

The Community Leader

ISSN 2652-8738

WE'RE ALL ABOUT GOOD NEWS!

SCAN AND SUBSCRIBE



THANKS TO YOU, THE COMMUNITY LEADER IS TURNING TWO!

The Community Leader has always been about spreading good news, so we're excited to celebrate our second birthday this month.

A community-focused newsletter like this doesn't survive without support from you, our readers. Thank you to everyone who has contributed their stories, shared their vision and embraced a friendly concept that has been enthusiastically received over the past two years. This type of publication is invariably driven by the community it represents.

Thanks to our fantastic local advertisers – many of whom have been with us from the start – whose support ensures we share more stories in your neighbourhood. Thanks to our representatives from all three levels of government who continue to show their support each month and share their news with our community.

We love sharing your good news stories, promoting your events and publishing your milestones. Let's continue to celebrate great news, shop locally, and build up the bayside!



LOCAL LISTINGS

See what local property is on the market in your community.



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MEET YOUR LOCAL STATE FINALIST FOR MISS UNIVERSE AUSTRALIA

Wynnum local Tori Castner has been selected as a state finalist for Miss Universe Australia 2022.

After losing her mother in early February to breast cancer, it has been Tori's mission to spread awareness of the disease and raise funds by using the Miss Universe platform to share her own family's journey.

"I have witnessed how detrimental this disease can be, and feel for not only the patients but also their families, and I want to be a voice for the community for a disease that so many of us have been affected by," said Tori.

Throughout this campaign Tori is working with the wonderful charity ToyBox Australia, which is partnered with Camp Quality, a charity that helps to put smiles on the faces of Australian children suffering from cancer.

When serious illness becomes part of their lives, children need the opportunity to get away from the pain, treatment and challenges they are facing and just be a child. By supporting Camp Quality and the camps they run nationally, you are helping deliver fun, distraction and creating positive memories for these children and their families.

Tori is very excited to be competing in the state finals in May and is hoping to raise over \$3000 for a cause that is very close to her heart.



Photos: Supplied.



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TIME CAPSULE OPENED FOR WYNNUM STATE HIGH'S 80TH BIRTHDAY

FROM WYNNUM STATE HIGH SCHOOL

The 3rd of March 2022 marked Wynnum State High School's 80th birthday and the school received a very special birthday present – a time capsule that was sealed 40 years ago in 1982. The significance of the date of the time capsule is that it celebrates forty years on from the opening of our school in 1942. And *Forty Years On* is Wynnum High's school song, written in 1872 originally for the Harrow School in England. The song speaks of what the world would be like 40 years on and speaks of looking back at what was shared by students at school. So it was fitting for the students of 1982 to give this gift to the students of 2022.

The ceremony to open the time capsule coincided with our first full assembly for the year and some of the 1982 graduates attended to witness the opening.

Inside the time capsule were hundreds of artefacts including student work, teacher planning, local newspaper articles from 1982 and music mix tapes recorded on cassettes! There were also personally addressed letters to the school captains, principal and P&C president.

The time capsule contents are currently on display in the school library and are being saved electronically. The time capsule will be refilled this year and our gift to the students of 2062 will reflect the world that we live in now. When the school celebrates its 120th year, it will be opened.



Photos: Supplied.



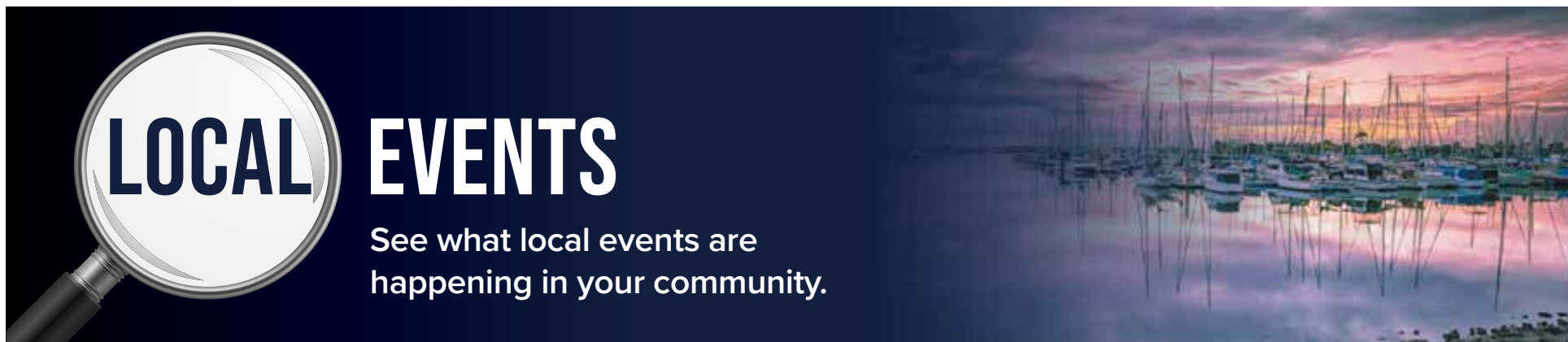
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If you're looking for something to do locally, check out The Community Leader's What's On page here and online.

BAYSIDE WOOD TURNERS' OPEN DAY



Saturday May 7 from 10am – 4pm

15 Harman Street, Manly

Come along and meet some talented local craftspeople from the Bayside Wood Turners and Crafters Club and view their works at their open day. Entry is free. For more information email cdyoung@iinet.net.au.

FREE COMMUNITY FAMILY FUN DAY



Sunday 22 May from 10am – 2pm

George Clayton Park, Lower Esplanade, Wynnum

The Rotary Club of Wynnum and Manly will host its free Family Fun Day at Wynnum this month. Come along and enjoy free activities, including live music, a sausage sizzle, sack races, a jumping castle and face painting. Meet members of our local police, fire brigade and ambulance services and learn how to stay safe in the community.

WATERCOLOUR WORKSHOP



Saturday 28 May from 10am – 1pm

Wynnum Community Centre, 105 Florence St, Wynnum

Hosted by Wynnum Manly Arts Council, create your own watercolour artwork with step-by-step instructions, under the tutorship of artists Janice Lamb and Deb Brown, at this fun workshop. For more information phone 3348 2369 or 0428 981 094, or email wmarts@tpg.com.au.



If you have a local event you would like to promote online or in print, contact Rhonda on 0416 245 193 or Damien on 0421 786 302 or email sales@market2market.com.au

TUESDAYS

Wynnum/Manly Meditation Circle

Wynnum

Tuesday 6.45pm – 7.45pm

Thursday 7.30pm – 8.30pm

Free community relaxation classes.

Call John on 0403 676 435.

WEDNESDAYS

Wynnum Manly Older Women's Network

The group meets on the first Wednesday of each month.

Municipal Hall, Corner of Bay Tce and Cedar St, Wynnum.

Are you new to the Wynnum Manly area, and would like

to meet other ladies for social activities, or learn with

some of the programs of OWN? For more information

phone Di on 0411099848. More information about

OWNQ is on www.ownq.org.au.

Social Tennis

Wynnum Tennis Centre

9.00am – 12.00pm

Social tennis costs \$10 and includes a light morning tea at Colina Street Tennis Centre, Wynnum.

Wynnum Manly Bayside Socials Group

Meets the first and third Wednesday of every month at

Celtic Corner, 45 Cambridge Parade, Manly

6.30pm – 7pm

A \$1 donation is appreciated. More details on meetup.com.

Zumba Gold

Drevesen Park, 352 Upper Esplanade, Manly

Every Wednesday 8am to 9am

Zumba costs \$6 pp

For more information phone 0428 419 157.

THURSDAYS

Bayside Health Nook: Wynnum Heart Foundation walk

7.30am

Meet at BHN coffee and walk along the esplanade with

a friendly and supportive group.

info@baysidehealthnook.com.au or 07 3162 2778.

BlueBottle Cocktail & Tapas Bar: Karaoke Thursdays

55 Cambridge Parade, Manly

7pm – 11pm

For more information call 07 3161 3764 or visit

bluebottlemanly.com.au.

SATURDAYS

Jan Powers Farmers Markets

Little Bayside Park, Manly

Saturday 7 & 21 May, 6am – 12pm

Free to attend, family friendly.

Wynnum/Lota Parkrun

Various locations

Every Saturday from 7am

Parkrun is a weekly free 5km timed run.

More information at parkrun.com.au.

SUNDAYS

Sunday Sounds: Tide on the Jetty

William Gunn Jetty, 1 Wyvernleigh Close, Manly

Every Sunday 3pm – 6pm

Find out more by calling 07 3396 8962 or

visit tideonthejetty.com.au.

Manly Creative Markets

Little Bayside Park, Manly

8am – 2pm

Free family friendly event.

FOR MORE GREAT EVENTS IN THE COMMUNITY, VISIT THECOMMUNITYLEADER.COM.AU





WHAT'S NEW AT THE MOVIES THIS MONTH

FROM MAJESTIC CINEMAS, WYNNUM



Doctor Strange in the Multiverse of Madness (CTC) – May 5th

Dr Stephen Strange casts a forbidden spell that opens a portal to the multiverse. However, a threat emerges that may be too big for his team to handle.



How to Please a Woman (M) – May 19th

A 50-something woman has a business idea to launch an all-male house-cleaning service. However, when her business grows out of control, she must acknowledge her own appetite if she is to make a new life for herself.



Tutankhamun The Last Exhibition (CTC) – May 12th

To mark the centenary of the discovery of Tutankhamun's tomb . Tutankhamun. The Last Exhibition offers spectators, for the first time ever, an extraordinary opportunity to meet the Pharaoh, and relive those unique moments on the big screen following exclusive coverage of how 150 items from among his treasures, were moved to become part of the biggest international exhibition ever dedicated to the Golden Boy. "Please watch them, before they return back to Egypt forever," said Mostafa Waziry, secretary general of the Egyptian Ministry of State for Antiquities. Much will be revealed through high-resolution photographs by Sandro Vannini, one of the most prolific photographers of Tutankhamun's treasures, which consist of over 5400 objects.



