ISSUE 29 • OCTOBER 2022 WWW.THECOMMUNITYLEADER.COM.AU

ECommunity Leader

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WE'RE ALL ABOUT GOOD NEWS!













IF YOU'VE GOT IT, HAUNT IT!

It's time to dust off your broomstick and light up your jack-o-lantern for a night of frighteningly good fun at Wynnum's inaugural Halloween Parade!

As the sun sets on October 29, downtown Wynnum will be crawling with creatures of the night, ghouls, ghosts and witches.

Featuring a trick-or-treat trail through the village, best-dressed prizes, and a grand parade down Bay Terrace, the evening promises a night of fun frights and delectable delights with food trucks and live street entertainment.

Don't be a scaredy cat; come to Wynnum town for an enchanting evening of spooky fun. Find out more on page 3.





LISTINGS

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









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

WYNNUM FRINGE: BIGGER, BETTER AND BOLDER IN 2022!

FROM WYNNUM FRINGE

This November, Wynnum Fringe returns as Australia's latest and greatest performing arts hub. With a smorgasbord of free and ticketed events, we are set to shine a spotlight on the bayside!

Brisbane's home of Fringe returns for its biggest party yet! We are ready to feed your soul, tickle your fancy and delight your senses with THREE MASSIVE WEEKS of arts and entertainment on the shores of Moreton Bay, solidifying the bayside as a global arts destination for locals and travellers.

Hundreds of interstate and Queensland artists and entertainers will converge on George Clayton Park on the Esplanade, taking centre stage as this year's festival hub — the Wynnum Fringe Garden. Come on down and enjoy free outdoor entertainment, bars, food trucks, projections and wonderful shows, right in the heart of Brisbane's beautiful bayside!

Bigger and bolder than before, plenty more will be revealed for the Wynnum Fringe Garden, and all other local venues, in the full Wynnum Fringe program to be released in early October.

Wynnum Fringe celebrates the best in contemporary, independent and alternative arts and entertainment and is expected to attract more than 35,000 people over the 19-day event from 16 November to 4 December 2022.

The three-week arts, entertainment and cultural extravaganza spans a dazzling array of performance genres including music, dance, comedy, theatre, cabaret and circus. Mix that in with some glorious local restaurants and you've got yourself a perfect end to the year!

After the last few years, don't you want to have some fun? Book your tickets today at wynnumfringe.com

















Raine&Horne.

















GET YOUR SPOOK ON AT WYNNUM'S INAUGURAL HALLOWEEN PARADE

Wynnum Commerce is excited to unveil its inaugural Halloween Parade program, featuring an evening of family-friendly fun and festivities on October 29. Embrace the spirit of Halloween and come in costume. Ghouls, ghosts and goonies are welcome!

4 – 6pm

Trick & Treat, Wynnum Central

From 5pm

Street Entertainment

6pm

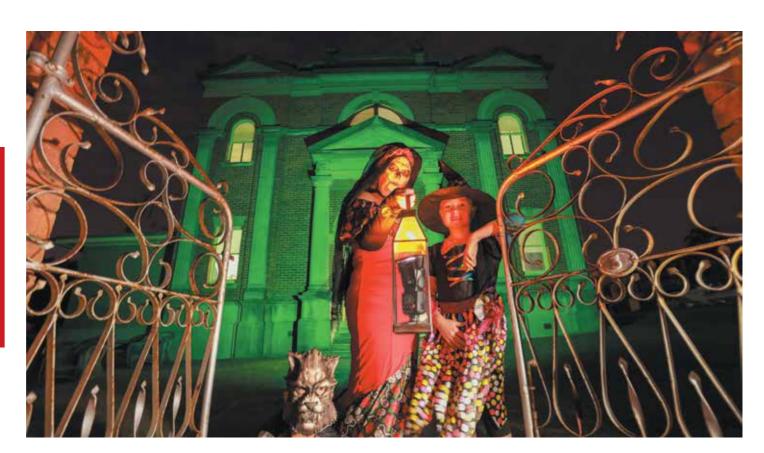
Halloween Parade, Bay Terrace, Wynnum

5 – 9pm

Food Trucks and Markets



Adults and children can register to enter the best-dressed competition and discover more information about the event by scanning the QR code, or online at https://wynnumnow.com/ wynnum-halloween-parade/









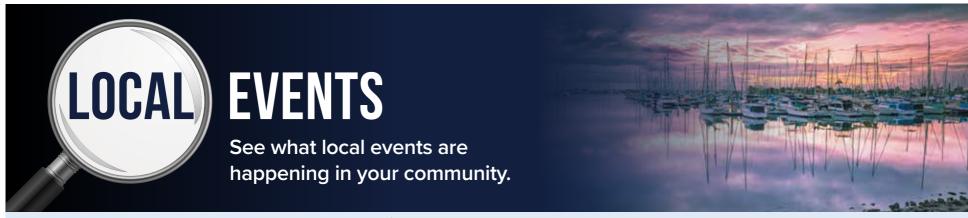


LUKE LONGLEY EXPERIENCE 22 OCTOBER



HALLOWEEN BLUE LIGHT DISCO 29 OCTOBER

WWW.BAYSIDEEVENTCENTRE.COM.AU 89 BAY TERRACE WYNNUM QLD INFO@WATERLOOBAYHOTEL.COM.AU 0421 065 264



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.

STEAMPUNK ART IN FLORENCE



105 Florence Street, Wynnum Central (disembark at Wynnum Central Station) October 8 & 9

Wynnum Manly Arts invites you and your family to join us for a FREE community event. Enjoy Steampunk inspired markets, roving entertainment, games, music, best dressed competitions, food and drinks. Bands playing all day. Come in costume and have your photo taken in our professional photo booth.

BAYSIDE WOMEN'S SOCIAL CLUB



Waterloo Bay Leisure Centre 241 Tingal Road, Wynnum, QLD, 4178

Bayside Women's Social Club offers social and education interaction for women of all ages. Activities include lunches, bus trips and guest speakers featured regularly to speak on a broad range of informative issues. The club meets on Thursdays each fortnight between 10:30am and 12:30pm.

For more information call 0402 247 379 or email baysidewomensclub@gmail.com

THE SMITH STREET JAZZ BAND



Wynnum Community Centre Florence St, Wynnum October 8 at 7pm

Come along for this great concert featuring live music from the talented Smith Street Jazz Band. For more information, contact Wynnum Manly Arts on 3348 2369.

PIONEER DECORATION DAY 2022



Tingalpa Pioneer Chapel 1341 Wynnum Road, Tingalpa October 8 from 10am

Step back in time at the heritage chapel and cemetery from and join for a Fun Fete event for all ages.

DECORATION MORNING TEA 10am

Short Service and address from Father Daniel Hobbs, Parish Priest. Hymns and reading by Beryl Wheeldon. John Hulett will give a 20-minute talk about Charles Coxen and the consecration 152 years ago.

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

Social Tennis Wynnum Tennis Centre

9.00am - 12.00pm Social tennis costs \$10 and includes a light morning tea at Colina Street Tennis Centre, Wynnum.

Wynnum Manly Bayside Socials Group

Meets the first and third Wednesday of every month at Celtic Corner, 45 Cambridge Parade, Manly 6.30pm – 7pm. A \$1 donation is appreciated. More details on meetup.com.

Zumba Gold

Drevesen Park, 352 Upper Esplanade, Manly Every Wednesday 8am to 9am Zumba costs \$6 pp For more information phone 0428 419 157.

THURSDAYS

bluebottlemanly.com.au.

Bayside Health Nook: Wynnum Heart Foundation walk

7.30am

Meet at BHN coffee and walk along the esplanade with a friendly and supportive group. info@baysidehealthnook.com.au or 07 3162 2778.

BlueBottle Cocktail & Tapas Bar: Karaoke Thursdays

55 Cambridge Parade, Manly 7pm - 11pm For more information call 07 3161 3764 or visit

FRIDAYS

Chess and Board Game Enthusiasts' Club

Every Friday at the Wynnum Library, 145 Florence St, from 2pm – 5pm. Bring along your favourite board games or join others. Cost is \$1 which goes towards biscuits and photocopying

This is not a library-initiated event; all enquiries can be texted to 0423 055 289.

SATURDAYS

Jan Powers Farmers Markets

Little Bayside Park, Manly Saturday October 1 and 15, 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

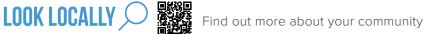
Sunday Sounds: Tide on the Jetty

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 ON AT THE MOVIES THIS OCTOBER

FROM MAJESTIC CINEMAS, WYNNUM



Amsterdam (CTC) - October 6th

Set in the '30s, Amsterdam follows three friends who witness a murder, become suspects themselves, and uncover one of the most outrageous plots in American history.

Directed by David O. Russell starring Christian Bale, Margot Robbie, Rami Malek and Robert De Niro.



Mrs. Harris Goes to Paris (CTC) - 27th October

In 1950s London, a widowed cleaning lady falls madly in love with a couture Dior dress, deciding she must have one of her own. After working to raise the funds to pursue her dream, she embarks on an adventure to Paris that will change not only her own outlook - but the very future of the House of Dior.



DC Black Adam (CTC) - October 20th

Nearly 5,000 years after he was bestowed with the almighty powers of the Egyptian gods – and imprisoned just as quickly – Black Adam is freed from his earthly tomb, ready to unleash his unique form of justice on the modern world. Starring The Rock.



