

The Community Leader

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LOCALLY OWNED & LOCALLY MADE

ISSUE 16

STARS UNITE TO ROCK THE BAY IN OCTOBER

As the driving force behind last year's outrageously successful Wynnum Fringe festival, Wynnum-based producer, performing artist, actor and singer Tom Oliver is no stranger to showbiz, whether it's centre stage or behind the scenes. And now in the lead up to the much-anticipated 2021 Wynnum Fringe, Tom has pulled off another coup to assemble a stellar musical line-up for Rock the Bay.

Iona College's Lindum lawn will rock on October 9 for a day's entertainment, headlined by Australian music royalty Daryl Braithwaite, with Kate Ceberano, Bachelor Girl, Sarah McLeod (The Superjesus) and many more renowned Aussie acts.

Tom says he's thrilled to bring such a high calibre of Australian musical talent to the bayside.

"Having performed at outdoor concerts such as A Day on the Green and being a music tragic myself, I love the vibe of music festivals and wanted to bring that to my hometown, Wynnum," he said.

"For the performers and audience, it's a great opportunity to celebrate and support the music industry, with classic tracks performed by our heroes from the '80s and '90s alongside new tunes from local talent creating the next phase of our musical culture."

Rock the Bay is your chance to be part of a feel-good day out close to home with a packed program of sensational live music. Get your friends together and book your tickets now at wynnumfringe.com. Don't miss out – the magic of live music will make you feel fantastic (Daryl may even perform The Horses), and who doesn't need that right now?



Kate Ceberano will join Daryl Braithwaite for Rock the Bay on October 9. Photo: Supplied.

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LOCAL DOCTOR'S IMPRESSIVE COMMUNITY SERVICE

BY HARVEY SHORE

Doctor Susan Clarke's impressive medical career, helping people in remote areas around the world, began here in Wynnum.

Her family has lived locally for generations. Moss Road in Manly West is named after her grandfather. Her parents still live here, and Susan attended Wynnum West and Manly High.

After school, Susan initially studied Arts at Queensland University. But after joining her sister on a First Aid course, Susan discovered she loved medicine. Her mother, a nurse, encouraged her to pursue medical studies, and Susan graduated as a doctor in 2000.

While interning at Logan Hospital, Susan continued studying; gaining a Master's Degree in Education at QUT and completing her GP training. She then used both skills in Assam (India), spending over two years training local doctors and nurses.

Back in Australia, Susan began a PhD in Health Policy at Sydney University. Then she accepted an offer to work with Indigenous Australians in Lajamanu, a small town 557 kilometres from Katherine in the Northern Territory came up. Susan loved the life.

"It's really interesting cross-cultural work in a small community. I meet lots of people and face lots of challenges. As Covid hit, the local clinic burnt down! But the Walpiri people are lovely, and I really enjoy working with them."

Susan completed her PhD last year, meaning she's technically 'Doctor Doctor'!

She now alternates her time: spending every three months treating 600 Warlpiri people in Lajamanu, followed by three months back home treating locals at the Wynnum Manly Family Practice.



Dr Susan Clarke, at the Wynnum Manly Family Practice. Photo by Harvey Shore.

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- THE MANLY HOTEL -
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 "Over the past five decades, we have been blessed with a core of dedicated and long-term staff who have been the heart and soul of the hotel. We wish to say thanks to these staff members, past and present, along with our loyal customers who have together formed our much-cherished extended family. Thanks for the memories, we sure do have a few stories to tell!"
 - Jenny, Doug & Sandy.
 THE MANLY HOTEL

THE BONNER UPDATE

ROSS VASTA MP FEDERAL MEMBER FOR BONNER



SAFETY WORK TO BEGIN AT LINDUM CROSSING!

I'm happy to share the safety upgrades to Lindum Crossing are getting underway. The first stage of the project involves significant short-term safety upgrades due to be completed by the end of the year including installation of new and extended median islands, enhanced line marking and road resurfacing through the level crossing.

This will ensure the crossing is safe for our community while more extensive planning can be undertaken for the long-term grade separation of Lindum Crossing. The second stage of upgrades will be utilising \$10 million of the \$85 million in Federal funding committed to this project.

I recently joined a Zoom meeting with all three levels of government representatives and their departmental spokespeople to discuss the stages of works that will be taking place. It was great to have everyone on board, with a shared commitment for these upgrades to get underway. Improving the safety and congestion at Lindum Crossing is the number one priority for our community.

VISITING LOTA STATE SCHOOL FOR NATIONAL TREE DAY



I recently celebrated National Tree Day with the students at Lota State School. I invited along ABC Gardening Australia host, Jerry Coleby-Williams who taught the students about the importance of National Tree Day, putting their hands in the earth and giving back to their community.

Lota State School's 12 Eco-Marine students in year's 5 and 6, led by grounds keeper Mr Andy, helped to plant a native tuckeroo tree which I happily donated to the school.

It was fantastic to involve the Eco-Marine students whose passion for environmental conservation is inspiring. Can't wait to visit again and see its progress!



CELEBRATING OUR EARLY CHILDHOOD EDUCATORS DURING EARLY LEARNING MATTERS WEEK

In celebration of Early Learning Matters Week, I visited the kindy class at Mother Duck Childcare Manly.

And what better way to celebrate the week than reading and donating the 'If I Was Prime Minister' book written by Beck Feiner and Rob Feiner to the children. I loved spending time with these enthusiastic learners!

I have so many wonderful childcare centres and kindy's in Bonner who are building the foundation for children's wellbeing and achievement throughout their lives. Thank you to our local early childhood educators for the high-quality education and care you provide our future generations.



WORLD-CLASS PROGRAM FOR WYNNUM FRINGE FESTIVAL

What does it take to launch a fringe festival in Wynnum, during a pandemic?

Tom Oliver's determination to provide performers with an outlet for their talents, and audiences quality entertainment, saw 2020's inaugural Wynnum Fringe become a highlight on Brisbane's entertainment calendar. And this year's line-up is expected to once again captivate audiences, and inspire creatives to produce new and exciting works.

When the final curtain fell on the Wynnum Fringe in November 2020, there's no doubt organiser Tom Oliver and the thousands of patrons who enjoyed the program felt something special had just taken place. Over a weekend in one of the wildest years in recent history, the Wynnum Fringe organisers had pulled off what was seemingly impossible: to safely host an innovative festival of 50 events and 150 performers amid a pandemic.

Wynnum Fringe 2021 will expand its offering and footprint with an extended six-day program of free and ticketed shows across more local venues soon to be announced.

The Raine & Horne Spiegel tent will showcase global disco phenomenon Velvet Rewired, direct from its Sydney Opera House run, from Wednesday 17 November.

Continued on page 5



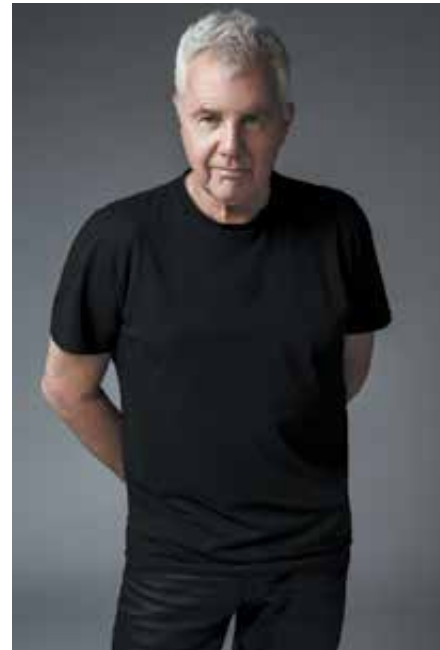
Mr Oliver had a lead role in the original Velvet production, touring alongside disco diva Marcia Hines in 2017 and 2019, and is delighted to bring the hit show home.

“My journey from a lead role in the original production of Velvet to being a co-producer on the new version and bringing the new show with Marcia Hines and an array of acrobats, aerialists, vocalist and circus performers, including my good mate Craig The Incredible Hula Boy, to Wynnum Fringe as part of its national tour is extremely exciting,” Mr Oliver said.

“Wynnum has never had a Spiegeltent – let alone hosted a national production of this magnitude and size – and we’ve curated a three-week program of local music and comedy acts as well. I can’t wait to announce that soon too!”

Wynnum CBD will continue to act as the heart of the arts festival and a pedestrian playground featuring laneway activations, food trucks, outdoor bars and free local performances on Friday 19 November and Saturday 20 November.

Attendees at this year’s Wynnum Fringe can expect world-class entertainment from local, national and international artists and creators spanning a variety of performance genres from comedy to dance, music to circus and everything in between.



“It’s a great opportunity for Wynnum to celebrate what it has to offer and for visitors from Brisbane and beyond to experience this beautiful bayside suburb on the fringe of the city,” said Mr Oliver.

In the lead up to the Fringe, be sure to get your tickets to Rock the Bay, a live October concert showcasing a must-see line-up of beloved homegrown icons alongside up-and-coming local talent, headlined by Daryl Braithwaite.

Wynnum Fringe 2021 and Rock the Bay are supported by the RISE Fund through the Australian Government. Wynnum Fringe is supported by the Queensland Government through Tourism and Events Queensland and features on the It’s Live! In Queensland events calendar. These will be run as Covid-safe events; however in the event of a lockdown/outbreak, the event will be postponed and full refunds issued.

Rock the Bay is on Saturday 9 October 2021 on the front hill at Iona College, Lindum, and Wynnum Fringe 2021 will run from Tuesday 16 November to Sunday 21 November 2021 at various venues. For pre-sale tickets and to view the full program, visit www.wynnumfringe.com



MARINE WORLD SEAFOOD CAFÉ REOPENS AFTER FIRE

BY DENYS EDWARDS

A fire on the night of 23 December 2020 started in the ceiling and quickly spread to the interior below resulting in the closure of the café from that date. Fortunately, there were no injuries and customers were able to collect their Christmas orders which had been safely stored in the refrigerated containers in the car park external to the café.

After going through the necessary insurance process, we reopened in August 2021 with a brand new food outlet and an improved menu with the same fresh quality and variety of offerings. Many of our efficient and friendly staff who our customers knew are back and enjoying serving many familiar faces, and of course welcoming new customers.

Many of our loyal customers have supported our other seafood takeaway (Fish n Chip Co) at Wynnum West during this unfortunate period, and we sincerely thank them for this support.

Jenny and I welcome you all back to Marine World with open arms.

BASIC TRAINING STARTS FOR NEW COAST GUARD RECRUITS

CONTRIBUTED BY BRISBANE COAST GUARD

The Brisbane Coast Guard 'Class of 2021' has kicked off, with induction and safety training underway for 32 new recruits.

The intake of volunteers, who come from across the local area and have very diverse backgrounds, all have one thing in common: a desire to help the Moreton Bay boating community.

The recruits will spend their first few months in training, where they will learn about the Coast Guard, become familiar with the six vessels at the station, and complete water survival skills. This includes firefighting, first aid, marine radio operation, ropes and knots, and

basic boat deck skills. A practical training session in early October will include flare demonstrations, swimming and life raft activities.

"Once their basic training is complete, they will be assigned to crews to observe activities on the water," explained flotilla training officer Simon Gideon.

"Our training program then develops their skills and gives them experience so that they can work as part of the on-water rescue teams."

This year's Coast Guard intake also includes people who will operate the station's radio room, provide maintenance support to our vessels, and help with administration and fundraising.

The commitment for new recruits is quite significant, with more than eight training modules scheduled in 2021 alone. Simon added, "We're very grateful that these people, with the support of their families, have decided to put up their hands and join the Coast Guard. Support from the community ensures that we can continue to look after boaties on the bay".

LOCKDOWN SPECIALS



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\$46

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\$38

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| Wondall Road 99 Wondall Rd, Wondall | Camp Hill Market Place 25 Samuel St, Camp Hill |

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GO LOCAL, GROW LOCAL!