Top Gun Maverick (CTC) – May 26th

After more than 30 years of service as one of the Navy's top aviators, Pete "Maverick" Mitchell is where he belongs, pushing the envelope as a courageous test pilot and dodging the advancement in rank that would ground him. Training a detachment of graduates for a special assignment, Maverick must confront the ghosts of his past and his deepest fears, culminating in a mission that demands the ultimate sacrifice from those who choose to fly it.



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THE BONNER UPDATE

ROSS VASTA MP FEDERAL MEMBER FOR BONNER



\$4 MILLION DELIVERED TO REBUILD CARMICHAEL PARK AFTER THE QUEENSLAND FLOODS



I am pleased to announce I have delivered \$4 million from the Morrison Government to support the Wynnum Wolves FC rebuild and expand Carmichael Park following the recent devastation from the Queensland floods. This significant investment into our local community will help the Wynnum Wolves FC execute their master plan, creating a venue for all the community to enjoy. Not only will there be state of the art cricket and soccer facilities, but also a family club house, art precinct, an array of dining options, and a canoeing adventure trail along Bulimba Creek. The project will provide exciting opportunities for local sport lovers, and also provide employment opportunities through the construction and day to day running of this new community facility. I am pleased to have secured this funding for our local community and delivering on my plan for Bonner families. The rebuild and expansion of Carmichael Park will leave a legacy for Bonner for generations to come. The Morrison Government has delivered a strong economy, which is allowing us to invest in our local communities and support local recovery efforts. For more information on this exciting rebuild, follow me on Facebook at RossVastaMP for the latest updates or head over to my website: rossvasta.com.au



LOTA SKATEPARK OPEN!

The Lota Skatepark is officially open! I am proud to have secured over \$700,000 of federal funding for this community project and delivering on my plan for Bonner families. It was great to see so many families already using and enjoying the new skatepark. I am committed to ensuring everyone in Bonner has access to the sporting and community facilities they need to thrive. Talking to one young keen skater, he said he now has a place to start training for the 2023 Brisbane Olympics! I am pleased that this park is already inspiring the next generation of skaters and can't wait to see some Bonner stars at the 2032 Olympics!



DELIVERING FOR FAMILIES

The Morrison Government is committed to ensuring Australian's keep more of their own money in their pockets, creating local employment opportunities and ensuring all families can thrive. I am proud to be a part of a government that is delivering for all Australians, including families on the Bayside. The 2022 Budget has delivered a one-off, non-taxable \$250 cost of living payment to support hard working families. It also delivered a 22c a litre fuel excise, to help keep cost of fuel low and affordable for all families, the benefits we are already seeing the fuel pump. I am also pleased to announce the Morrison Government is investing a further \$250 million across Ampol in Lytton and Viva Energy in Geelong. This investment into Australia's critical fuel infrastructure, right here in Bonner, will create more local jobs, protect families and businesses from higher fuel prices, and create greater fuel independence.



TAKE CARE OF YOUR HEALTH: THE MANLY WAY

CONTRIBUTED BY THE MANLY HARBOUR VILLAGE CHAMBER OF COMMERCE

Manly Harbour Village has all your healthcare needs in one convenient location.

Self-care always sounds like a nice idea, but the moment life gets busy, it seems like looking after our health goes out the window in lieu of more pressing priorities. While there will always be something more “urgent” than getting around to those appointments you need to make but find yourself putting off, this May we challenge you to tick off your healthcare to-do list and prime yourself for the colder months ahead.

Manly Harbour Village is home to all your healthcare needs, located in the heart of the bayside. Manly Village Medical houses GPs, a dietitian, psychologist and skin cancer specialist all under one roof, while Manly Village Compounding Pharmacy is located conveniently across the road off Cambridge Parade.

For dental care, the friendly staff at Manly Village Dental Surgery off Stratton Terrace, and Dental on Cambridge are here to keep those pearly whites looking their best.

Cultivate a daily movement regime with a range of fitness options in the village, including 4Shore Fitness, ToneLab Womens Fitness and Manly Physiotherapy and Pilates. Swim some laps at the Manly heated swimming pool, or enjoy a stroll along the Esplanade in the fresh air.

Whether you are a local or visitor to Manly Harbour Village, rest assured that when it comes to looking after your health, we’ve got you covered.

For our full business directory and to discover more, visit manlyharbourvillage.com.



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COMMUNITY UPDATE

JOAN PEASE'S COMMUNITY UPDATE, STATE MEMBER FOR LYTTON

SHARE THE LOVE FOR SMALL BUSINESS MONTH

May is Small Business Month, a wonderful opportunity for Baysiders to celebrate the contribution small businesses make to our local area.

Small businesses have always kept our communities and our economies thriving. Our local small businesses provide jobs, they support our schools and community groups. That's why I'm asking Baysiders to Share the Love for Small Business Month.

If you have a great experience with a Bayside small business, Share the Love! Post about it on Facebook, write an online review, or tell your friends and family about the incredible coffee you had or the great tradesman you hired.

I will be partnering with Jodi from Bayside Bars n Eats, a Facebook page promoting hospitality venues in the area, to make sure Baysiders are getting out and supporting our locals. There will be venue vouchers up for grabs so keep an eye on the Bayside Bars n Eats Facebook page for your chance to win.

During May, you can use the hashtag #sharetheloveBayside to highlight your favourite locals. And don't forget to tag the business into any posts you make.



BAYSIDE BUSINESS OF THE MONTH – NOMINATIONS OPEN

What do a local newspaper, a shoe repairman, and a pie shop have in common? They've all been recipients of my Bayside Business of the Month (BBoM).

The BBoM is a way to celebrate the wealth of locally owned businesses we have here in the Bayside. If you know a great Bayside business that deserves a shout-out, please get in touch! You can nominate a bricks-and-mortar store or an online business, offering goods or services. The only criteria is that they must be a local business.

Submit your pick by sending an email to Lytton@parliament.qld.gov.au or calling 3915 1100. Please provide the businesses name, contact details and a sentence or two describing what they do.

“BAYSIDE COMMUNITY FUND”?

I regularly engage with local groups regarding funding. I've discussed this issue with a few fellow community members and I'm excited to announce that we will soon be launching a program that will have huge benefits for the community groups and not-for-profits in the area.

We are in the process of finalising and we look forward to making the big announcement soon. Stay tuned!



DV VIGIL

I invite all Baysiders to take a stand against domestic and family violence.

On Thursday, 5 May, the Bayside Community Collaboration will co-host the 2022 DV Candelight Vigil at Pandanus Beach, commencing at 5.30pm.

It's been wonderful watching this important community event grow, from a group of about 20 in its first year to hundreds of residents, community group members and school students.

If you are able to volunteer on the night, please contact my office by calling (07) 3915 1100 or emailing lytton@parliament.qld.gov.au.

Thank you to the members of the Bayside Community Collaboration for your support and assistance in organising this event: Babi Youth and Family Service, Napcan, Wynnum Police, Scope, Rotary Club of Wynnum and Manly, Zonta Club of Bayside East and Winnam.

PETITION TO REDUCE SPEED LIMIT ALONG ESPLANADE

I have started a petition to reduce the speed limit along the foreshore to 40 km/h along the foreshore from Wynnum Creek to Lota Creek, in line with the current limit at Manly.

I am regularly contacted regarding speeding along the Esplanade by concern residents. The Esplanades are a residential they are always busy. Reducing the speed limit will make it safer for residents and visitors to this beautiful area.

You can find the petition on the Brisbane City Council website – <https://www.epetitions.brisbane.qld.gov.au/petition/view/pid/1136>.



JoanPease MP

State Member
for Lytton



BAYSIDE TRIATHLETES ARE AT THE TOP OF THEIR GAMES

BY SUE BOYD, BAYSIDE MULTISPORT TRIATHLON CLUB

Bayside Multisport Triathlon Club has gone from strength to strength over the last two years, with some great results achieved by our local athletes.

This year has been an especially successful year for the club's junior triathletes, with 13 members selected to represent Met-East at the All-Schools Triathlon in Hervey Bay and three adult members selected as Met East managers. Their dedication and training resulted in plenty of personal best performances and four athletes selected for the Queensland triathlon team. Congratulations to Zoe Billing, Chloe Bowen, Ethan Brelsford and Charlotte Kane on your selection.

In further exciting news for the club, Bayside Multisport has again been crowned Club Champions in its category, with 16 athletes placing in the top three of their age groups across the series.

The win is a testament to every athlete who competes in the events and earns valuable club points.

The club loves welcoming new members interested in learning more about the sport of triathlon, and caters to all ages and abilities, from first-timers looking for some fun and fitness to dedicated athletes who want to go harder and faster.

Now is a great time to check out the club, with its annual training camp in the early planning stages, allowing new members to spend a weekend learning the ropes, getting to know other club members and enjoying a weekend of immersion in triathlon training. There's something for everyone with dedicated club coaches who lead swim, ride and run training.

If you'd like to learn more about the club or to contact a club member, check out their website at <https://www.baysidemultisport.org.au>.



Photos: Supplied.

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PETER CUMMING'S LOCAL AREA UPDATE

COUNCILLOR FOR WYNNUM MANLY WARD



It's Ready!

The new improved Lota Skateboard Park at Ed Davenport Park, Lota is now OPEN.



Already the youngsters are testing out the new jumps and ramps.

The new skatepark at Ed Davenport Rotary Park at Lota will be opened on Friday 13th May at 3pm.

Ed Davenport was a prominent architect and artist, and a member of the Rotary Club of Wynnum and Manly.

His family will be invited to the launch.

This skatepark is the second one in Wynnum Manly Ward, which is a rarity. The other facility is at Primrose Park on the corner of Wynnum Road, Wynnum North Road and Sibley Road, at Wynnum North.

Homeless Connect 2022

This event is for people experiencing homelessness or those at risk of homelessness. The event will be held in the Brisbane Showgrounds (EKKA) cnr Gregory Terrace and Alexandria St, Bowen Hills, Thursday 19th May 2022 from 9am to 2pm. Local residents can catch a bus from outside the Wynnum Library (Bus Stop Wynnum Library, Florence Street). The Wynnum Bus Service, departs at 9.15am. A returning bus leaves the showgrounds at 11.45am and 2.15pm.

