WWW.THECOMMUNITYLEADER.COM.AU **ISSUE 26 • JULY 2022**

E Community Leader

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WE'RE ALL ABOUT GOOD NEWS!













TOGETHER, WE MAKE OUR COMMUNITY BET

Flip through the pages of The Community Leader, and you'll read about people from all walks of life doing small things each day that make our community better.

There are also the random acts of kindness we don't always see; buying a coffee for a stranger, paying it forward, lifting spirits with a smile. We see heroes who go all-out in their passion for making the bayside a better place, volunteering hundreds of hours a year. There are the businesses that give us the opportunity to shop locally, every day, with personalised service - they bring us together, creating hubs for our community to flourish.

Wynnum's Bel Ellis, owner of the wonderfully whimsical bookshop Little Gnome, is passionate about raising funds for disadvantaged kids, so she's hitting the road to raise money for Variety through its Bash event, driving from Winton to Yeppoon via Birdsville.

Variety Bash raises funds distributed in the form of grants to sick, disadvantaged or disabled kids, with the belief that no child should miss out on reaching their full

Bel's putting the 'fun' in fundraising this month, hosting a Blues Brothers movie night in Manly to boost the coffers of her Variety Bash charity pot. It's a sensational way to meet people in your neighbourhood and enjoy a movie. It's also fancy dress, so it'll be a good laugh, too. Find out more on page 4.





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







Shop 2, 113 Edith St. Wynnum 3396 1396 | sashandgable.com.au

A SEA OF HEARTS BRINGING TWO KINDIES TOGETHER

FROM GUNDALA KINDERGARTEN

Our children gripped the fence posts, jumping up and down and squealing with excitement as they greeted our kindy friends from across the road. "Yura! Welcome!" the children sang out, waving and giggling as they waited for everyone to enter the playground.

The week had begun with the children from Mother Duck Childcare, Wynnum, and Gundala Kindergarten, collaborating to create a mural to share with our community for Reconciliation Week. Each child from both centres also created an Aboriginal flag in the shape of a heart, which were then scattered across Tingal Road as a sea of hearts.

Our new friends surprised us with a beautiful Acknowledgment to Country they had been respectfully developing, and little hands popping up to excitedly share any knowledge they have about Aboriginal culture

Sharing with each other our knowledge of culture was wonderful; the excitement and buzz between children and educators was certainly contagious. It reinforced to all of us how special it is for Australia to have the oldest living culture in the world and celebrating this through sharing knowledge with each other will keep Aboriginal culture alive and strong.

One educator wandered into our Bush Tucker Garden, nibbling on delicious native raspberries, pulling cheeky weeds, and exploring which native plants we are growing.

Looking around the space there were children lined up waiting their turn to get their faces painted in the traditional Quandamooka patterns and designs. Other children were exploring making sounds with a range of Indigenous musical instruments and others making craft or getting to know one another. One keen jarjum even had a deadly go at playing the didgeridoo.

We closed our celebration with some oral storytelling and a taste of some native lemon myrtle in a yummy cupcake.

Keep an eye out in the coming weeks for Gundala and Mother Duck jarjums wandering down Tingal Road together as our new friends take us to share their Bush Kindy location with us!



Photo: Supplied.

STYLE + 39ROR

FURNITURE + HOMEWARES + STYLING 4/45 CAMBRIDGE PARADE, MANLY W W W . STYLEANDERROR.COM.AU









INTRODUCING A PERPETUAL FUND FOR THE BENEFIT OF THE BAYSIDE

FROM THE BAYSIDE COMMUNITY FUND

On behalf of the Bayside Community Fund, we would like to thank and acknowledge the Royal Queensland Yacht Squadron for its recent donation of \$5,000, along with the team from Celebrate for a Cause, who will donate a percentage of proceeds from their October event to the Bayside Community Fund.

For those who have not heard of the Bayside Community Fund, it was established in May 2022 and is a subfund of the Queensland Community Foundation, supported by the Queensland Investment Corporation (QIC) and The Public Trustee. They collectively manage over \$110,000,000, the investment proceeds of which are returned to the community across Queensland.

The Bayside Community Fund will benefit non-profit groups in the electorate of Lytton. Funds deposited into the fund will be invested by the QIC and remain there in perpetuity, the dividends being distributed yearly to those in the electorate who are in need in the form of grants. Most importantly, these funds belong to the community.

While the returns in the short-term will not be great, we encourage those with community spirit, an interest in fundraising and in donating money for the future betterment of our community to consider working with the Bayside Community Fund's committee to discuss ideas on how to get involved in leaving a legacy to benefit the future of this great area.

For more information contact Joan Pease's office on 07 3915 1100.



Committee members Tracey Lucock, Owen Johnston, (RQYS Vice Commodore John Warlow), Katie Grehan, Joan Pease (patron), Member for Lytton, (QFC General Manager Tara Castle), Kara Vallins, Damien Lugg, BCF Chairman Michael Sarquis. Photo: Supplied.



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SPONSORED BY MARKET 2 MARKET 20





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

BLUES BROTHERS CHARITY SCREENING



22 JULY, from 7pm Manly Lota RSL Hall, 184 Melville Tce, Manly

Come and help Little Gnome Bookshop and the Little Gnome Mobile raise dollars for Variety QLD - the children's charity. We're holding a screening of The Blues Brothers and we want you to dress up and get in on the fun! Tickets are \$10 each; a bar will be open for basic drinks. BYO food, or we will be teaming up with The Manly Deck for food packages. For tickets call 0410 389 212. You can check out more on what Variety do as a charity, and donate here: https://2022-variety-bash. raisely.com/t/littlegnomemobile

ST PETER'S CHURCH FETE



23 JULY, from 8am to 1pm Charlotte Street, Wynnum

Here's your chance to enjoy a traditional church fete with all the trimmings! There will be lots of goodies for sale, food to eat, plants to buy and games to play as well as great entertainment at the annual St Peter's Anglican Church fete. In case of inclement weather, you will find lots of stalls and entertainment indoors

MUSIC BINGO



Every Tuesday at 7pm Wynnum RSL, 174 Tingal Road, Wynnum

Pick the Hit music bingo is very similar to traditional bingo with one major difference... there are no numbers. With over 95 different themes, covering hits from the 1960s to today, each player has their own unique card and as they hear the songs, they cross them off their card.

The first player to get the correct formation as explained by your host wins. Extra spot prizes are also won throughout most of our evenings to the winners of our fun bar games from heads and tails, higher and lower and many others.



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.owng.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 6.30 pm - 7 pmA \$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

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 2 & 16 July, 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

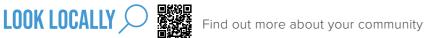
William Gunn Jetty, 1 Wyvernleigh Close, Manly Every Sunday 3pm - 6pm Find out more by calling 07 3396 8962 or visit tideonthejetty.com.au.

Manly Creative Markets

Little Bayside Park, Manly 8am - 2pm Free family friendly event.







WHAT'S NEW AT THE MOVIES THIS JULY

FROM MAJESTIC CINEMAS, WYNNUM



The Phantom of the Open (CTC) - July 14th

The Phantom of the Open tells the remarkable true story of Maurice Flitcroft, a crane operator and optimistic dream from Barrow-in-Furness who, with the support of his family and friends, managed to gain entry to the 1976 British Open qualifying, despite never playing a round of golf before. With pluckiness and unwavering self-belief, Maurice pulls of a series of stunning, hilarious and heartwarming attempts to compete at the highest level of professional gold, drawing the ire of the golfing elite but becoming a British folk hero in the process.



Falling for Figaro (M) - July 14th

A brilliant young fund manager leaves her unfulfilling job and long-term boyfriend to chase her lifelong dream of becoming an opera singer. She meets a fellow opera student while in training, and what begins as a rivalry develops into something more.





Where the Crawdads Sing (CTC) - July 21st

Based on Delia Owens's critically lauded page-turner, Where the Crawdads Sing centre's on Kya, the endlessly resourceful resident of a North Carolina marsh. We meet her as a child in the early '50s, as she is abandoned by her parents and older siblings, and learns to survive on her own. She is taught to read and write by her friend Tate Walker and falls for him, but is left behind once again when he goes to college. Enter Chase Andrews, a guarterback who draws Kya into a tryst with promises of marriage that never materialise. After she ends their relationship, he attacks her and she narrowly escapes. Then, while she's away, Chase is found dead and Kya is engulfed in a murder trial – and the evidence against her seems insurmountable.

The Black Phone (MA15+) - July 21st

Finney Shaw is a shy but clever 13-year-old boy who's being held in a soundproof basement by a sadistic, masked killer. When a disconnected phone on the wall starts to ring, he soon discovers that he can hear the voices of the murderer's previous victims -- and they are dead set on making sure that what happened to them doesn't happen to Finney.



THE BONNER UPDATE

ROSS VASTA MP FEDERAL MEMBER FOR BONNER





SUPPORTING OUR YOUTHS

Providing support services and opportunities for at-risk youths to change their lives for the better is essential for a safe and prosperous community. Earlier this year, I was proud to have delivered \$927,221 through the former Coalition Government's Safer Communities program to the Bayside Adolescent Boarding Inc (BABI). This funding will go directly into a new community youth space and allow BABI to expand their services to provide early intervention programs for at-risk youths. BABI is one of the leading youth and family services in the Bayside region. Their programs and support services empower young people to participate in active, healthy lifestyles, helping to build a stronger community. If you know a youth at-risk of homelessness, or who needs extra support in the Bayside area, I encourage you to reach out to BABI on (07) 3393 4176.

A ROYAL CELEBRATION OF TREES!

I am proud to announce the Bayside recipients of the Queen's Platinum Jubilee tree planting grant program. To celebrate and honour the 70-year legacy of Her Majesty Queen Elizabeth II, the Australian Government provided up to \$100,000 per electorate for tree planting projects. Congratulations to OZFish, the Bulimba Creek Catchment Coordinating Committee (B4C) and Iona College whose community tree planting projects have all been successful. What better way to celebrate the incredible service of Her Majesty Queen Elizabeth II than by planting trees and creating more green spaces for our local community!





TABLE TENNIS WIN FOR WYNNUM

They say to be a good table tennis player, you need to hit every ball with purpose. Whilst I still need to practice my table tennis skills, I can say with certainty the members at Wynnum Table Tennis are a force to be reckoned with. It was great to visit the club and talk with committee members and see how the former Coalition Government's Stronger Communities Program grant will benefit players. I am proud to have delivered federal funding through this program to help the club upgrade its infrastructure to provide safer facilities for players. Supporting our local community groups and ensuring they have the resources and infrastructure they need to thrive is a priority of mine. I will continue to fight for more federal funding to ensure families have quality recreational facilities and opportunities within our Bayside area.



69 Clara Street, Wynnum QLD 4178



07 3893 3488





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WARM UP THIS WINTER AT MANLY HARBOUR VILLAGE

CONTRIBUTED BY THE MANLY HARBOUR VILLAGE CHAMBER OF COMMERCE

There are plenty of ways to keep cosy by the bay.

There may be chilly winds blowing through Manly this winter, but with the Queensland sun still shining bright, there are plenty of ways to enjoy Manly Harbour Village by day or night.