JOAN PEASE'S COMMUNITY UPDATE, STATE MEMBER FOR LYTTON

Small business is the backbone of our economy. It's often where we find our first job, and it's always the first to support local events and pitch in to help our community. Small businesses make a vital contribution to our economy, employing many Queenslanders. Small business represents over 97% of businesses state-wide and they employ around 44% of all private sector workers.

In the Bayside we have over 6,500 small businesses. This month rather than awarding a 'Bayside Business of the Month', I want to acknowledge ALL Bayside businesses. Small businesses are the lifeblood of our economy and are a vital part of the Palaszczuk Government's economic recovery plan.

I want to remind Baysiders that by supporting local businesses, we are supporting not just the shopkeeper but our broader community. Shopping locally translates into more local job opportunities. It translates into more support for our local businesses, community groups and schools.

I was thinking about the significance of small business recently and it occurred to me that the Bayside has a particularly remarkable range of small businesses. I realised I hadn't had the need to venture outside of our local community since the previous Parliamentary Sitting! Because all the things that are important to me are close to home. Here in the Bayside, our small businesses cater for everything from fine dining to takeaway. From dentistry to tyres to physiotherapy to tarot readings to eyelash extensions! It truly is incredible how diverse our small businesses are and I feel so lucky to have everything I could ever need at my doorstep.

But how do we maintain such a vibrant small business community? It is only with the support of locals that these businesses can survive, and thrive. So let's make it our business to support local businesses. Go somewhere local you haven't been before. And shop locally!

I'm launching a 'Go Local' Lotto to encourage Baysiders to shop locally. Any Baysider who shops locally can drop their receipt in the box out the front of my electorate office. Don't forget to write your name, number and address on the back! Alternatively, you can email your receipt to my office at lytton@parliament.qld.gov.au

There are weekly draws with 4 prizes to be won, each consisting of a \$100 voucher for a local small business of the prize-winners choice. The Lotto will be drawn each Monday in September. Be in it to win it!

I also want to remind our local businesses about the range of support available to help you through these challenging times, such as the 2021 COVID-19 Business Support Grants for lockdown-impacted businesses, and the COVID-19 cleaning rebate for businesses that have been listed as exposure sites. Visit www.business.qld.gov.au for more information.

The 'Go Local, Grow Local' initiative aims to help Queensland businesses promote their products and services, and encourages Queenslanders to support small businesses in their community by shopping locally. I have a range of 'Go Local, Grow Local' posters available in my electorate office and I encourage our local businesses to stop by and collect some posters to display in your shopfronts.



Joan Pease MP
Standing up for the Bayside



JoanPease MP | State Member for Lytton

📍 PO Box 719, Wynnum QLD 4178

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📘 JoanForLytton

✉️ lytton@parliament.qld.gov.au

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PETER CUMMING'S LOCAL AREA UPDATE

COUNCILLOR FOR WYNNUM MANLY WARD



MCDONALD FAMILY WE SAY THANK YOU

A great era in Manly's history will come to an end when the McDonald family leaves the Manly Hotel on the 30th September 2021.

The McDonald Family have been the lessees of the Manly Hotel for 51 years.

The McDonald Family were very generous to the public. They provided prizes for community raffles. It was as though they could not say no.

In addition, many community groups benefited because the McDonalds had allowed them to sell raffle tickets at the Hotel. There were many others over the years. The McDonalds were heavily involved in the Chamber of Commerce, Halloween and numerous other events over the years.

Finally 'The Manly' has been blessed by having so many well liked long term staff work for so long at the hotel.

Some staff have been there for many years. Thousands of people have worked for shorter periods at the 'Manly'.

The community will miss Doug on the morning shift, Jenny on the day shift and Sandy on the evening shift.

I wish the McDonalds a long and happy retirement.



UPGRADE TO THE BUSH PATH BRIDGE - LOTA

A new bridge will be installed over the water course which runs down the hill from Lota House to the Esplanade at Lota.

The bridge enables bushwalkers to get up to the look out which provides a nice view over the Bay.

Walkers can go via the bridge and the earth pathway which leads you further north up the Esplanade.

The old bridge was wooden and has deteriorated especially where it touches the ground. The new bridge is to be supplied by Wagners will be built using a fibre reinforced polymer material which has a 50 year life expectancy. White ants can't eat it.

The alternative is to follow the bitumen path from the corner of Armytage and Grace Streets straight down to the Esplanade..

Construction is expected to take 8 – 12 weeks, and be completed before Christmas.



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

\$600 MILLION PACKAGE TO HELP QUEENSLAND BUSINESSES

FROM JOAN PEASE MP

The Commonwealth and Queensland Governments have reached a 50/50 funding agreement that will see the value of the Queensland COVID-19 Business Support Grants rise from \$260 million to \$600 million.

As part of the package additional support for businesses that have had a decline in turnover of more than 30 per cent will include:

- A \$1,000 one-off grant to non-employing sole traders across Queensland
- Tiered payments based on payroll size for all businesses across Queensland
- A \$5,000 one-off, top-up grant to small business with payroll of less than \$1.3 million
- A \$10,000 one-off, top-up grant to medium sized business with payroll between \$1.3 million and \$10 million
- A \$25,000 one-off, top-up grant to large sized tourism and hospitality focused businesses with payroll of greater than \$10 million

Federal Treasurer Josh Frydenberg said this new business support package recognises that the impact of lockdowns is felt right across Australia.

“The Morrison Government recognises the impact that lockdowns across the country are having on businesses in Queensland,” Treasurer Frydenberg said.

“This package will help to keep businesses in business and Queenslanders in jobs and builds on the almost \$30 billion in economic support the Morrison Government has provided Queensland households and businesses during the pandemic.”

Queensland Treasurer and Minister for Investment Cameron Dick said the agreement would boost support, not just for businesses that have been affected by recent lockdowns, but by those that continue to suffer because of lockdowns in other jurisdictions.

“We know that across Queensland, the lack of international and interstate visitors is affecting businesses every day, especially those in tourism and hospitality,” the Queensland Treasurer said.



“This dollar-for-dollar agreement with the Federal Government will see Queensland’s contribution rise to \$300 million and vastly increase the scope of support available to businesses right across the state.

“From Monday 16 August, our \$5000 COVID-19 Business Support Grants program will be open to businesses across Queensland, but this agreement with the Federal Government is in addition to that and means that we will be able to extend our support even further.”

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SHELLFISH REEF RESTORATION SPAWNS COMMUNITY SPIRIT

CONTRIBUTED BY THE MANLY HARBOUR VILLAGE CHAMBER OF COMMERCE

This local OzFish Chapter recycles oyster shells from local restaurants to restore Central Moreton Bay to its former glory.

Approximately 660,000 Queenslanders recreationally fish each year. Some of our state's most popular pastimes are tied to the health of the surrounding waters, and with this comes a responsibility to take care of the reefs that contribute to the Queensland lifestyle.

Oysters are nature's filtration system, with a typical adult oyster able to filter over 100 litres of water every day, and shellfish reefs are complex living ecosystems. They make ideal homes and food sources for an abundance of aquatic life, contributing to the overall health of the oceans.

In fact, a great deal of early Brisbane was constructed using cement containing lime harvested from shellfish reefs in Moreton Bay. Sadly, shellfish reefs are now functionally extinct throughout most of South East Queensland. Robbie Porter, the President of Central Moreton Bay's OzFish Chapter, is on a mission to change this.

"The best way to [restore shellfish reefs] is to recycle oyster shells," says Robbie.

OzFish is volunteer-run, and depends on help from the community to clean, dry, and basket recycled oyster shells, which are collected from restaurants local restaurants such as Shucks Bar and Manly Deck in Manly Harbour Village.

"We put them in a basket and take them back to where the reefs used to be. The baby spat love to attach on the shells and grow. If you have a nice, clean shell, you can have up to 30 spat growing in that one shell, and it perpetuates from there."

Getting involved is a fantastic way to play a part in giving back to the bay and helping undo some of the damage caused by overfishing, while learning all about these important ecosystems.

Visit ozfish.org.au to learn more about volunteering, or to become a member.



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MANLY HARBOUR VILLAGE

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manlyharbourvillage.com

The advertisement features a background image of a marina at sunset. The text 'EAT | SHOP | PLAY | STAY' is at the top. Below it is the 'MANLY HARBOUR VILLAGE' logo with a sailboat icon. A central text block describes it as a 'unique harbour-front retail village and leisure destination'. At the bottom, it says 'Where Brisbane meets the bay' and provides the website 'manlyharbourvillage.com' along with Facebook and Instagram icons. On the right side, there are three diamond-shaped photo cutouts: a couple with ice cream, a couple walking, and a bicycle.

VOLUNTEERS PROVIDE EXPERT ADVICE, WITHOUT THE PRICE

BY LANEY MCQUEEN, BAYSIDE COMMUNITY LEGAL SERVICE

COVID has been tough for many bayside locals. At Bayside Community Legal Service ('BCLS'), we have recorded increased enquiries relating to domestic violence, disagreements with neighbours, debts, parenting and private car sales. Many in our community have faced these issues, having no idea where to start, what kind of problem they have and who they are supposed to talk to. They ask, do I need a social worker? Or, someone from the government? Maybe even a lawyer?

At BCLS, we provide free legal support to help navigate these problems. We couldn't do what we do without drawing on the expertise of our 75 dedicated volunteers, who come from a range of legal and professional backgrounds. Each volunteers their time to provide one-on-one advice that can help locals take the next step towards a solution.

Our advice ranges from free legal advice and mediation, through to assistance with government forms, general information and referrals

to specialised legal or social services. Our goals are to help locals understand legal jargon and explore their options. For example, if you have to go to court, we can talk to you about what to expect. If you have several options on the table, we can help you decide what the best option is. Importantly, we help locals of all genders, ethnicities, ages and backgrounds.

Luckily, COVID lockdowns have formed no barrier to helping our local community; we provide fully remote assistance to everyone, including single parents with children, the elderly, and people who require assistance and support. The resulting increased demand for our services means we are always looking for new volunteers – those legal professionals who have a commitment to community and a passion to make a difference.

If you want to join the team, visit our website (<https://bcls.org.au/>) or call us on 3162 3282, to chat with one of our volunteers.



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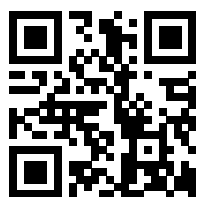
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MAGGIE'S MATES

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Name: Calvin Klein.

Suburb: Manly West.

How long have you lived here?

All my life!

Your favourite local walk?

All around the Manly West suburbs.

Your most treasured toy?

I love my soft footy.

Your favourite food?

Cheese and cheese!

Your worst habit?

None, I am a pretty well behaved dog, probably too friendly.

Your favourite local hangout?

Cafés, for watching people.

Your best doggo friend?

Zander, he lives with me.

Any funny or embarrassing stories you'd like to share?

Trying to get into cars with people who pat me.

What do people love most about you?

I am so fluffy and dance on my hind legs.

Name: Spencer.

Suburb: Manly West.

How long have you lived here?

My entire eight years.

Your favourite local walk?

The Wynnum Manly foreshore.

Your most treasured toy?

Any stick.

Your favourite food?

Carrot for breakfast.

Your worst habit?

I demand too much attention.

Your favourite local hangout?

Cambridge Lane, where I get lots of attention.

Your best doggo friend?

Charlie, a very cute and playful groodle, although he is much bigger than I am.

