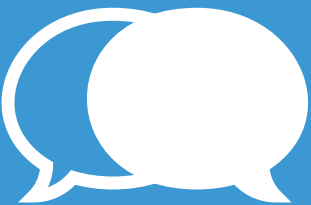
From stocking its wine racks from bushfire-ravished vineyards, through to encouraging people to find their 'next great read' in a monthly book club, and more recently, despite being closed due to COVID, a jigsaw puzzle exchange created for the community to help with the boredom of lockdown.

Never falling short of community events, ideas and fundraisers, Cedar & Pine is more than just a 'bar'; it's a place where the community is its *raison d'être*- that's French for 'reason' or 'purpose'.

Then there's the food, drinks, service and atmosphere; that's a lesson you'll have to discover for yourself when the bar re-opens mid-July.



Mali at Cedar & Pine. Photo: Supplied.



DID YOU KNOW...

At the time of publication, Ken Kunin's song and accompanying video, Living in Wynnum, had 19,300 views on YouTube.



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IN THE COMMUNITY

B BARTONS

Bartons Motor Group has been supporting the local Bayside community since 1945 and takes pride in giving back to the community. Our local clubs are great supporters of our business, and we understand that COVID-19 has placed a lot of restrictions on our local clubs in terms of running regular community events. We believe that the success and longevity of your teams are vital to our local community.

Bartons recently released special member's only prices to our local clubs, including Wynnum Golf, Manly Bowls, and Wynnum Junior Rugby League, for services offered at our new in-house Barber Shop, Bartons Barber & Hair. It was also announced with great excitement that 100% of revenue from member services at the barber shop until July 31st would be donated back to the respective clubs, so they can continue to recover from COVID-19 and get back to being essential community hubs.

**"100% of Revenue
Back to the Clubs!"**

At Bartons, we have a Sparkling Tap drinks trailer available along with a Bartons BBQ trailer. To give back to our local clubs and provide that additional support for our local community, we would like to offer these trailers to our local Bayside sporting clubs, free of charge. This is a great opportunity for your next home game or sporting event. While the hire of these is free, we can also provide drinks and sausages for a small additional fee.



If your club is interested in utilising these trailers, or to arrange a booking, get in touch with Bartons Motor Group by dropping an email to Lincoln at lincolns@bartons.net.au!



BARTONS.NET.AU

200 TINGAL RD, WYNNUM

B BARTONS
BAYSIDE



MANLY HARBOUR GALLERY

Art brought Jenny McNamara-Furlong and Jess King together, and certainly changed their lives.

The artists met as exhibiting members of a community art gallery, and soon discovered they had an instant connection. Apart from both being visual artists and graphic designers, they each have two children five years apart in age. Jenny and Jess nearly share a birthday, exactly 10 years and one day apart.

Their first exhibition together cemented the friendship, and the friends quickly recognised their artworks worked well together in a gallery setting.

Fast forward to two years later over a cup of coffee, Jenny and Jess both realised they had a common dream: to open an art gallery. The Manly Gallery space had been vacant for over

18 months, so it was a no-brainer that this was the space for them.

With the help of family and friends the space had a makeover, and on 26 January 2019 the doors opened, showcasing beautiful artwork from local artists and designers.

The gallery exhibits modern and contemporary art from a wide variety of artists. It also stocks unique handmade pieces including ceramics, jewellery, wood, textiles, scarves, and bags. Over 400 artworks and 1000 designer gifts are also available for purchase from the online shop at www.manlyharbourgallery.com.au.

Just as art brought them together, Jenny and Jess hope to connect the local and wider community with beautiful pieces of art and original handmade creations.



**MANLYHARBOUR
GALLERY**

YOUR ART INSPIRATION

CONNECTING ARTISTS
WITH ART LOVERS

Manly Harbour Gallery offers you original traditional to contemporary art and sculptures with a gift shop stocked with unique hand-crafted jewellery, ceramics, scarves, bags and more.

All work can be viewed and purchased online www.manlyharbourgallery.com.au. and if you're ever in the area please come pay us a visit.

Be sure to claim your piece from one of our local artists to treasure forever.