The Rocky Horror Picture Show (M) - Special Halloween Screening

- Saturday 29th October

In this cult classic, sweethearts Brad (Barry Bostwick) and Janet (Susan Sarandon), stuck with a flat tire during a storm, discover the eerie mansion of Dr. Frank-N-Furter (Tim Curry), a transvestite scientist. As their innocence is lost, Brad and Janet meet a houseful of wild characters, including a rocking biker (Meat Loaf) and a creepy butler (Richard O'Brien). Through elaborate dances and rock songs, Frank-N-Furter unveils his latest creation: a muscular man named "Rocky".





COMMUNITY UPDATE

JOAN PEASE'S COMMUNITY UPDATE. STATE MEMBER FOR LYTTON

PASSING OF HER MAJESTY THE QUEEN ELIZABETH II

Along with many across Queensland and in the Lytton community, I was deeply saddened to hear the recent news of the passing of Her Majesty The Queen Elizabeth II.

The Queen has been a constant through many of our lives. She upheld the same concern and care for the people of the Commonwealth since her coronation in 1953.

As a child, I remember my family's excitement at my Mum and Dad's invitation to a Garden Party with the Queen and Prince Phillip when they visited Brisbane.

Queen Elizabeth II will be remembered for her extraordinary life of tireless public service, her devotion, hard work, compassion, and the resolve she brought to the role every day - an inspiration to us all. Her Majesty the Queen will be dearly missed.

COMMUNITY VOLUNTEERING

Do you have a few spare moments and are looking to give back to our bayside community? There are several upcoming events on the bayside that need volunteers:

- Wynnum Parkrun are looking for volunteers each Saturday to support locals completing the 5km run along the waterfront. There are over 20 different volunteering opportunities available! Email wynnum@parkrun.com for more information.
- Wynnum Fringe are in need of volunteers to assist with the running of the festival between 16 November and 4 December 2022. Email hello@wynnumfringe.com for more information.
- Virtus Oceania Asia Games 2022 a major international multisports event, are looking for passionate volunteers to help with the games between 5 and 11 November 2022. Email info@ oagames2022.org



PATH TO TREATY

I was proud to commemorate a very important day in Queensland's history with the release of the Treaty Advancement Committees report.

The Path to Treaty is a shared journey between the Queensland Government, Aboriginal

and Torres Strait Islander peoples and non-Indigenous people – a key reform with the ultimate goal of negotiating a treaty, or treaties.

The Path to Treaty is for the benefit of all Queenslanders and provides an opportunity to cultivate a new relationship with First Nations peoples and share in more than 65,000 years of rich history and culture.

With the release of the Queensland Government Response to the Treaty Advancement Committee Report, we have achieved a significant

The next phase of the Path to Treaty, will be strengthened by co-designing structures with Aboriginal peoples and Torres Strait Islander peoples that will ensure the success of achieving a treaty or treaties for Queensland.

COMMUNITY GRANTS

Round 115 of the successful Gambling Community Benefit Fund (GCBF) has opened with more than \$10 million available for not-forprofit groups.

I encourage groups associated with domestic and family violence services, and multicultural communities to apply.

This round closes on 31 October 2022 it is important that my government continues to support our local not-for-profit groups in providing essential services, activities, and economic opportunities for the Lytton community.

For more information, visit: www.justice.gld.gov.au/initiatives/community-grants



COMMUNITY SPORTS REPORT

As a proud supporter of bayside sporting clubs, I undertook a survey of community sports in Lytton earlier this year. I received a huge response to this survey and I thank every Lytton local who responded and gave their feedback.

The report is now available on my website, along with a response



to the report findings from the Hon. Stirling Hinchliffe MP, Minister for Tourism, Innovation and Sport and Minister Assisting the Premier on Olympics and Paralympics Sport and Engagement.

Read the report here; https://joanpease.com/media-releases/lyttoncommunity-sports-survey-report/

E-SCAM COMMUNITY FORUM

Scammers are getting smarter and taking advantage of new technology, new products or services and major events to create believable stories that will convince you to give them your money or personal details.

Our presenters from Queensland Police, Volunteers in Policing



and Crime Stoppers will provide you tips on how to avoid scams and protect yourself from becoming a victim of one plus learn how to recover your identity after an E-scam.

Register for the E-scam community forum at https://www.eventbrite.com.au/e/crime-stoppers-e-scam-communityforum-tickets-412505303467

Wednesday 19 October 2022, 6pm at Wynnum RSL.

Joan**Pease MP**



PO Box 719, Wynnum QLD 4178 【 (07) 3915 1100 🚮 JoanForLytton 🔼 lytton@parliament.qld.gov.au

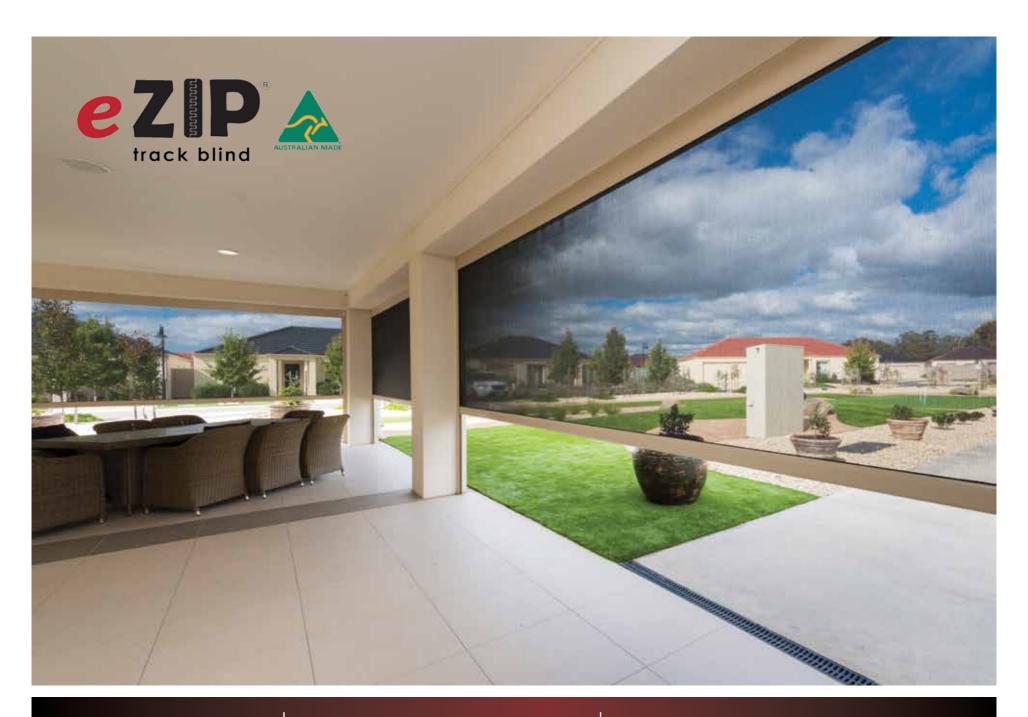








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PETER CUMMING'S LOCAL AREA UPDATE

COUNCILLOR FOR WYNNUM MANLY WARD



Brisbane City Council is committed to rebuilding and recovering following the February 2022 severe weather and flooding event. Council has been working with community groups to ensure they can rebuild and recover quicker by providing services and funding opportunities.

The following services are available for groups affected by weather and flooding events.

COMMUNITY FACILITY DISASTER RELIEF PAYMENT

Immediately following the weather event in late February, Council introduced the \$5000 Community Facility Disaster Relief Payment. These payments were provided to support community organisations to make their facilities safe, clean-up, conduct minor repairs and return to operations.

The following Wynnum Manly community organisations were approved for this payment:

- Bayside BMX Club Inc.
- Bayside Radio Control Car Club Inc
- Wynnum Manly and Districts Men's Shed
- Wynnum Tennis Association Inc.
- Waterloo Bay Leisure Centre Inc.
- Wynnum Manly Junior Rugby League Football Club Ltd
- Bayside United Sports and Recreation Club Inc.
- Manly Community Kindergarten Association Inc.
- Wynnum Manly Community Garden Inc.
- Wynnum & District Rugby Union Club Inc.

REBUILD & RECOVER - FLOOD RESILIENT COMMUNITIES PROGRAM

The Rebuild & Recover - Flood Resilient Communities Program, launched in partnership with the Brisbane Sustainability Agency (BSA), applies the principles of the existing Flood Resilient Homes Program. The program will assist tenants to better understand their estimated flood risk, as well as provide practical building advice to both build back better and increase their resilience to future flooding impacts.

At this stage over 100 community organisations have been chosen to be part of this program, including the Bayside Radio Controlled Car Club Inc. and the Wynnum Manly Junior Rugby League Football Club Ltd. Reports are yet to be finalised on individual sites.

COMMUNITY ORGANISATION GRANT SUPPORT PROGRAM

Council has engaged consultants to assist organisations with grant writing support and identifying which grants best suit their needs. This assistance is being provided to community organisations as well as sport and recreation organisations that have indicated to Council that they had been impacted and are seeking targeted support.

The road to recovery may take time, however we are committed to helping these groups back on their feet and to be in a better position than before the floods.

UPCOMING EVENTS

Steampunk Art in Florence

The Wynnum Manly Arts Council will host a steampunk arts festival on 8-9 October.

'Steampunk' is a literary genre set in an alternate universe where steam, rather than electricity, drove technological advancement. It has become an artistic and cultural movement that encompasses art, fashion, media and much more.