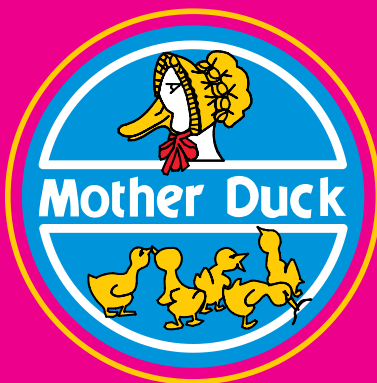
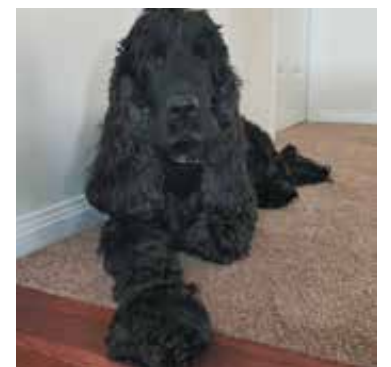
Any funny or embarrassing stories you'd like to share?

When I was a pup I broke out of my lead and chased a motorcycle right up Cambridge Parade.

Lucky it wasn't busy at the time, otherwise I wouldn't be here to tell the story.

What do people love most about you?

I'm very much a "people" person rather than a "doggy" person.



Mother Duck Where Happiness Comes First

At Mother Duck Child Care, we start with happy. Our child care centres in Wynnum & Manly offer rich and rewarding work environments for the most passionate early childhood educators. Delivering the best in play-based learning programs, our happy educators inspire happy children. Contact one of our experienced management team to take a tour of our centres.

Limited Vacancies Available



Mother Duck Manly | 59 Manly Road, Manly | 3393 3544 | manly@motherduck.com.au **Mother Duck Wynnum** | 405 Tingal Road, Wynnum | 3348 5352 | wynnum@motherduck.com.au

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MISS MAGGIE OF MANLY



GETTING TO THE HEART OF HEARTWORM DISEASE

BY DR NICKY THOMAS, WYNNUM MANLY VETERINARY HOSPITAL

Is your pet protected against heartworm? Recent studies have uncovered an increase in the occurrence of heartworm infection in pets with up to 34% of dogs (and up to 20% of this number of infections in cat) in Brisbane affected – and we have heard anecdotal reports of infections in pets on some of the Bay Islands.

What is heartworm?

Heartworm is a parasitic worm called *Dirofilaria immitis* which is spread by mosquitoes. Infected mosquitoes inject the larva when they bite cats and dogs. The tiny larvae spread through the blood stream, eventually ending up in the heart and blood vessels of the lungs where they grow into adult worms. These adult worms produce more larvae which travel in the bloodstream where they are picked up again by mosquitoes and the cycle continues.

Signs of heartworm disease

The clinical signs of heartworm disease in dogs are generally slow in onset and are a result of the adult worms in the heart



affecting blood flow. Dogs will often show shortness of breath, reduced exercise tolerance, decreased appetite, weight loss and a persistent cough. They may develop other signs of heart failure including abdominal swelling.

Cats tend to be less obvious in demonstrating clinical signs of heartworm disease – sometimes they will develop lethargy or a cough but more commonly may have sudden death from as little as one adult worm in the body.

How is heartworm disease diagnosed?

Heartworm detection in dogs is fairly straight forward – your vet should be able to run a quick heartworm test to check for the presence of worms. Cats are more difficult to diagnose as they are often infected with a smaller number of worms than dogs. Blood is often sent to a laboratory for testing.

How can heartworm disease be prevented?

There are a huge range of medications available to prevent heartworm infection in your pet. These include monthly top spots, tablets or chews or a yearly injection (for dogs only). Have a chat with your vet to decide the best product for your pet. If it has been some time since your pet has been on heartworm prevention your vet will recommend that a blood test be performed to check for the presence of heartworm before recommencing protection.

**Wynnum Manly
Veterinary
Hospital**



To make an appointment call

07 3396 6488

vets@wmvh.com.au



232 Bay Terrace,
Wynnum, QLD, 4178



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

WHAT'S ON AT WYNNUM MANLY ARTS COUNCIL

CLASSES

Monday – Beginner's art classes with by Deb Brown and Janice Lamb.

Tuesday – Sewing classes facilitated by Fauna from Faun Creations.

Wednesday – Art classes, any level, with Sandra Temple.

Friday – Crochet classes facilitated by Barbara Weber.

WORKSHOPS

SEPTEMBER, OCTOBER, NOVEMBER

On the third Saturday of each month, come along for Christmas sewing with Fauna from Faun Creations.

For any enquiries on classes or workshops please phone 3348 2369 or email wmarts@tpg.com.au.

ARTIST PROFILE: SANDRA TEMPLE

Internationally recognised Australian artist Sandra Temple is well known for her highly sought-after wildlife works in all mediums. As a teacher throughout Australia, she is equally well known for her ability to draw out the artist in each of her students.

Her paintings and sculptures capture not only the image of her subjects, but also their lives, in a narrative inviting the viewer deep inside their private world. Sandra loves getting to know her subjects through hours of observation and life sketches, and over her 30-plus year career as an artist, she jokingly states her pencil 'has travelled hundreds of thousands of kilometres'.

A member of many national and international wildlife and environmental groups, Sandra has pages of Awards and accolades as testament to her skills. She is an Australian Ambassador for Faber-Castell Pty Ltd and often tutors workshops to show the many ways to use their products.

Sandra lives on five acres of bushland outside of Brisbane. Kangaroos and wallabies often munch away outside her studio, and a microbat colony live in the shed roof. Most mornings visitors will include cockatoos, galahs, corellas, rainbow lorikeets, magpies and honeyeaters. It's never quiet in the bush.

Sandra runs classes every at Wednesday Wynnum Manly Arts Council and occasional workshops. Upcoming workshops will be listed on Wynnum Manly Arts Facebook.



Artist Sandra Temple is passionate about wildlife. Photo: Supplied.



Australian Music Line Up Friday 17 September

The Naturals Band LIVE
Look Out! singer/guitarist from Mental as Anything, Tony Adams plays with the covers band playing the biggest classic Hit Songs from the 60s, 70s, 80s and 90s
7.30pm

Grace Knight Trio
From the Eurogilders, Grace Knight is one of the most enduring talents in Australian music
LIVE & FREE
8.45pm



92 Wondall Rd, Manly West Q 4178 | 3906 7800
www.wmlc.com.au



WHAT'S ON BY THE BAY

FROM DOT DASH EVENTS

Spring is in the air, sailing season kicks off, and the streets are serenaded – the bayside is buzzing with activity this month!

WHAT'S ON THIS SEPTEMBER

FEATURED

- **Brisbane Festival Street Serenades & Friday Night in the Village:** Little Bayside Park, Manly Harbour Village | Friday 17 September from 3pm (Street Serenades Performance 5.30pm – 6pm) | Free to attend, family friendly | promotions@manlyharbourvillage.com | 0434 007 378

COMMUNITY

- **Movies in the Park:** Saturday 4 Sep, 6-8pm | Movie: Mrs Doubtfire | Free to attend, family friendly | Little Bayside Park, Manly | 07 3348 3524 | manlyharbourvillage.com.au
- **Opening Day of the 137th Sailing Season:** Saturday 11 Sep | Royal Queensland Yacht Squadron | 07 3396 8666 | rqys.com.au
- **Permaculture Potager: A garden for food and pleasure:** Friday 17 Sep 9am – 4pm | \$80 per person, bookings essential | Savour Soil Permaculture, 42 Roseberry Pde Wynnum West | info@savoursoilpermaculture.com | trybooking.com
- **Kids Treasure Hunt: Cycle Away:** Friday 24 Sep 8am – 9am | Free to attend (3 years and over), bring a bike, bookings essential | Wynnum Wading Pool Park, 173 Wynnum Esplanade Wynnum | 0427 431 481
- **Kids and Families Fishing Lesson:** 2 Bent Rods | Friday 24 Sep 8am – 11am | From \$60, bookings essential | Wynnum | 0403 713 820
- **Manly Creative Markets:** Every Sunday, 8am - 2pm | Little Bayside Park, Manly | Free to attend, family friendly | 07 3348 3524 | manlyharbourvillage.com.au
- **Jan Powers Farmers Markets:** Saturday 4 and 18 Sep, 6am – 12pm | Little Bayside Park, Manly | Free to attend, family friendly | 07 3348 3524 | manlyharbourvillage.com.au
- **Workshop Hub: Weekly creative workshops:** Royal Queensland Yacht Squadron | Bookings essential | 0487 224 021 | workshophub.com.au,

BUSINESS

- **Mind, Body and Soul Strategies for Businesswomen: BWIB** | Friday 10 Sep 12pm - 2pm | Wynnum Manly Leagues Club | From \$35 per person, bookings essential | info@baysidewomeninbusiness.org | eventbrite.com.au

ARTS & CULTURE

- **Ladies of Spirit:** Mercury Theatre Wynnum | Various dates in September, COVID permitting | Bookings essential | Manly Lota RSL Hall, 184 Melville Tce Manly | 0431 988 965 | mercurywynnum@gmail.com
- **Frances Who? Manly's first female property developer:** Wynnum Manly Historical Society | Thursday 16 Sep 7pm – 9pm | 33-35 Tingal Rd Wynnum | Gold coin donation | 3393 4393 | secretary@wmhs.org.au
- **Bird Photography Masterclass with Michael Snedic:** Saturday 25 Sep 7.30am – 11.30am | Sandy Camp Wetlands, Wynnum West | \$72.71 per person, bookings essential | eventbrite.com.au
- **The Drowsy Chaperone: A Musical Within a Comedy:** 25 Sep – 9 Oct | Star Theatre, Wynnum SHS, Peel St Manly | From \$30, booking essential | 3393 4321 | savoyards.com.au

WELLNESS

- **Manly Meditation Circle:** Tuesdays 6.45pm – 7.45pm | Branches Community Hub, 29 Fox St Wynnum | Entry by donation | meditationmanly@gmail.com
- **Wynnum/Lota Parkrun:** Weekly free 5km timed run | Every Saturday from 7am | parkrun.com.au
- **Be Active & Healthy: FREE Zumba and Line dancing classes** Thursdays, Wynnum Community Centre | 07 3403 8888 | eventbrite.com.au
- **Walk & Talk:** Every Sunday, 4 – 5pm | Bayside Park | Free to attend

SOCIAL

- **Groundhog Social Cafe Lunch:** Brisbane Eastside Weekend Weekday Meetup | Saturday 4 Sep 1pm – 3pm | Groundhog Social Café, 443 Esplanade Manly | \$1 Membership, pay as you order | meetup.com
- **70s Disco Dance Party:** Mr Hibachi | Saturday 11 Sep from 7pm | \$20 per person, bookings essential | 07 3396 2765 | eventbrite.com.au
- **'Shine' Gala Event:** James Dean Residential and Allison Baden-Clay Foundation | Friday 17 Sep | Royal Queensland Yacht Squadron | \$148.79 per person, bookings essential | eventbrite.com.au
- **Blue Bottle:** Manly Harbour Village | Karaoke Thursdays 7pm – 11pm | Live music Friday-Sunday | 07 3161 3764 | bluebottlemanly.com.au
- **Manly Hotel:** Manly Harbour Village | Karaoke Thursdays 7pm – 11pm | Live music Friday-Sunday | 07 3249 5999 | manlyhotel.com
- **Sunday Sounds: Tide on the Jetty** Every Sunday 3pm - 6pm | 07 3396 8962 | tideonthejetty.com.au
- **Social Sailing: Royal Queensland Yacht Squadron: WAG** Every Wednesday from 12pm | Thurs & Fri 3.30 pm – 5.30 pm; Sat 9.30am – 11.30 am | Ladies' Sailing Saturdays 1pm - 3pm | 07 3396 8666 | rqys.com.au

Dot Dash Events in a Bayside-based events and marketing consultancy helping businesses increase engagement via community events. Have an upcoming event you would like to feature? Email hello@dotdashevents.com.au or phone 0447 031 410.