Dig into some comfort food at one of the many restaurants, bars, cafés, fine and casual dining options available by the water's edge. Must try menu items include the Shultz Family Farm Suckling Pig (The Arsonist), Roasted Vegetable Moussaka (The Manly Hotel), Slow Cooked Greek Lamb Shoulder (Manly Boathouse), and a steaming hot bowl of Seafood Chowder (SeaVibes Manly).

Our local cafés won't keep you in the cold, offering guests blankets, outdoor heating options, big smiles, and of course delicious hot coffees and bites to warm you from the inside.

Browse the newest trends in winter fashion, homewares and gifts at our growing range of retail stores – Style and Error, Labels by the Bay, Ebb + Flow, Bella Botiqo, Apothecary Botanica and The Madhatters Bookstore to name just a few.

And join us on the first Saturday of the month for free Movies in the Park at Little Bayside Park, Manly. Bring a picnic rug and blanket, grab some takeaway from one of the many nearby outlets, and settle in for a cosy movie night with your loved ones!

Scan the QR Code to stay connected with what's on at Manly Harbour Village.





Photo: Supplied.





COMMUNITY UPDATE

JOAN PEASE'S COMMUNITY UPDATE, STATE MEMBER FOR LYTTON

Bayside Community Fund kicked off with a donation of \$5000 from Royal Queensland Yacht Squadron at the Celebrate for a Cause launch.

Celebrate for a Cause have committed 80% to The Forgotten Women and 20% to Bayside Community Fund from the proceeds of this year's fundraising event. The theme for the 2022 fundraiser will be Santorini Summer.

The Forgotten Women provide safe and secure housing to women over the age of 55, while the Bayside Community Fund will use invested donations to provide community organisations with ongoing income.





DIGNITY VENDING MACHINE

The Queensland Government will work with Share the Dignity to provide Queensland state schools with a Dignity Vending Machine (DVM), which provides free period products to students.

For many students, being caught out without sanitary products at school can not only affect their confidence but their ability to concentrate in class and participate in school activities. For some, lack of access to sanitary products can even mean missing school altogether.

2022 STEM GIRL POWER CAMP

Two outstanding Bayside high school students were chosen to attend a five-day STEM camp. The STEM Girl Power Camp aims to uplift underrepresented groups and inspire them to pursue careers in science, technology, engineering and mathematics.

Congratulations to Holly Chappell from Wynnum State High School and Rebecca Senbel-Lynch from Brisbane Bayside State College, who were among 60 Queensland students selected for the experience.



CONSERVATION FUNDING

Queensland's threatened species will be supported by almost \$40 million in conservation funding, with over \$24 million dedicated to protecting our faunal emblem – the koala. A further \$14.7 million will be invested to fund recovery programs, policy, and threatened species assessment for more than 1000 threatened species of animals and plants, including native birds, reptiles and frogs.





ACTIVE CLUBS

The winter sporting season in the Bayside is kicking off with a bang this year! 13 local sports clubs will share in \$26 000 worth of grants awarded under round 2 of the Active Clubs program.

Active Clubs provides \$2000 to local and regional sport and active recreation organisations to support volunteers and provide flexible and safe physical activity opportunities to increase sport and recreation participation.

WYNNUM MANLY HISTORICAL SOCIETY

From indigenous inhabitants to present day, the members of the Wynnum Manly Historical Society (WMHS) share a pride and interest in the history of our local area.

Meetings are held on the third Thursday evening of each month at the Wynnum Ambulance Museum Auditorium (cnr Tingal Road and Cedar Street, Wynnum) at 7.15pm.

The Society also has a Resource Centre located in the Wynnum Community Centre (105 Florence Street, Wynnum) that is open Monday to Friday from 10am − 12 noon, except public holidays, and at other times by arrangement.

Find out more by visiting the WMYS website - wmhs.org.au.



Joan**Pease MP**



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CELEBRATE FOR A CAUSE: A SANTORINI SUMMER IN MANLY

Celebrate for a Cause Manly (CFC), formerly Cocktails for a Cause, the bayside's largest charity event, has announced its Santorini Summer-themed fundraiser will be held on the 22nd of October 2022 at the iconic Royal Queensland Yacht Squadron.

CFC founders Tracey Lucock and Kara Vallins have predicted the 2022 event could raise over \$100,000 for bayside charities.

The majority of funds generated by this year's Celebrate for a Cause Manly 2022 event will go to a local charity, The Forgotten Women.

The Forgotten Women is a unique, grassroots housing initiative for homeless women aged over 55. The project's mission is to put a roof over the heads of as many of these vulnerable women as possible. Through the acquisition of suitable properties, The Forgotten Women project will ensure these women have access to secure, safe and affordable housing options.

The Forgotten Women will receive 80% of the proceeds of the Santorini Summer event, with the remainder directed to a new local community foundation, the Bayside Community Fund (BCF).

The BCF, launched in parliament in May this year, will see funds generated by bequests and donations invested into a fund managed by the Queensland Investment Corporation and governed by the Queensland Community Foundation. Dividends will be distributed back into the bayside community through grants to multiple DGR registered charities annually.

"Now in its fifth year and with more than \$140,000 in funds raised, CFC has become the largest charity event on Brisbane's bayside, with up to 1000 guests expected to attend this year," said Tracey Lucock.

"This event is about celebrating community and friendships with a purpose. Our ever-growing team of volunteers is committed to our simple shared vision, which makes the event and its surrounding program a success."

Celebrate for a Cause Manly guests will be able to fulfil their dream of travel with this Santorini Summer-themed event overlooking Manly Harbour. Highlights will include a styled rigging lawn glowing with festoon lights, roaming entrainment, a vibrant live big band, a Greek-inspired food market, and stunning cocktails!





Photos: Supplied.



PETER CUMMING'S LOCAL AREA UPDATE

COUNCILLOR FOR WYNNUM MANLY WARD



On Wednesday the Lord Mayor brought down the 2022/23 Brisbane City Council Budget.

I have provided a highlight of the projects funded this week. Some details have not been provided as yet and once they are I will be putting out my annual Budget Newsletter to provide more details.

Further funds have been allocated for the Lindum Level Crossing \$10M has come from the Federal Government as well as \$5M from the State and \$5M from Council.

It is great to see all levels of government cooperating to deal with this critical project.

Like all suburbs in Brisbane rates have increased, but the Wynnum Manly Ward has the lowest increases in Brisbane. The dollar amount shown is the average residential owner occupier rates for that suburb.

Lota	\$1,679.58	\$24.59	1.49%
Manly	\$2,110.99	\$41.94	2.03%
Wynnum	\$1,745.35	\$36.22	2.12%
Manly West	\$1,600.67	\$36.43	2.33%
Wynnum West	\$1,497.66	\$34.56	2.36%

I note the increases in the Wynnum Manly Ward are low, but it is important to note that everything is increasing in cost, so even the slightest increases for some residents will make life difficult.

I remind residents who are on a pension or part pension to read your last Rates Notice from Brisbane City Council. Check that you are receiving a BCC Rate Rebate.

If you are not receiving the rebate, contact my office and find out how to apply for your rebate. These amounts are substantial and can make a huge difference to your budget.

In addition, are you receiving a rebate on your Utilities from Urban Utilities? If not you must contact them directly and can do so by phoning 132657 or go to https://urbanutilities.com.au/residential/ accounts-and-billing/pensioner-application-form

Some good news is that 25 or 26 roads in the Wynnum Manly Ward will be resurfaced in the next 12 months. Manly Road could be in Wynnum Manly or Doboy Wards, either way we benefit.

Andrew Street	Wynnum	\$74,000
7	,	
Atlanta Street	Manly West	\$40,000
Bethania Street	Lota	\$108,000
Boswell Terrace	Wynnum	\$116,000
Carlton Terrace	Manly	\$175,000
Coolview Street	Manly West	\$42,000
Coralie Avenue*	Wynnum West	\$46,000
Cornucopia Street	Manly West	\$59,000
Crawford Road	Wynnum West	\$661,000
Ferndale Street	Lota	\$43,000
Gaywood Street	Wynnum West	\$34,000
Greenside Street	Manly West	\$37,000
Henry Street	Wynnum	\$53,000
Herswell Avenue*	Wynnum West	\$60,000
Jayben Street	Wynnum West	\$79,000
Kingsley Terrace	Wynnum	\$398,000
Manly Road	Manly West	\$427,000
Nairana Street	Manly West	\$49,000
Petersen Street	Wynnum	\$52,000
Pine Street West	Wynnum	\$353,000
Talwong Street	Manly West	\$99,000
Whites Road	Manly West	\$187,000
Wynnum North Road	Wynnum West	\$437,000
Yeo Court	Wynnum West	\$26,000

^{*} Road resurfacing commenced on Tuesday 21 June 2022

Funding has been made available for upgrading parks this financial year. The parks affected are:

,				
George Clayton Park	Manly	\$560,000		
Wynnum Wading Pool Park	Wynnum	\$134,000		
Improving Park Amenities				
Wynnum Wading Pool Park	Wynnum	\$97,000		
Upgrading Facilities in Parks				
Bayside Park	Manly	\$133,000		
Memorials and Heritage Assets Restoration				
Richard Russell Park	Manly	\$42,000		
Community and Sport Partnership Program				
Wynnum Vikings Australian Football and Sporting Club	Wynnum West	\$340,000		
Footpath and Bikeway Reconstruction				

Cabanda Street	Wynnum West	\$62,000
Edith Street	Wynnum	\$146,000

Our local roads need more work and there are many intersections that I asked the Lord Mayor for funding that did not receive funding.

I will continue to seek funding for projects like installing traffic lights at Manly and Stannard Road, and a roundabout at Cambridge Pde, Arnold St and Melville Tce are just some of the priorities I have identified in our area. Funded projects are:

Suburban Corridor Modernisation

Tingal Road	Wynnum	\$81,000		
Local Area Traffic Management				
Kamarin Street Precinct	Manly West	\$284,000		
Congestion Busting				
New Lindum Road at Wynnum Road	Wynnum West	\$400,000		

In addition, Wynnum Road and Hemmant Tingalpa Road will be funded for a major traffic improvement costing \$1,782M.

This road is not in the Wynnum Manly Ward, but many residents will gain the benefit of this improvement.

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



BAYSIDE FLYBALL IS FAST, FABULOUS AND FURRY!

CONTRIBUTED BY BAYSIDE FLYBALL

Often referred to as 'relay drag racing for dogs', the popular dog sport of flyball is all about having fun, and Bayside Flyball Racing's furry participants and their human handlers are a joy to watch.

It's clear that the dogs and their handlers are addicted to this fastpaced sport, and the public thoroughly enjoys watching it.

Flyball is a great sport for all breeds and sizes, from working dogs such as koolies, kelpies, border collies and cattle dogs, to jack russells, schnauzers, cocker spaniels and mixed breeds.

The races are electronically timed, and as the lights count down to the start, you can see each dog's excitement build.

Watching a fast team race is often an exciting but nerve-wracking experience.

So, how does it work? Two teams of four dogs race each other. Each dog jumps over four hurdles, performs a swimmer's turn on a springloaded box and in one motion, retrieves a ball as it is ejected from the box. The dog then jumps back over the four jumps, and ideally, as they pass the finish line, the next dog begins their part of the relay leg.