In October, expect to find Florence Street filled with roving entertainment, puppet shows, vintage automobiles and, of course, different types of art.

Wynnum Fringe

Have you checked out the Wynnum Fringe line-up yet? Alongside star-studded appearances by Marcia Hines and Dave Hughes, you'll find a prehistoric circus, Greek comedy, and a free family fun day, to mention just a few.

You can buy tickets on wynnumfringe.com. Become a Bayside Arts Member to receive discounts and early notifications.

Celebrate for a Cause

General admission tickets to Celebrate for a Cause are now on sale for \$150.

Every year, this major event raises money for local charitable organisations. This year, CFC organisers hope to raise \$100 000 to be split between Forgotten Women, a housing NFP that helps women over the age of 55, and Bayside Community Fund, a new organisation that will offer grants and funding opportunities to local groups.

The theme for the event is Santorini Summer and it will take place 22 October at the Royal Queensland Yacht Squadron. Find out more at cocktailsforacause.com.au.

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.gld.gov.au

CITIZENSHIP AWARDS RECOGNISE TALENTED YOUTH

BY JO-ANNE O'CONNOR

Just one of the many encouraging and inspiring evenings held recently at the Rotary Club of Wynnum and Manly was the Citizenship Awards, presented to five talented students from five local schools. Members of the Rotary Club were pleased to share the evening with the students and their families, teachers and school representatives.

These Citizenship Awards are part of the Rotary Club of Wynnum and Manly Youth Program, supported by a grant from AMPOL that is used to encourage, support, and facilitate opportunities for the growth and development of the youth in our community.

"I am continually amazed by the calibre of young people we have in our community," said joint president Tracey Wyatt.

"The future is in great hands with up-and-coming leaders of this calibre, and congratulations go to the recipients and to their teachers and schools for nominating them for these awards."

The recipients L to R: Lachlan Brown - Iona College Isaac Manawatu – Brisbane Bayside College Connor Fox – Wynnum State High School Riley McNeill - Darling Point Special School Darcy Gray - Moreton Bay Boys College Photo: Supplied.



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LEGENDS WARM UP AHEAD OF AUSTRALIA'S RICHEST ONE-DAY PRO-AM

FROM WYNNUM GOLF CLUB

Wynnum's weather turned it on for the annual Bartons/BMD Legends Pro-Am, held in August at the Wynnum Golf Club.

Attended by local businesses, BMD and Bartons and many long-standing valued sponsors, along with 60 golf pros, the event was an exciting precursor to the Bartons/BMD Pro-Am, which will be held on November 28. As Australia's richest one-day Pro-Am, the event has committed to a record \$100,000 purse to reflect the centenary of Wynnum Golf Club.

The current leader of the SParms PGA Legends Tour Order of Merit, Andre Stolz, proved strongest on the day at this year's Legends Pro-Am, his victory was achieved in part due to his return to his old Odyssey White Hot Mid putter, a club which was purchased 20 years ago and not used for the past four months.

Our local community can also be winners by entering Wynnum Golf Club's LVTong Golf Cart raffle, to be drawn on Friday, December 16. Donated by Bartons and BMD, the \$13,000 golf cart raffle is part of the Wynnum Golf Club's centenary celebrations, with all proceeds going directly back into the club. Tickets are \$20 and can be purchased by visiting www.raffletix.com.au/centenaryraffle2022.



Randall Vines (PGA Life Member), Leigh Matthews, Mick Power AM and Matthew King (WGC Head Professional). Photo: Supplied.



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GET YOUR TICKETS NOW FOR A



The bayside's premier fundraising event, Celebrate for a Cause (CFC), is back this October with an exciting Santorini Summer theme that will light up Manly harbour.

Royal Queensland Yacht Squadron will be transformed with a styled rigging lawn glowing with festoon lights, roaming entrainment, the vibrant Sorrentino Property Santorini Big Band, a Greek-inspired delicious food market and stunning cocktails.

CFC founders Tracey Lucock and Kara Vallins predict the 2022 event could raise over \$100,000 for bayside charity, with up to 1000 guests expected to attend. Funds will go to charity The Forgotten Women, a unique grassroots housing initiative for homeless women over 55.

"The project's mission is to put a roof over the heads of as many of these vulnerable women as possible," explained Kara.

"Through the acquisition of suitable properties, The Forgotten Women project will ensure these women have access to secure, safe and affordable housing options that enable them to age in place."

In addition to The Forgotten Women, who will receive 80% of funds raised via the event, the remainder of the proceeds will be directed to a new local community foundation, the Bayside Community Fund (BCF).

The BCF, launched earlier this year, aims to generate funds from bequests and donations, which are then invested and managed by the Queensland Investment Corporation and governed by the Queensland Community Foundation. Dividends will be distributed back into the bayside community in perpetuity by way of grants.

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

GENERAL ADMISSION TICKET \$150 INCLUDES:

- + stunning styled cocktail event under the stars
 - + Sorrentino Property Santorini Big Band
 - + 3-hour drinks package
- + Fork style dinner served from Greek inspired food market stalls

SORRENTINO PROPERTY SANTORINI LOUNGE PLATINUM EXPERIENCE:

- + private seating, styling and merchandise by Veuve Clicquot
 - + welcome cocktail on arrival
 - + grazing table on arrival
 - + private bar
 - + premium dance floor access
- + stunning cocktail style event under the stars
 - + Sorrentino Property Santorini Big Band
 - + 3-hour drinks package
- + Fork style dinner served from Greek inspired food market stalls
- + prizes, live & silent auctions, raffles and more
- + plus a chance to win a VIP pre-party courtesy of Yachtshare

TICKETS ON SALE NOW VIA FACEBOOK

https://www.facebook.com/cfcmanly 5:00 PM - 11:00 PM Saturday 22 October 2022 Royal Queensland Yacht Squadron, 578 Royal Esplanade, Manly



THE BONNER UPDATE

ROSS VASTA MP FEDERAL MEMBER FOR BONNER



BONNER SENIORS' EXPO 2022

The Bonner Seniors' Expo is fast approaching! I am working hard to make sure this event is the best one yet. There will be lucky door prizes, guest speakers from key industry areas, bags, and so much more. This event is free for all seniors, so please come along and engage with businesses and the wider community. There is certainly something for everyone at this Expo, so I look forward to seeing you there.

DETAILS:

Time: 9 am-12pm
Date: 21st of October

Location: Waterloo Bay Leisure Centre.





NEW FODDER FARM IN BONNER!

lona College has partnered with the Queensland Koala Society to establish a new fodder farm in Bonner! Over 500 trees will be planted at Iona College for the sustainable harvest of eucalyptus leaves to help feed koalas during their rehabilitation. This partnership was made possible through the Australian Government's Planting Trees for the Platinum Jubilee grant program. Whilst it is devastating that Her Majesty the Queen has passed away since the grant was awarded to Iona College, this new fodder farm is the perfect way to pay tribute to her passion for the protection of wildlife. Congratulations to Fr Michael and College Principal, Mr Goodwin, as well as Angela and Leann from the QLD Koala society for this incredible vision into a sustainable future for koalas.

THANK YOU, YOUR MAJESTY

In many ways, the world is still in shock over the passing of Her Majesty Queen Elizabeth II. A dutiful and strong leader, The Queen devoted her life to service, to the Commonwealth, and to the Australian people. During her reign, Her Majesty visited Australia 16 times and saw more of this incredible country than most Australians. Her wisdom, grace, knowledge, and compassion were an inspiration to us all. Over 4 billion worldwide watched Her Majesty's funeral, a testament to her legacy and dedication to public service. Rest In Peace, Your Majesty. Thank you for everything.





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Exercise and your Mental Health

By Luke Foster, LIVIN Psychologist

It is common knowledge that exercise is good for your physical health; it can reduce your risk of heart attack, help you to manage your weight better, lower your blood pressure, improve your aerobic capacity, trim your waistline, improve your sex life and even extend your life - but did you know that exercise is seriously good for your mental health?

Research shows that people who exercise regularly have better mental health and lower rates of mental illness. Some studies even suggest that for treating mild-moderate mental health conditions like depression, exercise can be as effective as chatting with a therapist and medication.

There are several ways that exercise can positively benefit your mental health - brace yourself, I get a bit scientific here:

- It promotes all kinds of changes in the brain. It stimulates the release of chemicals like endorphins and serotonin, which make you feel warm and fuzzy. It can lead to neural growth, new activity patterns in the brain that promote feelings of calm and reduce inflammation. Exercise, it seems, is literally a positive 'brain changer'.
- It can often be a shared activity which gives you an opportunity to interact with others and reap the benefits of social support. Interacting with others has been shown to promote the release of feel-good chemicals like oxytocin and dopamine.

- It can help to release muscular and skeletal tension, often leaving you feeling more relaxed.
- It can help you to sleep better, and good sleep helps you to feel more energised and regulate your moods more effectively.
- It can give you a sense of accomplishment and improve your self-esteem as your fitness and physique improves.
- It can, particularly gentle exercise, expedite a return to baseline after a stressful experience by lowering cortisol levels (that is, the stress hormone in the brain).
- It can influence the effects of ruminating after a stressful experience, by improving (wait for it, this is technical) prefrontal control over the HPA-axis response. In simpler terms, exercise seems to enable people to turn off their stress response faster.



Scan the QR Code to read the full article on the Snap Fitness Blog.

snap fitness 24/7

MANLY WEST

Cnr Manly Rd & Burnett St, Manly West, QLD ph 0450 762 769

MAGGIE'S MATES

SPONSORED BY MARKET 2 MARKET 20



Name: My name is Mary-Kate and this is my sister Ashley.