E: info@manlyharbourgallery.com.au **W:** www.manlyharbourgallery.com.au
Open Wednesday to Friday 10am-4.30pm | Saturday & Sunday 9am-2.30pm



WYNNUM MANLY MUMS AND BUBS

Contributed by Bianca Doyle

Welcome to the first feature for our wonderful Wynnum Manly Mums and Bubs. This segment is community-driven from our very popular Facebook Page, Wynnum/Manly Mums and Bubs <https://www.facebook.com/groups/wynnummanlymums/>. We are a very supportive and fun group so come and join us. Mothering, even though the best job in the world, is equally the hardest. If we can have a tribe to support us, it makes the journey a little less lonely.

WHAT'S ON IN JULY

- Aleena Active Mums and Bubs, various sessions, <http://aleenaactive.com.au/>
- Mum's and Bub's Baby Sensory Class, every Friday from July 17, Intenciti Church, Wynnum
- Mums and Bubs Yoga, starting late July, Astam Yoga, www.astamyoga.com
- Kangatraining Brisbane East, from July 14, babywearingandyou.com.au/kangatraining-brisbane-east/
- Fit Philosophy Group Training, Tuesday (9.30am & 10.30am) and Thursday (9.30am, Drevesan Park, Manly), www.fitphilosophy.com.au
- Fit Philosophy Moring Tea, Saturday July 18 at 9.30am, George Clayton Park, www.fitphilosophy.com.au
- Redlands & Bayside Mothers Group, Monday at 9.30am, Manly
- MOPS Wynnum, every Thursday, Wynnum Baptist Church, 9.30am – 12.00pm, for mums of children 0-6
- Parent Like You, an online magazine and community that supports parents to feel more confident and capable in their unique style of parenting <http://parentlikeyou.com.au>
- Making Mama, free meet-ups for mums to help build their village of support. Based at Cannon Hill, starting back at the end of July, www.makingmamavillage.com.au



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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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LOCAL FISHING TIPS WITH SPERO

Fishing expert Spero Kartanos has more than 45 years of local fishing experience. Here are his tips to help you find the best fish in July.

July is upon us and I have to say it's hard to get my head around the first closure coming up for Moreton Bay from July 15 to August 15. The closed season applies to squire or snapper in the Bay, so better get your boats out before the closure to enjoy a few tasty fillets.

It's a really good month for all our local reef fish on the eastern side of Green Island, Peel Island, St Helena and Mud Island. And, if you are happy to eat fish from the mouth of the river, then the catches are also very good there.

The artificial reefs like Harry's and Peel Island west are also working well, as are the Mt Cotton reach and the spoil grounds north of Harry's, so there are plenty of areas to get a line in for a reef fish. While snapper fishing stops on the 15th, sweet lip, cod, tusk, and jewfish are still available for a feed.

My favourite bait is all small live or dead small fish, whiting or whiting heads, gar, pike, herrings, grinders, and flesh baits like mullet flesh or bonito cuttlefish or squid. I would rather eat the cuttlefish and squid I catch than use it for bait.

For fishing gear, I find a good 7ft rod like a Wilson blue steel and a Penn bait runner 450 to 550 is ideal, with 15 to 20 lb line, and a 3.0 to 6.0 red snapper hook with a running rig with ball sinker enough to get you to the bottom. The size of hook depends on the size of fish you are chasing; I only use 5.0 with large baits as the pickers take a lot longer to pick your bait.


Time of day for me does not matter as much as tide to me, and I prefer the hour each side of the tide changes, and also the run-out tides, especially around the shallow reefs. Cloudy days are also my favourite days for snapper fishing.

I hope with school holidays in July you can get the kids out for a fun day on the bay, and 'till next month, good fishing!



Photos: Supplied.





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HAVE YOUR SAY ON MANLY BOAT HARBOUR

Brisbane’s bayside residents are being encouraged to have their say on the future of Manly Boat Harbour.

The harbour, managed by the Department of Transport and Main Roads, offers boating and cruising yacht facilities for Australia’s eastern seaboard and the whole of the southern Pacific Ocean, with dry standings, wet berths and two public boat ramps.

