

The Community Leader

YOUR *NEW* LOCAL MONTHLY NEWSLETTER

ISSUE 4



Wynnum's Barbara and Jim Grayson will celebrate their 60th wedding anniversary on September 17.

Milestones are worth celebrating, and as the year hurtles by, it's important to mark memories with the good cheer they deserve.

Congratulations to Wynnum locals Jim and Barbara Grayson, who will celebrate their 60th wedding anniversary this month. Together they've raised three daughters and have seven grand-children. "We fell in love at first sight," said Barbara, who also mentioned being tolerant is the key to such a long-lasting partnership.

"We do things together," said Jim, who is an avid bridge player. The couple enjoy an active lifestyle with their many friends, practicing tai chi, playing golf and relaxing on the waterfront.

Like many locals, Jim and Barbara love the community feel of the Bayside area and couldn't imagine living anywhere else.

Whatever you're celebrating in September – a birthday, anniversary, or just a gorgeous sunny day –

there's a huge range of options for your celebration. From fun picnics in the park to romantic dinners at local restaurants, or even a simple evening stroll for an ice cream, there's something to please everyone close to home.

This month's Community Leader brings you a snapshot of life on the Bayside, its people, places and events. By supporting local businesses and community groups, you're helping the local economy and community to thrive, and that's something to celebrate!

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AWAKEN YOUR CREATIVITY WITH MIND POUR ART

Pouring paint is proving to be an ideal outlet for creatives who want to have fun and express themselves through art.

Renee Eltje Johnston is an Australian artist, mother of two, and the clever creator of Mind Pour Art, a unique small business hosting workshops in Manly.

Renee launched Mind Pour Art in February 2020 as her own form of art therapy, and has since received an incredible response from the community.

“Mind Pour Art is all about making you feel good and walking away happy,” explained Renee. “Students will paint three canvases during the workshop – two small-size practice canvases and one large canvas.”

Renee explained that her artwork is an exploration of numerous delicate acrylic pours using colour to evoke emotion. Her art is not solely limited to one technique or medium and is guided by her mood. Renee’s artwork is a reflection of what’s happening around her; like a photograph her artworks capture a moment in time.

Join Renee for a fun, stress-free class and awaken your creative soul. Come alone or with friends to learn about acrylic pour painting techniques, and how to mix pouring mediums and colours. Watch the amazing cells and artwork come to life as the paint flows around your canvas.

Weekly acrylic pouring workshops are available at Renee’s home studio for anyone wanting to try this unique art form for fun and relaxation.

All materials are included in the price of the workshop, which includes light refreshments. The total cost of the workshop is \$75 for two hours. Each workshop has a maximum of eight students to ensure a high level of attention is given to each participant.

One-on-one sessions and group bookings are also available. For more information visit www.mindpourart.com or contact Renee at mindpourart@gmail.com.



Mind Pour Art's Renee Eltje Johnston.



Workshop participants get pouring.



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JOAN PEASE'S COMMUNITY UPDATE

STATE MEMBER FOR LYTTON

Baysiders have again shown our resilience when faced with recent challenges, thank you for your kindness and thoughtfulness towards each other. The Premier had to make some tough decisions around our borders, I know that this was difficult, but the results are looking good. Baysiders have continued to follow guidelines by maintaining social distancing, washing your hands and stay at home if you are sick. Thank you.

Supporting local business is a priority to me, I know that small business is the backbone of our economy that's why I was thrilled that over 90 small local businesses received the Qld Government's adaptability grants. These grants have enabled local businesses to respond to these challenging times, whether it be a marketing campaign, a new website or upgrade to facilities these grants have meant that our wonderful local businesses continue to support Baysiders. Now it's our turn, please buy local, please shop local to support our local businesses.

As part of the Palaszczuk Governments Unite & Recover Plan we are staying on task by building a better community. With our Bayside schools set to benefit with over \$1.67 million in funding for a range of projects with tenders for the projects open to local tradies. Wynnum State School will receive \$400,000 as part of the school infrastructure enhancement project. Our fabulous

Moreton Bay Environment Education Centre will see a new outdoor learning area valued at \$350,000 and Brisbane Bayside State College will see a \$52,000 upgrade to the STEM Hub. A further \$877,000 will be delivered across our fabulous state schools in maintenance and minor projects. This is great news for our kids at our local schools, it's also a wonderful opportunity for local tradies.

It was fantastic to see so many of our local hardworking community groups receive grants in the most recent Gambling Community Benefit Fund announcements with South of the River Community Band, Volunteer Coast Guard Brisbane, Wynnum Manly Citizens Band, Wynnum Table Tennis and Wynnum Croquet Club all sharing in over \$100,000 for a range of projects from musical equipment to electronic equipment, building repairs to mowers. Congratulations to the successful applicants, it's great news.

I recently visited Wynnum Manly Community Health Centre – Gundu Pa and had a chance to chat to the hardworking team and thank them for their great work during COVID-19. We are so fortunate to have such experienced health care professionals in our community.



Joan Pease_{MP}

State Member for **Lytton**

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MAGGIE'S MATES

SPONSORED BY MARKET 2 MARKET **20** YEARS



Ollie (left) loves hanging out with Maggie.

Name: Ollie.

Suburb: Lota.

How long have you lived there? Since 2011.

Your most treasured toy? A kiwi, but I accidentally killed it, and it doesn't squeak anymore so I carry it by its beak!

Your favourite food? Chicken, but it gives me IBS so I have to settle for turkey instead.

Your worst habit? Sulking when my Mum doesn't take me with her.

Your favourite local hangout?

Tide on the Jetty at Manly, where I get lots of pats and see some of my mates.

Your best doggo friend? Maggie, Pixie, BB, and Cookie – so many girls, so little time!

Any funny embarrassing stories you'd like to share?

I sometimes step in my own poo, and I don't like my bum being sniffed, although I reserve the right to sniff others.

What do people love the most about you? My lashes.

Name: Tilly.

Suburb: Manly.

How long have you lived there? Eight years, but I'm 15-years-old now.

Your most treasured toy? I love my scratching post, and my fluffy fake-fur blanket.

Your favourite food? Cheese. I can hear a cheese wrapper being opened from anywhere in the house and come running and screaming! I will not miss out, although I never get much.

Your worst habit? I talk very loudly, especially at breakfast time. My people think I'm working towards an opera career. I also counter-surf, because I can, and it annoys our dog.

Your favourite local hangout? I like watching the world go by from my cat post by the dining room window and I find the crows very interesting.

Your best friend? I'm not much into others of my kind, I prefer people. I love having people over for dinner so I can demand food.

Any funny embarrassing stories you'd like to share? I have a habit of falling off chairs while I'm sound asleep. I land with a thud. Ouch!

What do people love the most about you? My silky coat, and that I look like a little tiger.



Tilly talks a lot.

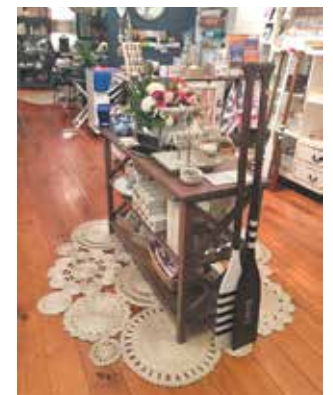
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AN INVITATION TO COMMUNITY GROUPS

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 PERSONALITY PROFILES



Name: Alan Healey.

Suburb: Wynnum.