The current record in Australia for the fastest team was set by Norwest





Thunderdogs in NSW this year, whose top team ran a 15.987-second

Bayside Flyball Racing made its debut at its home ground at Rays Redlands Baseball fields in Capalaba on June 25th, with its first Flyball competition, 'Flyball at the Diamond'. Ten teams and more than 30 beginners from clubs from around South East Queensland attended.

This competition would not have been possible without the assistance of Redland City Council and the Redland Foundation Grants program, together with the major sponsor Instincto, who provided the prizes for all the entrants, and Sealink North Stradbroke Island, who donated the major prize in the raffle.

For more information about this great sport, email Bayside Flyball racing at baysideflyballracing@outlook.com.





Photos: Supplied.

New winter stock

... including cotton knits, Mavi jeans & chinos, quality winter shoes, light casual dress jackets, and of course Will & Bear hats, John Lennon shirts, Indepal quality leather bags and wallets. Skin care, hundreds of gift ideas for Fellas who are "hard to buy for"!! We are the Men's specialists.



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Name: My name is Wicket Hill.

Suburb: I'm from Capalaba.

How long have you lived here? About eight years.

Your favourite local walk? I love to walk anywhere, really! Any time I hear the word "walkies", I'm good to go.

Your most treasured toy? My Christmas santa stuffed toy.

What's your favourite food? It has to be chicken and gravy.

Your worst habit? Running along the fence and barking at anyone and everyone. Oops.

Your favourite local hangout? At my next-door neighbours' house.

Who's your best doggo friend? Coco Parzybok.

Do you have any funny or embarrassing stories you'd like to share? When I was young I used to scale the fence to chase the neighbour's chickens, but I'm much better behaved now. Sorry!

What do people like most about you? I'm very cute and cuddly and I'm a real snuggle bug.

Name: My name is Mischelton the Cat.

How old are you? I'm almost 17-years-old.

Suburb: I'm from Manly.

How long have you lived there? Four years.

Your favourite local walk? I just keep to my house!

Your most treasured item? My black sheepskin blanket.

What's your favourite food? Temptations treats – can't live without them.

What's your worst habit? Scratching the leather lounge.

Your favourite local hangout? On the front porch watching people and birds.

Who's your best doggo or cat friend? Ginger cat, who visits at night, and Simba the Spoodle, who's now in heaven.

Do you have any interesting stories you'd like to share about yourself? I used to live in a drain at Redlands College. I would scratch anyone who tried to rescue me. However, when Nicky (my Mum) picked me up, I knew I would have a good life.

What do people like most about you? I have an arrogance about me that people like; I've managed to allow Greg (my Dad) to let me sit on his lap every night.









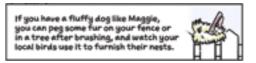












ALL ABOUT THE MOST COMMON WORMS IN DOGS AND CATS

BY DR NICKY THOMAS. WYNNUM MANLY VETERINARY HOSPITAL

Intestinal worms are common parasites of dogs and cats, which can cause serious diseases. These are three of the more commonly seen intestinal worms

ROUNDWORM - TOXOCARA CANIS/CATI

Roundworms can infect any life stage of dogs and cats but are particularly significant in puppies and kittens. Animals are infected when the eggs of the worms are eaten; larval stages spread from the placenta or milk of pregnant or lactating dogs and cats.

The worms have a spaghetti-like appearance and attach to the lining of the intestine and feed on undigested food. A large mass of adult worms can cause a blockage in the intestines, especially in very small animals.

Signs of roundworm infection include a dull coat, poor growth and appetite, vomiting and a round belly.

HOOKWORM - ANCYLOSTOMA CANINUM

Hookworms can also infect any life stage of a pet but are more commonly seen in puppies. Animals pick up the worms either from ingesting larvae in the soil or through their skin; hookworm larvae can also spread from the placenta or milk.

Hookworms attach to the intestine and feed on the dog or cat's blood. Serious infection can lead to anaemia and can be fatal.

Signs of hookworm infection include anaemia, dark tarry or bloody diarrhoea and a big belly.

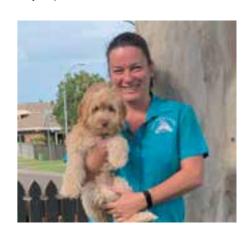
TAPEWORM - DIPYLIDIUM CANINUM

Tapeworms can affect all life stages of dogs and cats. This particular tapeworm requires fleas to spread between dogs and cats - fleas ingest the tapeworm eggs and are then eaten by dogs and cats as they groom fleas from their coats. The worms hatch from the fleas in the animal's intestine

Tapeworms can be exceptionally long - they are made up of a head region and many small segments. The adult worms attach to the intestine of the dog or cat using suckers.

Animals with tapeworm infection show signs of irritation around the anus, and single worm segments, which have the appearance of cucumber seeds, may be seen in the faeces.

Intestinal worm infection is easily prevented with an ongoing parasite prevention program - have a chat with your vet for the recommended protocols for your pet.



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ROTARY'S DESIGNER FUNDRAISER A FASHIONABLE SUCCESS

BY JO-ANNE O'CONNOR

Wow, what a night! We've recently wrapped up another fabulous fundraiser for the Rotary Club of Wynnum and Manly, with a night of fashion, bargains, raffles, and lots of bubbles.

On June 4 the Rotary Club of Wynnum and Manly hosted another of its successful Designer Wear Fashion fundraisers at the Wynnum Manly Leagues Club.

The Sunset Room was filled with more than 100 women, all there to bag a clothing bargain and enjoy a fun night out with friends.

Thank you to all the local Wynnum and Manly businesses that contributed so many fabulous prizes for the monster

raffle, including hampers, movie tickets, gift vouchers and goods. Everyone went home happy with a bargain or a prize.

Funds raised on the night will go towards the Queensland Flood Relief Appeal. As always, the night exceeded expectations, raising over \$5000 to support the needs of so many people across our wider communities.

Thank you to everyone for helping us to make this night such a fun and successful event.







Photos: Supplied.



THIRSTY MERC BRINGS WORLD-CLASS MUSIC TO THE BAYSIDE

Thirsty Merc rocked the freshly-minted Bayside Music Hall at Wynnum on June 19, playing a sold-out show with an electric atmosphere, supported by local legend Tom Oliver and his band.

Fans were elated to hear hits like 20 Good Reasons and In The Summertime played live, and the success of the show paves the way for the Bayside Music Hall to host more premium acts in the future.





























WYNNUM CBA SUPPORTS THE SERIOUS BUSINESS OF CLOWNING

Wynnum Commonwealth Bank branch joined forces with other CBA branches across the country in June to raise much-needed funds for The Clown Doctors – a national program that provides highly trained, professional 'medical clowns' to help uplift sick kids by delivering 'doses' of laughter and joy throughout hospitals.

The Clown Doctors program is run by Australian charity, The Humour Foundation, which conducts 'Clown Rounds' in every major children's hospital in Australia. For the past 20 years, Clown Doctors have been a national charity partner of the CommBank Staff Foundation.

The fundraising campaign was held throughout May and early June with Smile Day, the national fundraising day for The Clown Doctors, on Friday, 10 June 2022.

Wynnum Commonwealth Bank branch held an awareness and fundraising day in June, with staff dressing for the occasion in their

"We know that Clown Doctors have big shoes to fill every day, which is why we're proud of our 20-year history of supporting the work they do to help sick kids and their families," explained Kylee Sickinger, Wynnum Commonwealth Bank branch manager.

"Our fund-raising efforts for Clown Doctors are something we love doing as a team and encourage as many in the community as able to donate to this worthy cause," said Ms Sickinger.

"The local fundraiser we held in the branch on Friday 10 June was our way of bringing together our local community, allowing them to get involved and, more importantly, learn about the incredible work Clown Doctors do for kids in need. We're very thankful for everyone who attended and contributed to this great cause."

Tony Warner, CEO of The Humour Foundation, commended CBA's ongoing commitment to helping The Clown Doctors.

"No child or family wants to spend time in hospital away from home, despite receiving brilliant care from medical professionals. Thankfully. the Clown Doctors provide distraction, magical play and humour to families when they need it most - spreading laughter and joy at a difficult time," said Mr Warner.



Wynnum CBA branch staff raising awareness for Clown Doctors. Photo: Supplied.

"Over the past 20 years, CBA has helped provide funds and built awareness of the wonderful work the Clown Doctors do. We'd like to sincerely thank CBA and its customers for their ongoing contributions - all funds raised allow us to continue to bring the magic of Clown Doctors to sick kids in hospitals across the country."



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WYNNUM WINTER SOLSTICE GALA DINNER













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Black Tie Event

The inaugural Wynnum Commerce Winter Solstice Gala Dinner raises \$16,562 for Rosies.

A spectacular night was had on the 18th June at WCI's first Black Tie Gala Dinner, with 140 in attendance. The Wynnum Community Fund, which is a committee of volunteers raising funds for Wynnum locals, has spent the last 4 months planning the event.

Wynnum Manly Branch Coordinator, Bruce Corrie, spoke on behalf of Rosies, thanking everyone for their support. Donations were raised through raffles, as well as live and silent auctions, where prizes were donated by local businesses.

Special thanks go to Artusi/Pedini for donating a \$2k bar fridge with a carton of Peroni; Bartons for donating multiple prizes, one of which is a private lunch at the Manly Boathouse; and BMD/Urbex for donating a Brisbane Lions VIP Experience and signed jersey.

Special guests, Pat Welsh and Jessicah Schipper OAM, spoke about the upcoming Brisbane Olympics and what an exciting time it is to live on the bayside.

Thank you to the newly-branded Wynnum Golf Club for hosting and donating part of the meal. And a big thank you to Fleur by Ellie for donating all the table arrangements.

If you missed it, follow Wynnum Commerce on socials or head to WynnumNow.com to see more photos of the night.



With Thanks





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JOIN CLAY AND TOM FOR AN AFTERNOON OF INSPIRING FUN

BY MATTHEW OWEN

Many of you may know local legend Clay Lewis, and perhaps you've booked Clay to clean your bins or power-wash your driveway.

Clay is excited to announce that he's holding an event to launch his new business branding at Cedar & Pine Bar on July 31st at 2pm. All proceeds from the event will support 10 Cent Tom and his growing charitable operation that facilitates recycling services for businesses.

This is your chance to come to Cedar & Pine, rub shoulders with Clay and Tom, and share business ideas.

And behind every bright young entrepreneur is a dedicated, hard-working, inspiring mum. At the event, you'll also get to meet Clay's mum Laura and Tom's mum Carolyn - hopefully, they'll be enjoying a glass of champagne or two!

There will be raffle prizes and giveaways, and there might be the odd VIP guest. Contact Matthew on 0403 451 150 for more information.





Photos: Supplied.

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WCP COMMUNITY MEAL PROGRAM NOURISHES THOSE IN NEED

BY ALLISON WICKS

Despite funding being cut, Wynnum Community Place (WCP) at 55 Berrima Street continues to support Wynnum's most vulnerable. The decision to remain in the region is a testament to the community-focused Redland Community Centre Board and its philosophy of providing a long-standing presence in the Wynnum community because it's the right thing to do.