Member for Lytton Joan Pease said an online forum had been launched to seek feedback on the harbour, providing an ideal opportunity to capture local knowledge.

“The Manly Boat Harbour is an integral part of the social, cultural and economic landscape of our bayside community,” Ms Pease said.

“I want to make sure the harbour continues to positively contribute to the community.

“The ideas and information put forward by local residents and stakeholders during public consultation will be used to inform and guide future planning.”

Ms Pease said the community could provide feedback until midnight 14 August.

“It’s vital the community has the opportunity to share what it values about the harbour, how they currently use it, and thoughts for its future.”

Ms Pease said people could share their ideas via the online forum at www.tmr.qld.gov.au/ManlyBoatHarbour.



An aerial view of Manly Boat Harbour. Photo: Supplied.



The Manly Boat Harbour is an integral part of the social, cultural and economic landscape of the Bayside.

Share your ideas for the harbour to help guide future activities and community access.

Visit us online
www.tmr.qld.gov.au/ManlyBoatHarbour

For more information call 13 QGOV (13 74 68)

Consultation closes
Friday 14 August 2020

Scan with your
mobile phone for
more information



**Queensland
Government**

FUNDING TO HELP KEEP MORETON BAY’S GREEN ISLAND HEALTHY

The Ocean Crusaders Foundation has received a \$5000 grant from the Ergon-Energex community fund to assist its work in maintaining the health of Green Island in Moreton Bay.

Member for Lytton Joan Pease said maintaining the health of Green Island is extremely important to the biodiversity of Moreton Bay, as a home to many marine creatures including dugongs, green turtles, stingrays and sharks, and various fish and birdlife.

“Ocean Crusaders are a fantastic local organisation who carry out countless community clean-ups of Moreton Bay’s Green, Mud and St Helena Islands to reduce waste that can impact on many marine creatures including dugongs and green turtles,” Ms Pease said.

“It’s wonderful to see this fantastic organisation granted additional funding to carry out their extremely important conservation work,” she said.

Ocean Crusaders Foundation Director Ian Thomson said funding for this year’s Green Island Beach Clean-Up project will assist with boat, car and truck maintenance to ensure the event runs smoothly.

“Ocean Crusaders uses the most appropriate cleaning methods whilst taking into consideration tides, wind, flora and fauna, to conduct 1-2 days of commercial cleaning,” Mr Thomson said.

“Our community action events also engage local residents, organisations, schools and councils in targeted clean-ups of the island to improve the economic and aesthetic values of the coastline for the community as well as visitors.

“We strongly encourage local communities to take part in waterway management whenever they can and encourage them to be guardians of their environment.

“We’re extremely grateful to Ergon, Energex and the Palaszczuk Government for assisting us in carrying out our important work,” he said.



Joan Pease MP with Ocean Crusaders Director Ian Thomson and volunteers. Photo: Supplied.

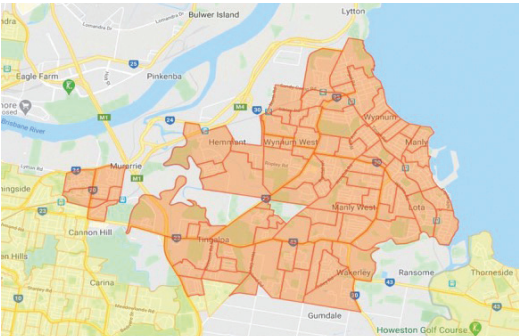
The Community Leader

YOUR **NEW** LOCAL MONTHLY NEWSLETTER

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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.



HOME DISTRIBUTION BREAKDOWN

POST CODE	SUBURB	DISTRIBUTION
4153	BELMONT (QLD)	485
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
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

AUGUST BOOKINGS

- Community editorial 20th of July
- Advertising cut off 24th of July
- August bookings close 24th of July - 0421 786 302.
- Distribution 6th of August (shopping centres) and 10th of August 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

ROTI RECIPE

CONTRIBUTED BY SHUCKS BAR, MANLY



INGREDIENTS

DOUGH

- 500g plain flour
- 60ml milk
- 1 egg
- 1 tbsp caster sugar
- 1 tbsp vegetable oil
- 180ml water

TO FORM ROTI

- 5 tbsp vegetable oil
- 3 tbsp butter
- Salt

METHOD

1.