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After a long morning of foretelling the future of **web development**, our resident oracle Lachlan completes his daily pilgrimage to **Georgiou's General Store** to replenish his Vanilla Coke (No Sugar) supplies.

nichestudio.com.au
Great web stuff, foretold in Wynnum

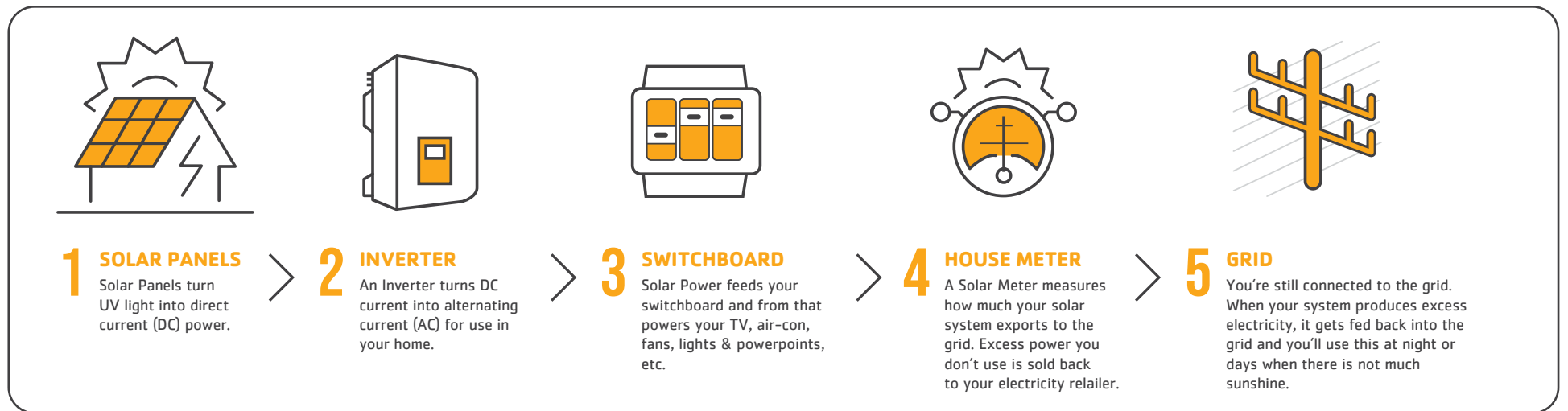


HOW SOLAR WORKS

FROM GOODHEW ELECTRICAL & SOLAR

There has never been a better time to go solar. With the ever rising prices of electricity and the cost of solar having steadied now is certainly the time to get a solar package for your home. Over 2 million Australian households are enjoying clean, reliable energy straight from the sun, and now it's your turn to reap the benefits from having your own, solar power system.

The decision to install solar can be a big one. It can also be a confusing one, that's why you are safe in the hands of Goodhew Electrical & Solar, a Clean Energy Council Retailer & Gold Master Electricians. Below is a simple process of how solar works and will benefit you.



WE SERVICE & REPAIR ALL SOLAR SYSTEMS & OFFER ANNUAL MAINTENANCE PACKAGES

If you haven't thought about your solar panels since they've been installed – you're not alone! Once solar panels are installed they are often out of sight out of mind. Lets discuss the importance of solar maintenance.

It may not be until you notice a jump in your energy bills that you give your solar system much consideration. If there hasn't been a run of grey, gloomy, dark days and your energy output is continuing to decline – then your solar panels are likely in need of some well overdue maintenance!

RESIDENTIAL SOLAR

Over the years we have learnt to only install the very best. LONGi Solar is a world leading manufacturer of high efficiency mono-crystalline solar cells and modules. The Company was established in 2000 and is today the largest supplier of mono-crystalline products in the world. Growatt ranks as the world's number 1 biggest seller of Residential solar inverters. Giving 10 years warranty on their inverters.



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With the technology available today for solar systems, battery inverters and chargers, anyone can produce their own electricity. You could have a fully off grid system which would mean you never have to rely on the utility network to generate power for your home.



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TESLA POWERWALL 2

Powerwall is a battery that stores energy, detects outages and automatically becomes your home's energy source when the grid goes down. Unlike generators, Powerwall keeps your lights on and phones charged without upkeep, fuel or noise. Pair with solar and recharge with sunlight to keep your appliances running for days. Powerwall reduces your reliance on the grid by storing your solar energy for use when the sun isn't shining.



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LITTLE ATHLETICS TO CAPITALISE ON OLYMPICS INTEREST

FROM WYNNUM MANLY LITTLE ATHLETICS

Wynnum Manly Little Athletics Centre (WMLAC) is hoping that the follow on effect from this year's Tokyo Olympic Games and the recent announcement of Brisbane hosting the 2032 Olympic and Paralympic Games will see a boost in participant numbers.

"Athletics clubs typically see a surge in interest during an Olympic Games year," says WMLAC Centre Manager, Trevor Byrn.

"We are anticipating that the excitement of the Olympics will generate plenty of interest and there will be a spike in the number of new members signing on for the 2021-22 Little Athletics season."

Weekly competitions are held Saturdays from 2 to 4pm, comprising of a combination of track and field events each week catering for members aged from five to 17 years.

"We provide opportunities for athletes to participate in multiple competitions and relays throughout the season, and are really fortunate that we also offer Wednesday afternoon training sessions with qualified coaches as part of our membership, so we are able to cater to those refining their athletic technique," explained Trevor.

The club's emphasis is on friendships, participation and athletes achieving their personal best.

Trevor said the WMLAC committee is dedicated to promoting team spirit, positivity and a passion for passing on their knowledge to the next generation and are equally keen to welcome new members to join the fun.

"We've got some truly talented budding stars in our midst and we are keen to help them on their athletics journey and WMLAC's great track record speaks for itself."

During the 2020-21 season, WMLAC had athletes across various age categories, who achieved medal placings at a regional and state championships including gold in 100m, 200m, 400m, high-jump and long jump. The first week of competition begins in September.

For more information about how you can get involved in little athletics, visit www.wmlac.org.au or visit the Facebook page.



Photo: Supplied.

The Community Leader

LOOK LOCALLY • www.thecommunityleader.com.au

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TO HOMES AND LOCAL
BUSINESSES

The Community Leader is a monthly publication, home delivered to Wynnum, Wynnum West, Manly, Lota, parts of Capalaba, Gumdale, Wakerley, Hemmant, Tingalpa, Murarrie and Belmont. 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. If your home does not get a copy, you can collect one from a local pick up point.

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



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OCTOBER BOOKINGS

- Community editorial 13th of September
- Advertising cut off 16th of September
- Distribution 29th of September (shopping centres) and the 4th 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**

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Re/Max Advantage
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COMMUNITY PROFILE: BRISBANE SENIORS ONLINE

Brisbane Seniors Online is a not-for-profit computer group that has been providing home tuition to seniors and over 50s across greater Brisbane, including the Wynnum Manly area, for over 20 years.

Learners pay an affordable annual fee and are taught on their own computer or device at a pace that suits them, taking into account the technologies they want to know, or need to know. Tutoring is carried out by volunteers who are empathetic mentors, skilled in teaching over 50s to use emerging technology and the internet, using methods that build confidence.

Participants can learn how to use email, social media, digital photography and edit photos, Facebook, pay bills, shop online, watch streaming programs on TV, identify and avoid scams, and how to keep in touch with family and friends anywhere in the world.

Brisbane Seniors Online is looking for more Windows and Apple volunteer mentors as well as more learners. Contact 3393 2225 or see www.bsol.asn.au or [Facebook.com/BrisbaneSeniorsOnline](https://www.facebook.com/BrisbaneSeniorsOnline) to find out more.



LOCAL POETRY BOMBER

BY GEOFF SMILEY

He had intentions;
a vague idea
of a plan
that life would be
this magnificent thing.

But time passed;
he saw others
with their dreams.
Why should that be?
His hopes
taken by them.

He is now a jealous
angry man.
Blaming others;
blame them with a bomb.
That will fix him.

After the bombing,
the recent mother TV host
said,
“let’s ban all Muslims.”
Reasonable people
voicing anger.

It took a Muslim.
He said,
“she’s not evil,
she’s scared
and so am I.”
That’s a beginning.



It is confusing to most reasonable people that a person would choose to kill themselves and others. Each person has their own motivation. Does that help?

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LANEWAYS PROJECT TRANSFORMS WYNNUM'S WALLS

BY KEVIN LIEPINS

A fantastical and whimsical sub-tropical rainforest has transformed a laneway in Wynnum's town centre. Striking visuals have converted the laneway into an active space for people to experience, explore, photograph and share.

Adjacent to boutique homewares store Cultivate Design Co on Bay Terrace, the new mural is part of a Laneways Project being undertaken by the new Wynnum Commerce Inc. (WCI) business group to regenerate the lost urban spaces in Wynnum town centre. The aim of the Laneways Project is to create beautiful and meaningful wall murals to inspire, educate and create a sense of place. This in turn will make Wynnum a more attractive destination to both locals and visitors.

The mural on the side of Cultivate Design is the first to be undertaken. Cultivate Design owner and project coordinator Holly Bambridge said, "The design finds the balance between the natural and man-made world. This large painted feature responds directly to the surrounding area, which includes a diverse range of independent retail offerings in a unique strip shopping setting. These are the places customers seek and explore. This energy is reflected in the mural-creating a space where viewers can explore and discover little details the more they look".

There is also a potential plan to extend the foliage across the ground to reach up the opposing wall, along with a couple of other surprises...

The Bay Terrace wall was funded by both WCI and Brisbane City Council sponsorship. The artwork was undertaken by premier painting and art services company All City Walls with experience of bringing large-scale and complex murals to life.



Holly Bambridge from Cultivate Design Co in front of the mural. Photo: Supplied.

BRISBANE SENIORS ONLINE

Brisbane Seniors On Line provides **affordable one-on-one tuition** for Seniors and over 50s in your own home using your own computer. We can help you learn how to send emails and photos, keep in touch using social media apps like Facebook, become more confident with your computer, tablet or smart phone, ensure your computer is secure and much more! **VOLUNTEER MENTORS ALSO WELCOME TO JOIN.**



To find out more, contact our office on **07 3393 2225** or visit **www.bsol.asn.au**  **@BrisbaneSeniorsOnline**

Supported by Cr Peter Cumming, Wynnum Manly Ward funding



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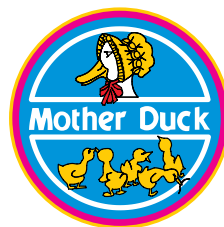


BottleShop Attendant

Hemmant

BottleShop Attendant required. RSA essential with weekend work included. Casual position with 20+ hours a week.

Contact: admin@qptavern.com.au



Mother Duck Childcare Centre

Wynnum / Manly

We are seeking friendly forward thinking Assistant Educators to join our team! No qualifications needed. Traineeships available.

Contact: Monique on 3348 5352 or monique@motherduck.com.au



Conveyancer or Conveyancing Assistant

Location: Wynnum

This is a full time position, but flexible hours will be considered.

Contact: wreception@dbl.com.au



Float attendant

Wynnum

Float attendant position requiring flexible availability, outstanding customer service, brilliant communication skills and a willingness for hands-on physical work.

Contact: Ally Jones ally.jones@citycave.com.au

IMPORTANT: No commission only positions will be advertised. Market to Market reserves the right to refuse advertising at its discretion.



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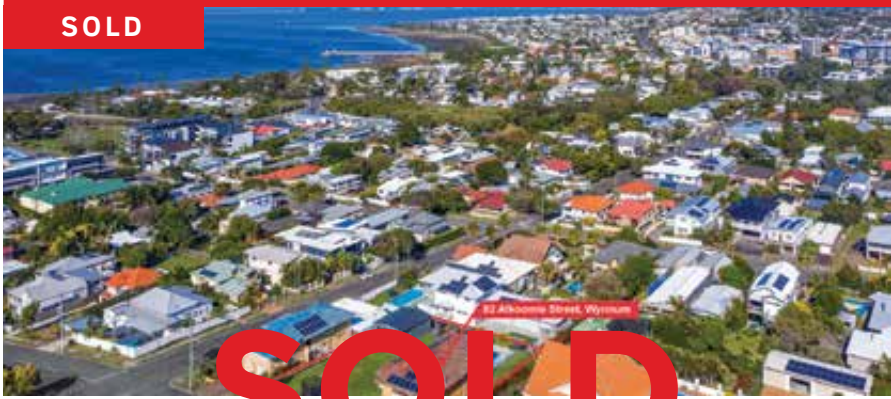
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WYNNUM, 82 Alkoomie Street

Secure your future with this fantastic property! Sitting proudly on 618sqm with a 16.3m frontage, this immaculate family home presents so many options for the astute buyer.