Times are really tough for many people in Wynnum, and WCP is looking for ways of making programs reach as many people as possible.

The WCP Community Meal program, led by Wynnum local Rhonda, continues to grow to cater to the ever-increasing need. The program has seen nearly 90 hot and home-cooked meals served up each Tuesday.

We know assisting people with one night of good, hot food is great, but what if we had the ability to help the Wynnum people with greater amounts of fresh food during the week? WCP has the support of local member Joan Pease MP and Councillor Peter Cumming to apply for a Gambling Community Benefit grant (GCBF) to purchase a minivan that will enable fresh food to be collected and distributed to the people of Wynnum via our partnership with Foodbank and other local businesses.

Homeless United, a dedicated homeless program, operates from WCP every Tuesday and Thursday and has housed around 15 people in the last five months. These outstanding results are testament to the ongoing partnerships of the program and being able to house the homeless in the tightest rental market for some 20 years. The van will also be used to help our homeless get back on their feet with the collection and delivery of donated household goods, furniture and white goods – together, we can do more!

If you would like to assist Wynnum Community Place continue to do good work in the Wynnum community, please donate via the QR code. Please tell your friends, family and colleagues of the work we do at the 'Place' – we love the people of Wynnum, and kindness matters most when times are tough so let's pull together.

To find out more about what we do or to become part of Wynnum Community Place as a volunteer, donor, corporate or business sponsor, please email Allison, CEO@redlandcommunitycentre.org or phone 3245 2117.







Photos: Supplied.

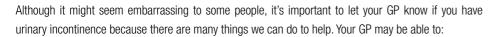


A WEE PROBLEM IN OUR SOCIETY

BY DR MARIA NICOLAOU, MANLY VILLAGE MEDICAL

In Australia one in three women, and one in 10 men have a bladder control problem, resulting in accidental leakage of urine. We call this urinary incontinence. There are three common causes of urinary incontinence, and many people have more than one type. These are:

- 1) Stress incontinence occurs with coughing or sneezing etc.
- 2) Urge incontinence associated with a sudden and frequent urge to urinate.
- 3) Overflow incontinence when the bladder is unable to empty properly, gets too full, and the urine spills out.



- Organise further investigations to determine the cause.
- · Help you access continence pads at a lower cost.
- Refer you to a physiotherapist to help strengthen your pelvic floor muscles (also available through the public health system).
- · Prescribe medication.
- · Refer you to a specialist such as a urologist or urogyneacologist for further management.

The field of medicine is always advancing, and new treatments are often available. So even if you've been putting up with incontinence for years, don't hold on any longer. Speak to your GP.







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Good nutrition is vital for post-surgery or illness recovery

During most of our lives, we have been taught to eat well, yet this can be difficult when dealing with challenges such as ill-health or postsurgery recovery, especially as we age.

Elderly people can lose muscle mass after surgery. This is because, being bed-bound, you don't move much, nor do you eat enough, often due to a lack of appetite. As recommended by dieticians and nutritionists, people in this situation are often put on a high-protein diet to help counter muscle loss and given a gruelling exercise regime in order to rebuild muscle mass.

Having a balanced, wholesome diet can prevent malnutrition, support physical function, reduce the risk of chronic disease, support mental health, and help prevent disability. This is particularly true of our seniors when they return home after time in hospital.

Grocery shopping, cooking meals and cleaning up can be a thing of the past. Healthy, pre-made meals that just need to be heated up are a fantastic option for the elderly, the sick and ailing, or for those recovering from post-operative time in hospital.





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SUPERBLY SIMPLE BAKED EGGS BREAKFAST RECIPE

Cold winter mornings call for bone-warming breakfasts. Gather a few ingredients, turn on the oven, and try this scrumptious baked egg recipe. The ingredient list below can be changed to suit whatever herbs and vegetables you have on hand.

INGREDIENTS

- Baby spinach
- Thinly sliced cooked ham or chorizo
- Finely sliced chilli
- Fresh eggs allow two per person
- Tinned tomatoes
- Salt and pepper to taste
- Parsley or chives to finish, and toast or baguette to serve

METHOD

- Preheat your oven to 200°c (180°c fan-forced).
- 2. Grease a small oven-proof ramekin or a medium to large baking dish with oil or butter. You can make small individual serves or cook everything in one large baking dish.
- 3. Layer the ham or chorizo, baby spinach, chilli, and tinned tomatoes.
- 4. Crack two eggs over the top of the small ramekin, or multiple eggs atop a larger baking dish.
- 5. Bake in the oven until the whites of the eggs are cooked.
- Garnish with parsley or chives, season with salt and pepper, and serve with buttered toast or a fresh baguette of crusty bakery bread.

Use whatever ingredients you have on hand, including sliced mushrooms, kidney beans, chilli flakes — this method of cooking eggs allows you to try many different variations, and is a great way to bump up your daily vegetable intake.







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Goodhew Electrical and Solar is proud to announce that it has been named as a finalist in the Master Electricians Excellence Awards for the Energy Efficiency Project of the Year category for our Sheldon College system.

Our biggest, most challenging and one of our most rewarding projects to date - the Sheldon College megawatt solar system is currently one of the largest school solar power systems in Australia. Sheldon College is a world-class independent coeducational school catering for children from 15 months of age through to year 12. Sheldon's motto is "Achieve the Extraordinary" and they wanted their solar system to do just that. Planning for the



system started back in 2018 and all works were carried out during school holidays in a bid to reduce the impact on school operations.

"We worked closely with the college to ensure that all works were completed outside of school hours," says Gavin Goodhew - Director Goodhew Electrical and Solar. "This staged approach allowed plenty of time to thoroughly plan the installation with our engineers and installation team."

The system comprises over 3,300 individual panels installed across eight buildings on campus, linked by an Australian-first secure ethernet solar network.

The Energy Efficiency Project of the Year award recognises projects which lead to exceptional sustainability outcomes whilst using the latest technology, installed to the highest of standards. The Sheldon College megawatt solar system practically covers the school's electricity needs during the peak consumption hours of 9AM to 1PM. This reduction on grid reliance: and, therefore fossil fuels, equates to approximately 1 tonne less of greenhouse gas emissions per 1,100kWh. At full capacity in a single day, the system is saving around 5 tonnes of emissions from being released into the atmosphere.

With power prices set to increase in coming months, now is the time to switch to solar. Speak to Goodhew Electrical and Solar to see how we can help reduce your power bills and gain energy independence today.

For more information scan the QR code.

The Master Electricians Australia Excellence Awards will be presented at the Electrical Industry Gala event on Saturday, August 6 2022.













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Kooringal: A perfect island getaway

BY DANNY DAY, OCEAN REALTY

The Township of Kooringal is located on the southernmost tip of Moreton Island. It can be accessed by car from Tangalooma via the Micat car ferry or by private boat through the Rous Channel and Days Gutter.

Moreton Island has miles of pristine sandy beaches, crystal clear creeks and lagoons, coastal bushlands, rocky outcrops and an abundance of wildlife, so it's no wonder they call Moreton Island the "The Jewel of Moreton Bay", and all just 45 minutes from Brisbane.

Moreton Island is the second-largest sand island in the world and is known by the local Indigenous population as Mulgumpin. Kooringal is rich in aboriginal history, and Ngugi people lived there for thousands of years and relied heavily on a diet from the sea.

Moreton Island also played a significant role in the defence of Brisbane during World War Two and operated as an early warning lookout station. The remains of coastal fortifications, bunkers, observation posts and gun emplacements are still present today.

Other townships on Moreton include Bulwer on the northwest coast, Cowan Cowan on the western beach and Tangalooma Resort.

Kooringal is a sleepy little coastal village, popular with holidaymakers and day-trippers. Famous for its fresh oysters grown right on Moreton Island, Kooringal offers a relaxing and secluded holiday stay off the beaten path, complete with great fishing all year round. For the lucky few that call Kooringal home, it's simply paradise.

If you've been thinking about your perfect island getaway, whether a holiday home or something a little more permanent, Moreton Island has something to offer, from fishing shacks to two-storey modern coastal homes.



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BY BYRON FREEBORN, RAINE & HORNE WYNNUM



The "why" counts the most in many decisions, especially when buying or selling a property.

With the whirlwind of events that affect the economy and the property market, not to mention the psychological effects on the

general population, it's now more important than ever to assess your situation – what's your motivation to stay put in your current home, keep renting, or make the leap to purchase?

One of the reasons the "why" is critical is because we have no crystal ball to see into the future. As perceived evidence points to the economy heading in one particular direction, before we know it, six months later, the market swings around and does the opposite of what we thought it was going to do (or not).

At this point, what we do know?

Interest rates have gone up from a historical low point. However, they're still very low. Through talking to buyers, I've learned they are holding off making a purchasing decision to "see what happens", and the following

conversation with an investor will be the complete opposite – they are out hunting for a purchase. Some are hovering on the sidelines; they feel this is the time to pick up the right property for the right price and lock in "lowish" interest rates. They know they have the supply/demand equation in their favour when selecting a tenant for their newly purchased investment.

Zooming out – an overview of the property market today

From the perspective of a purchaser looking to buy their home — mainly if it's a needs-based purchase, i.e. job relocation, baby on the way, etc. — they will likely own that piece of real estate for the next five to 10 years. They need a home, aren't purchasing at the height of the buyer flurry we saw over the last 12 months, and are sticking within their serviceability levels. Transactions like these will continue to occur, and houses will continue to sell.

The employment rate has seen a steady incline in Queensland, particularly since the Covid drop in early 2020, with a slight decrease in the April 2022 quarter of 0.5%. Population growth in Queensland for the 12 months to September 2021 was up 1.1%, against a National overage of 0.3%. (Statistics supplied by https://www.qgso.qld.gov.au/statistics).

The above ingredients are, in part, what has driven the growth in real estate values in Southeast Queensland and Brisbane in the last 12 to 18 months. Locally, there was 33% median house growth for Wynnum in that period, representing strong supply/demand growth overall. However, it's not without precedent, as we have seen bigger jumps in house values in the past.

For example, locals Jenny and Tom purchased an investment in Lyrian St, Manly West, back in 2001 for \$165,000, then sold for \$275,000 in 2003. That's an incredible 66% gain in two years. Then, it was back to a low and steady trend upward until 2010, when we hit a flat spot post-GFC, then it was game-on again, peaking in 2015 with the decades-highest median gain for houses at approximately 10% for Wynnum. Since the latest ramp-up of 2021, the market has been slow and steady. (Statistics from RP Data).

In conclusion, Brisbane, particularly Wynnum/Manly, is a stubborn ol' girl that often trots along in the right direction, and occasionally bolts out of the blocks to stretch the legs!

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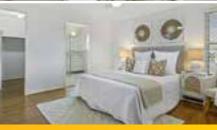
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What does the new government mean for property?

BY SCOTT AUER, RAY WHITE TINGALPA PRINCIPAL

The recent change of government comes at a time where we have seen significant change in both our economy and the property market compared to the beginning of the year. The government certainly has a job on its hands to maintain a balance between keeping the economy moving while ensuring inflation doesn't get out of

According to Nerida Conisbee - Ray White Chief Economist: "After the red hot price increases last year, house prices have calmed. We are still seeing growth in most places but that growth is more sustainable and an easier market for people to transact in. Affordability is unlikely to improve significantly this year. While house price growth is calming, rents are on the rise and construction costs continue to accelerate."