Suburb: Our kingdom is in Manly.

How long have you lived here? We're not sure? It's been a while.

Your favourite local walk? Out our cage door, on to the roof of our enclosure, then down the side to the floor, up the side of the lounge, then we like to sit on the windowsill and watch the world go by.

Your most treasured toy? We love our hammocks to sleep and play in, although that's probably technically not a toy!

What's your favourite food? Sushi. We adore sushi and we can smell it a mile away!

Your worst habit? Some people are scared of us, but it's not our fault. You'll either love us or hate us.

Who's your best friend? We love each other and do everything together.

Do you have any funny or embarrassing stories you'd like to share? Mary-Kate once tried to grab the dog's nose through the cage, and the dog ran away. He respects us now.

What do people like most about you? People love watching us eat sushi, especially when we hold it with our two front paws.

Name: Hi my name is Esme.

Suburb: I am from Manly West.

How long have you lived here? For about one year.

Your favourite local walk? Once the chicken coop door is open in the morning, I am thrilled to walk anywhere there is grass!

Your most treasured toy? Umm...what's a toy?

What's your favourite food? Worms and lettuce.

Your worst habit? I can be a bit loud when I lay an egg.

Who's your best friend? I like our dog, she keeps us safe from the neighbourhood cats. I wouldn't say we're best friends though.

Do you have any funny or embarrassing stories you'd like to share? I come running like a wind-up toy to the back steps if I think someone has food for me. I sometimes go so fast I am airborne!

What do people like most about you? My fluffy trousers.



The Wynnum Manly Leagues Club Ltd.

Board of Directors hereby give notice that nominations for the position of Director will open from Monday 10th October 2022 at 10.00am and will close Wednesday 19th October 2022 at 5.00pm

For further information and nomination forms please contact **Craig Thomas**

Craig Inomas
Company Secretary
Ph 3906 7800





3906 7800 | www.wmlc.com.au

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IS YOUR PET ITCHY? HERE'S WHAT YOU NEED TO KNOW ABOUT FLEAS

BY DR NICKY THOMAS, WYNNUM MANLY VETERINARY HOSPITAL

Fleas are a common cause of skin disease in dogs and cats. Flea bites can be quite painful and lead to intense itching, particularly in those pets who are sensitive. Flea saliva can cause an allergic reaction known as flea allergy dermatitis, which results in ongoing skin disease even after just one bite.

Signs of flea infestation

Adult fleas can be seen on the skin and coat of your pet, especially those with white or light-coloured fur. For every adult flea present, there are at least 100 immature fleas on your pet or in their environment.

Signs of flea infestation include:

- Itching and scratching
- · Red, irritated skin, sometimes scabbing lesions
- Hair loss due to biting and scratching
- Flea dirt on the coat or skin appears as tiny black flecks

Flea prevention

It is important that all pets in the household are treated with a flea product whether or not they are showing signs of flea infestation.

There are several different flea prevention options available in a range of forms, including topical ("top spot"), oral chews and tablets, flea shampoo or flea collars. There are different products available for dogs and cats, and it is critically important to use the correct product for each species – some of the chemicals used on dogs are not safe to be used on cats.

Other issues caused by fleas

There are a number of other medical issues which may be caused by flea infestation. As mentioned previously, animals may develop an allergic reaction to the flea saliva leading to flea allergy dermatitis. Other issues caused by fleas include:

- **Tapeworm** fleas are the intermediate host of the flea tapeworm Dipylidium caninum. Fleas inject the larva of the worm into the dog or cat resulting in the development of adult worms in the digestive tract of the pet.
- **Anaemia** fleas feed on blood. A large population of fleas on a dog or cat is capable of ingesting enough blood to cause anaemia in the pet.
- Bartonellosis flea bites can inject the bacteria Bartonella into the bloodstream, causing disease in the affected dog or cat.

Have a chat with your vet about the best way to prevent flea infestation in your pet.



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BAYSIDE EVENTS SPRING INTO FULL SWING

CONTRIBUTED BY THE MANLY HARBOUR VILLAGE CHAMBER OF COMMERCE

Spring has officially sprung, and with the change of season comes a fresh offering of exciting community events in Manly.

Greater Brisbane was treated to *A Taste of Manly* in partnership with the Brisbane Festival this September. Hundreds of visitors and locals flocked to Little Bayside Park to enjoy great music, harbour cruises, fabulous food, and the picturesque beauty of the Manly foreshore. This inaugural event was buzzing with community spirit, and we can't wait to bring the good vibes back to the bayside next year! Keep an eye on our socials for 2023 dates coming soon.

In October, we say "yassou" to a slice of Santorini summer in Manly as Celebrate for a Cause returns to Manly (previously Cocktails for a Cause). Enjoy a night of Santorini big band music, Greek Marketta-style food stalls and delicious cocktails at the must-attend event of the social season. Eighty per cent of funds will be donated to The Forgotten Women, a grassroots housing initiative for homeless women over 55, with the remainder directed to a new local community foundation, the Bayside Community Fund (BCF). To secure tickets, visit trybooking.com.

Manly Harbour will light up with festive spirit from late November. Join the community in illuminating your boats, homes and businesses this Christmas, with great prizes to be won for the most dazzling

in each category! Jump aboard the Cat-o'-Nine-Tails and cruise around Manly Harbour to take in the twinkling marina and hillside homes as you celebrate the end of the year with loved ones. Visit our new-look website to learn more at manlyharbourvillage.com.





Photo: Supplied.



ENROL NOW FOR TERM 4 AND GET SET FOR WORK!

FROM BABI YOUTH & FAMILY SERVICE, WYNNUM

BABI is again running its highly successful Get Set for Work program for Term 4. We work with young people aged 15 to 19 who have disengaged from school and are looking for their next pathway. The program delivers a Certificate II Skills for Work and Vocational Pathways, which provides practical support to develop job search and workplace skills.

Alongside Certificate II, participants receive one-on-one support to figure out their next steps and ensure they are work ready with ID, a tax file number and a resume while receiving emotional and social support along the way.

BABI has successfully transitioned young people into work, further training and back into education over the past six years and is proud of every

participant in the program.

Term 4 is the most popular, so get in quick to avoid disappointment. Please contact Carly on 0401 457 387 for further details.





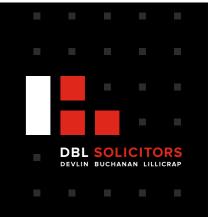
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We are looking forward to hosting the Wynnum Halloween Parade.

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The events kickoff from 4pm and will continue until late with the MAIN PARADE starting at 6pm.

There will be lots of fun to be had with the TRICK AND TREATING at Wynnum central from 4-6pm, with more FOOD AND ENTERTAINMENT from 5pm including market stalls, food trucks, music, buskers and more!

Why not enter our **BEST DRESSED COMPETITION** with prizes announced at 7pm for both children and adults.

Don't miss out on the MOVIE of the day by MAJESTIC **CINEMAS**, who will be screening

Halloweens End and other horror movies.



WYNNUM UP LATE

It's beginning to look a lot like Christmas with the Wynnum UpLate Christmas edition fast approaching. Save the date, Friday 4th November 2022 for the annual Christmas edition of Wynnum UpLate, from 5pm til 9pm.

Centred around Edith St, Bay Tce and Florence St in Wynnum Central, Wynnum UpLate Christmas Edition is a fun and festive evening of celebration showcasing a wide array of wonderfully unique and boutique local independent businesses. From clothing, homewares, gifts, food and drink, there will be no shortage of ideas to kick start off your Christmas shopping.

A late night shopping event, Wynnum style! We have the most wonderful line up, so escape your every day and pop along to say hi and join with us to celebrate Wynnum's vibrancy.

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CBA EMPLOYEES VOTE TO SUPPORT LOCAL RED CROSS BRANCH

FROM THE COMMONWEALTH BANK, WYNNUM BRANCH

Commonwealth Bank Wynnum branch employees have donated \$500 to the Red Cross Wynnum Manly Branch as part of a nationwide community donation program.

The Commonwealth Bank is committed to driving positive change within the communities in which it serves to make a difference locally and for all Australians. As part of this, the bank has again pledged to donate a further \$400,000 nationally to recognise those organisations that make a difference to the communities in which they operate. Each Commonwealth Bank branch and customer-facing team has been allocated \$500 to donate to causes important to their local community.

Commonwealth Bank's Wynnum branch team voted to support the great work of the Red Cross Wynnum Manly Branch.

"After another challenging start to the year for many communities, this is one small way we can get behind local organisations who continue to do good work within our community. We are pleased to support Red Cross Wynnum Manly Branch," said Laura Holloway, Commonwealth Bank Wynnum branch manager.

"In particular, the amazing work they do with their Trauma Teddies program. Local volunteer knitters lovingly craft Trauma Teddies to provide comfort to vulnerable children and children in need."





Left to right: Laura Holloway, CommBank Wynnum Branch Manager, Anne Peterken, Red Cross Wynnum Manly Branch, Geoff Peterken, Red Cross Wynnum Manly Branch. Photos: Supplied.



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WHAT IS METABOLIC SYNDROME?

BY ELENI GEORGIOU, DIETITIAN, MANLY VILLAGE MEDICAL

More than 35 per cent of Australians* have metabolic syndrome. Metabolic syndrome is a group of conditions. Experienced together, they increase your risk of heart disease, stroke, type 2 diabetes and other serious health issues. Not everyone is familiar with metabolic syndrome. However, they are definitely familiar with those three chronic disease states that metabolic syndrome can lead to. These are some of the most common chronic diseases we experience in Australia.