With stunning bay and island views to the north and south and surrounded by beautiful homes, the opportunity to build a brand new family home or renovate the existing home to capitalise on the views and block size should not be overlooked.

4 3 2+

For Sale: Contact Agent
Inspect: By Appt or Open Home
Contact: Travis Gill - 0407 124 733
 Zoe O'Connor - 0422 804 419
 travis@remaxwm.com.au



MANLY WEST, 33/8 Zahner Place

The time is now for this beautifully maintained and freshly painted home to be sold. Positioned perfectly in a highly sought after and elevated complex in Manly West, surrounded by long term owners, you will cherish the peaceful and low maintenance lifestyle on offer.

With 3 generous built in bedrooms, a large open plan lounge/dining and kitchen and air-conditioning for year round comfort. Master bedroom offers a private ensuite and direct access to the beautiful rear gardens.
Be sure to add this property to your "must inspect" list as the owners are open to offers NOW!

3 2 1

For Sale: Contact Agent
Inspect: By Appt or Open Home
Contact: Travis Gill - 0407 124 733
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HAPPIER AND HEALTHIER IN A RETIREMENT VILLAGE

CONTRIBUTED BY THE VILLAGE MANLY

Aussie retirees are healthier and happier than ever before and when it comes time to downsize from large family homes, they are looking for a new home that supports the lifestyle they have earned over a lifetime of hard work.

Enter, the new breed of retirement village. Architecturally designed, elegantly appointed and equipped with all of the leisure facilities needed to maintain physically and socially active lives, these Villages are enough to inspire envy in those of us still with our noses to the grindstone.

The Village Retirement Group Managing Director, Justin Harrison, points out that residents of the group's five established communities (in Toowoomba, Coorparoo, Yeronga, Taigum and Redcliffe), are excited to be entering a new phase in their life.

"Our residents have finished raising their family, worked hard, paid off a mortgage and maintained the family home. For them, this is the beginning of a rich lifestyle filled with fun, social interaction and like-minded company."

Likened to resort-style living, facilities at our Villages include pools, gyms, bowling greens, bistros, craft rooms, well-stocked libraries and more, all housed within stylish and immaculately kept surrounds.

"Everybody gets to the point where they either can't or don't want to manage their gardens, their pools, the maintenance, and the sizeable cost of being in a big house anymore," says Mr Harrison.

"But one of the biggest reasons why people move into our communities is to enjoy life with their friends in the Village, or to meet new friends. You can be as private as you like in your own unit, but you've also got



the option of fantastic activities to be involved in. It's up to you."

The Village Retirement Group has recently launched their newest bayside development, The Village Manly, in partnership with Anglicare Southern Queensland. Stage 1 is selling fast, with only 46 apartments available and nearly 50% now sold off the plan.

If you're over 65 and interested in learning more about retirement living, visit The Village Manly Information Centre, open Tues-Sat, 10am-4pm at 162 Oceana Terrace, Manly or www.thevillagemanly.com.au.



**Stage 1
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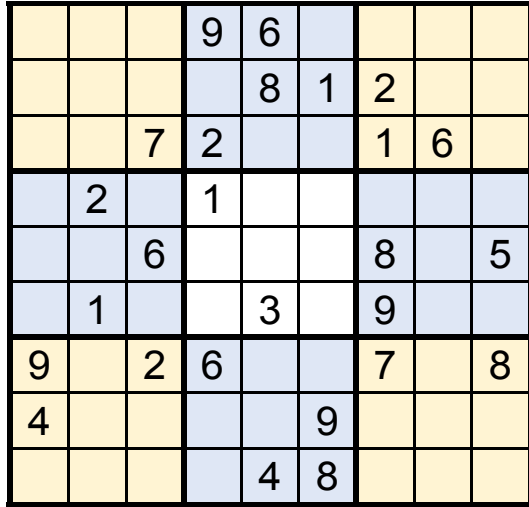
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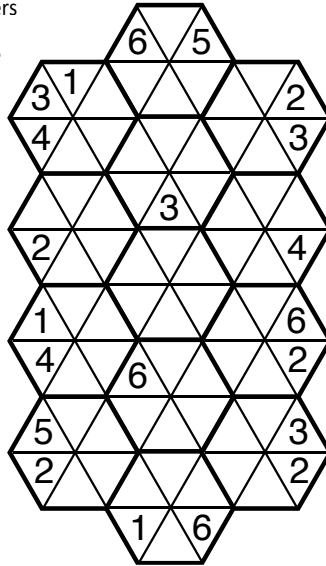
Sudoku

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

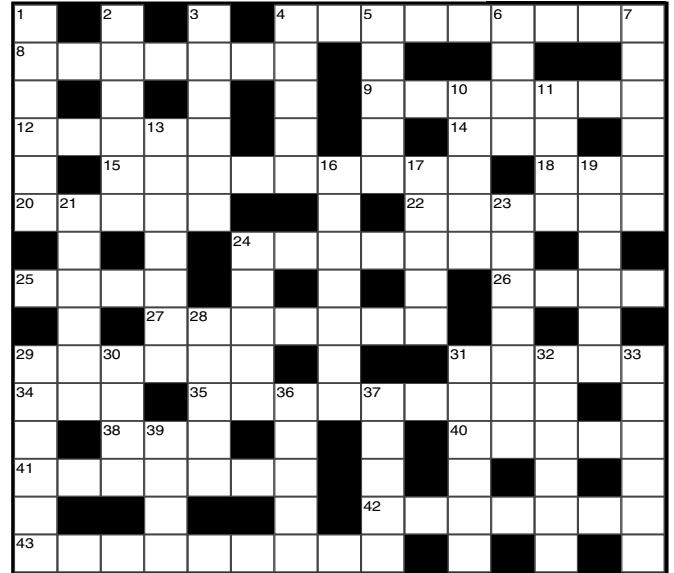


Quick Workout

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



Crossword

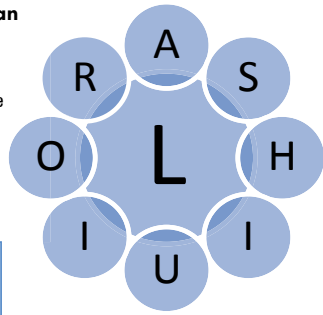


Focus

An All Australian Word Game

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

TODAY'S FOCUS Good: 11 words
Very good: 20 words
Excellent: 28 words



Reference: Macquarie Concise Dictionary
Focus No. 3847

ACROSS

- 4 Keeps under
8 Stir violently
9 Missives
12 Musical drama
14 Corded fabric
15 Take reprisals
18 Female sheep
20 Sample
22 Make beloved
24 Waterfall
25 Den
26 Woman of refinement
27 Boring tools for sinking shafts
29 Against
31 Ward off
34 Lyric poem
35 One dealing in office-ware
38 Liable

40 Woody plants

- 41 Joins up
42 Table support
43 Replace in effectiveness

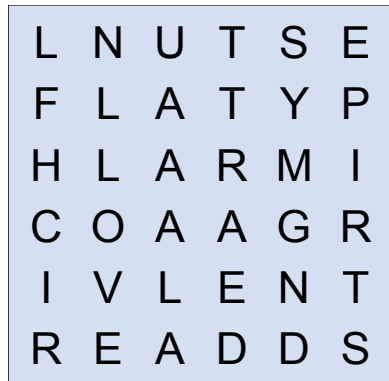
DOWN

- 1 Prance about
2 Passenger ships
3 Roof of the mouth
4 Kingly
5 Dance
6 Location
7 Sibling
10 Tendency
11 Duelling sword
13 Sharp replies
16 Moment
17 Rends
19 Roam
21 Astounded

23 Release

- 24 Thorax
28 Corrodes
29 Speech sounds
30 Actual
31 National song
32 Builds
33 Pendant ornament
36 Passageway between seats
37 Angry
39 Tree

Word Find

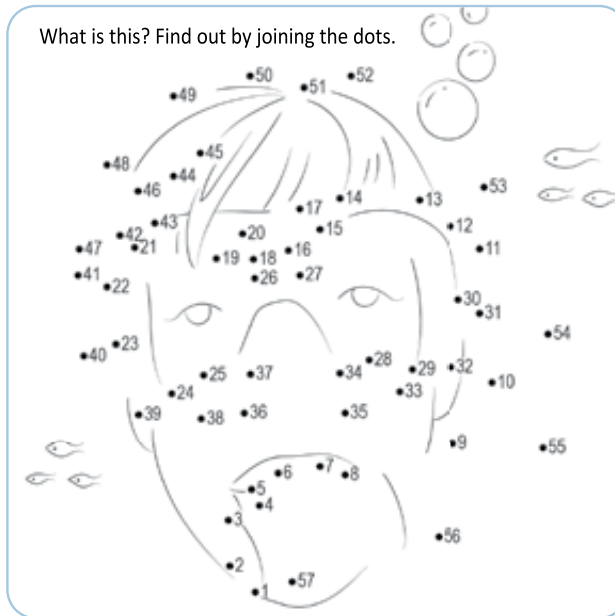


Find the following words in the grid. They may read in any direction, even diagonally. Some letters are used more than once.

- | | | | |
|------|------|------|------|
| Adds | Hold | Oats | Talc |
| All | Lamp | Read | Trip |
| Dear | Lent | Rich | Vary |
| Flat | Love | Ripe | |
| Gran | Male | Stun | |

Join the Dots

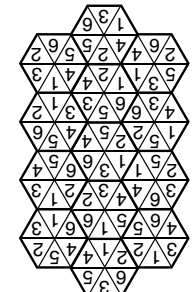
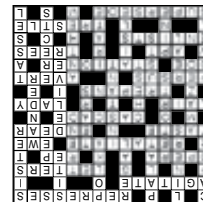
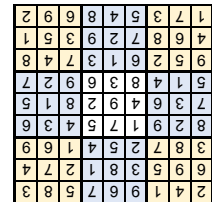
What is this? Find out by joining the dots.



Solutions

Puzzles and pagination supplied by Auspac Media

also hail halo haul HILARIOUS
hula hurl ilia lair lash liar lira
loris lour lush oral rail roll sail
sailor shoal silo slur soil sola
solar soil souli



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YACHT RACING ON MORETON BAY – A SPORT FOR EVERYONE

BY LYNLEY VINTON

If you looked out across Moreton Bay on Sunday 18 July you may have noticed a wonderful sight, with some 50 yachts sailing across the bay. This wasn't a big regatta where boats had come from far and wide; it was a Manly Combined Clubs (MCC) Series yacht race, which now has over 50 boats sailing together each month. There are an average of five people per boat, so that's about 250 people out on our beautiful bay, doing what they love.

Part of the growth we have seen in this year's MCC series is a result of one of our agreed focus areas of encouraging more women into sailing. Spearheading this campaign was Lisa Palethorpe, who created the signature event, Women's Challenge, which was held in May. Lisa, the MCC Committee and a number of volunteers came together to build a full weekend program which included onshore learning opportunities, social activities, a twilight cruise, guest speakers and encouraged women to also race in the MCC race on the Sunday.

There were women who were new to sailing, some who were new to big boats and those who had experience racing boats around the world. There were young women still in school who were inspired by the stories and experience of the professional women sailors. There were retirees who are still racing their own boats and had lots to share about why they still enjoy yacht racing. The feedback was overwhelmingly positive. Check out the Manly Combined Clubs Series Facebook page to see all of the smiles on and off the water.