DONATIONS – Homeless Connect

If you are able to assist my office is accepting donations for this year's event **until COB Friday, 6 May**. Items being sought are:

- **Non-perishable food items** for example: Muesli bars and snack bars, tuna, soup and instant meals.
- **Toiletries** items for example: Shaving cream and shaving blades, deodorant, shower gel, toothbrushes and toothpaste.

Wynnum Manly Leagues Club

I would like to acknowledge the departure of long time staff member, Katie, from the Leagues Club recently.

Katie had been their Communications Manager for over six years and has always welcomed members and guests to the Club.

I am sure all who visited the Club along with myself wish Katie all the best in her next venture.

Street Tree Maintenance

As many of you may have noticed, the local footpath trees are starting to lean lower and take over the footpaths.

I have been in contact with Council staff about the many streets needing to have the trees trimmed.

I have been told that jobs will not be completed for 3 ½ months, which I am sure you will agree is not good enough.

I do note that the best way to contact me and seek assistance is to phone 3403 2180 or email directly to wynnummanly.ward@bcc.qld.gov.au. Facebook is not a speedier option.

Scope Club of Wynnum Inc

In April I was pleased to host the official presentation of the Scope Club of Wynnum's Australia Day Award to Steve Rickertt.

Steve was announced on Australia Day as the winner of this award, and with various delays, his award was presented on 12 April 2022 by The Scope Club of Wynnum.



Scope is a small but enthusiastic club in the community. They do a lot for their size. Scope started in 1977 in Australia and the Wynnum branch host fashion parades, cent auctions and other fundraising events to help Red Cross, Young Care, Women Against Violence and others.

Members meet on the second Monday of the month at the Manly Lota RSL Hall, 172 Melville Terrace, Manly, and welcome interested new members. They also have movie days, coffee and chat as well as outings. So if you would like to find out more or join them contact Jenny on 3396 7318, Merrie on 3396 0149 or Chris at chrisaddon@bigpond.com



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



NON-PROFIT PROFILE: THE RESCUE COLLECTIVE

Founded in 2018, The Rescue Collective was born from a love of animals and a concern about the lack of systems supporting animals in rescue and rehabilitation within Australia.

With the simple aim to support the people and organisations that care for sick and injured animals, The Rescue Collective has created a community of caring, sharing and support. The organisation also supports the local environment and communities through conservation, education and avenues to encourage people to get involved and make a difference.

Born and bred in Brisbane, The Rescue Collective is a registered charity which predominantly supports Queensland, and the Northern Rivers in NSW.

“We specialise in providing support to animal rescue groups and animal carers in tough times, like the recent floods, and 2019/20 summer of fire,” said The Rescue Collective’s Kim Sutton.

“Did you know that nearly all animal carers in Australia are self-funded? That makes it hard especially when tough times strike. By aiding animal rescues and carers with supplies needed for the feeding, care and rehabilitation of injured, orphaned and displaced animals, we aim for better nutrition, greater survival rates and better conservation of animal life and native land in our country,” said Kim.

Find out more about this fantastic charity and the work it does by visiting www.therescuecollective.org.au.



Photos: Supplied.

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Name: Missy.
Suburb: I'm from Capalaba.
How long have you lived here? Seven years!
What's your favourite local walk? I love to walk to my local park.
What's your most treasured toy? My ball, I take it to the park.
What's your favourite food? My favourite food is absolutely anything that humans eat.
Your worst habit? I bark at large dogs!

What's your favourite local hangout?
 I go on the scooter with Dad to the bowls club, where I watch Mum play bowls.
Your best doggo friend? Tigger.
What do people love most about you? I'm cute, hyperactive and friendly, and I dance on the spot.
Any funny or embarrassing stories you'd like to share? I fell off Dad's scooter one day, and he nearly ran me over!

Name: Beau.
Suburb: I live in Capalaba.
How long have you lived here? Three years.
What's your favourite local walk? I love the beach at Raby Bay.
What's your most treasured toy? My ball is my favourite toy.
What's your favourite food? Bones!
Your worst habit? Chasing birds and jumping at the fence.

What's your favourite local hangout? If I can't go to the beach, I like a walk to the park near my house.
Your best doggo friend? My labrador sister Holly.
What do people love most about you? I'm very loyal.
Any funny or embarrassing stories you'd like to share? When I'm at the beach at Raby Bay I get so excited that I scream while I'm swimming!



Lake Eyre & Outback South Australia Small Group Journeys 2022 Out Now



Lake Eyre & Outback South Australia by Private Plane 4 days - Adelaide return

Guests will enjoy the rare opportunity to see Kati Thanda-Lake Eyre as water flows from Queensland's Channel Country. They'll travel in a small group by private plane and enjoy a scenic flight over the lake, see Mt Eba Station and the spectacular Anna Creek Painted Hills. Guests will stay at the famous William Creek Hotel for two nights, and visit Birdsville, with lunch at its iconic hotel.

From \$5,195 per person twin share*

Lake Eyre & Flinders Ranges 7 days - Adelaide return

Guests will marvel at Australia's largest inland lake, Kati Thanda-Lake Eyre, and the surrounding landscapes coming to life with the arrival of flood waters. They'll enjoy three scenic flights, including one over the lake, visit Port Augusta and Birdsville, and stay at the Wilpena Pound Resort within Ikara-Flinders Ranges National Park, getting up close to colossal Wilpena Pound.

From \$5,295 per person twin share*

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MISS MAGGIE OF MANLY



CHOOSING THE RIGHT PET FOR YOUR LIFESTYLE

BY DR NICKY THOMAS, WYNNUM MANLY VETERINARY HOSPITAL



Introducing a first pet or a new pet into your family can be a wonderful experience. Studies have shown that pets can help reduce social isolation and improve physical health by providing companionship through increased exercise and emotional and mental well-being. Before deciding to add a furry, feathery or scaly friend into your home, there are several things to consider.

COST OF CARE

Beyond the purchase price of a pet, there are ongoing costs (both foreseen and unforeseen) to consider. Pets such as dogs and cats require regular vaccinations and parasite prevention, and some breeds require frequent grooming. Animals such as birds and reptiles require specialised equipment, which may be expensive.

LIFESTYLE

Do you work long hours or travel frequently? Who would look after your pet if you were to be away for any period of time? How much free time do you have to exercise or interact with a pet?

LIVING SITUATION

Do you live in a house, a townhouse or a unit? Do you have a big yard or have ready access to an area to exercise your pet? Do you own your property, or are you renting? Where would your pet stay if you had to move accommodation?

LENGTH OF COMMITMENT

There are some pets that live for a relatively short time (rats, mice, guinea pigs) and others that may live for many decades (large parrots especially). Are you willing to commit to caring for a pet for the length of their life?

WHO ELSE LIVES WITH YOU?

It is important to consider the existing members of your family. Do you have an elderly pet who might not cope well with the introduction of a bouncy puppy? Do you have small children or elderly family members who might be physically overwhelmed by a large dog?



Considering all of these factors before adding a pet to your home will ensure that you make the right choice for you and your family.

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



IT'S NOT TOO LATE TO PLAY FOR THE WYNNUM VIKINGS IN 2022

BY STEVE FUMBERGER, WYNNUM VIKINGS

The Wynnum Vikings Australian Football Club was established in 1966. The blue-collar club has endured many trials and tribulations since its formative years to become a strong family club based on Brisbane's bayside, with player registration numbers growing year-on-year across all age groups from Auskick to Masters.

This year is a very exciting one for Wynnum Vikings, with our senior team being granted the opportunity to compete in QFA Division 1.

At the Wynnum Vikings AFL Club, we know that girls love to play footy too! We currently have two junior girls' teams, an Under 9s and Under 11s team and we are looking to expand into the youth age groups (13 years – 17 years).

We have a group of Under 17s who have begun to train regularly and are looking for new recruits for their team. Come and join us in 2022 and be part of our exciting girls' football program.

If you are interested in joining any of our teams or would like further information, get in touch with Brenden at wvafcpresident@gmail.com.



Photo: Supplied.

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COMMUNITY & BUSINESS NETWORKING

Wynnum Commerce recently hosted their first networking event for 2022, with over 40 people attending at the (newly rebranded) Wynnum Golf Club - now in its 100th year.

Both the general community and business owners were invited to hear about recent and upcoming projects for Wynnum Commerce and were given the opportunity to get involved. There was wine tasting from our new Wynnum Cellar wines; and Small Business Commissioner, Maree Adshead, spoke on what assistance is available for small business owners.

The Wynnum Community Fund raised \$400 through raffle sales. Thank you to Perrys Meats, Majestic Cinemas, Wynnum Golf Club and The Basket Factory for donating the prizes. The Wynnum Community Fund raise money for distribution to charities, community organisations, families and individuals in need.

If you missed out on this event, there are a few more planned throughout the year with dates and venues to be finalised shortly. Keep your eye out for them in the Community Leader and our socials.

WCI RETAILER BENEFITS

WCI is now helping shop owners coordinate our iconic Wynnum Up Late event. If you're a local shop owner and you're not yet a WCI member, here's a list of benefits just for you.

- A minimum of one logo placement per year in our monthly Community Leader page, just like our wonderful members below.
- At least one logo placement in our monthly newsletter.
- Visibility on our online directory, including backlinks to increase domain authority and reach.
- Advertise your events through WCI channels.
- Invitations to networking events.
- Social media promotion.
- Plus, your membership helps us produce WUL posters, flyers, signage, tree lighting etc...

Sign up here and be a part of something new and exciting. →



WCI CORPORATE MEMBER



SMALL BUSINESS MEMBERS





ROTARY DONATIONS AID THE COMMUNITY

BY JO-ANNE O'CONNOR, ROTARY CLUB OF WYNNUM AND MANLY

Recently the Rotary Club of Wynnum and Manly Joint President Jo-Anne O'Connor and Community Services Director Tracey Wyatt visited the Royal Flying Doctor Service base at Brisbane Airport to formally hand over 10 specialised baby capsules.

Valued at \$7000, the 10 baby capsules were donated as a direct result of the club's community fundraising efforts and the assistance of a Rotary District Grant.