With sustainability being a major focus of the new government there are potentially implications for property to get to net zero, from the way power is generated and how households use it. New builds could be required to have more solar and batteries, while owners of existing homes may be encouraged to retrofit to make them more sustainable.





Getting first home buyers back into the market is a focus for the government, and the changing market is presenting more opportunity for these buyers. The plan is to implement a shared equity scheme where the government would own a 30 to 40 per cent share of a home purchased by a middle or low income first home buyer. Although the scheme may inflate prices, it will allow people to get into the market who would otherwise find it difficult.

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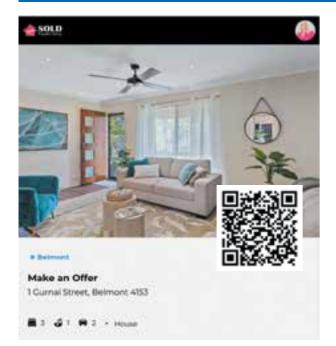


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Still wind in the sails of Queensland property market

CONTRIBUTED BY THE REAL ESTATE INSTITUTE OF QLD (REIQ)

Queensland's resilient property market appears to be defying the downturn being seen in southern states, with median house prices still climbing 3.23 per cent and median unit prices rising 2.17 per cent in the first quarter of 2022, as released by the Real Estate Institute of Queensland (REIQ).

REIQ CEO Antonia Mercorella said Queensland's property market performed positively yet again in the March 2022 quarter (January – March 2022), and the stage was still set for continued growth.

"Over the past two years, the story of Queensland's property market has been an extraordinarily positive one from a seller's perspective, and the latest quarterly data tells us the Sunshine State market is still a rising star," Ms Mercorella said.

"The first quarter of 2022 has been fraught with disruptions such as COVID-19 outbreaks, the flooding disaster, the string of long weekends including the standstill of Easter, the looming Federal election, and signs pointing to an interest rate rise, with some banks adjusting early in anticipation.

"Despite all of these disruptive events which may have caused some buyers to hit pause on their search, the market has continued to deliver healthy growth, and I'm sure the median prices reached this quarter will take some of us by surprise.

"For instance, Brisbane (LGA)'s median house price has cracked a million dollars this quarter, and while this may be sombre news for some, this still represents relative affordability compared to southern states, and arguably our capital city has been long overdue for its time in the sun after years of steady, but modest, growth.

"What's pleasing about the latest results is that, again, it's not just our capital city performing - our regional centre property markets and communities also continue to benefit from a growth uplift.

"Of course, it can be easy to be disillusioned and discouraged as a buyer watching these prices reach new heights, but it's important to remember these are median sales figures over a relatively short period of time and there are always more affordable options in areas with a million-dollar median - so it's worth doing your research before assuming an area or suburb is out of your reach."



Ms Mercorella said 'crystal ball' predictions of where Queensland's property market is headed are always prevalent but haven't always proven to come to fruition.

"Our state still has all the fundamental ingredients for continued growth – a booming population, very low supply, strong and cashed-up buyer demand, relative affordability and low interest rates," she said.

"So even as we face more interest rate rises, we expect this will take time to noticeably impact buyer's pockets and sales prices, and in the meantime, the clear supply shortage will continue to tip the scales in favour of sellers, as buyers compete to secure a property.

"We expect there will also be buyers who have been waiting in the wings, who may decide that now is the right time to swoop while they can still secure low fixed rates. Certainly, with how incredibly tight the rental market is, transitioning to ownership would be increasingly appealing to renters.

"We recognise that at some stage the rate of growth we see in Queensland will start to level and stabilise, simply because it would be difficult to sustain this level of accelerated growth — but for now, there's still plenty of wind in the sails of Queensland's property market."



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RAISE YOUR GLASSES – CLACHER AND HOOK OPTOMETRISTS CELEBRATE 70 YEARS IN THE BAYSIDE!

This year Clacher and Hook Optometrists is celebrating 70 years of providing eye care to the people of Wynnum, Manly and surrounds. Sally O'Brien and Emma Richardson, third-generation owners of Clacher and Hook Optometrists, are so proud to be celebrating our platinum anniversary this year. They can't wait to share this milestone with their patients, staff and the Wynnum/Manly community. Here's a bit of a history of the practice, written by Sally and Emma.

In 1952, our grandfather, Thomas Clacher established Thomas L. Clacher Optometrists in Bay Terrace, in a small shop upstairs of our current practice. He employed Mac Hook, our father, in 1975 as a new graduate optometrist having just graduated from Queensland Institute of Technology with a Diploma of Applied Science (Optometry). It was here Mac met Tom's daughter, Wendy Hook (nee Clacher), who was the receptionist for her father, and they were married in 1979.

Tom opened up two other branches in the 1970s in conjunction with the Wynnum practice — one in Carina and the other Capalaba. The Carina practice was closed in the early '90s, and it was after this in 1994 that Mac and Wendy bought the Wynnum and Capalaba practices from Tom. The Wynnum shop was relocated downstairs to the ground level of 120 Bay Terrace in 1995, where it still remains today. The Capalaba practice was closed shortly after. Mac and Wendy continued to work at the practice for the remainder of their working lives, Mac as the principal optometrist and Wendy as the practice manager. After 42 years as an optometrist at Clacher and Hook Optometrists, Mac retired in 2017, one year after his daughters, Sally and Emma, took over ownership of the practice. Sally has been working as an optometrist, initially alongside her father, since 2008 and continues to work as part of our amazing team of optometrists.

Through the years, the underlying philosophy of our family owned small business has remained – providing quality service, thorough eye examinations and personalised eye care to our patients. Celebrating our platinum anniversary not only reminds us of our extensive history in the Wynnum community, but of our continued passion and dedication to the provision of the best standard of eye care. We couldn't be prouder!



Photo: Supplied.







LOCAL PHOTOGRAPHER PROFILE: VALERIE KLEINDIENST

Redlands Camera Club member Valerie Kleindienst tells us what drives her to continue her lifelong love of taking photos.

Ever since my early days, I have loved photography. I've always had a simple camera and, through the years, have enjoyed taking photos of almost anything.

In 1986 my partner Max took me to Serbia, his home country. I have seen many changes there in subsequent years, but back in earlier times, in the rural areas, I saw horses and carts, donkeys and teams of oxen still in use. There were charcoal burners beside the road and water mills in small villages.

The people wore traditional Serbian clothes. In the city, I was fascinated by the Gypsy people. They are wonderful musicians, and often you see a small orchestra wandering the streets, looking to be hired for a gig. Skadarlija, a cobbled street in Belgrade, is famous for its restaurants with musicians playing traditional Serbian songs and entertaining the guests.

It wasn't until about six years ago, when I joined the Redlands Camera Club, that I actually learnt how to use my camera properly. I met travel photographer Pia Jessen through the club and joined her photographic tour to Ethiopia, a destination I'd always had in mind to visit. My camera at this stage was a Sony NEX-7, an early mirrorless camera that amazed me with the wonderful photos it took, even with my basic knowledge. I greatly enjoyed this type of travel and followed it up with two more of Pia's trips to Madagascar and Indonesia.

Later, I upgraded to the Sony A9 full-frame camera, and my photography skills improved over this time. With help from various club members, workshops and field trips, I now feel quite confident, but there is always more to learn!







Photos: Valerie Kleindienst





MY LOCAL MEMORIES: THE TIPPING POINT

BY ROSS FARLEY

I was a boy in the 1950s and often played with the kids next door. Dad made a gate through the fence, so we didn't have to climb over it to play together. It was a wooden fence with two horizontal rails. Dad removed some pickets, fixed them together and hinged them to form a gate. We went through the gate by bending between the rails (this was back in the days of back yard toilets when human waste was removed each week by nightsoil men, commonly called dunny men).

The dunny man noticed this makeshift gate and decided to use it as a short cut. He would pick up our can, balance it on the fence, slip through the gate and pick it up on his shoulder as he made his way to the toilet next door.

One day we were having breakfast and my little brother arrived late at the table and announced: "Guess what? The dunny man was just going through the fence gate and the can fell off the rail and tipped all over him. He must be a good man though because I heard him telling Jesus all about it."





LOCAL POETRY JIMMY REEVES AND ME

BY GEOFF SMILEY

Coming in from the radio, in the morning, unexpected. That song from long ago. Focussed on a busy day, it upset and shocked my routine ways to awaken memories; Jimmy Reeves singing... "Put your sweet lips a little closer to the phone. Let's pretend that we're together all alone." *

Transported to 1960. Jimmy Reeves and me riding on horseback. A young man confused, searching for origins I sang those words... "Whisper to me, tell me do you love me true? Though love is blind make up your mind, I've got to know."

I've been told Charlie Perkins loved that song. It's simplicity and pathos spoke to an alienated man. Excluded by another race he fought to return to his stolen place.

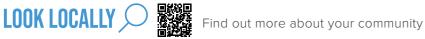
Jimmy and Charlie have died and most of us have moved to more complex melodies. But as I hear that pure emotion. I shed a tear for what was me and all those alienated and forgotten.

"Put your sweet lips a little closer to the phone. Let's pretend that we're together all alone." © Geoff Smiley

* "He'll have to go" Sung by Jim Reeves. Written by J. and A. Allison.

Many have loved this now old song. It voices the longing felt for lost love. Jim Reeves' strong, expressive voice conveyed the song so well. I sang it on horseback to express my youthful confused emotions.





MEET BERNARD, THE MOTORBIKE-RIDING ECO WARRIOR

BY DAVID WATERWORTH

Bernard grew up on a farm 60km from Melbourne in Victoria. It was a genuine rural environment until the late '70s, when subdivision started to change the area. In the '60s, it was all 'horse and working dog' but as the '70s rolled on, motorbikes arrived on the scene, firstly as wrecks that were restored for thrashing around the farm, and then genuine road bikes.

"Horses were brilliant for stock work, but bikes could be jumped over anything, and we could play around while the mob drifted in the right direction. Did lose the mob a few times though, playing in the gullies a bit too long, then having to find the mob again," recalls Bernard.

Bernard was hooked. His road bikes started with the British; 69 Norton 750 Fastback, 68 Triumph Trophy, and 69 BSA Rocket 3. Mid-'70s saw the heavy Japanese bikes, Kawasakis and Hondas, match it with the Moto Guzzi 850T, amongst many others in the family. After more than 40 years of riding bikes, in 2018, he bought a Suzuki GS 500, continuing to commute the weeks away.

Meanwhile, Bernard joined the Australian Greens political party in 2016 to fight against the proposed Adani coalmine, and he is now the convener of the local branch, Bayside in Wynnum.

In 2019, he started the Queensland branch of Certified Public Accountants Australia's Sustainability - Accounting for Climate Change discussion group, as sustainability impacts every organisation and business. The group looks at how accounting standards are changing to incorporate Environment Social & Governance reporting, initially on a voluntary basis but gradually moving to mandated reporting as part of International Financial Reporting Standards.