To say the event was a success would be an understatement, as we have seen a noticeable increase in the number of women sailing in the Series.



Photo: Supplied.

For those who aren't aware of the MCC Series, the series is collaboration with the four sailing clubs out of Manly – Moreton Bay Trailer Boat Club, Wynnum Manly Sailing Club, Trailer Sailor Club of QLD and The Royal Queensland Yacht Squadron. We race at least monthly and unlike some sailing, this series caters for all types of sailing boats, big or small, fast or slow, wet or comfortable – everyone is welcome. The environment is all about having fun, coming together as a sailing community, irrespective of your ability, and enjoying the sailing waters out of Manly. This is a sport for everyone.

After the race most crews attend the presentation and share their experience with other sailors over a BBQ sausage and a drink. There are many stories to tell.

If you'd like to join the fun, then check the website www.manlycombinedclubs.com.

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WYNNUM/MANLY BOOMERANG BAGS GIVE BACK TO LOCALS

BY KATHY MOTTLEY

Wynnum/Manly Boomerang Group members have been working hard during the last 18 months making shopping and produce bags from donated and repurposed fabrics. All our members are volunteers and this activity has certainly helped them through these trying times that everyone is experiencing.

Due to the sales of these bags through local outlets and some other orders, we found we had surplus funds. We decided to give back to the community by offering grants of \$500 to deserving community groups. Groups were invited to submit applications and our grants team decided on three groups to receive these grants.

Wynnum/Manly Boomerang Bags is proud to announce the recipients of grants to local community groups. We are grateful for the support of the local community who have purchased the shopping bags and produce bags that we sew from donated fabrics.

GRANT RECIPIENTS

Bayside BMX Club. Grant money will be used to complete landscaping around the newly completed clubhouse through the purchase of river rocks and plants. The aim is to complete a rocky waterway within the gardens to encourage water runoff, decrease erosion and protect the tree roots and foliage from bikes and people walking through the area.



Tingalpa State School. The grant will be used to set up a compost and worm farm system to

decrease the amount of green waste that goes into general rubbish bins at the school. The compost and worm wee will feed a new edible vegetable garden to be looked after by students in the gardening club during lunchtimes.



Bayside Creeks Catchment Group. Their grant money will go towards the administration and marketing costs of the group. This group works to maintain and restore the ecological integrity and bio-diversity of the local creeks and catchment areas. They hold regular clean-ups of the area among other events.



If you would like to support Wynnum/Manly Boomerang Bags, our beautiful bags can be purchased from Clara St Pharmacy or Wynnum Central Pharmacy. For more information phone Louise on 0474 095 560, or Kathy on 0499 092 928.

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VISITS TO “BIG SCHOOL” AID TRANSITION FROM KINDY

FROM WYNNUM WEST STATE SCHOOL

Wynnum West State School recognises that transitioning to school is a time of huge change, presenting new and exciting opportunities for children to experience.

Transition to school for Prep children is a year-long process and has started already! For a few years, we have been working collaboratively with many local Early Childhood Education Centres in order to make the transition to school experience a seamless and exciting one for our Prep children.

Starting last term and continuing throughout Term 3, we are hosting several ‘school experiences’ for Kindy children. Experiences include music, STEM, physical education and playing in a Prep classroom.

Recently, Kindy children from LEAD Childcare Centre at Tingalpa came to ‘big’ school where they were treated to a music experience that involved singing, dancing and playing instruments. Before leaving, they were lucky enough to have a quick play in the Prep playground. These experiences help build strong, positive and trusting relationships with the children before they start Prep the following year.



Photos: Supplied.

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ARTISTS COLLABORATE WITH MORETON BAY COLLEGE

FROM MORETON BAY COLLEGE

To commemorate the 120 Year anniversary of Moreton Bay College (MBC), the college commissioned renowned Indigenous artists Sonja and Leecee Carmichael, both Ngugi women belonging to the Quandamooka people, to collaboratively produce a bespoke cyanotype: *Girl on Country – Jundal Djara*.

“We are honoured to work with Sonja and Leecee, two exceptional artists who have shared with us the art of Quandamooka weaving and have created with us this magnificent cyanotype,” said Mrs Janet Stewart, Principal, Moreton Bay College.

“It’s exciting to be involved in contemporary indigenous art as it reflects our commitment toward strengthening the relationship with the local Aboriginal Community and the ongoing process of reconciliation.”

The cyanotype embodies the narrative of connection to people, place and objects. Panel one encompasses the idea of place as nature using natural objects collected from around the College and woven items created by students, parents and staff. Panel two represents place, people and objects, and includes archival objects and two students. The cyanotype creation workshop, supported by Renata Buziak, was held during NAIDOC week.



Photo: Supplied.

“It is about documenting our weaving stories in new ways,” said Sonja Carmichael. “By bringing images of our weaving into cyanotypes and using the elements required for the growth of our natural weaving fibres on country – water, sun and salt – we are able to extend our practice.”

“As a parent, it was a great privilege to be part of the creation of the cyanotype, and I am enormously proud of the school’s commitment to reconciliation through the arts,” said Alison Kubler, curator and writer, MBC parent, and member - Council of the National Gallery of Australia.

Community Bank Wynnum-Manly

Bendigo Bank

Community Bank - Wynnum Manly proudly offers community organisations an opportunity to apply for grants; to be provided in October 2021.

Unlike other grant applications, we want to hear more about your organisation, your people and what is planned strategically over the next 3 to 5 years for your organisation and our community.

Are you innovative? How and what are the outcomes? Do you have any environmentally focussed initiatives? Does your organisation share value with other community groups, wholly or in-part? How and what are the outcomes of that shared value?

Do you have any initiatives to develop and/or engage young people? If so, what are they and what are the outcomes?

Our intent is to support organisations that are wholly based in our area and who invest, return value to, and support locally.

Grants of a maximum \$1,000 will be awarded in October 2021. Grants will not be provided to individuals or to State or National Organisations where the funds leave our 'footprint'. Applications will only be accepted from organisations in the Wynnum Manly and immediately adjacent areas. Applications must be submitted in hard copy; addressed to "The Chairman, Community Bank Wynnum Manly" and delivered to 63 Bay Terrace Wynnum by COB September 15th.



A2/63 Bay Terrace Wynnum QLD 4178 | 3893 0286 | Mon-Fri: 9:30 - 4:00

FOLLOW US



THE TIDE CAN TURN: LOVELY LEAFY LOTA

BY VIKKI COX

I love where I live! My local bayside suburb of Lota is a slice of heaven that shields me from the hectic pace of a pandemic ridden world.

I recently joined the Bayside Wilderness Society and as a result became aware that the laws that offer our little paradise some protection from over-development etc., are being debated right now. In fact, a critical bill (National Standards and Assurances Bill) is currently before the Australian Senate as a precursor for the Federal Government handing decision making powers over to the states. This one little bill could determine what safeguards are in place to keep our special places safe. For our community that really matters.

Lota is a quiet little pocket on the foreshore of Moreton Bay with islands like sleeping giants out in the distance. There are parks with ancient trees holding on to life itself, that have guarded generations of nesting Lorikeet, Cockatoo, Corella, Gala and Boo Book owls, to name a few.

Our foreshore is host to some of the world's greatest athletes – birds that fly a round trip of 26,000km from faraway places to feed and fatten on our rich and bountiful mud flats.

Cleverly planned are our parks, which provide a green space for everyone to enjoy and escape their built environments. It's a space that allows us all to peacefully cohabite with wildlife at a respectable distance, of course. The problem is that it seems like more and more people want in, and while progress is important, it can't be at the expense of what makes our shared home so special.

As I walk along the foreshore, I reflect on other places I have visited where people are not so lucky, places where they've seen their green spaces disappear. Sadly, I wonder if this is what the future is for our community, if the nature laws are not strong enough to protect the places we love for future generations. I remind myself that what our community has cannot be taken for granted and that I am not alone in wanting to protect it. I'm making a point of talking to people about this important issue, and I am heartened by just how much people care.

Together we are strong, and if we can spread the word about this important decision, we will make our voices heard.



Photos: Vikki Cox

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COFFEE AND CHOCOLATE – A DELECTABLE PAIRING FOR A GREAT CAUSE

FROM CHOCOLATE ELEMENTS

3 Elements Coffee (a veteran-owned and run social enterprise that supports veteran and community initiatives through the love of coffee) and Chocolate Elements (manufacturer of hand-crafted chocolates, using high quality couverture chocolate in Edith St, Wynnum) are two local businesses bringing together a natural, delectable pairing to help benefit the community.

A few years ago 3 Elements Coffee partnered with Lee Child (award-winning #1 bestselling author of the Jack Reacher series) to produce Jack Reacher Down Under – a series of special coffee blends specifically roasted to ignite the senses, exclusively available for readers of good thrillers and lovers of great coffee in Australia, New Zealand and the UK.

Fans of the Jack Reacher novels will be familiar with two things – firstly his background in the military and secondly his love of coffee. The Jack Reacher Down Under coffee blends are all named after the series of Jack Reacher books. ‘Worth

Dying For’ was the blend of premium coffee beans chosen for this new partnership.

Lee Child donates 50% of sales profits from all 3 Elements Coffee Jack Reacher Down Under and UK blends to veteran and community initiatives. It was decided by this new collaboration of Elements to support PTSD Resurrected.

PTSD Resurrected is a charity established in 2017 to restore Hope, Healing and Purpose to individuals suffering from PTSD as a result of trauma. It was birthed out of a necessity to provide hope to the Veteran and First Responder community suffering extremely high suicide rates as a direct result of trauma experienced during their service.

The charity runs free REBOOT trauma recovery courses for veterans, first responders and their families to promote healing from a holistic perspective including spiritual, mental and physical.



Chocolate and coffee are a natural, delectable pairing. The reason for such a deep connection between coffee and chocolate might be the fact that coffee and cocoa beans are related. They are both seeds of tropical plants, both are fermented and dried, both need some level of roasting.

The Worth Dying For range is available from Chocolate Elements. The products on offer include chocolate bars, barks, truffles and Worth Dying For coffee beans and cold brew. The cold brew is brewed for a minimum of 12 hours and can be enjoyed mixed with your favourite coffee martini, or added to hot chocolate!

LOCAL PERSONALITY PROFILE



Name: Andria Copp.

Suburb: I live in Wakerley and work in Wynnum.

What's your business? Le Buste Lingerie, 3C/57 Edith St, Wynnum.

Do you have any fun/interesting stories about your job? I get to find perfect fits for women all day! It's like a girl's day out every day for me. It's amazing how a perfectly fitted bra can change absolutely everything mostly importantly confidence. The change in strut is phenomenal!

What's your favourite local dine-in and take-away?

Our last night out was at the Manly Boathouse for our 10th anniversary and WOW we loved it! I'm a regular at Colossal Café – their grilled vege wrap is my lunch go-to.

Best local activity? Walking along the esplanade then getting my toes in the sand at Pandanus Beach.

The last book you read? *Short Fat Chick to Marathon Runner* by Kerre Woodham. I've just re-read this book, lots of giggles and inspiration (I have absolutely no desire to do a marathon myself though).

The last tv show or movie you watched? Yellowstone.

Is there anything you'd like to see happen in the local area? All the shops filled with unique stores, and laneways transformed into hidden gems.

Is there a local business/community group/club you'd like to give a shout-out to? Mali from Cedar & Pine, and Danielle from Sobidah for the advice, support and friendship.



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SPRING EVENTS AT THE WATERLOO BAY LEISURE CENTRE

Spring is a great time to get out in the sunshine and enjoy the warmer days. Everyone is welcome to come along and enjoy the many activities offered at The Waterloo Bay Leisure Centre.

SEPTEMBER CONCERTS

Tuesday 14th September, 43rd Birthday Concert – Entertainment by Ian Maurice and June Lawson.

Enjoy morning tea, concert and a special two-course birthday lunch, including cutting of the birthday cake, for \$25.