You may be diagnosed with metabolic syndrome if you have at least 3 of these conditions:

- · High blood pressure
- Excess weight around the abdomen or abdominal obesity
- High blood sugar levels indicate insulin resistance
- Abnormal cholesterol or triglyceride levels classified by low levels of HDL cholesterol

Metabolic syndrome is mostly the result of lifestyle factors as well as genetics. The most common causes are a sedentary lifestyle and poor diet, with diet being a major factor. The good news is, that lifestyle changes can help prevent, or treat metabolic syndrome.

Treating metabolic syndrome is mostly about adopting healthy lifestyle changes. Focusing on weight loss, exercise and nutrition. Reducing alcohol intake and giving up smoking can also support treatment of metabolic syndrome.

The best diet for metabolic syndrome is one which is low in saturated fat and high in healthy fats. This helps to rebalance your triglycerides. Also, a diet low in refined sugar, high in fibre and low G.I. This helps to lower blood sugar and encourages abdominal weight loss.

The best diet for metabolic syndrome is generally one that allows you to adopt significant lifestyle changes. Rather than simply being on a 'diet.' The Mediterranean Diet is well documented to be particularly effective in preventing and treating metabolic syndrome.

A great benefit to Mediterranean eating is that it naturally incorporates in balance:

- healthy fats
- fihr
- lots of fruits and vegetables
- wholegrains
- less sugar

- high nutrients
- lots of fish
- less red meat
- low inflammatory and low GI foods
- antioxidants

There is no restriction involved, food is abundant from all food groups, and with less processed food, the occasional treat is also there too! That's why this balanced, sensible, scientifically-backed diet is probably the best diet for metabolic syndrome, simply because it's the one you probably have the most chance of sticking with long term.

*Source: https://www.betterhealth.vic.gov.au/health/conditionsandtreatments/metabolic-syndrome



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OCTOGENARIANS PROVE AGE IS NO BARRIER AT WYNNUM PARKRUN

BY ALLANA BIANCHI, PARKRUN OUTREACH AMBASSADOR

Saturday 27 August saw 24 octogenarians line up to participate in the Wynnum parkrun, with three over 90-years-of-age! They were inspirational to everyone out on the course, with one participant aged over 90 completing 5km with her mobility walker.

This was the second octogenarian event for Wynnum. We hope the concept will continue to grow in numbers and that every capital city across Australia jumps on board in 2023. It is a great way to celebrate that you are never too old to walk, run, roll, or volunteer with parkrun.

The benefits of being involved in parkrun are broad – including connection with others and being active and outdoors. There are gains for your physical and mental health.

Parkrun is a weekly free timed event held every Saturday morning at 7am. In the Wynnum Manly area, it starts at the wading pool in Wynnum, or at Lota opposite Barts. For more information and to register, go to parkrun.com or reach out to your local parkrun event organisers through the local Facebook pages.



Photo: Supplied.



WHAT IS A GREEN LOAN AND HOW DO THEY WORK WITH SOLAR?

FROM GOODHEW ELECTRICAL AND SOLAR

prices electricity continue to rise, more and more Queenslanders are choosing to install New Energy Tech including Solar Power, Battery Storage and Electric Vehicle Chargers. Customers are increasingly looking to purchase New Energy Tech on finance or



with a payment plan. A number of lenders have jumped onboard and are offering new 'Green Loans' to customers.

WHAT IS A GREEN LOAN

A green loan is a loan which is used towards the cost of environmental sustainability projects around the home. The eligible items can vary from lender to lender; however, the main goal of a green loan is to become more energy/water efficient and reduce the home's footprint.

WHAT CAN A GREEN LOAN BE USED FOR?

Eligible products and home improvements include solar panels, battery storage, energy-efficient heat pumps, double-glazing, water tanks, insulation, grey water and home ventilation. You can view list of eligible home improvements on each lender's website.

WHICH LENDERS ARE OFFERING GREEN LOANS?

Of the "Big Four" banks, Commonwealth is currently offering a green loan for residential customers; however, it is likely that more of the large lenders will begin to offer these loans in the near future. Additionally, Suncorp, Bendigo, RACQ Bank, SocietyOne are currently offering a range of Green Loans which can be used for Solar and Batteries.

HOW DO I FIND OUT MORE?

First and foremost, we recommend that you contact your existing lender and find out if they are currently offering a Green Loan option. Many of the green loans currently available are linked to the mortgage; however, there are some lenders offering green personal loans which are independent of the mortgage and can be used for a wider range of eligible products.

HOW DO I CHOOSE THE RIGHT SOLAR RETAILER?

Installing solar on your home or business can be a hard decision for some people. There is a plethora of solar retailers and installers in the industry – meaning the choice may seem endless. Like all other investments – it is important that you do your research and choose the right solar company for your needs.

CONTACT THE SOLAR EXPERTS

At Goodhew Electrical and Solar, it's not just about installing panels on a roof – it's about so much more – an end-to-end process with ongoing customer care for the life of the system. We work with our customers to design a system for their needs – whether it is to offset growing energy costs, eliminate power bills through credit or to be completely self-sufficient off grid. We then install and commission the system using only qualified, fully-employed CEC accredited installers (no subcontractors). Once installed, Goodhew Solar Consultants are able to monitor the system and are notified to any abnormalities in real time which allows us to contact the customer and dispatch a technician to fix the problem.

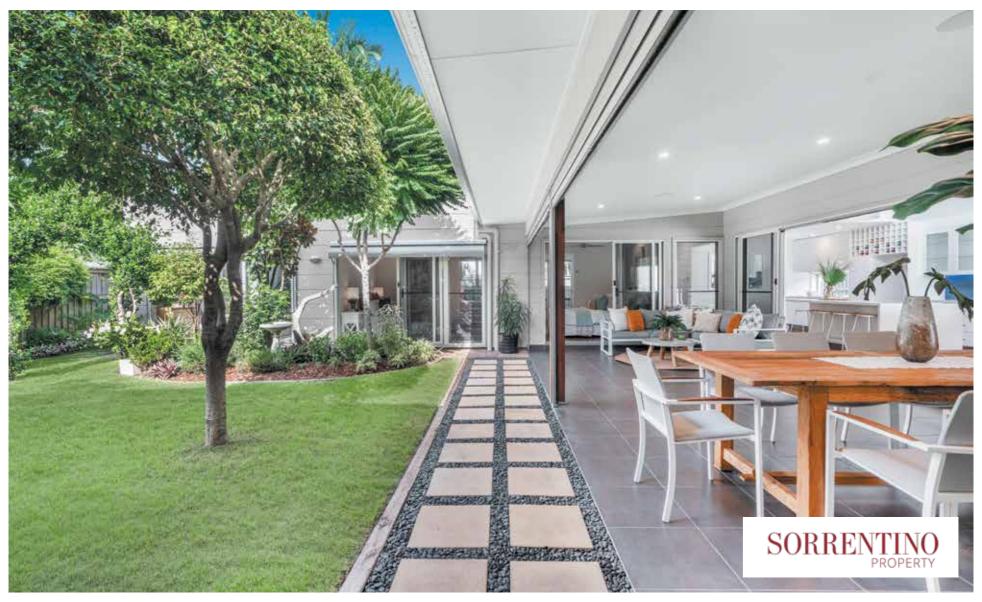


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REIQ Excellence Awards recognise top agents

Following intensive deliberation from judges, the Real Estate Institute of Queensland (REIQ) is proud to announce the shortlist of finalists for the 2022 REIQ Awards for Excellence.

With 29 agency and individual categories and 180 finalists only just finding out the exciting news, this year's glittering gala awards night at the Brisbane Convention and Exhibition Centre on 29 October 2022 is set to be packed with star real estate performers and their support crews.

REIQ CEO Antonia Mercorella said each year the REIQ Awards for Excellence celebrate the very best that the Queensland real estate industry has to offer, and these finalists were one step closer to being crowned a winner.

"These awards are professional recognition at the highest level in Queensland, and with a record number of nominations this year, being named as a finalist is a significant achievement," Ms Mercorella said.

"Every year the quality of the submissions received 'wow' the judges, and it's evident from the passion and pride radiating from the submissions that nominating is a rewarding process in itself as agents reflect on their key achievements over the past financial year.

"I'd like to wish the finalists congratulations from the REIQ team and on behalf of Queensland's real estate community – you are our shining lights."

One of the finalists for 2022 REIQ Property Manager of the Year is Tammy Vitale a well-known local Property Manager and Principal of Vitale & Co Property Management Services. There are nine other nominees in this particular category.

Tammy has worked in the industry for over 15 years servicing the bayside area and she is thrilled to have been nominated for this prestigious award and recognised by her peers as worthy of such an accolade.



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To auction or not?

BY SCOTT AUER, RAY WHITE TINGALPA

To auction or not? If you ask this question at a weekend BBQ you will no doubt get a barrage of opinions for and against auctioning your property. So why do owners auction their properties? And what's in it for buyers?

For sellers, auctions provide a structured process where they choose the sale date and have the simplicity of an unconditional cash contract at the fall of the hammer. Combined with a typical 30-day settlement, the seller has plenty of time to prepare for settlement day. Plus, the seller can sell prior to auction, on auction day, or postauction if not sold under the hammer.