"These little baby capsules don't look all that different to the ones you would buy for your car, except that these cost \$700 each and get strapped into the plane stretcher, securing sick babies for their onward journey to medical help and treatment," said Ms Wyatt.

Jo-Anne O'Connor said it was a privilege to see behind the scenes at the RFDS and understand the benefits of these donations to the families who access its services.

"Our Rotary theme this year is SERVE TO CHANGE LIVES, so it is a real pleasure to highlight where our donations go to change lives locally, nationally and internationally," said Jo-Anne.

"Along with assistance from our fabulous community, this year we are proud to have donated \$15,000 to Queensland Flood Relief, \$3800 to Mental Health, \$7000 to the Royal Flying Doctor Service, \$4000 to Timor Leste Solar Light Project, \$3800 to Days for Girls, and \$1500 towards a Solomon Islands Jetty Project. Rotary in Action! "



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CELEBRATING OUR DEDICATED BAYSIDE VOLUNTEERS

FROM SAILABILITY BAYSIDE

Sailability Bayside likes to reward its many volunteers with an annual function, usually held at the start of each year; however, the past two years have been disrupted by the Covid pandemic.

Due to restrictions in 2021 and 2022, the event was delayed until April, though this didn't deter the enthusiasm of those attending. This year's theme for the dinner was "The Roaring Twenties", held at the Wynnum Manly Leagues Club function room, where the volunteers let their hair down and enjoyed the party atmosphere.

During the evening, presentations for Volunteer of the Year, Long Service, and Life Membership were awarded to those volunteers whose dedication and passion have been recognised by their peers.

Local community representatives Joan Pease (MP Lytton), Peter Cumming (Cr. Wynnum Ward) and Ross Vasta (MP Bonner) contributed to the success of the evening, supplying prizes for the raffle as well as their support for Sailing for People with Disability as provided by Sailability Bayside.

Are you interested in volunteering with Sailability Bayside? Email: sailabilitybayside@gmail.com or visit sailabilitybayside.org.au.



Jan Glancy (Secretary); Wayne Norris (President) Richard Rodgers (New Life Member); Geoff Grace (Vice President).
Photo: Supplied.



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HOW DO I KNOW IF I HAVE DIABETES?

BY JENNA NEWTON – NURSE PRACTITIONER, CREDENTIALLED DIABETES EDUCATOR – MANLY VILLAGE MEDICAL

Diabetes can be a scary and overwhelming diagnosis for some.

When someone has diabetes, their body can't maintain healthy levels of glucose (a form of sugar) in the blood. Glucose is used by the body as fuel but to access it, our body uses a special hormone called insulin, which is made in our pancreas, to convert the glucose into energy. Unhealthy levels of glucose in the blood can lead to short-term and long-term complications.



There are many different types of diabetes, but the three most common types are Type 1, Type 2 and gestational diabetes.

It is predicted that 1.8 million Australians have diabetes with about 500,000 of those being undiagnosed. Some symptoms are:

- Feeling tired
- Increased hunger
- Headaches
- Increased thirst
- Slowly healing cuts and skin infections
- Passing more urine than usual
- Losing weight without trying (Type 1 Diabetes)

Although sometimes there are no symptoms at all, and certain groups of people should have regular screening done for Type 2 Diabetes if they:

- Have a family member with diabetes
- Are over the age of 40
- Are of Aboriginal, Torres Strait Islander, Pacific Islander or Maori descent
- Have trouble with maintaining a healthy weight



If you have any of the symptoms above or think you might be at risk of developing diabetes, please see your General Practitioner or Nurse Practitioner. They can help you access the right help and support you on your journey to prevention and/or living well with diabetes.

Further information can be found here:



What is diabetes



Risk calculator



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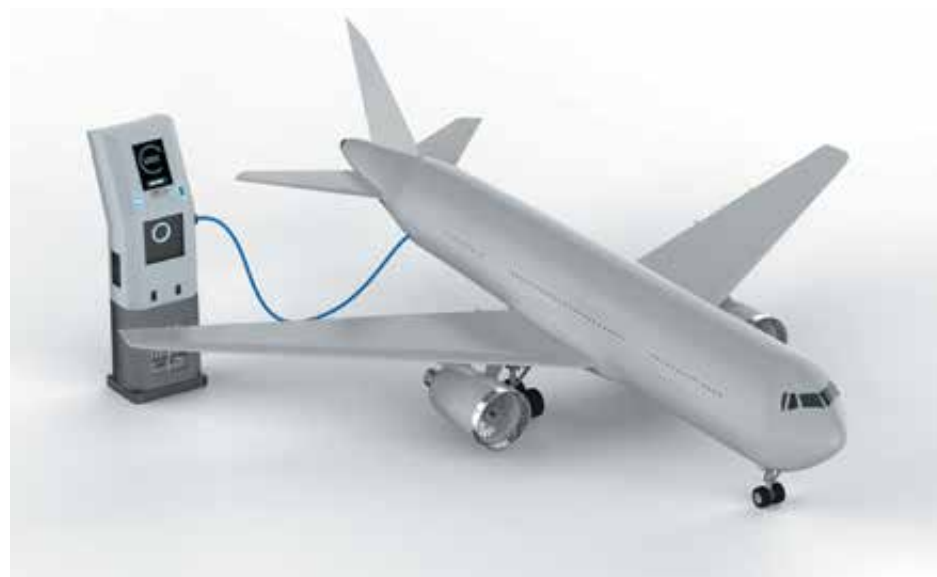
AVIATION COULD HAVE AN EXCITING ELECTRIC FUTURE

BY BERNARD LAKEY, WYNNUM RESIDENT

The Wright Brothers put wings under the dreams of hundreds of generations in creating powered flight. Many changes have occurred since their historic flight, for example, shape, speed, and size of planes. But one thing has remained constant – their reliance on aviation fuel...until now. Electrification is coming to aviation.

Well-known for producing conventional jet engines, Rolls Royce has recently developed the “Spirit of Innovation”, an all-electric aircraft that reached 532km/h and climbed 3000metres in 60 seconds in Nov 2021. In Sweden, Heart Aerospace’s ES-19 is designed for short-haul flights up to 400kms, carrying up to 19 passengers. They have orders from United Airlines for 100 planes. In the US, Wright Electric have developed the BAe 146, capable of carrying 100 passengers on one-hour flights. The European company, EasyJet, has placed orders with Wright Electric. The ES-19 and BAe 146 are scheduled for commercial flights in 2026. Not to be outdone, Airbus is working on eVOTL and fixed-wing aircraft and is also the official founding partner of Air Race E – the world’s first all-electric aeroplane race. The objectives of Air Race E are to create a platform to nurture innovation in electric propulsion and accelerate commercial development.

Electric aircraft have inherent advantages; they are quiet and vibration-free for a more pleasant relaxed trip for passengers. For airlines, smaller airports and shorter runways can be used, leading to greater flexibility in scheduling. Also, because of their simplicity, operation and maintenance costs for electric motors are much lower than for jet engines (about 90% saving). From the airport’s perspective, it allows commercial flights without the huge costs of redeveloping runways and increased operation in noise-sensitive airports.



As battery technology improves, one innovation under development is retrofitting planes with batteries, seen as a quicker path to certification than starting anew. Long haul flights will continue to use aviation fuel for some time as current batteries are not as energy-dense as aviation fuel, but this will change in the future; how far into the future is anyone’s guess. It might be much sooner than we think.







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Publication Update

We have introduced a new section in the centre spread of The Community Leader and Real Estate News & Views.

New Just Listed

The objective of the new section is to give you an opportunity to market your home to locals in an affordable way.

To help plan your campaign with your local agent, The Community Leader is distributed at the start of each month, and Real Estate News & Views is distributed in the middle of each month.

Just Listed is supported by a digital offering on The Community Leader website called Local Listings, where you can view videos, photos and find the contact details of each agent. Simply scan the QR codes and they will take you to each property.

Ask your agent for more information.



The Community Leader

LOOK LOCALLY • www.thecommunityleader.com.au

27,500 PRINTED COPIES
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 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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JUNE BOOKINGS

- Community editorial 16th of May
- Advertising cut off 23rd of May
- Distribution 1st of June to 7th of June
- Bookings are for a minimum of 3 months and space is limited
- Market to Market Communications reserves the right to refuse any advertising
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Joan Pease's office
Peter Cumming's office
Ross Vasta's office
Waterloo Bay Leisure Centre
Majestic Cinemas Wynnum
Sash & Gable



SAY GOODBYE TO THE GRID WITH A SOLAR BATTERY

FROM GOODHEW ELECTRICAL AND SOLAR

Energy prices continue to rise and solar feed-in tariffs are a lot lower than they once were. As seen recently with fuel prices, the cost of living is set to keep increasing, and unfortunately, there is no end in sight. There's one very simple thing you can do to protect your solar investment, while reducing your reliance on the grid, and that is to install a solar battery. By adding a solar battery to your existing solar system or installing a new hybrid system with solar battery, you can say goodbye to the power grid and harness the free energy from the sun during the day and at night.

HOW DOES A SOLAR BATTERY WORK?

A solar battery is a battery which connects to your existing or new solar system, providing around-the-clock power to your home. For standard solar PV systems, production is maximised during daylight hours and excess electricity is sold back to the grid for a fraction of the cost to buy electricity. This is known as the feed-in tariff. By adding a solar battery to your solar system, you can retain the valuable solar energy generated during the day to power your home or business at night while avoiding paying high supply charges to your electricity retailer.

WILL THE SOLAR BATTERY WORK DURING A BLACKOUT?

There's no better way to keep your lights on than with a hybrid solar system with integrated solar battery. Furthermore, energy storage systems can be configured based on your individual requirements. You can choose to run your entire home or to power only essential circuits including fire-alarms, lighting, fridges and cooking appliances, internet or medical equipment to maximise your emergency back-up time. The number of appliances/circuits you can run will depend on the battery you choose to install.