Tuesday 28th September – Entertainment by Robbie Dunn.

Enjoy morning tea and the concert for \$8. A two-course lunch is served after the concert for an additional cost of \$10.

Bookings are essential for concerts. Please phone 3396 9488 to reserve your place. There are lucky door prizes and raffles on the day. Doors open at 9.30am for morning tea, followed by the concert and lunch which is served at the conclusion of the concert.

The Centre would like to thank all patrons and members for the wonderful attendance at the Christmas in July concert. Terry Scott's remaining concerts for the year are scheduled for Tuesday 19th October, as well as the final concert for the year – Christmas Concert, on Tuesday 23rd November.

The Mini Ekka Market scheduled to be held on 14th August unfortunately had to be postponed due to COVID-19 lockdown. This market will now be held on Saturday 16th October.

Wynnum Fringe is holding events at The Waterloo Bay Leisure Centre in November 2021. Check the Wynnum Fringe website for details of all events and support this wonderful event.



Entertainers Ian Maurice and June Lawson bring their talents to the Leisure Centre in September. Photo: Supplied.

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VALE NOELA STRATTON

BY MYRTLE BEITZ, FOUNDING MEMBER OF THE WYNNUM MANLY HISTORICAL SOCIETY INC.

Even though our paths in life have not coincided at times, I have known Noela and her family for about 80 years going back to my primary school days. I remember well being taught by Noela's father, Alby Charlton, at Manly State School; a time I will not expand on now.

The Charlton residence, on a large allotment situated behind the Masonic Hall fronting Walnut Street and backing on to Penfold Parade, allowed the keeping of poultry, pigeons and other pets, beneath a large hoop pine tree. In her youth, as one might say, Noela was quite a 'Tom Boy'. She could be seen on many occasions perched high in that tree reading a book while enjoying the sights of the surroundings. On special occasions – Australia Day, Anzac Day, Queen's Birthday, Christmas/New Year, visits from foreign dignitaries and special occasions of any type – a flag would be hoisted and would be seen fluttering from the top of the Charlton's pine tree.

In 1945, with the end of WW2, this piece of material, 3-feet high and 6- feet long, (Union Jack, which Noela described as "My Flag")

was hoisted by her to fly majestically for all to see from the Charlton pine tree. The Australian flag did not become our official flag until 1953. Protocol dictated she should have referred to her flag as the Union flag. A talk given by Noela on 18 October 2012 titled My Flag tells of the antics she and her brother Eric involved themselves in that hoop pine tree, swinging from the branches. When the Australian flag was the one to be flown, the old Union flag was showing its age.

As time went by Noela lived in London for two years. When home again, less attention was given to the tree. Noela's leisure time changed to golf, water-skiing, surfing and boating. At the age of 37, a week before Noela married Ken Stratton, she climbed that hoop pine. This sadly for her was the last time she was able to climb the tree she so loved. Noela and Ken lived away from the district where they raised their two children, Peter and Carla.

Mrs Charlton, after her husband Alby's death, sold the block of land on which the tree stood. A block of units was erected interfering with the many roots

of the large pine. In about 1970 the tree was dying and had to be removed; the end of the tree, but not the end of the flag. The National Trust requested a Union Jack to fly during the 150th Anniversary Celebrations of Queensland's Old Government House. Noela attended the celebrations on 6th May 2012 and whilst there donated 'Her Flag' to Old Government House.

It was not until the death of Ken's mother, Elsie Stratton, that Ken and Noela returned to Wynnum to live at the Stratton home at 101 Carlton Terrace Manly, close to my residence at 110 Carlton Terrace.

The historical society welcomed Noela as a member in 1991 and she joined the committee in 1999. From 2000 to 2001 she took on the role of membership coordinator, and in 2002 and 2003 Noela was our president. From 2004 to 2010 she was back to handling the membership coordinator role. In 2010, Noela was awarded a Life Membership of the Wynnum Manly Historical Society Inc. Throughout the following years, Noela remained as a committee member. During this time Noela, with her cousin Averill, researched and



wrote in depth the history of the Charlton family.

Noela also found time to be president of the Queensland Ambulance Historical Society and Museum. Her love of photography resulted in an accumulation of photographs of events.

Her failing health found her forced to leave her Carlton Terrace home to be a resident at the Prinz Willam nursing home at Birkdale on her 90th birthday.

One of our committed members of the Society, Noela Stratton, at the age of 91 passed away on the night of the 3rd of August 2021.



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SPERO'S SPRING FISHING AND WHALE WATCHING TIPS



BY SPERO KARTANOS

September is normally a very good fishing month as we are back into the snapper/squire, and the school mackerel are back on the bite with plenty of undersized ones close in, with some bigger fish in the mix. We also get a run (in some years) of broad mackerel, especially around the basin at Peel Island. Paravanning with 3-inch spoons or drifting with floating pillies is the way to catch these great tasting pelagic fish.

The whiting will have moved back closer in off the Chain Banks, and all the way through to the Rous and the Sand Hills at Moreton. The Blue Hole should have some nice fish as well, and blood worms and peeled prawns on a paternoster rig will get you a feed.

The cuttlefish will be nearing the end of their run but the arrow squid should still be around, so the deeper water off the close-in islands will provide a nice feed.

So while the fishing will be good, September is my favourite month as the humpback whales with their babies tend to come in for a rest on the way south to Antarctica. I can't get enough of seeing these majestic mammals so close to home, and over the last few years they have been close in and as south as Peel Island, near Ormiston, and off King, Green and Mud Islands. And of course you can spot them all through the northern bay east of Tangalooma and up to Cape Moreton, so you can take the kids out to see them so close to home. There are laws about how close you can get to them and how to approach them so read up on the Queensland fisheries site before your trip (this also applies to dolphins in the bay as well).

Enjoy the bay this month. I will be posting updates on fishingmonthly.com.au under Moreton Bay reports when the whales turn up and where they are in the bay.

Till next month, good fishing, good whale watching, and keep safe!



Photos: Spero Kartanos.

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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Congratulations to our 2021 Community Grant recipients

At Port of Brisbane, we're proud to get involved and lend a hand in the community. Our annual \$100,000 Community Grant Program supports local and regional organisations who make a big difference in the community. Thank you for the important work you do. Since 2011, we've invested \$2.8 million in community sponsorships and initiatives across SEQ.



Wynnum Commerce

Grant funding will help Wynnum Commerce deliver the Wynnum Fringe Festival (16 to 21 November 2021).



Darling Point Special School

Our support will assist Darling Point Special School build a community garden at Wynnum Central Station.



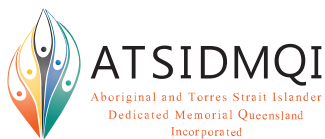
Ma Ma Creek Community Centre

We are proud to support the Ma Ma Creek community in the Lockyer Valley by purchasing kitchen appliances for their community hall.



Bulwer Fire Brigade

Funds for Bulwer Fire Brigade will provide solar panels for the Moreton Island Fire Brigade Station.



Aboriginal and Torres Strait Islander Dedicated Memorial Queensland Inc

Our funding will help produce a video that shines a light on the history of Aboriginal and Torres Strait Islander contributions to the defence and security of Australia.



Redlands Community Centre

Grant funding will provide hot cooked meals for people who are homeless in the Wynnum area.



RRAD Communities

Our support will help vulnerable youth in the Lockyer Valley and Toowoomba through health and wellbeing programs.



BABI Youth and Family Service

We're helping Babi Youth and Family Services deliver a Youth Voice Committee Leadership Camp.



Traction Community

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



Brisbane Bayside State College P&C

Our support for Brisbane Bayside State College P&C will help to establish a full riparian ecosystem and a functional native environmental corridor at the school.



Wynnum State High School P&C

Funding will help Wynnum State High School P&C to provide technology to support students who are hearing-impaired.



Ocean Crusaders

Grant funding will help Ocean Crusaders maintain and upgrade the Automated River Cleaner, positioned upstream of the Brisbane International Cruise Terminal.

To find out more about our community support, visit www.portbris.com.au or email info@portbris.com.au.



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SEAGULLS ARE FIRED UP FOR FINALS FOOTY

FROM THE BMD WYNNUM MANLY SEAGULLS

After a strong start to the 2021 season, the Wynnum Manly Seagulls are poised to dive into the Queensland Rugby League Finals Series kicking off this month. Two regular season competition rounds remain in September, before the Finals Series begins later this month!

The Seagulls have set an impressive standard on the field across the QRL's major competitions this year. Through the first 14 rounds of Intrust Super Cup, the club sat in second place after beginning the season with nine straight wins. The Hastings Deering Colts have also led their competition for the majority of the season, and are in prime position to compete in their own Finals series.

A number of Seagulls have made their debut in the NRL this year off the back of terrific performances and development at the club. TC Robati and Selwyn Cobbo have already earned contract extensions with the Broncos and continue to impress, while Junior Pauga signed with the Wests Tigers earlier in the year. The evolution of talent at the Seagulls means many local athletes have also made their debuts across junior grades of the club. The Seagulls are proud to continue to offer an elite sporting pathway for the local community.

For those who haven't been to a Seagulls game, the day is full of fun for the whole family. Beyond the elite footy on the field, the crowd is kept entertained with face painting, music, a jumping castle and an exciting social atmosphere!

Thousands of fans from across the Bayside have flocked to BMD Kougari Oval to support the Gulls this year, including a massive crowd for the first game back at home in more than two years. Major renovations to the ground and the installation of a new video scoreboard mean fans have never been closer to the action.



Photo: Supplied.

Covid challenges have caused some minor disruptions to the season schedule but the footy is now back on track and the finals are fast approaching. The club looks forward to hopefully hosting a home finals game and welcoming footy fans and families back to the ground in September! Keep an eye on wynnumseagulls.com.au or follow the club on Facebook and Instagram, to stay up to date with game times, ticket info and the finals schedule.



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Sandy Adventures

AT THE PLAZA

MAGIC SAND SCULPTING

20-25 SEP

Little Baysiders will feel the sand between their fingers as they create a magic sand sculpture to take home.

SAND ART

27 SEP - 2 OCT

Using beautiful colours of sand each child will become their own little Picasso and create a sand art picture to take home.

LIVE SAND SCULPTING

21-25 SEP

9AM - 5PM

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The completed sculpture will be on display during opening hours until 2 October 2021.

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WHAT'S NEW AT THE MOVIES

FROM MAJESTIC CINEMAS, WYNNUM



Shang Chi and the Legend of the Ten Rings – September 2nd

Martial-arts master Shang-Chi confronts the past he thought he left behind when he's drawn into the web of the mysterious Ten Rings organization.



Boss Baby 2 – September 16th

Now adults, Tim Templeton is a stay-at-home dad for two adorable daughters, while his estranged brother, Ted, is a big-shot CEO. They come together in an unexpected way when they take a magical formula that transforms them into babies for 48 hours. Joining forces with Tim's secret-agent daughter, they must go under cover to prevent an evil genius from turning fellow toddlers into monstrous brats.



Eiffel – September 2nd

Having just finished his collaboration on the Statue of Liberty, celebrated engineer Gustave Eiffel is on top of the world. Now, the French government is pressuring him to design something spectacular for the 1889 Paris World Fair, but Eiffel simply wants to design a train line. Suddenly, everything changes when Eiffel crosses paths with a mysterious woman from his past. Their long lost, forbidden passion inspires him to change the Paris skyline forever.



The Many Saints of Newark – September 23rd

Young Anthony Soprano is growing up in one of the most tumultuous eras in Newark, N.J., history, becoming a man just as rival gangsters start to rise up and challenge the all-powerful DiMeo crime family. Caught up in the changing times is the uncle he idolizes, Dickie Moltisanti, whose influence over his nephew will help shape the impressionable teenager into the all-powerful mob boss, Tony Soprano.