For buyers, the auction environment provides price transparency of other bids, as opposed to the uncertainty of the private treaty process, where you never really know where your offer needs to be to secure the property. Following the private treaty process, potential buyers often find out they were possibly very close to

the winning price but never got the opportunity to submit their final best price. With auctions, you can submit as many offers as you like until the hammer drops.

In the current market, with buyers being more measured, considered and thoughtful, the auction process brings urgency and energy to the transaction while setting a time limit of the auction day for buyers to make a decision.

Ray White data for August shows auctions having a superior clearance rate over private treaty, with a 67% auction clearance rate vs 48% for private treaty*.

With the spring selling season getting into full swing, it would be worth considering an auction for your upcoming

*at 60 days on market



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Encouraging 'rightsizing' is the right move, says REIQ

BY THE REAL ESTATE INSTITUTE OF QUEENSLAND (REIQ) CEO ANTONIA MERCORELLA

The Real Estate Institute of Queensland (REIQ) is welcoming the Albanese government's move to introduce a Bill to parliament to encourage Australian pensioners to downsize their homes.

REIQ CEO Antonia Mercorella said giving older Australian's an asset test exemption on their home sale proceeds would incentivise them to move into size-appropriate homes for their stage of life.

"The REIQ is an advocate for 'right-sizing' incentives which allow older Australians to sell the family home that is now too large and move into a better-suited sized home," Ms Mercorella said.

"We think everyone would prefer to see properties freed up for growing 'up-sizing' Australian families, rather than seeing pensioners feeling financially stuck in properties that they aren't fully utilising and aren't fit for their needs.

"While ageing in place is a factor, we know high transactional costs is one of the reasons older Australians are reluctant to sell and are holding on to their properties, for far longer than is ideal for their circumstances.

"In the lead up to the last Queensland state election, we called for stamp duty exemptions for older Queenslanders arguing that the removal of this costly tax would provide senior citizens with an opportunity to move into more age-appropriate housing and create more housing options for young, growing families.

"The REIQ supports initiatives that make downsizing a much easier financial decision for older Queenslanders, to significantly free up much-needed housing stock, and our view is more can be done at all levels to achieve meaningful change."



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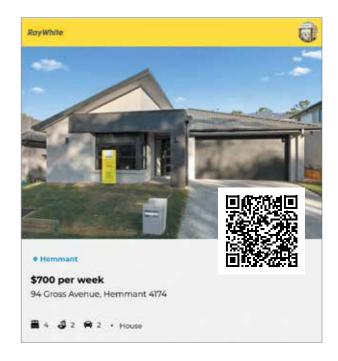
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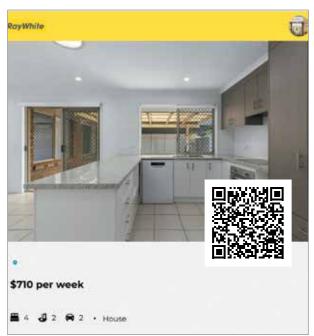










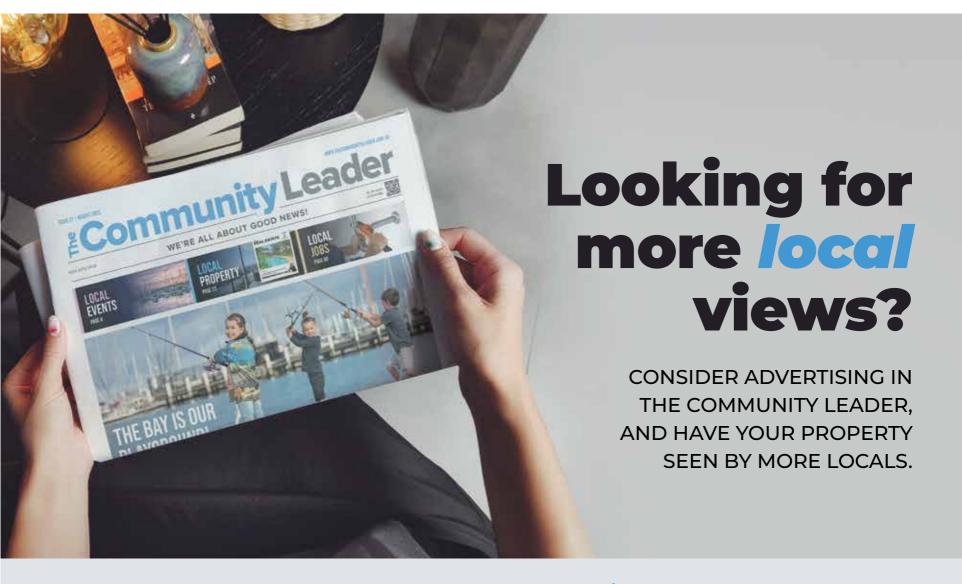








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Sustainable Business Hub launches to help small businesses make big savings

CONTRIBUTED BY BRISBANE SUSTAINABILITY AGENCY

An online platform to help businesses reduce their energy, water and waste costs has been launched by Brisbane Sustainability Agency.

Lord Mayor Adrian Schrinner urged Brisbane business owners to take advantage of the Sustainable Business Hub, saying the platform would help them cut costs and operate more sustainably.

"We're committed to ensuring Brisbane remains the most small business-friendly city in Australia, and the development of the Sustainable Business Hub is one of the many initiatives we've funded to help local businesses grow and succeed," Cr Schrinner said.

"Energy, water and waste can be significant imposts so helping owners reduce these costs also helps them continue to operate.

"Many consumers are also looking for businesses that operate more sustainably so using the Hub can also help owners build their operation."

Cr Schrinner said the Hub was another way Council was backing Brisbane small businesses.

"Small business supports thousands of families and give our suburbs their unique character, which is why supporting small businesses is central to Brisbane's Economic Recovery Plan," he said.

"The Sustainable Business Hub responds to feedback received from the Brisbane business community seeking Council support to reduce their business costs."

The Sustainable Business Hub provides business owners with information, case studies, tools, special product offers and recommendations to help reduce their operating costs, while also reducing their environmental footprint.

Through the energy calculator tool, businesses can gain a greater understanding of their energy consumption relevant to their industry to help businesses learn how to make smart investments and small changes that can lead to big savings.

"Doing business more sustainably was once thought of as too costly, but there are many ways small businesses can lower their environmental impact to help make Brisbane a green, clean, sustainable city, while also growing business' bottom line and driving the economy forward," Cr Schrinner said

"For example, a small change with a big impact is switching over to LED light bulbs that can last up to ten times longer than incandescent bulbs, and cost 80 per cent less to run. Through a small step like this, businesses can save up to 30 per cent off their electricity bill depending on the nature of the business and type of lighting used, as well as save money on their replacement costs."

The Sustainable Business Hub provides many low-cost solutions and behavioural change tips that businesses can implement to maximise profits and minimise their environmental footprint.

"Whether it be switching to GreenPower, investing in solar power or small-scale behavioural changes such as switching off lights and computers overnight and encouraging double-sided printing at your workplace, every bit counts, and I encourage businesses to visit the Sustainable Business Hub for solutions to reduce their costs through doing business more sustainably," Cr Schrinner said.

To find out more about savings that are good for business and the planet visit the Sustainable Business Hub at www.sustainablebrisbane.com.au/hub/

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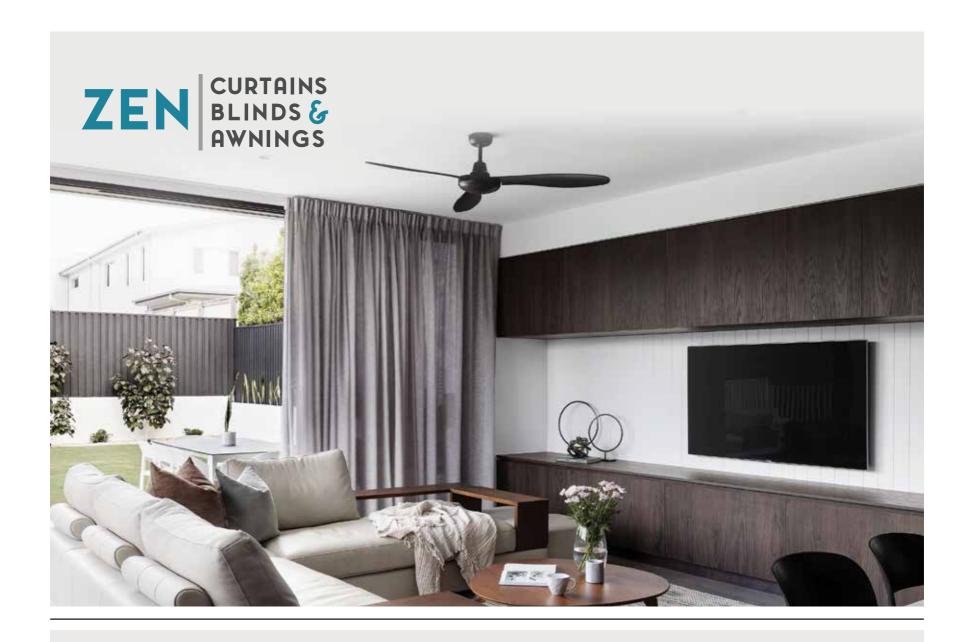