What's your business? Wynnum Fine Jewellers, 107 Edith Street.

Do you have any fun/interesting stories about your job? We just finished working on a 350-year-old ring that a customer was having restored for the next generations after she passed. It wasn't a style that was relevant today, but when it went out it looked as good as it would have when it was first made. I always appreciate being part of a customer's personal and sentimental story.

What's your favourite local dine-in and take-away? I always enjoy some Friday night take-away from Lemoni Greek Cuzina.

Best local activity? It's always great to get out fishing in the bay or spending the day on the foreshore with the family.

The last book you read? Reading to my 7-year-old, *Diary of a Wimpy Kid*.

The last TV show or movie you watched? The *Jurassic Park* Trilogy.

Is there anything you'd like to see happen in the local area? I would love to see an open air trolley on the weekends that would connect Wynnum, Manly, and the foreshore on a loop. That way the community can travel between the areas more easily and experience all the great spots the bayside has to offer.

Is there a local business/community group/club you'd like to give a shout-out to?

I definitely want to give a shout out to Cedar & Pine for providing a steady supply of delicious cocktails, and also Flex Fitness on Tingal Rd for helping me to work them off.

Name: Kevin Liepins.

Suburb: Manly.

What's your business? I manage Visit Wynnum Manly online and produce the quarterly Wynnum View & Manly View, plus the annual Wynnum Manly Visitor Guide.

Do you have any fun/interesting stories about your job? With my business I enjoy engaging with the wonderful small and medium businesses in Wynnum Manly. My kilt created a bit of a stir when I first got out and about wearing it, but now I am just the man in a kilt.

What's your favourite local dine-in and take-away? Wynnum Manly has so many new and exciting places to dine so I enjoy a plethora of cafes, bars and restaurants on the bayside, especially along the

foreshore with views of Manly Harbour, or tucked away in the Wynnum and Manly Village precincts.

Best local activity? A cycle or walk along the foreshore between Manly and Wynnum any time to enjoy the sunrise or the dusk of the day, and Park Run on a beautiful bayside Saturday morning can't be beaten.

The last book you read? I enjoy rummaging through Gigglesfit Grammar in Wynnum for their range of second-hand books. On my last visit I picked up a great Aussie crime novel, *Silver* by Chris Hammer, author of *Scrublands*.

The last TV show or movie you watched? I am a sucker for any of the UK or Scandic Noir thrillers. *Dublin Murders* is a real must on SBS on Demand.

Is there anything you'd like to see happen in the local area? I was proud to be part of the inaugural Illuminations Festival in 2014 and to see the thousands from the community who came and supported the event. I am working on a project to install permanent illumination lighting around the Wynnum Jetty and Wading Pool precincts, to create a 'sense of place' for the community and to attract visitors.

Is there a local business/community group/club you'd like to give a shout-out to? Wynnum Manly Events were a great supporter in setting up the Illuminations Festival. Both the Manly Harbour Village Chamber and the Wynnum Central Business groups have been very supportive in my promotion of Wynnum Manly.



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PETER CUMMING'S LOCAL AREA UPDATE

COUNCILLOR FOR WYNNUM MANLY WARD



NO KERBSIDE COLLECTION

This year the Lord Mayor announced in the 2020/21 Brisbane City Council Budget that the free kerbside collection service would be stopped for the next two years.

This is a valuable service to our community and across Brisbane and I am concerned now it has stopped, whether it will re-start. Only time will tell.

There are two options that can help local residents.

Firstly, Council has extended their Good Neighbour Clean-up scheme for senior residents to be able to ring the Council call centre and book a contractor to pick up their unwanted items. You need to phone 3403 8888.

Please do not take any items onto the footpath until you have confirmed when Council will collect them. This is only for seniors. You may receive a fine if you leave items on the footpath.

Secondly, did you know that if your vehicle is less than 4.5 tonnes CGVM, you can use the recycling areas at our resource recovery centres for free? Chandler is the closest centre to Wynnum Manly.

The Council's resource recovery centre at Chandler allows you to use the drive-through free recycling area to unload acceptable recycling materials and tip shop donations.

Separate your items before arriving to make recycling quicker and easier. You may wish to contact Chandler prior to visiting as each product has a limit and quantities must comply to gain a free drop off. Advise staff if your load includes the following recycling materials:

- aluminium cans
- batteries (domestic quantities only of household batteries including AAA and D batteries, and lead acid batteries such as car batteries)
- cardboard and paper
- clean polystyrene (up to five cubic metres. Loads more than five cubic metres attract fees and charges)
- clothing – good quality textiles and wearable clothing
- toys – good quality for donation, or broken plastic toys recycled in the hard plastic bin
- electronic waste

- empty gas bottles (a maximum of up to six, nine-kilogram gas bottles)
- fire extinguishers
- fluorescent lighting tubes and bulbs
- furniture and household items in good working order
- glass bottles and jars
- metals (both ferrous and non-ferrous)
- mobile phones
- oil – used mineral engine oil (100 litre limit)
- oil – cooking oil (20 litre limit)
- paint, water or oil-based paint (100 litre limit)
- white goods and appliances

Find out more about disposing of household hazardous waste go to <https://www.brisbane.qld.gov.au/clean-and-green/rubbish-tips-and-bins/household-hazardous-waste>

Council's tip shops prepare all reusable, donated items for sale. Proceeds go to the Endeavour Foundation to support people with a disability.

COMMUNITY CONSULTATION MANLY HARBOUR VILLAGE

As of 24 August Council is seeking suggestions on how to improve and upgrade the Manly Harbour Village Precinct. Consultation is open until 20 September 2020.

If you have any suggestions, please send them in via the link:

<https://www.brisbane.qld.gov.au/planning-and-building/planning-guidelines-and-tools/village-precinct-projects/manly-harbour-village-precinct-project>;

There is also an online survey and feedback digital platform, which is live until 20 Sep 2020 for community members to provide your feedback. There is a direct link on the Manly Harbour VPP project website but you can also find the Have Your Say platform at <https://yoursay.brisbane.qld.gov.au/mhvpp>.

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

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LOVE YOUR VILLAGE, LOVE YOUR CHAMBER

CONTRIBUTED BY MANLY HARBOUR VILLAGE

A wise person once said, “It takes an entire village to build a community.”

As one of the longest running Chambers of Commerce in Queensland, the Manly Harbour Village Chamber has established the Manly Harbour Village precinct as a unique, vibrant, waterfront-village community, and a place to ‘Eat, Shop, Play, Stay’.

Against a nautical backdrop, Manly Harbour Village Chamber members are diverse, smart, collaborative business operators, building the local community for everyone’s benefit. Cafes and restaurants, art shows and book releases, boutique homewares, sailing adventures, live music and shopping essentials – Manly Harbour Village has it all!

“The Chamber’s mission is to increase the economic viability of Manly Harbour Village while enhancing community vitality.” – Current President, David Farley.

Over 25 years, the Chamber has hosted the Manly Creative Markets, delivered monthly, free Movies in the Park and welcomed the Jan Powers Farmers Markets twice monthly. The annual Manly Harbour Village Halloween Street Party effectively put Manly on the Queensland map, bringing locals and visitors together for an evening of spooky fun (currently on hold due to Covid19 restrictions).

The Manly Harbour Village Chamber AGM is on Tuesday 22 September and is an opportunity to have a voice in the future of Manly Harbour Village and help build a stronger local community.

Executive Committee positions, including Trader Representatives, are available and all existing and prospective members are invited to attend and get involved.