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DELICIOUSLY EASY MOROCCAN LAMB RECIPE

FROM THE ROTARY CLUB OF WYNNUM MANLY'S ISOLATION: KITCHEN DESTINATION COOKBOOK

CONTRIBUTOR: TRACEY WYATT

SERVES 6

INGREDIENTS

- 1 tablespoon oil
- 1kg diced lamb
- 2 cloves garlic, crushed
- 2 x 400g can tomatoes
- 1 tablespoon ground cumin
- 2 teaspoons ground turmeric
- 1 tablespoon lemon Juice
- 1 x 425g can chickpeas, drained and rinsed
- 2.5 cups chicken stock
- 1 cup chopped coriander
- 2 cups couscous
- Lemon wedges and herbs to garnish

METHOD

- Heat oil in a large pan and add lamb, and garlic in batches; cook, stirring until well browned.
- Add undrained chopped tomatoes, spices, juice, chickpeas, and 1/2 cup of the stock. Bring to the boil and simmer, covered for 20 minutes, or until lamb is tender. Stir in coriander (though I never use this!).
- Meanwhile, heat remaining stock in a separate saucepan. Remove from heat, stir in couscous. Cover and stand for 10 minutes, fluffing with a fork occasionally.
- Serve lamb with couscous, garnish with lemon wedges and fresh herbs.



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MENTAL HEALTH ROUNDTABLE IDENTIFIES COMMUNITY ISSUES

FROM ROSS VASTA MP

Federal Member for Bonner Ross Vasta MP recently convened a Bayside Mental Health Roundtable, which saw mental health experts including service providers, GPs, first responders, schools and more, come together to start a conversation around mental health services on the Bayside.

It follows the recent Bayside Mental Health Survey that Mr Vasta put out, with over 500 responses and 97% of respondents confirming there was a great need in our community.

Reflecting on the event, Mr Vasta said it was a privilege to bring together a breadth of mental health and community providers to partake in positive and constructive conversations to workshop solutions for the Bayside.

“To make a difference in our community, it starts with a simple conversation. This was the aim of today’s Roundtable; bringing together experts in the mental health sector who are united by their shared passion for this space.

“These individuals work across all parts of the community including (but not limited to) with children, men, women, young people, adults, older people, First Nations and LGBTQI+ meaning they have a deep understanding of what is happening and what needs to be done in our area specifically.

“We had three levels of government in the room, from both sides, which clearly demonstrates the overwhelming need in our area. It also reiterates the mental health of our community is far greater than politics.”

Stride National Manager - Business Development and Bayside local, Ellen Heathwood, facilitated the Bayside Mental Health Roundtable.

“Today’s event provided a space for local providers, funders and other community representatives to have real and honest conversations around the mental health needs of this community with some great proposed solutions. With so many providers in the room, not to mention a representative from each levels of government, we were able to really challenge each other when it came to devising solutions to bridging gaps,” said Ms Heathwood.



Federal Member for Bonner Ross Vasta MP alongside mental health and community providers attending the Bayside Mental Health Roundtable. Photo: Supplied.

Mr Vasta extended his sincere thanks to those working in the Bayside’s Mental Health Sector.

“Listening to and learning about the life changing work they do in our community, it was clear that their dedication and passion is vital to supporting the livelihoods of our locals,” said Mr Vasta.

“I look forward to pursuing the outcomes of the Bayside Mental Health Roundtable and delivering for our community.”

Do not hesitate to reach out for mental health support. Anyone experiencing distress can seek immediate advice and support through headspace (<https://headspace.org.au/eheadspace/>), Kids Helpline (1800 55 1800), Beyond Blue (1300 224 636), Lifeline (13 11 14), or the Government’s digital mental health gateway, Head to Health (www.headtohealth.gov.au).

SCHOOL SAFETY BOOST FOR LYTTON

FROM JOAN PEASE MP

Lytton school children will soon be safer as they arrive at school, with the 2021-22 round of Flashing School Zone Signs announced on 12 July.

Member for Lytton, Joan Pease, said Moreton Bay Girl’s College will benefit from the latest round of signs, with solar-powered signs to be installed on Wondall Road.

“From drivers to parents, carers and students, road safety in and

around school zones is everyone’s business,” Ms. Pease said.

“School zones play an important role in promoting safety and actively remind drivers of the change in speed limits around schools.”

Ms. Pease said that local students would benefit from the installation of new flashing school zone signs.

“I’m proud that the Palaszczuk Government is continuing to deliver for Lytton.

“And with Term 3 starting this is a great reminder for all of us to obey school zones and slow down around pedestrians.

“These signs are funded through our record investment in road safety across Queensland – almost \$1.7 billion.”

For more information on the school road safety in Queensland visit: <https://www.tmr.qld.gov.au/Safety/School-road-safety>

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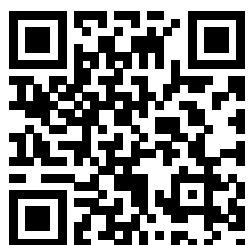
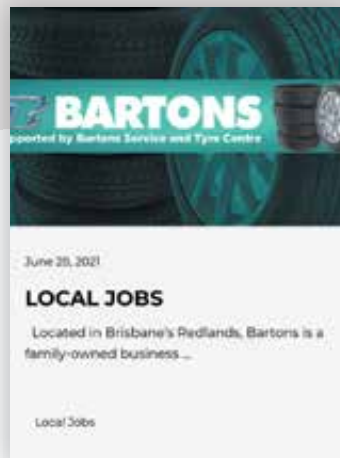
COMMUNITY CONNECT

LOOK LOCALLY • www.thecommunityleader.com.au

Market to Market is committed to promoting local bayside businesses, community groups, clubs, events, and personalities, in print and online. We have recently invested in a website, which we hope will help connect you quickly and easily with true locals in the community.

If you're looking for a job, a club to join, a school or a real estate agent, log on to The Community Leader online, and look locally. Each month we'll be adding more links and content.

We're excited to bring you the best of our community in one convenient place.



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HOW ROTARY MEMBERSHIP BENEFITS ALL AGES

Rotary Club of Wynnum and Manly's joint president Jo-Anne O'Connor sat down with 26-year-old Natasha Hoppner, the club's youngest member, to find out how her membership benefits the community, and contributes to her personal growth.

What motivated you to join Rotary?

I was searching to create greater connections with my local community and to meet people who understood the place where I grew up, and would welcome and work with me to give back to that place.

For a person of your age why did Rotary appeal to you?

A lot of my youth I spent thinking 'big': big issues, big plans, and big ideas; and then I went on to meet people from the city, the country and across the world. With every step I got further away from the place where I grew up, and from the established infrastructure that I knew could empower me to actually make a difference. Rotary has been the way to close this distance because it has allowed

me to become part of a local community group offering me many opportunities, a range of exciting and challenging club programs and projects and all within a strong support network.

How would you describe Rotary and what your club does?

It's the place to grow your personal, professional and philanthropic self, with the support and mentorship of like-minded people. You get as much as you give, and get to give what you can to help empower others. Rotarians are a dedicated group from all walks of life, committed to making a difference in local, national and international communities. Our club has an outstanding record of achievement and is constantly looking to expand our activities by adding new community projects.

There is something for everyone when you become involved in our community programs. From installing the Santas that sit atop Wynnum Manly businesses at Christmas time, assisting to deliver Meals on Wheels, working on local youth programs, making sanitary kits with our Days for

Girls team for distribution with medical equipment and school supplies to Pacific Island nations. I have found that Rotary really does offer friendship, help and support to many communities.

Has the past 12 months been a good experience for you?

It's been excellent. I feel as though I've learnt so much, achieved even more and made some great friends. It's been really grounding and heartening in such a socially tumultuous time! Our regular club activity is our weekly dinner meetings, where we hear from interesting guest speakers and enjoy each other's company! We really do have fun while getting work done!

Would you recommend joining to other people – young or old?

I would recommend that everyone consider joining Rotary. I believe that the benefits are numerous and far reaching; and it is absolutely worth doing some research or chatting to a Rotarian to be sure that the club aligns to your interests and goals!



Past District Governor Patrice Robinson with Natasha, pictured on the left.

Do you want to make a positive contribution but don't know where to start?

Belonging to a global network that believes in "Service Above Self" could empower you to be a better friend, better professional and a better member of your community.

To learn more about the Rotary Club of Wynnum and Manly please contact our Membership Director, Jo Soothill on 0400 844 471.

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HOW DOES THE PH LEVELS IN DRINKS AFFECT YOUR TEETH?

FROM DENTAL ON CAMBRIDGE

As a country Australia's consumption of commercial sugar-sweetened beverages has decreased over the years, with a 14% decrease seen between 2009 and 2017, however in the same period there was a 37% increase in low sugar or 'health' type drinks such as flavoured waters, juices, coconut water and kombucha! Advertising of these alternatives to the sugar-laden beverages have worked – almost too well! Unfortunately, these alternatives also impact general health and dental health.

The sneaky component of these drinks which is often misunderstood are the pH levels or acidity of these drinks, not just the sugar contents, which can have devastating impacts on tooth enamel, through enamel demineralisation and dental erosion. Enamel demineralisation is a reduction of mineral content specifically fluoride and calcium ions. Subsequently, this weakens enamel leading to porosity and an increased risk of decay. Dental erosion is the irreversible loss of tooth structures due to acid.

Surprisingly, or not, the end pH levels of beverages are often not published by the manufacturer, and therefore not always available to the consumer. However, in 2020, Schmidt and Huang¹, completed a study which ascertained the pH levels of 177 commercially available beverages in Australia. The beverages tested ranged from soft drink, energy drink, juice, still and sparkling bottled water, flavoured water,

iced tea, and coconut water to name a few.

A full table can be viewed online, but we have summarised the findings below for a few popular 'healthy choices'. In general, to avoid irreversible damage to your teeth through dental erosion, patients should limit their consumption of beverages with a pH level of less than 7.0.

Obviously, the consumption of acidic drinks is inevitable from time to time. So what can you do to try to protect your teeth from dental erosion?

- Use a straw to lessen the contact time with the teeth.
- Rinse your mouth with water after an acidic beverage.
- Consuming dairy will help neutralise the acid and leave a protective layer on the teeth.
- Waiting an hour after an acidic drink to brush the teeth as brushing right away can make things worse. Healthy saliva will remineralise the enamel within the hour after consumption of acidic beverages to its pre-existing hardened state.

If you're concerned about the state of your teeth due to your beverage of choice, it's best to get it checked by your dentist. They can recommend specific products and care routines to support your tooth enamel.



| Beverage Type | Beverage Name | pH |
|-----------------|-------------------------------------|------|
| Sparkling Water | Mount Franklin® – lightly sparkling | 4.0 |
| Flavoured Water | Gatorade® – active berry water | 3.44 |
| Juice | V8® – vegetable juice | 4.21 |
| Sports Drink | Maximus® – blue | 3.62 |
| Coconut Water | H2COCO® – coconut water | 5.48 |

¹ Schmidt J., and Huang, B (2020), The Acidity of Non-alcoholic Beverages in Australia: Risk of Dental Erosion



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EXPERT TIPS FOR BEAUTIFUL, HEALTHY HAIR

FROM BEAUTY ON BELMONT

Do you ever wonder what causes your hair to break, especially when brushing?

How you brush your hair may seem simple, but frequently we see people harshly pulling a hair brush through their hair.

Stop! By adopting a few healthy hair brushing habits, you should see a difference in the appearance and quality of your hair. You'll experience less breakage, less knots, and less pain!

It's as simple as adding these easy steps to your hair routine to prevent breakage:

1. Always use a large paddle brush.
2. Start by brushing your hair at the ends.
3. Work your way up to the middle of your hair.
4. Finally, brush the roots.

Remember to be gentle with your hair. We recommend using a leave-in conditioner or a treatment if your hair is extra knotty.

You will see great results if you incorporate these steps into your hair routine daily, and your hair will love you for it.

Let's get that hair routine happening for healthier hair!



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