JOIN A VIRTUAL POWER PLANT AND MAKE MONEY FROM YOUR BATTERY

With a solar battery installed on your home, you may be eligible to join a Virtual Power Plant (VPP). A VPP involves linking a number of individual household batteries to a central control software, creating a small-scale energy plant which is visible and accessible to your energy retailer. When a peak event occurs

in the electricity grid (usually two to four times per year), energy from your battery can be released into the grid. In return, you will receive an energy trading credit and may be eligible for a higher feed-in tariff for any excess energy your system produces.



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LOCAL PERSONALITY PROFILE

Name: Glenn Bool.

What's your business? Place Estate Agents Manly and Gumdale.

Do you have any fun/interesting stories about your job? Yes! We pick up a lot [of interesting stories] in real estate. A couple of weeks ago I was calling an auction locally and deliberately slowed my voice and speech pattern down to a ridiculously slow pace, because, what nobody else could see, was a buyer literally sprinting down the street waving his hands like mad because he was late! Just as I told everyone what I was delaying for, he raced in, sweating and panting, registered to bid and ultimately was the buyer! It was hilarious and he apologised to everyone profusely... amidst their laughter.

What's your favourite local dine-in and take-away? Manly Boathouse – fantastic for a lunch meeting, or Sunday afternoon unwind.

Best local activity? A walk along the esplanade is a must-do and is so relaxing.

What's the last book you read? *Windswept and Interest* by Billy Connolly – he is hilarious, and a genius. Stand-up comedy was always my backup career option... luckily, I'm okay at real estate.

What's the last TV show or movie you watched? *Your Honour*, on Stan, is amazing.

Is there anything you'd like to see happen in the local area? I love anything outdoors and I am an advocate for anything that encourages that, especially for kids!

Is there a local business/community group/club you'd like to give a shout-out to? The Wynnum Manly Seagulls – I have supported them since I was a kid, played there myself, and now we [Place Estate Agents Gumdale and Manly] are sponsors of the club. I can tell you the inner workings and management team are all fantastic people and a pleasure to be involved with.



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WATERLOO BAY LEISURE CENTRE'S MAY EVENTS

Are you looking for some fabulous local live entertainment? The Waterloo Bay Leisure Centre is pleased to announce its May concert and event schedule.

CONCERTS

10TH May – Entertainment by John Cornelius.

24th May – Entertainment by Terry Stewart.

Concerts are held in the auditorium of the Waterloo Bay Leisure Centre and doors open at 9.30am. The cost is \$10 for the concert and morning tea, plus an additional \$10 for a two-course hot lunch served by volunteers at the conclusion of the concert. Please phone 3396 9488 to make a booking. Bookings are essential.

INDOOR BOWLS is held in the auditorium every Wednesday morning from 9.15am to 12.30pm. Everyone is welcome to come along and enjoy a morning of fun and laughter with a friendly group

of people. Bowls costs \$6 for members and \$10 for non-members. Morning tea is available from the Leisure Centre's canteen for a small cost. Phone 3396 9488 for further information.

MOTHER'S DAY DEVONSHIRE TEA – SUNDAY 8TH MAY.

As a special event to celebrate Mother's Day, come along and enjoy a famous Devonshire Tea on the verandah or in the grounds of the Shire Clerk's Cottage at the Waterloo Bay Leisure Centre. Devonshire Tea is \$6 per person and bookings are essential by phoning 3396 9488. Sitting times are 9am, 10am and 11am.

NEW VOLUNTEERS ARE MOST WELCOME

The Waterloo Bay Leisure Centre would greatly appreciate the help of new volunteers to assist with concerts, high teas and markets. Contact the Centre on 3396 9488 to find out more about volunteering.



Photo: Supplied.



LOCAL POETRY THE PLAZA

BY GEOFF SMILEY

There are experiences that become part of life's rhythm. The mundane, almost daily visits to a shopping centre can over time, become a reflection of the changes that occur in life.

I understood mortality
when the Plaza opened.

There we were, adults,
same experience visitors
using the Plaza's newness.
Noticing each other
in soon to be familiar,
frequent contacts.

These others, more seen
than most friends,
yet hardly acknowledged,
became mirrors

to the life we ourselves led.

We saw these intimates,
paralleled
through the years of children,
peak confidence, then
retirement.
Over time, however we judged
them,
we understood these
fellow journeymen.

Slowly our children
moved away.

We were all left lonely.
Although there was that time

when grandchildren came to
renew us for a while.

Now, in this shared place
we watch each other age;
see the increased intimacy
of couples as they slow, see
the pathos of one left alone.

The ranks are thinning;
such is the progress of time.

I search for familiar faces.
New families, different
have moved in,
alienating yet renewing.

The future is theirs,
They now create
for themselves and their heirs
a fresh new template,
memories for coming years.
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ALLSTATE TRAINERS GATHER IN MANLY

BY HARVEY SHORE

Allstate Boat Licensing and Training recently held its annual conference at the Coast Guard base in Manly, drawing dozens of trainers and instructors from all over Queensland, plus officers from Maritime Safety Queensland and Brisbane Water Police.

Darryl Greentree, founder of Allstate, called it, "The best conference in our 23-year history – demonstrating our trainers' desire to be the best in the business".

Allstate was founded in 1999, with classes originally held at the Royal Queensland Yacht Squadron. It was granted the registration 'Boatsafe Number 001' by Maritime Safety Queensland.

From its first office in Manly, Allstate has spread throughout Queensland. It now has 18 offices up and down the coast, and issues 10,000 boat and PWC (jet-ski) licenses annually.

"We provide training and assessing for Recreational Marine Drivers (RMD) and Personal

Water Craft (PWC) Licenses in Queensland," Darryl Greentree said.

"Nearly all our theory classes are on-line these days ... it's the modern way to go. But students still attend practical classes in boat handling and marine safety on our boats before licenses are issued.


"We take our obligations seriously. We don't just tick and flick students through our courses. We screen people ... and if they don't have the knowledge, or don't understand their obligations for marine safety ... we let them know further study is required."

Mr Greentree's team in Manly has grown to be the biggest in Queensland. It is now run by Stephen Redpath, with trainers Stephen McPherson and Sean Harrison, working from Manly's Coast Guard base.

Mr Greentree said he hopes to hold the next annual Allstate conference in Cairns.




Photos: Supplied.



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FISHING MORETON BAY THIS MONTH? YOU DON'T NEED TO GET UP EARLY!

BY SPERO KARTANOS

This month local fisherman Spero Kartanos shares his tips for scoring a fresh haul of whiting, squid and mackerel.

Talk about the weather changing quickly! Soon, we will be having 11 and 12-degree mornings, which is a little chilly to get up and go fishing for me. I am so glad Moreton Bay fish eat all day when the sun is up, and it's 26 degrees. My old Dad used to get me up pre-dawn, and we had to be on the water and fishing as the sun came up. I had to recite the times' tables on the way there, so no wonder I hate going fishing pre-dawn these days!

During May, the whiting are usually very large in size and numbers, and would have moved further into the Rous Channel, especially in the Fisherman's and the Maroon Gutter and Amity Banks.

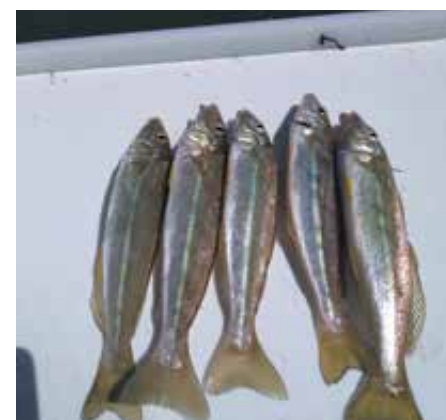
You should find squid in the same area as long as the water is clean. Last year, peeled prawns worked better as bait than anything else, followed by squid strips, but you still can't beat fresh blood worms or cured beach worms.

Whiting fishing is great family fun – as you can tell from Martha's smile (pictured) with her bucket of fish – but if this year is the same as the last, look out for the influx of sea toads. These critters love smashing squid jigs to bits in the Small Boat Channel and around Amity Banks.

School mackerel has been hit and miss with all the rain and dirty water over the last couple of months, but generally, May has been a good month for them (and a few broad mackerel as well). They should have moved across the bay, and you should be able to catch them anywhere from the Hope Banks, towards Peel and Naval Banks to Shark Spit and in front of the sandhills at Moreton Island.

And don't forget, May should also see the cuttlefish and arrow squid move close near Wellington Point to the east side of St Helena Island.

So till next month, stay safe on the water and good fishing!



Photos: Spero Kartanos.



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BSOL: HELPING SENIORS TO AVOID SCAMS AND CYBER THREATS

CONTRIBUTED BY BRISBANE SENIORS ONLINE

Brisbane Seniors Online (BSOL) is a not-for-profit community group that has been helping seniors and over 50s with computers, emerging technology and the internet in the greater Brisbane area for 20 years.

Assistance is provided by unpaid volunteer mentors who offer tutoring in the learner's own home on their device at a pace that suits the learner. Students are taught what they need to know along with what they would like to know. BSOL believes that home tuition is more conducive to confident learning.

The organisation can also assist learners in identifying and avoiding scams and cybercrimes that have flourished during the pandemic when people have been confined to their homes. Learners are also taught how to ensure their computer is secure and protected from viruses and malware and learn how to undertake more tasks that are now required to be done online.

Volunteer mentoring can be a rewarding experience and assists mentors to improve their existing knowledge and skills. Brisbane Seniors Online teaches students to use Windows, Apple, android and smartphones. There is a small Linux group that operates by Zoom.

A digital photography group also meets in the Brisbane CBD and participates in photographic excursions.

New learners, as well as volunteer mentors, are currently being sought in the bayside area. Volunteer mentors joining BSOL are offered a formal induction and ongoing support through the Mentor Support group. Upskilling and training of mentors is provided from time to time.

For more information, contact Brisbane Seniors Online at 3393 2225 or see www.bsol.asn.au. Further information can be accessed through [Facebook.com/BrisbaneSeniorsOnline](https://www.facebook.com/BrisbaneSeniorsOnline).





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LOCAL ARTIST PROFILE: SUSAN JANE WILLINGHAM

FROM WYNNUM MANLY ARTS COUNCIL

Susan Jane Willingham is the President of Wynnum Manly Arts Council Inc.