For more information visit ManlyHarbourVillage.com.

“Alone we can do so little, together we can do so much.” – Helen Keller.



Current Chamber Executive Members L-R: David Farley (President), Steve Rickertt (Secretary), Sandy McDonald (Treasurer).

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WHAT'S ON AT THE WATERLOO BAY LEISURE CENTRE

CONTRIBUTED BY KAY RIGGALL

Waterloo Bay Leisure Centre at 241 Tingal Road Wynnum is pleased to announce that it has reopened with new COVID safe procedures in place to ensure the health and safety of all patrons.

Concerts have recommenced on the second and fourth Tuesday of each month. However, Terry Scott concerts have not yet resumed.

The next Shire Clerk's Cottage Market is scheduled for Saturday 17th October, 2020. This market will celebrate the 130th birthday of The Centre.

SEPTEMBER CONCERTS

Concerts to be held during the month of September are:

- Tuesday 8th September: Special Birthday Concert featuring entertainer Terry Stewart. Cost is \$25 and includes morning tea, the concert, and lunch.
- Tuesday 22nd September: Robbie Dunn will entertain guests. Cost is \$8 for the concert including morning tea, or stay and enjoy a hot lunch for just an extra \$7.

Bookings are essential for all concerts. Please phone 3396 9488 to book.

We encourage any enquiries in regard to activities or classes offered and hall/venue hire. Please phone 3396 9488 for more information.

If you're feeling unwell or have been in contact with a person diagnosed with COVID-19, please stay at home and do not attend The Centre.

We look forward to seeing everyone soon.



Photo: Supplied.



INTRODUCING THE BAYSIDE UKULELE GROUP

BY KATHY HAM

About a year ago some of my Zumba students wanted to expand their music appreciation and learn the ukulele, so they formed a small group of six ladies and started teaching themselves in their homes. They decided to call themselves the Zumbaleles.

Weekly get togethers saw improvement and they began to harmonise together and play simple songs. Wishing to improve at a faster pace, they became aware of the professional and very popular acclaimed musician and ukulele teacher Vic Kena.

They have attended many uke sessions in Cleveland, Bulimba and Coorparoo, but it was when they attended Vic's sessions at Yeronga they recognised his professional and friendly way of teaching and wanted sessions closer to home.

The Zumbaleles approached me asking for help in starting up a local ukulele group in Wynnum with Vic as their teacher.

Following discussions with Vic and the Zumbaleles, the BUG (Bayside Ukulele Group) was formed. Ukulele sessions will be held once a month at the Waterloo Bay Leisure Centre at Wynnum, with the first session commencing on Thursday September 3 from 10.30am to 12.30pm. Classes cost \$15.

For more information, please contact BUG's Secretary Joanne on 0408 746 975 or email joannecomber@optusnet.com.au.

Kathy Ham is a local Zumba instructor, operating classes in the Bayside area.



Clockwise from left: BUG members Di Hendry, Helen Horn, Sanchia Waters, Margaret Barker and Joanne Comber.



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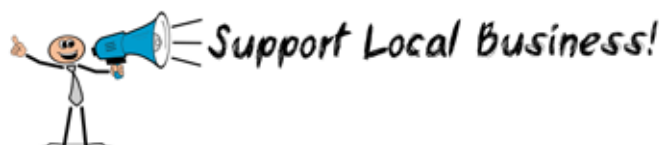
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MANLY TO KEPPEL TROPICAL YACHT RACE 2020 NEWS

BY MIKE HENNESSY

The 14th Annual Manly to Keppel yacht race started on Friday the 31st July with 18 boats competing. This is a signature event for Royal Queensland Yacht Squadron and the first ocean race in Queensland since the onset of Covid-19 restrictions. While there were plenty of Queensland boats and crew, entries from interstate were limited.

The weather was perfect for a fast and furious start with winds from the southeast at 20 knots which built up as the day wore on. During the first night gusts were over 30 knots at times. Not surprisingly, there were some incidents.

Apriori, co-skipped by Trevor Hill and Lucas Burns, retired from the event as a precaution after a whale strike.

Kerisma, sailed by David Rose, had trouble with the rudder bearing and was taking on water badly at one stage. However, David and his crew were able to stabilize the situation and they continued in the race, albeit without spinnaker.

Dodgeball also had trouble with their rudder, and skipper John Warlow was forced to retire to Bundaberg.

Many other yachts had gear failures of various sorts with spinnakers being in short supply by the end of the race.

First on Line Honours was *Envy Scooters* skippered by Barry Cuneo, who put in a dominant performance to record a clean sweep with a 1st on PHS, and a 1st in IRC Overall and Division 1.

Ian Richardson and co-skipper Russell Miller deserve a special mention for their sterling efforts in the short-handed category in *Bazinga*. Ian and Russell took out 1st in the Short-handed category, and 1st in IRC Div 2, placing 2nd overall in the IRC division.

A full list of results can be found on the RQYS website.



Competitors at the start line. Photo: Alenka Caserman.



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THE BONNER UPDATE

ROSS VASTA MP FEDERAL MEMBER FOR BONNER

Thank you to the Manly-Lota RSL Sub-Branch for hosting a small service for Vietnam Veterans Day and the Battle of Long Tan at Richard Russell Park on August 18.

I'd also like to give a special thanks to Lewis Campbell of Moreton Bay Boys College who took time out of his school day to play The Last Post.

Vietnam Veterans Day is a time to reflect on the service and sacrifice of those who served during one of the longest military engagements of the 20th century.

Across two decades between 1962 and 1975, almost 60,000 Australians served during the Vietnam War, sometimes fighting in extreme conditions, often with poor visibility. Lest We Forget.



New ceiling fans to provide relief from the summer heat have been installed at Tingalpa State School's assembly hall thanks to a \$20,000 grant through the Morrison Government's Local Schools Community Fund.

I recently visited the school to see the new fans and I am pleased to share it has greatly improved the facility for students, teachers and the wider Tingalpa community.

In the middle of summer, it can be very uncomfortable in the hall for students, staff, families and visitors but having a cooling system in place has made it a lot more enjoyable.



Cricket scorers at the Wynnum Manly District Cricket Club (WMDCC) will no longer be sitting in a sauna thanks to a \$5000 Morrison Government Volunteer grant.

Volunteers at WMDCC give many hours of their time to the club and in return for this commitment, the club wanted to make the time spent volunteering as comfortable as possible for them.

The grant will be used to upgrade the scorer's room with new furniture, air conditioning and proper scoring devices to make volunteers much more comfortable.



My mobile office is back up and running. If you would like to meet for a chat and raise any issues or concerns, I'll be available at the Manly Markets on Sunday, September 27 between 6.30am and 3pm.

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

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ROSS VASTA MP

Federal Member for **Bonner**

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NOMINATE A BAYSIDE LOCAL LEGEND

SPONSORED BY ROSS VASTA, FEDERAL MEMBER FOR BONNER

Often in life we come across special people with a mission and message that leaves you with a lasting impact.

The global coronavirus pandemic has brought out the best in people and we want to hear from you with stories of selfless acts of kindness.

We want to recognise our local legends. We've heard incredible stories of teachers going above and beyond during distance learning, frontline workers putting others first and businesses donating meals even though they were struggling themselves.

Even community kindness such as notes to the neighbours to see if they need help with groceries, or the teddy bear hunt to keep kids occupied.

Even at our local shops we've seen assistants provide as much support as possible to customers, even with the stress and abuse they were facing.