So, with that background, he started looking at what he could do to reduce his carbon footprint. An electric motorbike was the

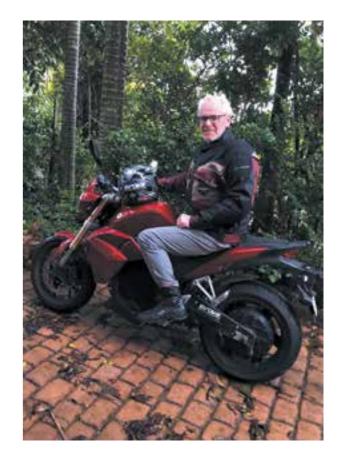
logical answer but there was not much on the market, Zero having withdrawn. In November 2020, he ordered an Evoke motorbike for delivery in Feb 2021; it eventually arrived in July 2021, at which point he switched to riding the Evoke and sold the Suzuki. The Evoke is an excellent commuter bike with about 160km range in the city, and about 120km on the highway.

What is the Evoke like to ride? No clutch, no gears, and so simple to ride. The silence is the most noticeable thing, followed by an absence of vibration, and the smoothness as the bike takes off. Bernard guarantees that once a commuter gets on an electric bike, they will never go back to a petrol one. Charging time is six hours from flat for the 9.5kv battery. The bike handles very well, sits on the road confidently, holds the line in corners, gives a good feedback to the rider, hits 120k pretty quickly, has plenty of grunt for passing trucks and is limited to 130km/h.

Selling for around \$15,000, the bike is close to the cost of a conventional 400cc, without any of the maintenance costs. The hub motor means there are no belt drives, cogs or sprockets to maintain.

Riding the Evoke. Bernard has saved approximately 12l of fuel each week; that's close to 408 litres over the thirty-four weeks he's had it. At an average price of \$1.50 per litre, that is a \$612 saving.

The Evoke has 9.5kw battery, so charging it from 80% at \$0.40 per kw is \$3.04 per charge. Bernard charges for free on the weekends with his rooftop solar system, so his estimated running cost is \$105 since he's had it – that gives net savings of \$519 in fuel alone. With his old Suzuki, it had to be regularly serviced at a cost of \$100, oil being the main cost. With the Evoke, all he has to do is kick the tyres to check that they are properly inflated. "It is a task I know! I also have to put some grease into the two nipples on the swing arm once in a while," he sighs.







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WHERE THE CUTTLEFISH AND ARROW SQUID ARE HIDING IN MORETON BAY

BY SPERO KARTANOS

The fishing in the last month has been good (but the weather has not, thanks to those howling winds) but in July, I hope we get to see more of those glorious, dead-calm winter days.

July is prime time for catching arrow squid and cuttlefish, and if you're like me and love the taste of these delicious critters, it's a great time of the year!

A line from east of Ormiston to St Helena between 23 to 35ft depth is where they should be hiding, so a good drift with a ball sinker on top of the squid jig will get you a few on the boat, and that's where the fun starts.

Arrows throw the least amount of ink, but the cuttlefish can turn their spout in all angles, and the ink will get you and your boat, sooner or later you'll be covered in the thickest ink on the planet. If you have an older fibreglass boat being a little chalky, then good luck getting the ink out. One tip for cleaning the ink off your boat is a product called 30 Seconds that Bunnings sells, which gets rid of the ink in seconds, but make sure you don't spray it in your eyes or let the kids use it (read the

label) – it does get rid of the ink.

I have found a good idea to try and keep your boat clean is to use an old stainless steel pot and a stainless steel dish to clean the cuttlefish in as they don't mark.

The best squid jigs are anything with grey/silver in them, as well as orange-red prawn patterns, and I find the Wilson range of razorback jigs with the three spikes on their back are very good for cuttlefish. Since cuttlefish tend to grab the jigs by the middle, whiting rods are perfect to use to catch them, so there's no need to spend hundreds of dollars on different rods for catching squid or cuttlefish.

So, get out there and get a few fresh squid and cuttlefish - fresh is best and tastes a million times better than the rubber rings.

Till next month, good fishing and keep safe, especially in strong westerly winds, as we have had too many deaths in past at this time of year.











Photos: Spero Kartanos.



LAWN BOWLS IS FOR EVERYONE, NOT JUST SENIORS!

FROM CLUB MANLY

Club Manly bowls is leading a local campaign to dispel the common belief that lawn bowls is just a sport for seniors.

With the help of local primary schools and a high school in the Wynnum Manly area, we introduced lawn bowls as a sports option to the local school students.

With the help of the ladies' and mens coaches, the schools' students have discovered that lawn bowls is fun and that it's a sport where players can develop their skills with the ultimate goal of enjoying the game.

The initiative allows young bowlers to participate in further training at the club under the guidance of their coach, with girls and boys able to compete against each other as equals.

The sport also allows young bowlers to play bowls with family members - young and old - and have fun as a family.

Lawn bowls is also a pathway for young bowlers to participate at state and international levels, bowl for the Jackeroos, and represent their club at upcoming home games.



Young people are discovering that lawn bowls is great fun for all ages. Photo: Supplied.



Photo: Supplied.

WATERLOO BAY PROBUS CLUB UPDATE

BY ALAN STEINICKE

To celebrate the election of Waterloo Bay Probus Club's new president, Bob De Lange, a President's Picnic was recently held at Hanover Drive Park in Alexandra Hills. A BBQ and the new facilities at the park were enjoyed by a bunch of happy Probians.

If you are retired and interested in joining Probus activities including monthly meetings with guest speakers, day outings, trips away and general camaraderie with fellow retirees, please contact Membership Officer, Alan Steinicke on 0427 270 430 or email alstein10@bigpond.com.



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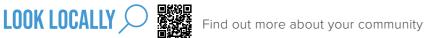
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DISCOVERING THE HEALING POWER OF GRATITUDE

CONTRIBUTED BY MILA BRUCKNER

I believe that we are here to create, experience, to imagine an amazing life for ourselves and others. We all want love, acceptance, and joyful experiences, but most of us do not know how to achieve them.

We search for the answers in books, taking time to listen to our intuition, watching others who seem to have it or persisting in actions to obtain it to some degree. I came to believe that the answers to how to have it and enjoy it lies in a simple act of gratitude. That word seems to be passed around a lot, but not many get to understand and feel what it means to be grateful.

To most, it is a positive emotion that involves being thankful and appreciative, but I believe there is more to it. Gratitude significantly reduces symptoms of depression and anxiety.

True gratitude is to be thankful for an event just as it is for the socalled positive and also negative aspects of it.

Gratitude allows us to see what has happened and how has it served us. It is easy to be grateful for something that we find pleasing, not so if the event is perceived as negative or challenging.

Taking time to find gratitude for something that we perceive as not positive will open our hearts and relieve the mental stress that is caused by the perceived negative.

The best way to achieve this is to take a few minutes to find and write down the benefits of that event. The more benefits we write down, the quicker the mind will relax, and the emotion of gratitude will enter our hearts. Our body will feel light, and the brain noise will stop. The mind and the body will always try to bring us back to balance.

Symptoms of pain in the body or mental uneasiness are showing us that we are too far off from the state of gratitude, of seeing life as a balanced event of equal positives and negatives.

The habit of writing every day or when possible and listing what we are grateful for changes our daily lives from trying to get through the day to enjoying it.

Gratitude heals our minds and bodies. The more we practice being grateful, the more we get to be grateful for. Gratefulness does not only relate to positive experiences.



Photo: Supplied.

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STAR THEATRE WYNNUM HOSTS STARS OF THE FUTURE

FROM WYNNUM MANLY EISTEDDFOD

An eisteddfod is a Welsh festival at which competitions are held in music, poetry, drama, art and dance.

The Wynnum Manly Eisteddfod (WME) has bought this tradition to our local area for the past 51 years. This year we appointed a new dance convenor, Michele Thompson, and together with the committee's support, we embraced a great deal of change for 2022!

This year saw the WME successfully move its Dance Group events to the beautifully appointed Star Theatre at Wynnum State High School, seamlessly transitioning to a computerised music playing and voice critics system. Our Group Weekend was held over the Labour Day long weekend, where 350 dances were performed, with six sold-out sessions attended by studios across Southeast Queensland.

We expanded our events to become a more inclusive eisteddfod with a new All Abilities Section for Dancers with Disabilities. We also had our first all-male entry, comprising of dance dads from Barrick Dance, who took out first place in the Mature & Motivated section. Our overall Grand Champions were local Wynnum Manly dance studio

Annette Roselli Dance Academy, with runner-up being Kick Dance from Morningside.

We continued our long partnership with the Waterloo Bay Leisure Centre hosting our solo events in Dance, Music and Speech & Drama with over 1,585 entries performed by competitors from Brisbane, Gold Coast, Ipswich and the Sunshine Coast throughout May.

We have primarily funded our events for the past 51 years without any major sponsors, relying on donations from entries and benefactors such as the Raymond family, Rotary Club of Wynnum and Manly, Scope, Cr Peter Cumming, Joan Pease MP, and Ross Vasta MP.

Most importantly, we would not have been able to do all of this without the hard work of our 12 committee members, supported by a small band of volunteers from Quota and the parents of our entrants.

If you would like to talk to us about sponsorship or volunteering, please reach out via our website, www.wmeisteddfod.com.au.



Photo: Supplied.

LOCAL HERITAGE BAND MAKES BEAUTIFUL MUSIC FAR AND WIDE

FROM THE QUEENSLAND SERVICES HERITAGE BAND

Queensland Services Heritage Band (QSHB) is about to celebrate its 17th anniversary! QSHB has been kicking goals year after year, now comprising of 80 members over eight bands, from juniors to seniors, varying in age and skill, aged between seven and 70.

Over the years, the band has been a regular performer at many country town parades and festivals. The band has performed far and wide in places including Tenterfield NSW, Gympie, Wondai, and Russell Island, dressed in various uniforms from Light Horse military uniform to festival costumes and white tuxedos. The adult band is seen yearly at the Toowoomba Festival of Flowers as the "Star Wars Band", at The Ekka, the ANZAC Day Parade in the Brisbane CBD, Stanthorpe Apple and Grape Festival and more.

When movement was restricted last year, manager Paul Jones turned his sights to performing in Queensland via national online competitions, where the band won a gold and silver medal to add to the burgeoning trophy cabinet.

This year the bar went up a notch as band bugler Derek played The

Last Post and Rouse for the Governor-General and the Premier to kick off the ANZAC Day Parade in Brisbane. The band then joined the parade and delighted the massive crowd with Vietnam-era pieces like *Sky Pilot*, receiving rousing cheers from the crowd. Perhaps you saw them on one of the many TV stations covering the parade?

QSHB played for 400 guests in June at the Queensland Community Foundation's annual awards ceremony at Brisbane City Hall. The event honoured local philanthropists who have been assisting the needy through the last couple of tough years, highlighting the work of organisations like Oz Harvest, Royal Brisbane Women's Hospital Foundation and Dominos Pizza, who have been generously feeding emergency workers during tough times. It was a glamorous affair with lots of sequins, sparkles, wining and dining.