Susan retired from banking and finance in 1997 after 25 years to pursue her interest in the arts. Her banking career included analysing financial statements and establishing revolving credit limits for major corporate customers. Her years in the banking industry and its specific areas for study led to her becoming an Associate of the Financial Services Institute of Australasia in 1989.

Her public office commenced as a Justice of the Peace in 1989, and she has transferred to a JP Commissioner of Declarations.

Susan has volunteered for various community theatre companies in Brisbane with backstage, on stage, front of house and management positions. The early formation years of Community Radio Station BAY FM caught her attention, and she volunteered in administration and radio production. The volunteer work was coupled with professional acting work in film and television. She studied privately in theatre craft with Martin Overson, combining live theatre direction with film and TV direction. This prompted Susan to formalise her theatre training by enrolling in an Advanced Diploma in Performing Arts with Southbank TAFE in 2001. It was here that she was mentored in stage direction by Norman Price from the Institute. She then continued her studies with USQ becoming an Alumni in 2014 after attaining her Graduate Certificate (Arts).

In 2000 the Wynnum Manly Arts Council Inc was formed with the core members from Harlequin Theatre upon the retirement of Martin Overson. Since that time, Susan has been President and Production/Artistic Manager. She has led the local arts council to its being

accepted as a Deductible Gift Recipient on the Register of Cultural Organisations with the ATO and a registered charity with the ACNC.

Susan has updated many incorporated associations' constitutions and assisted with administrative tasks, including Community Lease renewal documents for Brisbane City Council halls leased by various organisations. She has also worked on the management committee for the community orchestra of Redland City, assisting them with their Business Plan and applying for and obtaining various grants.

Volunteering is high on her agenda, and she was Treasurer for the Wynnum Manly Jazz Festival Inc, which Brisbane City Council funds. Susan also assisted with establishing the Wynnum Manly Regional Development Partnership Inc in 2000, which shared its launch with Wynnum Manly Arts Council Inc at the Royal Queensland Yacht Squadron at Manly in December 2001.

Susan currently works part-time for an accounting and taxation firm.

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LEARN THE SIMPLE PRACTICE OF MEDITATION TO REJUVENATE YOUR MIND

FROM WYNNUM/MANLY MEDITATION CIRCLE

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THE WYNNUM/MANLY MEDITATION CIRCLE IS OFFERED TWICE WEEKLY.

Location: Branches Community Hub, 29 Fox Street, Wynnum (Corner of Wilde Street).

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Tuesdays 6:45-7:45pm: Breath work, personal meditation and group meditation. Hosted by Madana and Gaura Lila.

Thursdays 7:30-8.30pm: Join John and Nitai for a simple and guided group meditation.

Wynnum/Manly Meditation Circle follows Queensland Covid-safe practices, and the circle is run by donation.

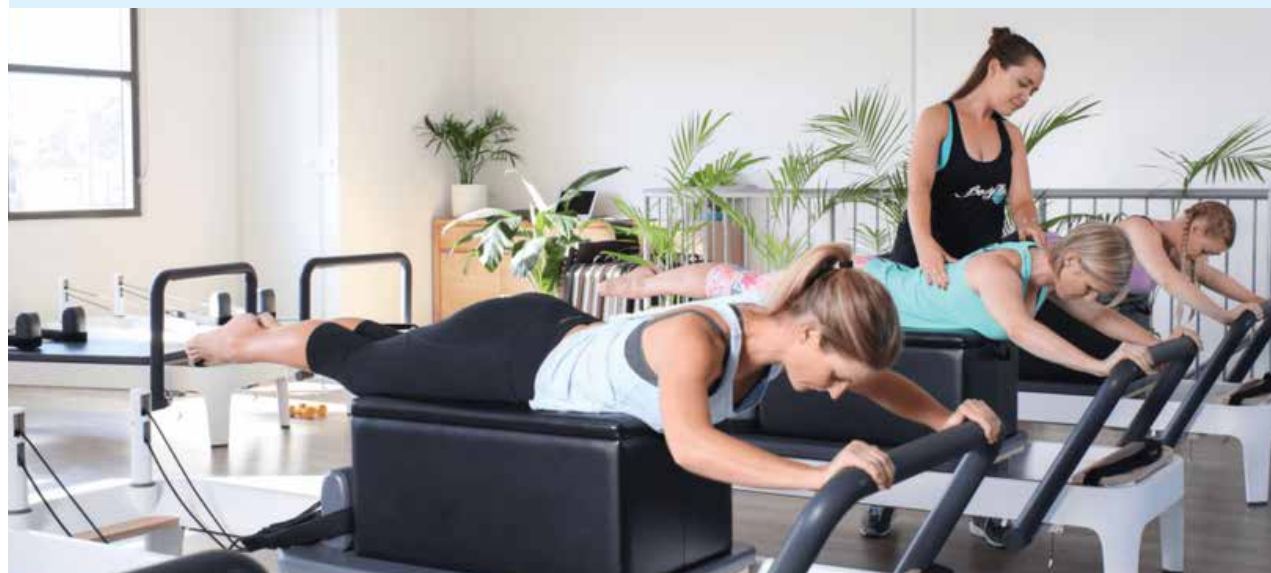
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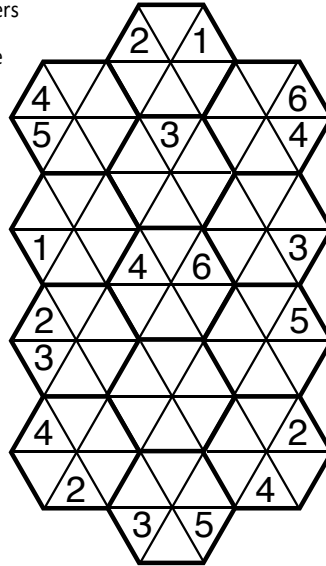
Sudoku

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

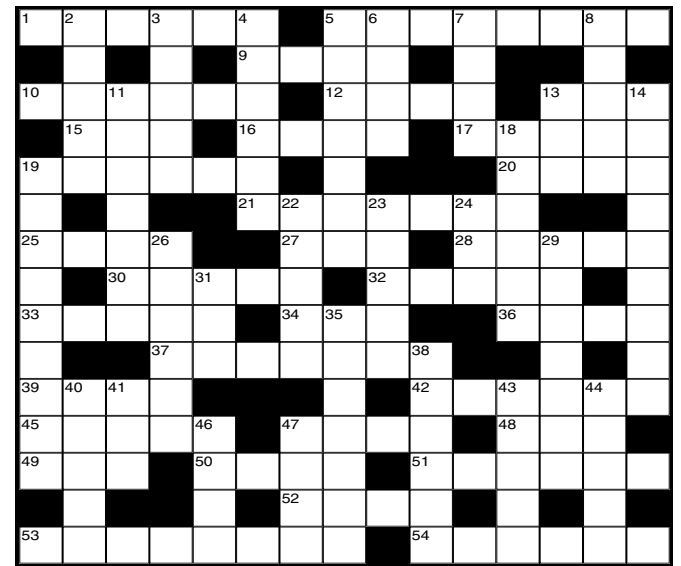
								9
			3	9		5	7	
2	7							
	4		2	8			1	
			7					
	6							2
6							5	
	8		1				6	7
	2	3	4	5				8

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.



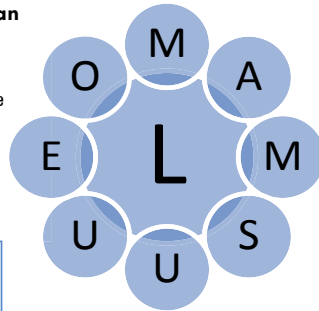
Crossword



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: 13 words
Very good: 19 words
Excellent: 27 words

Reference: Macquarie Concise Dictionary
Focus No. 3855

ACROSS

- 1 Army
- 5 Made ready
- 9 Skin opening
- 10 Former Spanish currency unit
- 12 Norwegian capital
- 13 Large tank
- 15 Distress signal
- 16 Dexterous
- 17 Composure
- 19 Not rough
- 20 Look narrowly
- 21 Genuine
- 25 Performs
- 27 Beverage
- 28 Country
- 30 With speed
- 32 High-octane petrol
- 33 Comforted
- 34 Encountered
- 36 Facts given

DOWN

- 2 Excessively fat
- 3 Strong box
- 4 Playing cards
- 5 Irreligious
- 6 Repose
- 7 Support
- 8 Rub out

ACROSS

- 11 Musical compositions
- 13 Contend in rivalry
- 14 Violent brawling woman
- 18 Laid bare
- 19 Cemetery
- 22 Articles
- 23 Social class
- 24 Tear
- 26 Small spots
- 29 Cavalryman
- 31 Fuss
- 35 Everlasting
- 38 Rely
- 40 American elk
- 41 Not at home
- 43 Shout encouragement
- 44 Stagger
- 46 Eastern ruler
- 47 Roman garment

Word Find

O	V	E	N	O	G
T	E	L	L	A	B
N	A	O	M	W	C
A	S	E	A	O	R
L	T	A	S	K	Y
S	E	Y	E	E	S

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

- | | | | |
|--------|------|-------|------|
| Ballet | Eyes | Oven | Stem |
| Can | Game | Seat | Task |
| Cosy | Gone | See | Woke |
| Cry | Moan | Slant | |
| East | Oaks | Solo | |

Join the Dots

What is this? Find out by joining the dots.