I know there's many more. That's why I need your help to find them.

If you can share a story of someone's selfless actions or have been at the receiving end of kindness, nominate them as a Bayside Local Legend so we can give some recognition to our quiet heroes.

HOW TO NOMINATE

Nominations can be emailed to ross.vasta.mp@aph.gov.au

Submit name, suburb and a short explanation on why the person is nominated along with a photo.



As a reforming shopaholic I realised the impact of our shopping habits on our planet and how little of anything is made here in Australia. I saw the need for a shopping experience with all the choice that Instagram has for showcasing homegrown businesses but with a human connection plus added perks like gift wrapping & a friendly chat! I wanted to be part of something bigger and I could see it was time to commit to our Australian labels.

With The Collective Store I'm on a mission to increase the exposure for our artists, uncover more hidden gems all the while supporting our local economy. We already support over 100 Australian Artists and are always looking for more. With new stock arriving every week we have so much on offer for that unique gift that you've been hunting for!

Stay tuned later this month as we bring The Collective Store goodness to online! LET ME INTRODUCE...

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DANCE CLASSES GIVE KIDS LIFE SKILLS

CONTRIBUTED BY KAITLIN HAGUE, DIRECTOR OF BAYSIDE DANCE

When dancers begin classes, they expect to learn some new moves, but they're also learning life skills!

MEMORY

Professional dancers have to remember up to three hours of choreography! Our dancers are always exercising their memory by recalling exercises and corrections they've learnt the week before.

TIME MANAGEMENT SKILLS

Dancers have to juggle classes, school and family, plus they have to pack their dance shoes, clothes, snacks and water every week. They learn early not to forget their leotard!

NEUROPLASTICITY

Dancers are constantly changing the wiring in their brains by learning new steps, combinations, choreography and more.

TEAMWORK

A dance routine works best when dancers pull their weight equally, dancing in time and hitting the right moments.

RESILIENCE

Dancers get used to receiving corrections every week and constantly improving. They learn to 'shake off the day', put on a big smile and get out and perform.

So, there you have it. Five life skills. And you thought kids were just learning to dance!



LOCAL POETRY

PARENTS

By Geoff Smiley

We carry our parents within us.
They appear at unlikely times;
the best and the worst are part of us.

We can be heroes if the wind is right
and children can forgive.
That is our fate.

Parents only know one chance, then a lifetime for review.
The faltering apprentices are judged for life.

"The bond between children and parents lasts forever. Parents can never be perfect. They take on parental responsibility in their youth and sometimes they make mistakes. Forgiveness frees the child and respects the parents."



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MANLY WEST, 18 Empire Avenue

809sqm of fully fenced garden with side entry...

This three-bedroom family home has been much loved over the last 18 years...now it is time for the owners to move on. All the living areas and kitchen upstairs are pristine and well maintained with bath / shower and separate toilet having recently been modernised. The open dining / lounge area and kitchen which has all new appliances, leads to an outstanding deck that is fully covered and overlooks the fantastic backyard which is quiet and private.

3 2 2

For Sale: Offers Over \$699K
Inspect: By Appt or Open Home
Contact: Lynette Brown | Alan Chambers
 0450 022 439 | 0435 838 847
 lynnetebrown@remaxwm.com.au
 alanchambers@remaxwm.com.au



MANLY WEST, 20 Andes Street

Secure this amazing home for you and your Family!

A home for the family and an entertainer's paradise, this property is set across two light filled levels with the central living area and kitchen positioned on the first floor, along with formal dining and 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 back yard 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.

4 2 2

For Sale: Bring All Offers
Inspect: By Appt or Open Home
Contact: Lynette Brown
 0450 022 439
 lynnetebrown@remaxwm.com.au



Liza
MARTINEZ
0408 111 840
 07 3893 6714
 lizamartinez@remaxwm.com.au





HEMMANT, 22 Oberon Esplanade

Neat, sweet and complete !

- Young low set brick and tile. Ideal first home buyer property, or suitable for downsizers.
- Great sized 481 sqm allotment overlooking vacant greenspace.
- Beautifully presented internally, and a pleasure to present to market.
- Features elegant and casual beech timber panel flooring & a superb outdoor covered entertaining area, extended for larger gatherings.

4 1 1

For Sale: \$549,000

Inspect: Easily by appointment

Contact: Reno Muscat 0413 754 638
reno.muscat@remaxwm.com.au
Ellie Goharnia 0422 346 919
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MANLY WEST, 87 Tantani Street

Spacious Family Home With Separate Studio

This is a family home for those who want it all – a large block, leafy aspect, great side access, room for the toys, big backyard & pool for the kids, four bedrooms, lounge and separate family room, large alfresco deck plus a separate studio with kitchen – ideal for home office, guest accommodation or teenage retreat. With only one neighbour & backing onto nature strip this is the lifestyle opportunity your family deserves!

4 2 3

For Sale: By Negotiation

Inspect: By Appt or Open Home

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



WYNNUM, 1/87 Bride Street

What Are You Waiting For?

Designed over a single level, this unit offers affordable entry into a vibrant and desirable seaside community! With a north-easterly front aspect, this ground floor unit is all about location & lifestyle! This is a definite MUST SEE as it is an ideal market entry point, superb lifestyle choice and excellent investment for the property portfolio. This central location will suit those who are looking for a coastal lifestyle with the convenience of being close to all amenities.

2 1 1

For Sale: \$325,000

Inspect: By Appt or Open Home

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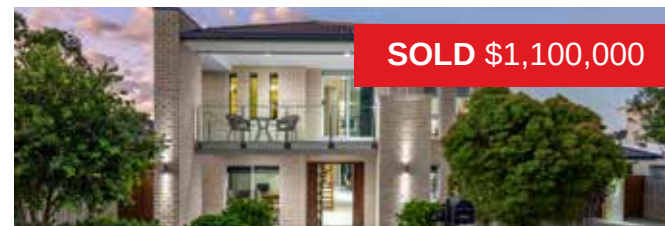
SOLD \$685,000