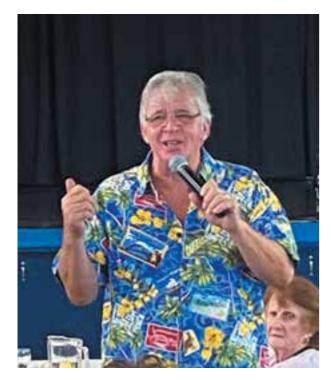
Band manager Paul says he would ideally like a larger band room with more band gear and, ultimately, more students — especially primary school-aged students. Pauls says one joining fee covers all expenses, lessons, uniforms, instrument hire, new friends and goals to kick, and for some, it may lead to a future career in music.



Photo: Supplied.

WATERLOO BAY LEISURE CENTRE'S JULY EVENTS CALENDAR

WATERLOO BAY LEISURE CENTRE, 241 Tingal Road, Wynnum is hosting some fabulous events in July.



CONCERT

12th July - 9.30AM - Entertainment by Redland Country Music

Doors open at 9.30am for morning tea followed by the concert from 10.15am to 11.45am. A two-course hot lunch is then served after the concert. The cost is \$10 for the concert plus morning tea, plus an additional \$10 for the two-course hot lunch. There will be a lucky door prize and raffles.

SPECIAL CHRISTMAS IN JULY CONCERT

26th July - 9.30AM - Entertainment by Terry Scott

Doors open at 9.30am for morning tea followed by the concert from 10.15am to 11.45am. A two-course hot lunch is then served after the concert. The cost is \$25 for the concert, morning tea, and lunch. There will be a lucky door prize and raffles.

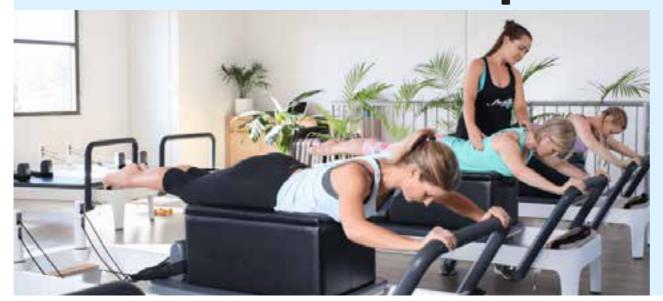
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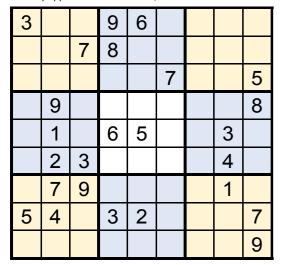
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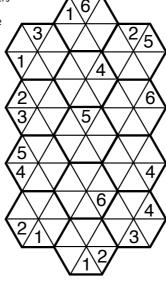
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Fill in the blank cells using numbers from 1 to 9. Each number $\,$ can only appear once in each row, column and 3x3 block.

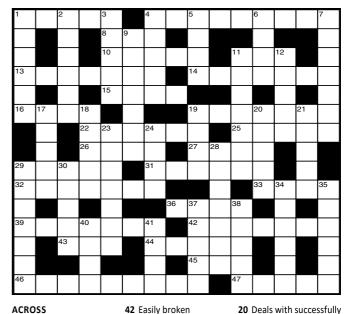


Quick Workout

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**

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

TODAY'S Good: 9 words Very good: 14 words **FOCUS** Excellent: 26 words



Reference: Macquarie Concise Dictionary

ACROSS

- 1 Oozes
- 4 Give up
- 8 Eggs
- **10** Period of darkness
- 11 Resinous substance
- 13 Irreligious
- 14 Kitchen utensil 15 Remainder
- 16 Cast off
- 19 Go before
- 22 Pass away
- 25 Flowers
- 26 Discharge
- 27 Strike with open hand
- 29 Assail 31 Titanium dioxide
- 32 Beseech
- 33 Look for
- 36 Part of a vacht
- **39** Tombstone inscription **19** Nuisance

- 42 Easily broken
- **43** No score
- 44 Satellite's path 45 Corn spike
- 46 Bore the weight of
- 47 Large sea duck

DOWN

- 1 Inclines 2 Call for repeat
- 3 Echo sounder 4 Wise men
- 5 Decays
- 6 Tidy
- 7 Turns
- 9 Pickling medium 11 Of the side
- 12 Remedies
- 17 Safe harbour
- 18 Postpone
- **34** Stretch out 35 Animal's attendant 37 Flowed back

29 Decapitates

21 Thick

24 Saucy

30 Dye

- 38 Unit of capacity
- 40 Tinge41 Wind instrument

23 Following the letter

28 African republic

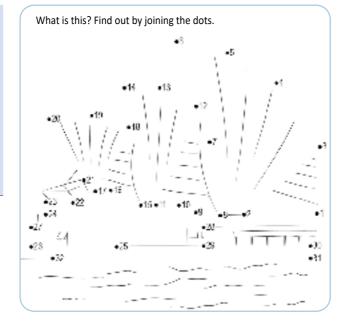
Word Find

DRAM Т 0 S Ε S Ν K

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

Acne	Dram	Limb	Sale
Are	Heir	Mart	Tene
Backed	Here	Mile	Vest
Card	Last	Role	
Dots	Lice	Rose	

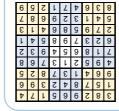
Join the Dots



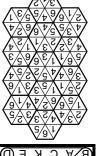
Solutions

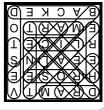
Puzzles and pagination supplied by Auspac Media

pointe tenpin tipi tope topi topic pinto piton poet poetic point becţin pent peon pine pinion pint nepotic nope open opine optic cope epic INCEPTION inept









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WYNNUM MANLY SEAGULLS' SEASON UPDATE

FROM THE WYNNUM MANLY SEAGULLS

The BMD Wynnum Manly Seagulls have had an action-packed month, with some very exciting times also around the corner.

The Seagulls finished off May with a trip to Mackay, where they battled through monsoonal rain to take the win in both men's grades.

On Sunday 5 June, the Seagulls travelled to North Stradbroke Island (Minjerribah) to take on the Central QLD Capras in an Indigenous recognition match. Unfortunately, the Seagulls didn't play well enough to defeat the Capras in a very scrappy game, losing to a penalty after the siren, 24-22.

Sunday 12 June saw the Seagulls take on fierce local rivals, the Brisbane Tigers back at BMD Kougari Oval. We came out firing after the previous week's loss and won 32-22. This win put the Seagulls into 5th position on a congested ladder.

On Saturday 18 June, the Seagulls went to Hervey Bay to take on the high-flying Sunshine Coast Falcons in another Indigenous recognition match, scoring a 20-12 victory. This one was third time lucky, as the previous two year's matches in the Fraser Coast region have been cancelled due to Covid.

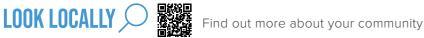
The last two Seagulls home games of the Queensland Cup regular season are against Papua New Guinea Hunters on Saturday 9 July and Souths Logan Magpies on Sunday 21 August. The final home game against Souths will see both teams fight for the Mitch Cronin Cup at BMD Kougari Oval.



Photo: Supplied.

The Wynnum Manly Seagulls have also recently announced our 2022 Sportsman's Dinner. This is the premier event on the Seagulls calendar, with Supercoach Wayne Bennett as the headline guest. Shane Webcke and Greg Ritchie will also join Wayne, with the night MC'd by 7 News presenter, Pat Welsh. For more information and to purchase tickets, please visit wynnumseagulls.com.au.





WOULD YOU LIKE TO LEARN HOW TO SAIL?

FROM WYNNUM MANLY RADIO MODEL YACHT CLUB (WMRMYC)

Wynnum Manly Radio Model Yacht Club (WMRMYC) has established a sailing school to teach locals how to sail. The school uses radio-controlled yachts for 'on water' training.

The training course is designed for people who have no boating or sailing experience but also caters to those who have had some sailing experience.

Russell Gray, Commodore of WMRMYC, said that radio-controlled yachts are an excellent training tool because the small scale demonstrates all aspects of boat set-up, boat control and wind patterns. Russell said that learning how to sail from dry ground means that fitness levels do not have to be high compared to on-the-boat sailing.

Radio-controlled sailing is great for all ages and genders and offers both social sailing and competitive sailing up to Australian and World championships.

Your local Wynnum Manly club focuses on

training and social and intermediate competitive sailing. Regular sailing takes place in the Wynnum Wading Pool, Manly Boat Harbour and Sovereign Waters at Wellington Point.

Training is theoretical on the whiteboard and practical on the water. A large percentage of the training is on the water, with each of the students sailing an RC yacht.

The club provides radio-controlled yachts for newcomers to have a try to see if they would like to learn how to sail and race radio-controlled yachts. After a trial period, students are encouraged to purchase an RC yacht (approximately \$300).

According to Russell, retirees make up a large portion of the members sailing during the week. In some ways, it is like a Mens' Shed on water.

"The racing and social banter is a lot of fun. WMRMYC is known as the fun club," said Russell.

"On the weekends, the younger members join in

for some competitive racing. Both handicap (for those learning) and scratch racing events are held.

"If you are looking for a new pastime, sport, or social involvement, Radio Controlled Sailing could be right up your alley."

Your local Wynnum Manly club can take you on a fun journey from knowing nothing about sailing to being a competitive racer at the level that you choose. Some of the WMRMYC members have competed at the world championships.

Enrolments are now open for the next 10-week sailing course, which begins on Tuesday, July 26,

WMRMYC offers an open invitation to anyone who wants to try radio sailing.

You can get more information from the club website http://www.wmrmyc.club/ or give the friendly Commodore, Russell, a call on 0401 641 443.





Photos: Supplied.



The team at The Eye Health Centre are committed to providing exceptional eyecare services to every patient.

Conveniently located in Wynnum, our clinic is a collaborative care clinic; both ophthalmology and optometry services are available.

Patients can be seen by one of our ophthalmologists, or by one of our clinical optometrists for triage, pre- or post-operative assessment or independent clinical management.

Eye conditions we can help with:

- Macular Degeneration
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Our Local Services:

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Call 07 3026 2600 or email wynnum@theeyehealthcentre.com.au We are located at: 93 Clara St, Wynnum QLD 4178

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Ophthalmologist

Dr Tom Moloney

BSc MBBS (Hons) FRANZCO Medical Retina Fellowship (Moorfields Eye Hospital UK) Vitreoretinal Surgery Fellowship (RBWH) Vitroretinal Surgeon and Macular Disease Specialist

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We are resurfacing all of our walkways with a new slip resistant material - Stage 1 is finished with Stage 2 due to complete in early July.

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LIGHTING HITS THE SPOT FOR WYNNUM RUGBY LEAGUE JUNIORS

The Palaszczuk Government has flicked the switch on a \$300,000 LED field lighting upgrade at Wynnum Manly Junior Rugby League Club for Queensland's Covid-19 Economic Recovery Plan.

Member for Lytton Joan Pease said new field lighting for Kitchener Park was an election commitment and supported local jobs.

"I'm delighted to deliver on my 2020 election commitment to the Wynnum Manly Junior Rugby League Club for new field lighting," Ms Pease said.

"The Palaszczuk Government's \$300,000 investment lights-up not one but four fields for rugby league games and training.