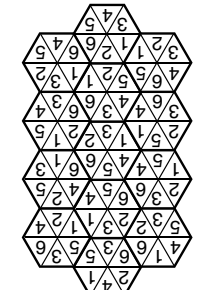


Solutions

Puzzles and pagination supplied by Auspac Media

clue also clum emulous lame
lemma loam lose louse lua male
malm mau MAUSOLEUM meal
mole mule ouzel sale seal slam
sloe slum sola soul soul usual

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



O	V	E	N	O	G
T	E	L	L	A	B
N	A	O	M	W	C
A	S	E	A	O	R
L	T	A	S	K	Y
S	E	Y	E	E	S

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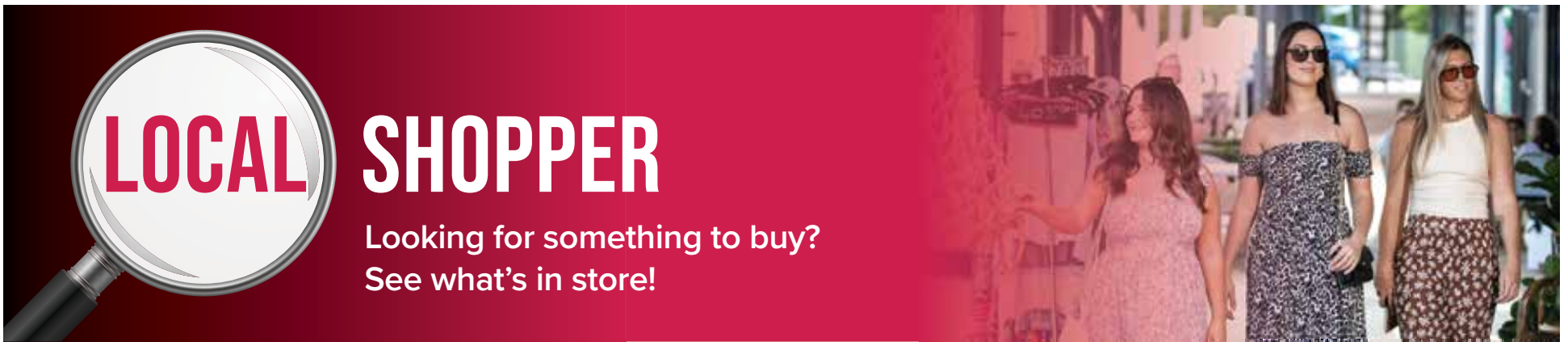
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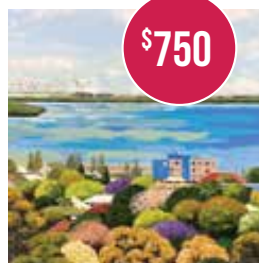


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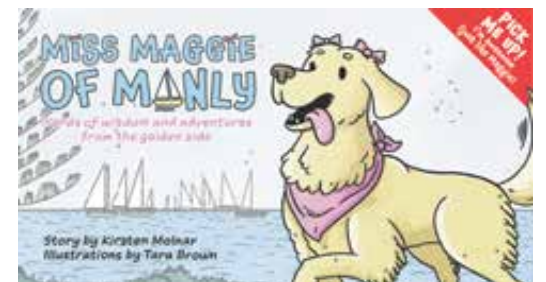
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WYNNUM WEST STATE SCHOOL CELEBRATES ITS 100TH YEAR

BY KOBEE LITTLE, HEAD OF CURRICULUM, WYNNUM WEST STATE SCHOOL

This year marks a major milestone for Wynnum West State School as it celebrates the school's 100th-year centenary on 15 May.

After lobbying the government for four years, from 1917 to 1921, Wynnum West State School was opened on 15 May 1922, with approximately 70 student enrolments in the first year. The land on which the school stands was purchased for £170 in 1918. An estimated £1142 was spent on the construction of one classroom for 60 students.

Past student and current staff member for nearly 25 years, Mrs Kerri Olsen (pictured) said, "Back in 1976, I remember my Year 5 class had 38 students in it. We had no digital devices like they do today, and our weekly music lesson consisted of songs from artists such as Neil Diamond and The Beatles being played through the loudspeaker into our classroom, which I loved!".

Mrs Olsen said one thing that hasn't changed since she was a student at Wynnum West was that the students still look forward to participating in the Interschool Sports Competition. "That was a real thrill," she said.

These days, the Interschool Sports Program offers a variety of sports and activities, including Yoga classes in which the classes are instructed by Mrs Olsen herself.

Principal Ben Turner said over the 100 years, the community has experienced many momentous changes and challenges. In 2009, Wynnum West was fortunate enough to be a part of the State Schools of Tomorrow Project, which saw dramatic changes to our infrastructure. "Our classrooms have been purpose-designed and built to incorporate flexible learning spaces and technology usage," Mr Turner said. The school now has a multipurpose hall, an outdoor basketball court, and many other facilities available for students and community use.

The last couple of years have certainly seen schools challenged with the trials and tribulations of COVID-19.

"The partnership between school staff and parents was once again called upon as we navigated how home learning would work. COVID-19 redefined how school life in the 21st Century could be



Photos: Supplied.

adapted, and once again, the resilience and strength of the community proved to be undeniably robust," Mr Turner said.

Today, the school has close to 400 students enrolled and takes pride in the long tradition of serving its community.

"Our community absolutely love being involved in our school. We have seen generations of families enrolled over the years, which is a real testament to the school," said Mr Turner.

"The school treasures community involvement and is proud of the individual care given to each and every student. We run a Play Group two days a



week, a Kindy and High School transition program, and hold many school events that our community are a part of."

The school will be holding a special parade on Friday 13 May, and will be open to anyone wishing to attend. Later in the year, the school will hold a day of celebration, inviting the community to enjoy a fun-filled day at school. Details regarding this day will be advertised next term via their Facebook page, website and newsletter. Happy 100 years, Wynnum West!

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THE HISTORY OF THE MANLY FRUIT AND PRESERVING COMPANY

FROM THE WYNNUM MANLY HISTORICAL SOCIETY

When there is a mention of an early jam-making factory in the Manly district, J Hargreaves and Sons of “The Springs” usually comes to mind. John Hargreaves’ factory first commenced producing jams in 1891.

Very few people would recall the Manly Preserving Company. A Historical Society Facebook follower sent these two pictures to the Society’s Facebook page and asked for details of this company.

A small jam factory was situated in the garden of the first large brick/stone house built on Manly Hill called Wyvernleigh. Wyvernleigh was situated on Portion 78, surveyed in September 1860, and sold to Thomas Jones in November 1862. Here Thomas built his summerhouse, a cool retreat away from the family cattle property at Barambah Homestead, near Goomeri, in the Gympie Region of Queensland.

Wyvernleigh was sold to Joseph Leuthwaite, then stayed with the Arnold family until 1909, when William Parker purchased the property. Then there were leases to various tenants, including the Anglican Church, the Harman family and the Shepherd family.

A member of the Shepherd family, when reminiscing about earlier days in a church magazine, said the family did make preserves in a shed in the garden.

This shed was mentioned by Archbishop Duhig in his announcement in 1925, printed in the Catholic Press: “His Grace the Archbishop has purchased a property a Manly for future church purposes. The property is situated at the corner of Ernest and Waterloo Streets, in the vicinity of Manly State School, and has a commanding view of the district, the bay and islands. The price of the property, which was owned by Mr. Parker, was in the vicinity of £1,800.00. There is a large brick and stone residence on the property, also the factory of the Manly Preserving Company, which is to be removed”. *Sydney Catholic Press (30.04.1925).*

According to St John Vianney Church magazine, page 1, 7 May 2000, “Manly Parish was established in 1927, following Duhig’s purchase of the land in 1926. A hall was built when Father Butler was appointed to the Parish, partly from the timber from the old jam factory, which stood on the property. Built by Mr Percy Shepherd and his assistant Mr Vince Grotty, the hall

was used for dances and plays, which enabled the debt to be paid off”.

An announcement was made in 1927 that Manly Fruit and Preserving Company had decided to establish a fruit preserving and canning factory at Nambour for which purpose the Olympic Hall had been purchased.

The Queenslander (1.6.1927. page 16) reported, “This building is situated in the centre of town near the railway station. The intention is to install a large new plant. Among the intended projects of the new venture, is the extraction of juice from the small oranges and lemons which hitherto have been unsalable in the markets”.

This new secondary industry was established in Nambour. The Manly Preserving Company transported its whole plant to the Olympic Hall in Howard Street, Nambour. The Nambour Chronicle reported, “Not only does it save the farmer a considerable amount of cases, but it also saves a considerable amount of railway freight and handling”.



Help Wanted

Would you like to earn some extra money, get fit and help connect the local community?

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THE SCIENCE BEHIND PINS AND NEEDLES

BY DR WAYNE GIBBON, CLINRAD RADIOLOGY

I started off on an orthopaedic surgery career path in the UK and ended up as a radiologist in Queensland. I went from pinning fractured bones to putting needles into arthritic spines. Indeed, the latter is often for compression of nerves resulting in colloquial “pins and needles”.

My colleagues and I at ClinRad spend much of our time trying to help patients with spine-related pain. It is an incredibly common problem in the community with many different causes. When I was a medical student and eminent orthopaedic surgeon at the Children’s Hospital in Toronto, I learned that when deciding upon surgery, “it is the decision not the incision”. If you do the wrong procedure for the wrong reason it does not matter how well you perform that procedure, it will not help the patient, and indeed can occasionally do harm. This maxim has always guided my own medical practice.

So what are the common causes of back pain? Although, occasionally due to a tumour, infection or an inflammatory arthritis similar to rheumatoid arthritis, the vast majority are due to acute injury or chronic wear and tear. The pain may also be due to a disc problem.

Imagine a rubber tyre filled with crabmeat lying in between the bony vertebrae (I call it crabmeat as that is actually what it looks like when you remove the disc material at time of surgery). If the tyre splits, the

crabmeat escapes through it then, depending on where it emerges, it can press upon one or more nerves. If that “herniated” or “prolapsed” disc material causes severe nerve compression it can require surgery, but in most cases it simply causes inflammation, and as with anywhere else in the body inflammation causes pain.

Secondly, just as you have paired joints in your limbs... two ankles, two elbows, two hips... at the rear of each level between the spinal vertebrae you have a pair of small joints called facet joints. Just like the bigger joints in your body, you can either acutely injure them or you can develop over time wear and tear changes otherwise known as osteoarthritis. The latter usually reflects prior damage from acute injury and/or abnormal movement at those little facet joints.