10 Jasmine Street **Wakerley**



SOLD \$1,040,000

34 Izzies Place **Wakerley**



SOLD \$1,100,000

47 Gumdale Street **Wakerley**



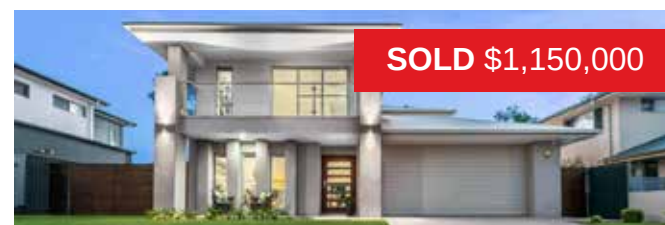
SOLD \$900,000

1 Ribblesdale Place **Gumdale**



SOLD \$820,000

2 Letitia Place **Wakerley**



SOLD \$1,150,000

14 Gardenia Place **Gumdale**



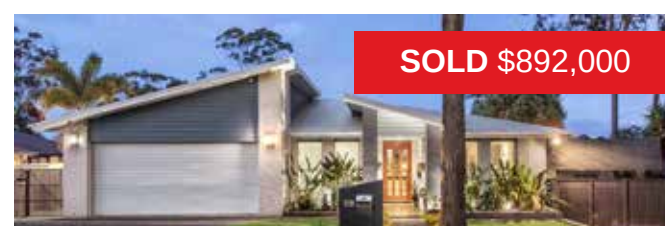
SOLD \$885,000

17 Senden Crescent **Manly West**



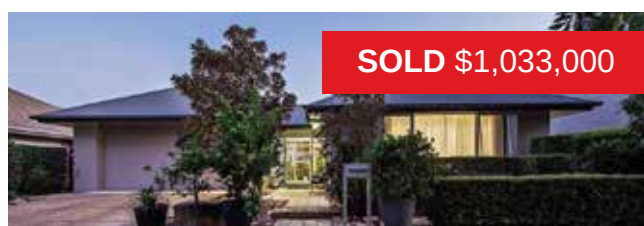
SOLD \$792,500

18 Saltburn Place **Wakerley**



SOLD \$892,000

9 Senden Crescent **Manly West**



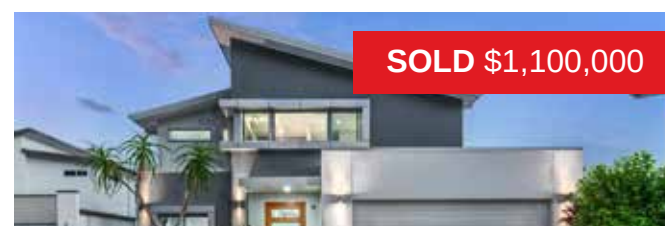
SOLD \$1,033,000

13 Margaret Crescent **Wakerley**



SOLD \$465,000

12 Katie Street **Wynnum West**



SOLD \$1,100,000

85 Feathertail Place **Wakerley**



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AND WE ARE RACING!

Covid may have put the brakes on go-kart racing this year, but when Alex Gardner returned to the track last month, records were broken.

Track time was limited this year for Alex Gardner, a passionate local 13-year-old go-kart champion. But in early August, it was time to get racing once again, and in his first race back since the Covid-19 lockdown, Alex scored the win for the weekend and broke the lap record.

Kart racing is an initiative that showcases young driving talent and is the breeding ground for new stars of the motor racing industry.

Alex has been racing go-karts since January 2016 and currently races in the KA4 junior class under the banner of Karting Australia. He drives for the DPE Kart Superstore team in an Arrow X5, and loves his team and the adrenaline of being out on the track zooming around in his kart.

Although the track was recently off limits due to Covid, Alex got creative and spent a lot of time on his racing simulator taking part in various online racing competitions, including the Erebus Academy Junior e-sports and IKC ESeries. While the simulator was heaps of fun and has helped with his muscle memory, Alex was keen to get back out racing with his mates.



Alex Gardner with his Arrow X5. Photo: Supplied.

Alex races at various karting clubs all over Queensland and last year ventured interstate to take part in Nationals. He is a motivated and talented young driver whose role models include Jamie Whincup and Lee Holdsworth.

A dream of becoming a professional racer in the future motivates Alex to excel. He works very hard both on and off the track aiming to be the best he can be through his enthusiasm, skill and 'never give up' mindset. Alex is currently sponsored by Motiv8 Training, Bob Jane T-Marts, Next Level

Racing, and Foundations Performance and Rehab.

If you're interested in following his journey, Alex would love to share his experiences with you. Follow him on Instagram and Facebook by searching for Alex Gardner Racing.

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When not conjuring complicated code, **Lachlan** is culinarily craving a Pad see ew and sneaky Keaw Tod from **May's Thai**

258 Tingal Road Wynnum **3123 0214** nichestudio.com.au 



BEL'S BOOK REVIEWS

BY BEL ELLIS, LITTLE GNOME BOOKSHOP

NOT JUST BLACK AND WHITE BY LESLEY AND TAMMY WILLIAMS

Lesley Williams is forced to leave Cherbourg Aboriginal Settlement and her family at a young age to work as a domestic servant. Apart from a bit of pocket money, Lesley never sees her wages – they are kept 'safe' for her and for countless others just like her.

She is taught not to question her life, until desperation makes her start to wonder, where is all that money she earned? So begins a nine-year journey for answers which will test every ounce of her resolve.

Inspired by her mother's quest, a teenage Tammy Williams enters a national writing competition. The winning prize takes Tammy and Lesley to Michael Jackson's Neverland Ranch and ultimately to the United Nations in Geneva. Told with honesty and humour, *Not Just Black and White* is an extraordinary memoir about two women determined to make sure history is not forgotten.

This was one of our very first book club reads, way back in late 2015. We had the pleasure of having Tammy and Lesley here for one of the most revealing and honest author visits we have ever had. The tenacity for what's right, human rights, was won by a fierce and determined Lesley Williams, in her pursuit to recover stolen wages by her 'employers' and the Queensland Government and in turn, returned millions of dollars to other Aboriginal people who never saw their wages.



SCRIBBLY GUM SECRETS BY DANNIKA PATTERSON AND ILLUSTRATED BY MEGAN FORWARD

This delightful book was released earlier this year by two amazingly talented local women. I have the pleasure of stocking all their children's books here at Little Gnome and this one is just another treat to add to the collection!

Scribbly Gum Secrets is a gorgeous children's book for all ages. Take a walk through the bush, inspired by the landscape of Indigiscapes in Capalaba, with a reluctant family. Discover who wrote on the scribbly gum trees, spot a flying fox, marvel at the itchy grub as it meanders across the log and be entranced by the beauty that is the Aussie bush.

Megan's illustrations once again showcase just how talented she is, and Dannika's story evokes memories of playing in the bush as a kid.

I highly recommend this book for little humans aged 4+, but it's a treat for all ages.

In other news, our September book is *Where the Crawdads Sing*. We will be meeting on the first Sunday of September at 10am. Join our club on Facebook @littlegnomebookshop or email us.



A NOTE ABOUT THE WYNNUM MANLY JAZZ FESTIVAL

BY GLORIA DAVEY OAM PRESIDENT

The committee regrets to announce that the Wynnum Manly Jazz Festival, which was to be held on Father's Day September 6 this year, is being postponed until Father's Day 2021. Next year marks the 20th anniversary of the Festival, so there will be a special performance to commemorate the event at that time.



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LOTA STATE SCHOOL STUDENTS CHAMPION BUGS

Lota primary school students have been busy as bees with their latest project that involves cicadas and cameras.

“At Lota State School we value that learning is fun,” explained Principal Mrs Sarah-Jane Lavington. “We offer many lunch time clubs for students to opt into, one of those being the Eco Marines.”

Eco Marines is a program that teaches kids the importance of conserving precious local ecosystems through fun activities and challenges. It’s an opportunity for students to learn about nature, inspire their peers, and develop leadership skills.

Now members of the Eco Marine crew at Lota State School are about to become movie stars!

Students recently donned their Eco Marine shirts and costumes to be filmed by Nick Cummings for their entry in the Cicada Film Awards.

The cicada is a little insect that can make a lot of noise and the Cicada Awards is a film competition for young people to make a lot of noise about environmental issues.

The entry Lota students are submitting is all about other insects that need their profile lifted, hence the title “Leave Us Bugs Alone!”

The Cicada Film Festival gives students the opportunity to tell a story with a focus on the environment, and is open to students aged between 8 and 23 years.



Lota State School students in their Eco Marine shirts and bug costumes. Photos: Supplied.

Florence & Cornelius

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MY STORY

Hello my name is Patricia. The dream of owning my own store became a reality in 2019. Being part of the homewares industry for nearly 20 years helps me personalize your shopping experience. At Florence & Cornelius we provide attentive personal service to find that special gift or inspire you to create the perfect spaces within your home. I look forward to seeing you at Florence & Cornelius.