"LED lights have been installed on the two main, full-sized fields and have the flexibility of switching to 100 lux for training or 200 lux for matches.

"On the two smaller fields, the 50 lux LEDs are perfect for after-hours school training. "This project has supported local electrical jobs and being energy efficient, the field lighting will reduce the club's power bills."

Club Treasurer Philip Everson said the energy savings will amount to more than \$2000 per month.

"The LED lights don't draw as much power so we can direct those savings back into the junior rugby league teams," said Mr Everson.

"We can actually turn the lights on in different areas of the fields and adjust the strength of the lights, so they give us much greater flexibility while allowing us to minimise the impact on our neighbours during training times through the week.

"We already have 750 players from Under 6 right through to Under 20, Open Men, Women and girl's teams, in addition to local schools and community groups who use our fields for other sporting activities.

"With more people coming into the community, we expect the lights to get a lot of use in the years ahead."

The LED installation was project managed by COHA group and built by Wynnum electricians Keid In Electrical.

Sport Minister Stirling Hinchliffe said upgrading community sporting facilities was part of the Palaszczuk Government's Covid-19 Economic Recovery Plan.

"Projects like Kitchener Park have supported local jobs across Queensland when they were needed most and helped community sport come back from the pandemic better than ever," Mr Hinchliffe said.



Photo: Supplied.

"One of the great legacies we want to achieve for the 2032 Olympic and Paralympic Games is providing more opportunities for Queenslanders to stay active.

"We know great facilities encourage more Queenslanders of all abilities to get on the field with their local club and stay connected with the community.

"Active Queenslanders are healthy Queenslanders and we're not stopping at community sport infrastructure.

"Over the past seven years, Wynnum Manly Junior Rugby League has received 805 FairPlay vouchers valued at more than \$120,000.

"FairPlay helps low-income families pay membership fees for children's sport and gives more young Queenslanders the opportunities that come with being active and involved."

Since 2015, the Palaszczuk Government has invested \$84 million in rugby league to build facilities, support clubs and volunteers, and encourage more young Queenslanders to get involved in the game.

THE MIGHTY BUGS' SEASON 2022 UPDATE

FROM THE WYNNUM RUGBY UNION CLUB

The Bugs have come out of the gates in season 2022 with our first colts team in four years joining the Tuckey Cup in Brisbane on Thursday nights. The colts sit fourth on the ladder, and players are looking down the barrel of a finals berth in August.

Our Reserve Grade team is sitting second on the table and could go all the way in 2022. The A-Grade team is sitting outside the top four, but it's halfway through the season, so there's still plenty of time to fight back into the contention for the finals.

The Bugs had three senior players selected to represent Sunshine Coast Stingrays in June. Sunshine Coast won the tournament with wins against the Gold Coast and Darling Downs teams. Well done to Jason Roger (Prop), Kyle Hammane (Backrow) and Jacob Wright (Centre).

Wynnum Bugs is committed to being an inclusive club and we are working hard to establish a sustainable women's/girl's rugby program. If you are interested in playing, coaching, managing, or sponsoring the girls'/womens' teams, contact Dan Power, senior vice president, at Seniorvp@wynnumrugby.com.au for further information.



Photos: Supplied.



Wynnum Rugby Union is always looking for more players across all divisions, and all playing levels are welcome, so get in touch today!

The Moreton Bay | Colleges |

Two colleges, One community

The Moreton Bay Colleges'

Pre-Prep



LEARN MORE

NEW PRE-PREP PRECINCT OPENING 2023

Igniting their curiosity

Children are born ready to learn, brain development is heavily influenced by their environment. With about 90 percent of brain development occurring in the first five years of life, these early years are crucial.

For most, formal education doesn't start until they are five, meaning that a large portion of their early neural development has happened before they reach the classroom.

Pre-Prep or Kindergarten is becoming more widely recognised as the first year of formal schooling. We see the difference in our students every day. The Moreton Bay Colleges' Pre-Prep ignites their curiosity, unlocks their potential and shapes their future learning.

Unlocking their potential

The Moreton Bay Colleges' Pre-Prep has a child-centred approach to learning, with educators planning for and observing children, identifying opportunities to challenge and engage them in small groups and individually. Learning experiences are delivered through intentional teaching opportunities and hands-on, play-based experiences.

Your child's strengths and interests will be the focus of educators' observation. The educators then work with the child, families, and other specialist teachers to collaboratively plan for natural inquiry, providing resources and support where necessary so that your child is guided through their own wonderings and learning.

"The students seem to feel 'at home' so quickly and because the same children attend each day they become like a family." – Mrs Rebecca Lennon, Head of Primary, Moreton Bay College.

Shaping their future

Joining The Moreton Bay Colleges in Pre-Prep is the start of an educational journey.

The same children attend each day, so they see familiar faces and have a settled routine. The journey is also important for the families. Parents build connections with families who become lifelong friends as their children progress through their schooling years together. Belonging to a caring and respectful community builds confidence and trust for children and their families.

Highly qualified teachers in state-ofthe-art facilities will ignite your child's
passion for learning in this Queensland
Government Approved Kindergarten
Programme. Students engage in a
rich inquiry-based programme that
encourages children to investigate and
learn about the world around them.
Essential pre-literacy and pre-numeracy
skills are embedded within each and
every day.

Students enjoy access to specialist teachers in Music, PE, Visual Arts, Library and RE; and have the option to attend additional activities such as swimming and gymnastics.



The commencement of 2023 will mark the official opening of our expanded Pre-Prep Centre, featuring two additional new purpose-built learning spaces. The design also offers a purpose-built Atelier (art studio) and a kitchen garden space. The children will be able to explore, discover, create and engage with the world around them.



Pre-Prep Facts

- Pre-Prep runs term time, five days a week, from 8.30am 2.30pm
- Catering for both boys and girls, Pre-Prep is located at the expansive grounds of the Moreton Bay College campus
- Our brand new OSHC (Outside Hours School Care) centre is available to accommodate students outside of core programme times
- Children turning four before 30 June in their entry year may be enrolled
- Pre-Prep is a steppingstone to Prep at Moreton Bay Boys' College, or Moreton Bay College
- Taking enrolments now for 2023.

More information at mbc.qld.edu.au/learn/pre-prep





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- Apprentice Vehicle Technicians (Capalaba)
- New Vehicle Sales Manager (Capalaba)
- Trainee or Experience Service Advisor (Capalaba)
- Used Car Sales Consultant (Wynnum)
- Qualified Automotive Technicians (Wynnum and Capalaba)
- Trainee Finance and Insurance Manager (Wynnum)

- Equipment Finance Broker (Premier Asset Finance)
- Trainee and Qualified Pest Technicians (Annual Pest Management)

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!



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Our crews start early to try and beat the heat, especially as we are coming into a hot summer. It is not a difficult job, we offer training, but it is a physically demanding job, with our crews travelling up to 25 kilometres a day. Our crews get fit and most of them lose weight. Genuine enquiries only please.

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FROM DENTAL ON CAMBRIDGE

We see many patients who have wonderful oral hygiene, good diet, who have seen their dentist regularly, and at their routine exam and clean appointments are often told 'keep up the great work – we'll see you in six months'! Sometimes it comes as a surprise to these diligent patients when, at their next check-up, they're told that they need to replace some of their old fillings – it's especially a surprise when these fillings are not causing any pain or discomfort!

Often these fillings are amalgam fillings, and many have been in place for over 20 years and have served the patient well during this time. However, all dental restorations including amalgam and white fillings have a certain lifespan. Over time amalgam fillings will corrode, chip or wear away, exposing spaces where bacteria can sneak in under the filling causing tooth decay.

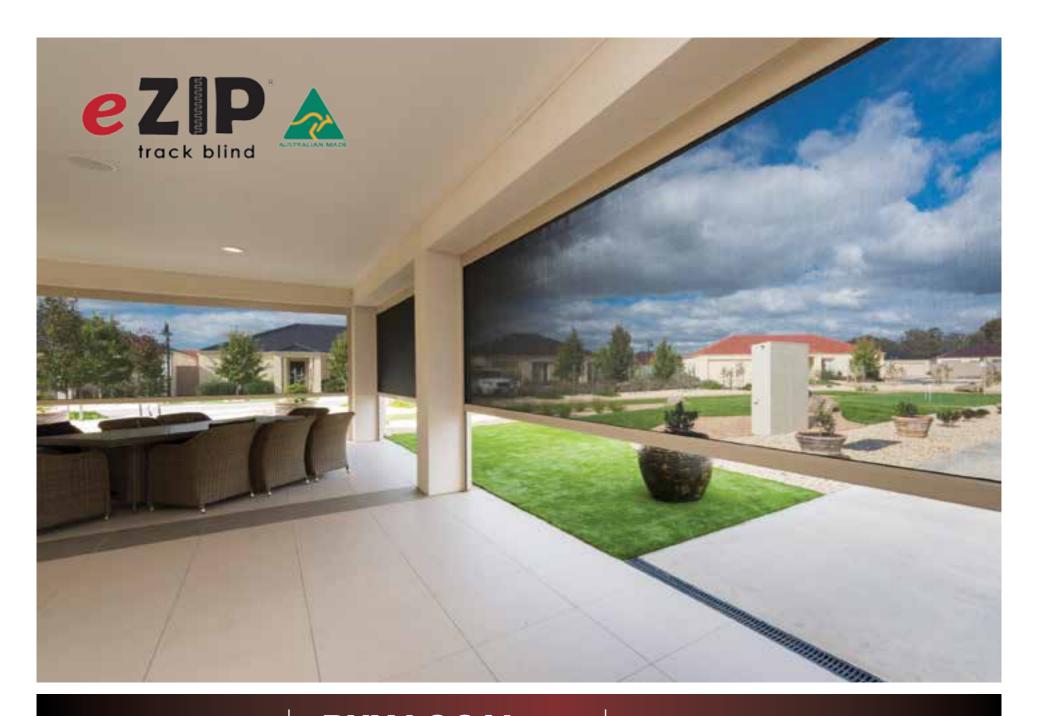
When the seal between the filling and the tooth is compromised, bacteria colonise the space, and over time this will eventually allow decay to get under the filling, which is why replacement of failing or non-sealing fillings is recommended. A new well-sealed filling can prevent bacteria getting into the deeper tooth structures such as the roots, and can prevent the need for more invasive treatments to the tooth such as root canal treatment or tooth extraction.

Modern dental treatments such as resin composite fillings and cemented ceramic crowns – when placed with due skill and care and are well maintained – provide a robust long-lasting seal and protection for the tooth. Much like a house, your teeth are exposed to many different environmental factors that over time can cause teeth and fillings to deteriorate. Just like a house needs painting after a period of time, so too, your fillings require maintenance and eventual replacement to ensure they're still able to continue to protect your teeth.



We pride ourselves on preventative dentistry at Dental on Cambridge, so when you attend your sixmonthly examination and cleans our dentists will talk to you about immediate needs (if any,) and future concerns that might arise such as replacement of any failing restorations or careful monitoring of older restorations for signs of deterioration. This means you are well informed about your oral health now and into the future, and we can plan together the best way to continue to protect your greatest asset – your beautiful smile that's also a healthy one!





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