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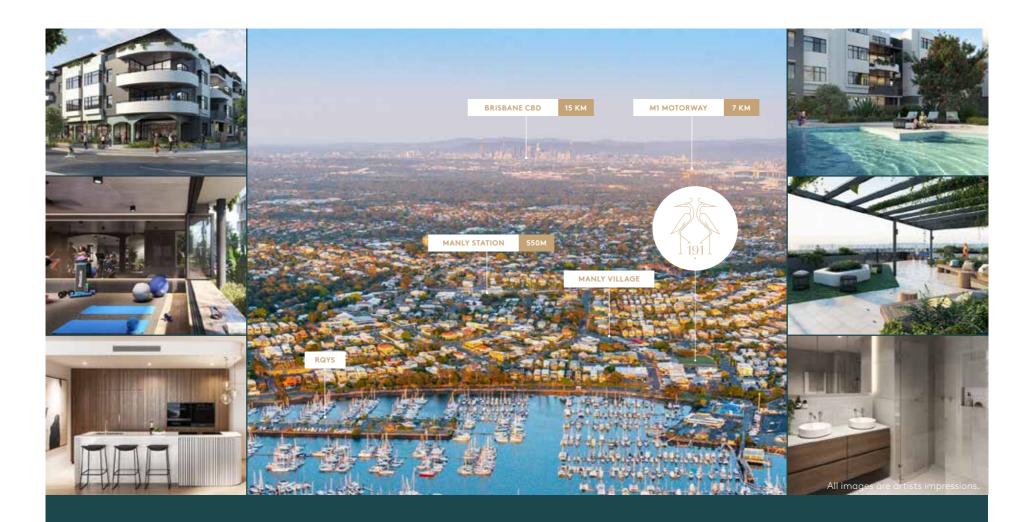
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HELP US LIGHT UP MANLY FOR CHRISTMAS!

FROM THE MANLY HARBOUR VILLAGE CHAMBER OF COMMERCE

The Manly Harbour Village Chamber of Commerce will illuminate Manly this Christmas by encouraging boat owners, residents and businesses to participate in a glittering festive display.

The Manly Harbour Christmas Lights competition aims to boost Christmas spirit in the heart of Manly via a join effort from retailers, the various harbour yacht and boat club members and home owners, to light up the village precinct over the Christmas period.

Home owners will be encouraged by major sponsor, LJ Hooker, to join the light display through November and December. If you're in Manly, keep a look out for information coming to your home soon.

To coincide with the light show, the Chamber will run tours of the harbour on the Cat o'Nine-Tails. Christmas decorations will adorn the marina fingers and Esplanade, and dozens of yachts, power boats and sailing boats will be lit up like Christmas trees.

Prizes will be awarded for the best-dressed business, house, yacht/boat club, vessel, and commercial premises. So it's time to start planning your participation now — we'd love to having you join us in the Manly Harbour 'Christmas' Village this festive season.



NEW CLASSROOMS ALLOW GUMDALE SS TO GROW

FROM GUMDALE STATE SCHOOL

A \$7.7 million learning centre has been officially opened at Gumdale State School.

Minister for Education Grace Grace said it's an important addition to a school in a fast-growing area.

"The Palaszczuk Government is committed to creating good jobs and providing better services to enhance our great Queensland lifestyle, and building new facilities for existing schools is integral to that," Ms Grace said.

"The new Learning Centre is a world-class facility that includes eight classrooms, two outdoor learning areas, staff amenities and disabled access including a lift.

"The school currently has almost 1100 students, and this development means the school will have the room it needs for future growth.

"It's a significant development not just for the school but for the local community.

"It's a fantastic, modern new building that will serve the school well into the future and help it deliver high quality teaching and learning opportunities for its students."

Minister Grace was represented at the opening event by Member for Mansfield, Corrine McMillan.

"Gumdale State School has come a long way since it opened in 1935 as Grassdale State School with just two rooms and 32 students," Ms McMillan said.

"The Palaszczuk Government is committed to providing quality education facilities in growing communities and creating jobs as part of Queensland's COVID-19 economic recovery plan.

"We are spending nearly \$2 billion on education infrastructure in this financial year alone to ensure Queensland state school students are learning in state-of-the-art facilities."

Gumdale State School Principal Phil Savill also welcomed the opportunity to celebrate the new building.



Student Captains Aiden, William, Nash, Kayla, Jess, and Peyton with Steve Minnikin (Member for Chatsworth). Photo: Supplied.

"Our new Learning Centre complements our innovative and future orientated learning programs," Mr Savill said.

"The learning environment enhances the teacher's ability to focus on each student so they are able to achieve to their potential.

"The new building houses six Year 4 classes and specialist teachers utilise the other two rooms, which means every student in the school can experience the new facility."

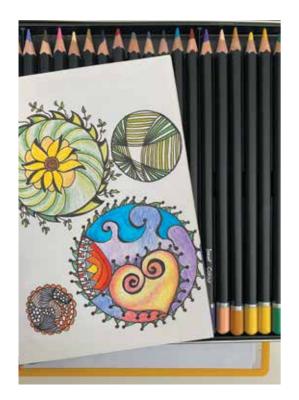


Photo: Supplied

FREE ART THERAPY WORKSHOP: HOW TO RELAX WITH COLOUR AND PATTERN

CONTRIBUTED BY NATALIE LYNCH

In this busy world, it's important to have some simple strategies to use whenever you want to relieve tension and distract your mind from your worries. Doodling, patterning, and colouring are perfect ways for adults (and kids) to quickly and quietly reset their mood, so in support of QLD Mental Health Week, I'm offering a 90-minute session so you can learn a new skill and recharge your batteries, all at the same time.

Join me, Natalie Lynch, in my Manly West studio for a guided session to learn simple techniques so you can benefit from this creative hobby. This event is designed to be soothing and enlightening as I help you get into a flow state and enjoy yourself. I will help to put your mind at ease as you discover you don't need any 'talent' to use art as your therapy. All materials are supplied, or BYO your own colouring pencils or felt pens to use during the event. Plus, stick around for Q&A at the end. RSVP now by sending your contact details to hello@studioyellow.com.au.

This event is free, and numbers are limited to 10 people, but please consider sharing this invitation. You never know who in your community needs a creative outlet to help nurture their health and well-being.

How to Relax with Colour and Pattern Workshop

Monday 10 October 2022 from 9:30am to 11am Studio Yellow, Manly West E: hello@studioyellow.com.au

COMMUNITY PROFILE: BRISBANE SENIORS ONLINE

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

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

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

Brisbane Seniors Online is looking for more Windows and Apple volunteer mentors as well as more learners.

Contact 3393 2225 or see www.bsol.asn.au or Facebook.com/BrisbaneSeniorsOnline to find out more.



BRISBANE SENIORS ONLINE

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



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



@BrisbaneSeniorsOnline

Supported by Cr Peter Cumming, Wynnum Manly Ward funding

PANDANUS PADDLERS BOOST SAFETY THANKS TO GRANT

FROM THE PANDANUS OUTRIGGER CANOE CLUB, MANLY

Pandanus Outrigger Canoe Club has recently invested in the ongoing safety of its members with the generous assistance of Greenleaves, the local Stockland Group Retirement Living community. This contribution is part of the larger Stockland CARE program, which has awarded \$279,000 to organisations across the country to support local community-building initiatives.

Pandanus Outrigger Canoe Club is based within the Manly Harbour precinct. Pandanus provides a lifestyle activity to members who wish to maintain good fitness levels as they strive to remain active with like-minded individuals.

Pandanus provides a range of paddling training times and, to suit some members, we can provide low-light training sessions, usually before and while the sun is coming up – a truly beautiful time of the day to be paddling. To conduct these training sessions safely, we provide safety light beacons that clearly indicate our location to other marine craft.

Pandanus has invested in the lighting systems and a Personal Location Beacon (PLB) to facilitate both the regulatory requirements for low-light marine activities and the fundamental safety of club members.

The generosity of the Stockland CARE Grant funds ensures that Pandanus Outrigger Canoe Club members can continue to pursue their fitness and lifestyle goals within a safe environment.

In addition to the lighting systems and PLB, Pandanus has been able to invest in a specialised injury prevention workshop which will equip members with the knowledge and exercise regime to reduce the risk of injury while paddling and handing the canoes on the ramp at launch and retrieval.

Pandanus takes its responsibility for safe paddling seriously and extends its congratulations and heart-felt thanks to the Stockland Group for its generous support of our safety initiatives.



Photo: Supplied.



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STAYING ON PACE DURING SENIOR'S MONTH

FROM PACE AT SLEEMAN

It's no secret that exercise at any age has its benefits. But for seniors, exercising has been proven to prevent disease, reduce symptoms of chronic illnesses like arthritis and diabetes, improve muscle tone and bone density, reduce high blood pressure, improve mood and often provides a social element too.

Pace at Sleeman is Brisbane's premier fitness centre offering affordable memberships, quality equipment and expert advice. Located at the Sleeman Sports Complex, Pace caters for all kinds of people at all levels of fitness, including tailoring a training plan to suit each member's needs

Pace member John Horton said he loves that he can stay healthy and socialise in one place.

"I'm 72 now, and for the last 20-plus years, I've been coming to Pace to exercise, stay healthy and see my friends," he said.

"Pace is a great gym for people of all ages, particularly seniors, as it has great facilities, fitness advice, plenty of choice of classes and a social aspect." Health and Fitness Manager David Trahair said Pace members have access to a huge selection of group classes, the fitness centre, and the heated pools, as well as tailored individual fitness advice delivered by highly qualified fitness staff.

"At Pace, our motto is 'Fitness at Your Pace'. We strive to assist members in their pursuit of optimal health and wellbeing," David said.