~ Patricia

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RAISING VOICES WITH THE WYNNUM CHORAL SOCIETY

BY JACQUELINE SHARP

The Wynnum Choral Society Inc has been operating in the Wynnum area for 94 years.

The choir sings four-part harmony, ladies and gentlemen, and has two Variety Concerts each year on the 3rd Sundays of May and November at 2pm, at the Wynnum Municipal Hall, Corner of Cedar Street and Bay Terrace, Wynnum.

The choir's charter is to support local charities through concerts. Rehearsals are held on Tuesday nights from 7.15pm to 9pm in the Wynnum Christian Community Church Hall, Preston Road, Manly West. More choristers are urgently needed, especially gentlemen. For more information please phone Jacqueline on 3893 2138.



SING FOR HEALTH

Why sing in a choir? The health benefits of singing have been well documented. Singing can improve your posture, uplift your mood and relieve stress, and is a great workout for your lungs. Learning new music is also beneficial to your brain and can improve memory.

Being part of a choir has fantastic social benefits. Members make new social connections and become part of a choral community that spreads joy through song.

The Community Leader

YOUR **NEW** LOCAL MONTHLY NEWSLETTER

DELIVERED
TO LOCAL HOMES
AND BUSINESSES

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

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



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

OCTOBER BOOKINGS

- Community editorial 14th of September
- Advertising cut off 14th of September
- October bookings close 14th of September
- Distribution 7th of October (shopping centres) and 12th of October into homes
- Bookings are for a minimum of 3 months and space is limited
- Market to Market Communications reserves the right to refuse any advertising
- Advertising 0421 786 302

WYNNUM MANLY MEN'S SHED NEWS

Wynnum Manly & District Men's Shed Inc members have been busy at their Granada Street Wynnum North premises installing new equipment and planning an exciting new project.

New equipment is now in place and ready for use, including a dust extraction system which will make the shed more user-friendly. Currently, members are welcome at the shed on Mondays, Wednesdays, Thursdays, and Saturdays from 8.30am to 1pm.

"We have a team of men with the plan to build a steam locomotive, and they are about to begin construction of this," said Wynnum Manly Men's Shed President David Westlake.

"This is a project that is funded by the members building it. They have the use of all of the machinery the shed has available, but members can just come down and have a cuppa and a chat, play pool, and be a part of a Men's Shed family."

The Wynnum Manly & District Men's Shed is located at 59 Granada St Wynnum North. For more information, take a look at the website at wynnummanlymensshed.com.au or call 0490 138 474.



Men's Shed past president Richard with member Peter at the Wynnum North Shed. Photo: Supplied.

New Menu

The Grill

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Sun to Thur 5.30pm-8.30pm
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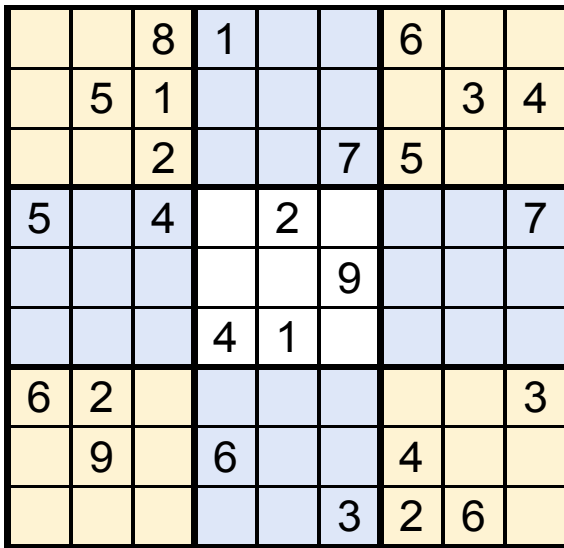
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Not redeemable for cash or used in conjunction with any other offer



PUZZLES

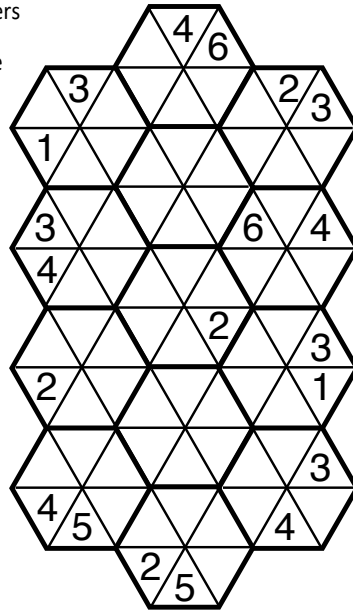
Sudoku

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

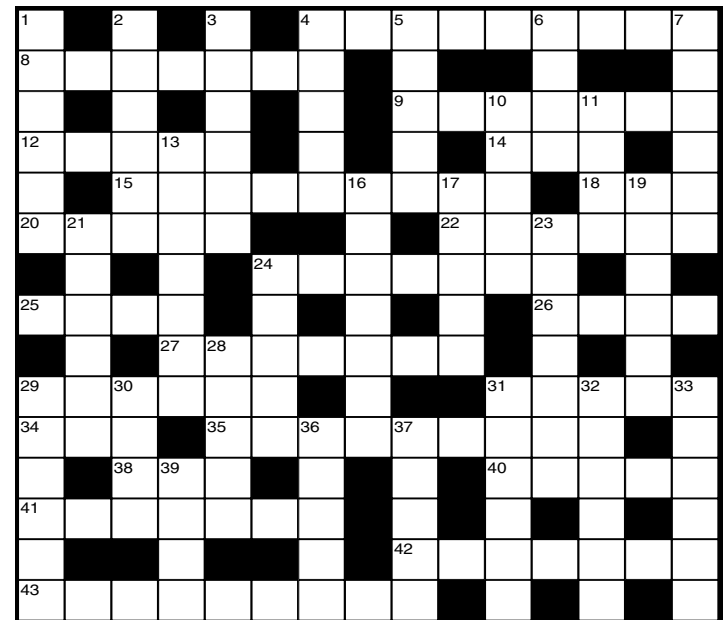


Quick Workout

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



Crossword



ACROSS

- 4 Allotted sum of money
- 8 Beginnings
- 9 Natural gifts
- 12 Operatic airs
- 14 Anger
- 15 Capsizes
- 18 Monkey
- 20 Melodies
- 22 In high spirits
- 24 Pardons
- 25 Capital of Peru
- 26 Headwear
- 27 Pleasant places
- 29 Stick together
- 31 Inactive
- 34 United
- 35 Flags
- 38 Self
- 40 Man's name
- 41 Muteness

DOWN

- 1 Silver-white metallic element
- 2 Subordinate
- 3 Makes sibilant sound
- 4 Useful thing
- 5 Coming after
- 6 Affirm with confidence
- 7 Followed in order
- 10 Smooth hard-twisted cotton thread
- 11 Tidy
- 13 Common run
- 16 Dirty
- 17 Cosy retreats
- 19 Condiment
- 21 Complete agreement
- 23 Goes up