Place the flour and sugar in a food processor and while running, pour in the liquid ingredients. Process until the dough just starts to come together.
2.

Turn out onto a bench and knead for 2-3 minutes, or until smooth and shiny.
3.

Place dough in a lightly oiled bowl, cover and rest for 10 minutes.
4.

Divide the dough into 80g portions and roll into a ball, until smooth. Rest for 10 minutes.
5.

To form the roti, lightly oil the bench top and begin to flatten the dough with your fingers.
6.

Carefully stretch the dough in a circular motion with lightly greased hands.
7.

When you can see the bench top through the dough, dab lightly all over with softened butter and a pinch of salt.
8.

Slowly roll the dough into a tight, thin cigar. Then take one end roll into a snail shape.
9.

Do this with each portion of dough and allow to rest for 5 minutes.
10.

Once rested, press out again to the size of your pan.
11.

Heat some oil over medium-high heat, cook roti until golden, about 2-3 minutes on each side.
12.

Serve warm with fish curry.



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LEMONI GREEK CUZINA'S GREEK GEMISTA

THE TEAM AT LEMONI GREEK CUZINA IS PLEASED TO SHARE THEIR DELICIOUS STUFFED CAPSICUM RECIPE. OPA!



EASY PEA AND HAM SOUP

CONTRIBUTED BY THE LOCAL BUTCHER, MANLY



INGREDIENTS

- 5 large bell capsicums
- 5 medium tomatoes, chopped
- 12 tbsp of raw short-grain rice
- 1 large onion, chopped
- 7 cloves of garlic, chopped
- 2 tbsp of dried mint
- 2 tbsp of chopped fresh parsley
- 1 tbsp of tomato paste
- Juice of half a lemon
- ½ cup of olive oil
- Salt and pepper to taste

METHOD

1. Heat the oil in a pot, add onion and garlic and cook until softened.
2. Add chopped tomatoes, tomato paste, mint, parsley, lemon juice, salt and pepper, mix over a low heat, then add the raw rice.
3. Add ½ a cup of water and simmer on low until the rice has soaked up the water. Remove from heat.
4. Wash the capsicums and cut the tops off (reserve for later) then fill with the rice mixture.
5. Place capsicums in a pot upright, with their tops on.
6. Add 1 cup of water to the pot, then cook over a low heat until the rice and peppers soften.

Serve with a Greek salad and lemon wedges.

SERVES 5

INGREDIENTS

- 2 bacon hocks
- 1 small packet of split peas
- 1 medium onion, roughly chopped

METHOD

1. Place all ingredients in a 5-litre slow cooker.
2. Cover with water.
3. Cook on low for eight hours.
4. Remove hocks from the cooker and remove skin and bone (discard), reserving the meat.
5. Put half the meat back in the slow cooker and roughly blitz with a hand blender.
6. Break the remaining meat into small pieces and return to the cooker.
7. Reheat for approximately 10 minutes, then stir and serve.

Tip: after refrigeration, the soup may be quite thick. Adding some water upon re-heating will make it thinner.

SERVES 6

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LOST A TOOTH? WHAT’S THE BIG DEAL?

Contributed by Dental On Cambridge

It may seem like losing a tooth – especially one that’s not easily visible – isn’t such a big deal. But did you know that there are several significant consequences to losing a tooth, especially to the orofacial complex, and to the shape of your face over time?

The consequences include a loss of bone volume and density causing an acceleration of the appearance of facial aging, overloading and movement of the remaining teeth, which can increase the risk of bite disturbances, gum disease and tooth fractures. Additionally, there can be difficulties with chewing, speaking, smiling, and even an increased risk of further tooth losses.

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As Dental on Cambridge is celebrating its first birthday in July, Dr Alex Ritchie will be offering ‘start to finish’ implant treatment, including finished crown attachment for \$3999, which is a \$1500 discount. This offer is valid until 30th of October 2020.

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