Therefore, back pain will commonly arise from problems with the intervertebral discs or facets joints, and these can be inter-related where the rubber tyre deflates allowing abnormal movement and increased loading at the facet joints. Unfortunately, as those tyres deflate or the osteoarthritis facet joints become deformed, the canals the nerves pass through to get from the spine to the limbs become narrowed, and the nerves encroached upon result in pain and occasionally “pins and needles” in the arms or legs.



If your doctor thinks you have a spinal problem that merits imaging investigation and possibly CT scan guided injection(s) for symptomatic relief, radiologists can help to work out the cause of the problem, advise as to possible treatment options and, if required, perform any necessary injections.



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SIMPLE SWEET POTATO AND PUMPKIN SOUP RECIPE

Autumn means shorter days and (slightly) cooler weather by the bay. A simple pot of soup makes a perfect light lunch or entrée to a hearty dinner. Pop some soup in a thermos for lunch on the go, or a picnic by the water. Add some crusty bread from your local bakery or weekend market with lashings of butter for maximum deliciousness!

INGREDIENTS

- 1 tbsp olive oil
- 2 brown onions, chopped
- 2 cloves garlic, minced
- A pinch of freshly grated nutmeg
- 4 cups of chicken stock
- 500g butternut pumpkin, diced
- 500g sweet potato, diced
- ½ tsp of chilli flakes (optional) if you'd like some heat
- Pumpkin seeds, chives, or parsley to garnish (optional)

METHOD

1. Heat olive oil in a large saucepan or dutch oven over a medium heat.
2. Add onions and garlic and fry for a few minutes to soften.
3. Add the pumpkin and sweet potato, then cover with the chicken stock.
4. Add chilli flakes (if using) and nutmeg.
5. Cover the saucepan with a lid and simmer on a low heat for about 30 minutes, or until the pumpkin and sweet potato are soft.
6. Remove from heat and using a stick mixer, blend the soup until it's smooth. Alternatively you can use a blender, but allow your soup to cool slightly before blending.
7. Serve with a garnish of chopped chives or parsley, and a scattering of pumpkin seeds.



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Bartons offer a professional and fun atmosphere, established staff, supportive management, work life balance and an excellent reputation for selling quality vehicles. We are seeking applicants for the following positions:

- Vehicle Sales Consultant – Wynnum
- Qualified Automotive Technicians – Wynnum
- Qualified Hairdresser – Full time (Tuesday to Saturday) + a company vehicle – Wynnum
- 1st Year Apprentice – Light Vehicle Technician – Wynnum
- Auto Electrician - Wynnum
- Service Advisors – Capalaba
- Used Car Sales Consultant – Capalaba
- Trainee Service Advisor – Capalaba
- Business Manager – Capalaba

If you are seeking a genuine long-term career within the motor industry and believe you have the skills, abilities and positive attitude to become part of the Bartons team, please send your resume to hr@bartons.net.au. We look forward to receiving your resume and you becoming part of the fantastic Bartons Team!



Branches Lifestyle Support

Branches Lifestyle Support is looking to employ two new part-time staff. Are you energetic with a caring nature? Do you want to support people with an intellectual disability to live a fulfilling life? Do you like variety every day? This could be for you!

One position involves shift work, including weekends and sleepovers and can lead to full-time hours for the right person. Could also suit a Uni student studying in the Health or Education industries, and the other position would suit a mum with school age children as the hours are 9-3 some weekdays.

Experience not necessary as we provide all relevant training. Must have own transport. Both positions are in the Bayside area. Must be Covid Vaccinated.

Please send through a cover letter with your resume as why you would like to work in the Disability Sector to Holly.Smith@bls.org.au or phone 38934528



Barista (Part-time)

Manly, QLD

We're looking for an experienced part-time barista to provide the ultimate coffee experience at Tide on the Jetty. This role requires an energetic, positive, dynamic, and passionate coffee professional. Please email all applications to our HR Manager – laurie@thecq.com.au

Chef

Manly, QLD

We seeking expressions of interest for a Chef position at Tide on the Jetty.

For more information please email laurie@thecq.com.au

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- Maintaining the lawns and hedges, weed control and other light grounds duties
- Maintaining the external cleanliness of the sales office.

Interested applicants can drop off your resume and cover letter, outlining why you would be perfect for this role and how we can help each other, or email admin@johncrawfordmarine.com.au

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Dental health is always important, but when you are building a tiny human, this can take a toll on not only your physical health, but also your oral health.

Have you been avoiding the dentist because you're worried about having x-rays or worried about whether we have anesthetics safe for use during pregnancy or while breastfeeding? The good news is that a lot of the time we can use your previous recent x-rays in combination with a clinical exam to ascertain any changes in your oral health, and if in doubt, we can wait until your little bundle of joy is earthside to take some new ones! If you do happen to need treatment while pregnant, like fillings, a crown, or even root canal – we have anesthetics onsite that are safe to use during pregnancy and also post-partum if you're breastfeeding.


The demands of pregnancy can lead to particular dental problems in some women. During pregnancy, the hormonal changes can affect your body's response to plaque, which means you experience more inflammation, bleeding gums and gum disease. If you are pregnant and you are noticing changes to your gum health, or the way your teeth feel when eating, it's best to get it checked. Gingivitis, or inflammation of the gums, is quite common during pregnancy and left unchecked can progress to periodontitis. This is more serious and has been linked to prematurity and low birth weight.

If you are experiencing morning sickness and associated vomiting, this can also lead to erosion of the enamel on your teeth. You might be tempted to brush your teeth after this occurs, but this can cause more harm to the enamel on your teeth. The best thing you can do is to rinse your mouth with water, fluoride containing mouthwash, or alternatively chew some sugar-free gum, as this will help neutralise the acidic pH in the mouth back to a safe level and will assist in keep decay causing bacteria at bay.









Routine dental care can be done any time during pregnancy in addition to any urgent procedures, however the second trimester is the optimal time to conduct these. You are less likely to have dental problems during pregnancy if you already have good oral hygiene habits, so keep up the brushing and flossing!

With proper dental hygiene at home and professional help from your dentist, your teeth should stay healthy during pregnancy. Looking for a team that can take care of you and your little one? Give our team a call on 3348 6661 to secure an appointment!



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LOCAL PHOTOGRAPHER PROFILE: NOELEEN BERG



Photos: Noeleen Berg.

Noeleen Berg shares her photography experience and how the camera has helped shape her life.

“As a child of 10, I was given a camera, and from that time on, I’ve been the one recording family memories as the years passed. From those early years, I’ve photographed the day-to-day events of our lives, and I can’t remember a time since then that I haven’t had a camera of some sort.

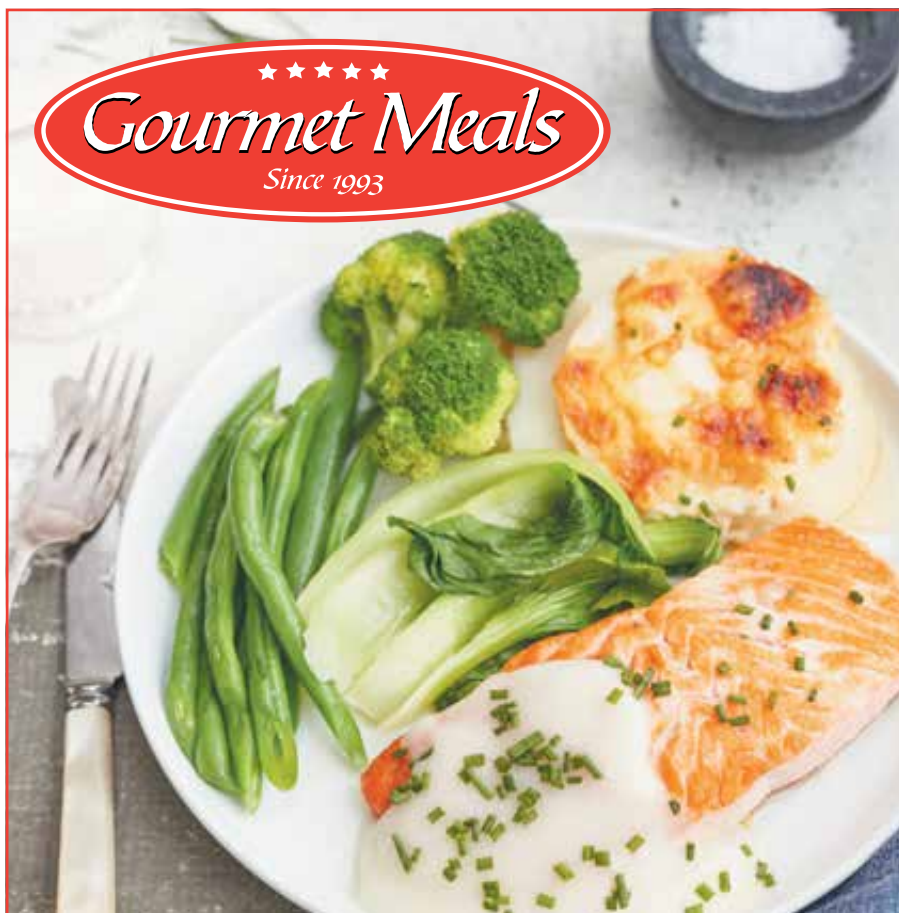
“Over the past 15 years, we’ve been fortunate to have travelled throughout the world on a motorbike, and as the pillion passenger, I could scan the countryside and towns and record our trips. I enjoyed taking shots of anything and everything and now have many photographic memories stashed away.

“Fast forward through many different film cameras and video cameras, and on a trip overseas, I found that I couldn’t get the sharp photos I was looking for. A couple of my travelling companions had Canon cameras with

long lenses, and their images looked much better than mine – it was time to upgrade to a DSLR camera. Three months after that trip, I bought my first Canon, a 650D, and for me, it was a steep learning curve.

“I spent the next year-and-a-half doing as many workshops as I could, and then I joined an online group and committed to taking one shot per day for the next 365 days – I was always looking out for the next photo!

“It was about this time that a friend suggested I should join the Redlands Camera Club, where she was a member. On her advice, I became a member in 2015, and since then, I’ve done more workshops within the club, and it’s from these that I’ve learned so much. Workshops are a lot of fun, and it’s a good opportunity to get to know other members and share experiences.”



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