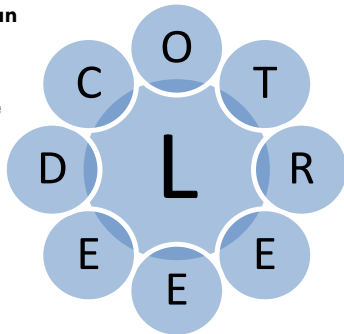
24 Bird

- 28 Incendiarism
- 29 Pamper
- 30 Part of a shoe
- 31 Seemingly mocked by fate
- 32 Abstain from
- 33 Fortune-telling cards
- 36 Representative
- 37 Challenged
- 39 Microbe

Focus

An All Australian Word Game

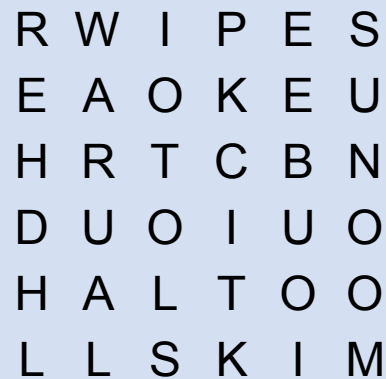
- * Each word must contain the centre 'Focus' letter and each letter may be used only once
- * Each word must be four letters or more
- * Find at least one nine letter word
- * No swear words
- * No verb forms or plurals ending in 's'
- * No proper nouns and no hyphenated words



TODAY'S Good: 12 words
FOCUS Very good: 19 words
 Excellent: 28 words

Reference: Macquarie Concise Dictionary
 Focus No. 3835

Word Find

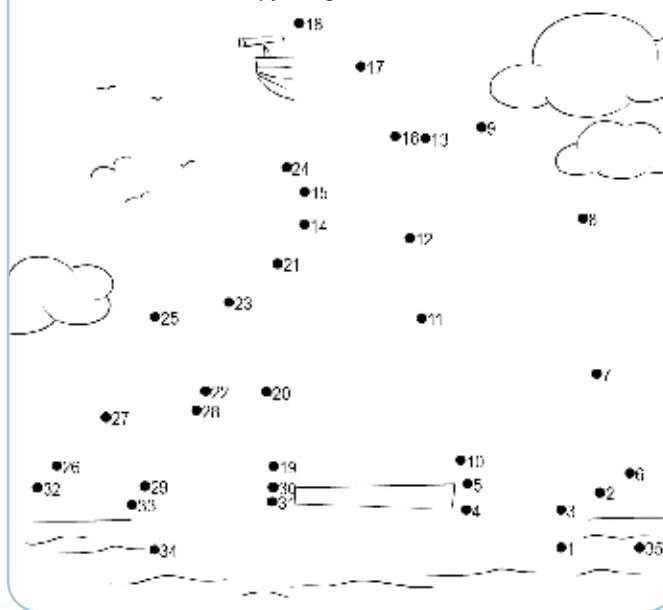


Find the following words in the grid. They may read in any direction, even diagonally. Some letters are used more than once.

- | | | | |
|------|------|-------|-------|
| Bee | Halt | Pen | Stun |
| Bill | Her | Ratio | Tick |
| Coal | Hulk | Sad | Tore |
| Cow | Moon | Skim | Wipes |
| Drop | Onus | Slot | |

Join the Dots

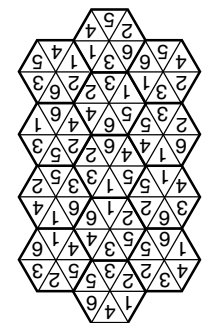
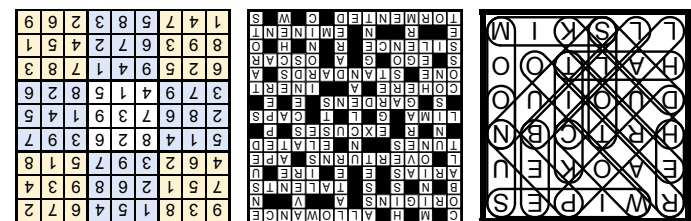
What's this? Find out by joining the dots.



Solutions

Puzzles and pagination supplied by Auspac Media

clod clot cold colder cole colt
 c reel delete dole doll elder
 elect elected elector ELECTRODE
 lector leer leered lode lord lore
 older reel reeled role telco
 tercel told



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 Hemmant, Ransome, Thornside.

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LOCAL FISHING TIPS WITH SPERO

Local fisherman Spero Kartanos has some handy tips to help you get your catch of the day this month.

Whatever you feel like catching and putting on the dinner table is around in September, and the bonus is some humpback whales and their calves will be entering the bay for a little rest on their way back south.

I must say when we see them it puts fishing on hold. They come in as close as Peel Island and just east of the Bay Islands (Green, St Helena and Mud), and even just west of Ormiston and Wellington Point. They are so much fun to see so close in, so keep an eye out on the way to fishing (and observe the rules on how close you can get and how to approach them; by the way these laws apply to the dolphins in the bay as well).

Whiting, school mackerel, snapper (season reopened) squid and cuttlefish, and flathead in the shallows are all available this time of year, it all comes down to lunch or dinner choices.

The whiting will be all through the small boat channel, Rous Channel, Amity Banks, Fisherman's Gutter blue hole, and the Sand

Hills. For bait, blood worms, beach worms, small peeled prawns and strips of small squid are the best (large fresh squid does not work as well) and the trusty paternoster rig is all you need with 1.0 long red whiting hooks. If you have not got little chubby fingers like me the black magic KL 1.0 is fantastic and you use half the bait.

The school mackerel will be all over the bay from the Huybers Light west to Peel Island and in the basin north of the Lazarette Gutter.

Sand hills and Shark Spit will also be worth looking at.

September is a good month for snapper squire in the bay, and after the first closure it could be a very good season around the shallow grounds of the Bay Islands and the artificial reefs.

The sand crab season this year does not seem to have stopped and with the first "R" month they should be on the improve.

So have fun, the weather is warmer which makes it so much more pleasant for the family to enjoy the bay while catching a fish and seeing the whales.



Whales are on the move this month, but keep your distance. Photo: Spero Kartanos.



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Congratulations to our 2020 Community Grant recipients

At Port of Brisbane, we're continuing to look for ways to help Queenslanders, now and beyond the immediate impacts of COVID-19.

Since 2011, we've invested \$2.5 million in community sponsorships and initiatives across SEQ.



Our support will assist **Volunteer Marine Rescue Brisbane** to provide marine search and rescue services to the boating public.



Port of Brisbane is assisting **Point Lookout Surf Life Saving Club** to move closer to achieving its vision of zero preventable drownings in Queensland waters.



Grant funding will provide a Braille Learning Centre for students at **Wynnum State School**, improving educational outcomes for people with visual impairments.



We are proud to support **Foodbank Queensland** – Australia's largest food relief organisation – to help fight hunger in South-east Queensland.



Our support will help **Rural Aid** deliver its mental wellbeing program to primary producers and their families affected by natural disasters or COVID-19 in Queensland.



Our support will assist **Coast Guard Brisbane** to provide marine search and rescue services to the boating public.



We're proud to be helping **Volunteer Marine Rescue Brisbane Island** to provide marine search and rescue services to the boating public.



We're proud to support **Community Sports Coaching and Mentoring** who provide educational and employment services to young Aboriginal and Torres Strait Islander people.



The funds for **Brisbane Bayside State College** will provide access to 3D printing technology across science, technology, engineering and maths disciplines.



We are proud to support **Traction** to deliver programs and workshops for vulnerable young people and their families.



We are proud to support the **StandbyU Foundation** to purchase wearable devices, allowing at-risk individuals to discreetly trigger an alert to their chosen support network.



The funds received by **Suited to Success** will provide access to employment resources to help overcome barriers to employment.



Grant funding will help **Coral Watch** enable its marine ambassadors to contribute to Moreton Bay's coral reef health and sustainability.



Our support will help **Ocean Crusaders** to remove debris from Luggage and Juno Points using their specialised equipment.

To find out more about our community support, visit www.portbris.com.au.


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PORT OF BRISBANE CONGRATULATES 2020 COMMUNITY GRANT RECIPIENTS

Port of Brisbane Pty Ltd (PBPL) recently announced the recipients of its annual Community Grant funding for 2020 by hosting a virtual event at the Port Office.

The annual Community Grants program provides a total of \$100,000 in funding to not-for-profit organisations and registered charities creating opportunities through education and training, youth leadership, and community welfare across south-east Queensland.

Since the introduction of the Community Grant program in 2013, PBPL has awarded \$770,000 to 115 community focused organisations.

PBPL CEO, Roy Cummins, said in these very challenging times, Port of Brisbane is proud to continue to support vital community services and initiatives.

"We are aware that this year, Covid-19 and natural disasters are putting extra strain on organisations and the need to respond to community needs is even greater. That's why Port of Brisbane is committed to helping our community partners," said Mr Cummins.

"This year's Port of Brisbane Community Grant recipients have put forward a range of innovative and exciting projects, and we are looking forward to working with our new partners as they deliver positive outcomes for the community.

"I would like to thank all our community partners for their leadership in the community and wish them every success in the important work they do."

A full list of the 2020 Community Grant recipients is available at www.portbris.com.au.



Brisbane Bay State College students received funding as part of PBPL's 2020 Community Grants. L-R: Natalie Jackson (Brisbane Bay State College) with Year 11 students Macca, Jake, Ethan, Hayden, Saxon (Barista) and Ed Harwood (Port of Brisbane Pty Ltd).

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ABOUT SHUCKS BAR

Shucks opened in the Spring of 2017, with a mission to serve Manly locals, and visitors to our beautiful region, the freshest oysters and the best of Moreton Bay seafood.

Shucks' seasonal menu is inspired by the sea, serving a range of fish, shellfish, molluscs, applying different techniques – curing, smoking, fermenting.

Our beverage list is small and focused, choosing to support sustainable and mindfully produced Australian wines and beers.

The impacts of COVID-19 has pushed our team to pivot the concept of our venue and adapt quickly. In just a few weeks, we changed from a dine-in only restaurant to serving contactless take-out.

The safety of our team and our community was our priority, but we also knew we needed to get back to supporting our farmers, suppliers and winemakers.

We championed new liquor regulations with the help of Joan Pease MP, allowing us to offer the full Shucks experience, with food and drink pairing at home.

We remain focused on the role we play in our community, to bring joy and comfort through food and wine, giving a little reminder we're all in this together.

This segment was sponsored by Belle Property Manly.





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CHICKEN JALFREZI BY SOUS CHEF REMMIE

CONTRIBUTED BY WYNNUM MANLY LEAGUES CLUB



SERVES 4 | PREHEAT OVEN TO 165 DEGREES CELSIUS.

MARINADE

INGREDIENTS

- 400g skinless chicken breast (diced into 3cm cubes)
- 2 tsp ground coriander
- 2 tsp of ground cumin
- 2 tsp of turmeric
- 2 tsp of salt to taste
- 3 tbsp vegetable oil

SAUCE

INGREDIENTS

- 50g finely chopped onion
- 1 tsp chopped fresh ginger
- 1 garlic clove finely chopped
- 400g chopped tomatoes
- 1 fresh chilli
- 200g chicken stock
- 1 tsp ground coriander
- 1 tsp ground cumin
- 3 tsp curry powder
- 1 tsp garam masala
- 4 tsp vegetable oil
- Fresh coriander
- 250g red peppers diced into 2-3cm pieces

METHOD

Combine all marinade ingredients in a bowl, then place onto an oven tray. Place the oven tray into the oven and half cook the chicken for 6 minutes.

Fry the finely chopped onion until golden, add in your spices, then add the garlic and ginger. At the same time add your chopped tomatoes, and red peppers, keep stirring for 10 minutes, then add the chicken marinade into the pan. Cook for 10-15 minutes then add the fresh coriander.

Raita is served as a side dish to help cool the heat of spicy Indian foods. It's made with:

- ½ Lebanese cucumber (diced and seeded)
- 1 tomato

Remove all the seeds both tomatoes and cucumber then add 400g plain yoghurt, and a sprinkle of cumin seeds to taste.

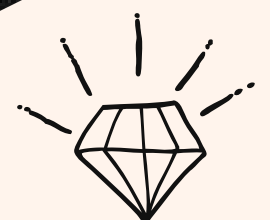
Serve on a bed of rice with a side of raita.



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DID YOU KNOW THAT THE CONDITION OF YOUR TEETH AND GUMS CAN HAVE A SIGNIFICANT IMPACT ON YOUR GENERAL HEALTH?

CONTRIBUTED BY DENTAL ON CAMBRIDGE

In the current health-aware climate there has been an increased focus on optimising our general health and wellbeing to maintain a healthy immune system, and protect ourselves against significant health issues.

The link between dental health and general health is significant, with several reports over the years revealing the importance of maintaining good oral health to support our general health.

Some key links between dental health and general health outcomes are:

1. Poor oral health is significantly associated with major chronic diseases such as cardiovascular disease, diabetes, respiratory diseases, stroke and dementia.
2. There are common risk factors shared by oral health issues and major systemic diseases such as alcohol and tobacco use, diet, hygiene, stress and trauma.
3. The presence of periodontal disease (gum disease) in pregnancy has been shown to lead to a seven times greater risk of low birth weight preterm births.
4. Poor oral health can adversely impact on people's eating ability, healthy diet choices, sleep quality and withdrawal from social roles.
5. Poor general health may cause or worsen oral health problems due to disease or medication associated reduction in saliva flow and a subsequent increase in decay inducing plaque deposits.
6. Individuals with difficult to control diabetes have at least a three times greater risk of periodontal disease.



7. Low level aspiration (breathing into the respiratory tract) of oral saliva during sleep is common especially in elderly and institutionalized patients, and it has been shown that improving oral health in these groups reduces the instance of lung infections.

The mouth is full of bacteria, which along with specific proteins form a film on teeth called plaque, and over time the plaque and acid can create tooth decay leading to cavities, tooth pain and sometimes tooth loss if the process is not stopped in time.

Good oral health care, such as flossing, brushing and regular examination and cleans with a dental professional will ensure that you keep oral bacteria under control and will ensure preventative care of your teeth. We think they are one of your most precious assets.

A dark blue banner with white text and graphics. On the left is a shield-shaped logo with a laurel wreath, containing the text 'DENTAL ON CAMBRIDGE'. Below the logo is the text 'FAMILY & COSMETIC DENTISTRY'. To the right is a list of services with icons: EXAMINATIONS (magnifying glass over tooth), FILLINGS (tooth with filling), CROWNS (tooth with crown), WHITENING (tooth with brush), STRAIGHTENING (bracket), and IMPLANTS (tooth with implant). At the bottom right is the phone number '3348 6661', the website 'www.dentaloncambridge.com.au', and the name 'Alex Ritchie' with his qualifications: 'BSc(H) (Dent), GDC(Dent), BpMty (UQ)'. A decorative laurel wreath is on the far right.

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CROWNS
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