"More than 50 per cent of our members are in the 50plus age bracket. They love coming here to exercise, and there's a great social community for our senior members," he said

"If you've been thinking about joining a gym or just getting out and meeting new people, Pace at Sleeman might be just what you're looking for."

During Seniors Month, Pace is offering an introductory membership offer of two weeks for \$29*.

Find out more by visiting www.sleemansports.com.au/pace-at-sleeman.

*Conditions apply.





Photos: Supplied.

helping you stay on pace

classes · gym · pools · advice

2 weeks for \$29*

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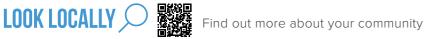


Sleeman Sports Complex - Cnr Old Cleveland & Tilley Rds, Chandler Qld 4155 | paceatsleeman.com.au | 07 3131 9615 | pace@sleemansports.com.au









OCTOBER'S SEAFOOD BOUNTY, AND WHERE TO CATCH YOURS!

BY SPERO KARTANOS

Hooray! The weather is warming up, and so is the water temperature, and the spring fishing season is on with plenty of our best table fish ready to catch in the bay. With the last days of the school holidays, now is an excellent chance to get the kids out (weather permitting). Let's hope the weather forecasts for floods and rains are not as bad as predicted!

Whiting will be all over the bay, but the best areas to find them will be in the Rous Channel, Chain Banks, Amity Banks, and of course, near the Sand Hills of Moreton Island. The tiger squid should start lurking around the same areas, so a squid jig out the back of the boat while you're catching whiting will tend to get you a few this month. The cuttlefish and arrows will have slowed, but the tigers are just as nice to catch and eat.

The school mackerel have been very good on the western side of Stradbroke Island (Minjerribah), but normally in October, they are moving all through the bay, and especially closer to the western side of the bay, Hope Banks. Near Green Island and Ormiston will be worth a try with diving boards and spoons, floating a pillie or two.

Snapper squire and sweet lip will be around the shallow reefs as well as all our artificial reefs, so some fresh bait or live bait will be worth a go, especially at dawn and dusk (but some of us oldies like the middle of the day when it's nice and warm, as long there's an outgoing tide).

Let's hope some whales and calves are still hanging around as they did last year; I find it pretty special seeing them so close in the bay and literally at our doorstep. I have to say it's so much fun seeing these gentle giants just gliding past the boat.

To keep up to date with where the whales might be, check out my weekly reports on fishingmonthly. com.au. My Moreton Bay reports will tell you where the fish are biting and where the whales are hanging around. A word of warning: please follow the rules on how close and what you should and should not do trying to see these magnificent mammals, and remember similar rules apply to

our dolphins in the bay as well. Till next month, good fishing and Water Tower

good whale spotting!

Bait and Tackle









Photos: Spero Kartanos.



DANCE AND MUSICAL EXTRAVAGANZA COMES TO WYNNUM

CONTRIBUTED BY THE DANCE AND THEATRE FACTORY, TINGALPA

As 2022 is drawing rapidly to a close and Christmas is just around the corner, the end-of-year celebrations are just beginning for The Dance and Theatre Factory in Tingalpa. Students are preparing for their year-end productions of Cinderella & the Prince's Extravanganza and the legendary musical theatre blockbuster Andrew Lloyd Webber's CATS!

Each year The Dance and Theatre Factory stages a full musical and a story ballet production. Audiences will enjoy a glittering showcase ranging from graceful, elegant ballerinas to musical theatre magic featuring thrilling dance routines spanning the genres of classic to contemporary, where children of all ages get to experience and share the magic of theatre.

Saturday, November 19, will see the story time ballet and dance showcase students come together to tell the story of Cinderella & The Prince's Extravaganza. Combining the adored character of Cinderella with a dance school will create an extravaganza featuring hip hop, jazz and tap dancing waiters. This ballet-dance showcase will be a mix of graceful movements and high-energy funk.

Sunday's November 20 performance will treat the audience to the much-loved musical masterpiece of Andrew Lloyd Webber's CATS! With 116 cats on stage, singing and dancing their way through the story of acceptance and belonging, it will surely be the purr-fect show for the whole

With opening night only a few weeks away, the cast and crew could not be more excited or proud of how the show is coming together.

"The musical CATS! is such an iconic piece, and everyone knows the songs; it is not only a performance piece with intrinsic complex harmonies and slick crisp movement but is so entertaining and so much fun and delivers a powerful message of acceptance and friendship," said director, Lyn

Cinderella & The Prince's Extravaganza and CATS! will be performed at The Star Theatre, Wynnum State High, Peel Street, on November 19 and 20. For more information, contact 3195 7086 or admin@tdtf.com.au.



Photo: Supplied.



BECOME A BAYSIDE VOLUNTEER

Are you bored? Do you have time on your hands, want to meet new people, and develop new skills? Or perhaps you're simply interested in giving back to your community.

The Bayside Community Fund would love to hear from you. We'll connect you with bayside community groups who need volunteers.

Register with us today to help build a better tomorrow.

Volunteer roles include:

- General volunteer
- Behind-the-scenes volunteer -i.e. stall helper for fundraising days
- Entertainment manager
- Photographer/videographer

- Cleaner
- Timekeeper
- Event assistant
- · Gift collection/sponsorship manager

OMMUNITY FUND

MY LOCAL MEMORIES: DAD AND THE BAY TERRACE RAT

BY ROSS FARLEY, BAYSIDE RESIDENT

Distracted driving has become a modern hazard with the rise of mobile phones, but back in the day when most didn't even have landlines, there were other distractions. Vehicles were not as well sealed as today, and brake and clutch pedals went through holes in the floor. These holes were covered by material that would deteriorate leaving gaps through which creatures could enter. I recall driving one night and putting my bare foot on the brake only to be bitten by a spider on the pedal. The sting was painful and, in the dark, I could not see the cause but managed to maintain control of the vehicle.

My father (Arnold) had a shop in partnership with his two brothers. One day Dad was driving the shop's delivery truck down Bay Terrace, the main street of Wynnum, when a rat ran through one of the gaps in the floor and up Dad's trouser leg. He let go of the steering wheel to put his hands on his leg to prevent the rat scurrying further up and the truck veered to one side. With no power steering in those days, he needed to put both hands on the wheel to correct the direction, but the rat ran further up his leg. Each time he took his hands off his leg, the rat would travel further towards where no one wants a rat to be. He proceeded up Bay Terrace moving his hands from his leg to the steering wheel and back to his leg, veering from one side of the street to the other. Eventually the truck veered into a service station at the corner of Berrima Street, over the repair hoist that was luckily in the down position and stopped against the brick wall.

These days, if my mobile phone rings while I'm driving, I remind myself that it's not a rat crawling up my leg and can wait until later.



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WATERLOO BAY LEISURE CENTRE'S OCTOBER EVENTS

CONTRIBUTED BY THE WATERLOO BAY LEISURE CENTRE

Everyone is welcome to come along and enjoy the activities and entertainment held at the volunteer-run Waterloo Bay Leisure Centre at 241 Tingal Road, Wynnum.

BRISBANE CITY COUNCIL FREE SENIORS CONCERT

Wednesday 19 October, 11am to 12pm

Starring entertainers The Beatlegs — the ultimate Beatles tribute show. This show features a mixture of humour and on-stage antics. Re-live the Beatles' magic and be taken back to the golden age of pop music with a shot of nostalgia. Register for this free concert at Eventbrite.com.au.

SHIRE CLERK'S COTTAGE MARKET AND SPRING FAIR

Saturday 15 October

The market showcases talented local artists and craftspeople. Buy an original painting for yourself or as a special gift, purchase beautiful handicrafts, jewellery, clothing, knitted goods, home-baked goods, plants and much more.

There will be over 80 fantastic market stalls inside the auditorium and outside on the cottage grounds. It is not too early to find that special, unique Christmas gift and enjoy a delicious Devonshire Tea on the cottage verandah. Fresh scones are baked on-site each market day, and the cottage is open for viewing on market day. The

final market for the year is to be held on Saturday 10 December so mark your diary!

OCTOBER CONCERTS

11 October – Concert with entertainment by Robbie Dunn

25 October - Concert with entertainment by John Cornelius

The cost is \$10 for each concert and morning tea, plus an additional \$10 for a two-course lunch served after the show.

Raffles and lucky door prizes will be held on concert days. Doors open at 9.30am, and bookings are essential. Please phone 3396 9488 to make a booking.

Repair Café - Sunday 9 October - 2pm to 4pm

Toss it — no way! Bring along that broken, damaged item to be fixed or repaired while minimising landfill. It's free! Book online at TryBooking.com (Search Repair Café, Wynnum), find us on Facebook (Brisbane Bayside Repair Café) or contact 0474 095 560. Enjoy a Devonshire Tea served by the Waterloo Bay Leisure Centre canteen (cost \$5) while having repairs done.



Photo: Supplied.

Daily activities

We welcome everyone to come along and enjoy the many daily activities and entertainment held at the Waterloo Bay Leisure Centre. Please phone 3396 9488 if you want further details on events held at the centre.



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.

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(Moorfields Eye Hospital UK)
Vitreoretinal Surgery
Fellowship (RBWH)
Vitroretinal Surgeon and
Macular Disease Specialist

SPICY PUMPKIN LOAF RECIPE

CONTRIBUTED BY DIANNE JONES

This recipe is courtesy of the Rotary Club of Wynnum and Manly's Isolation: Kitchen Destination cookbook.

INGREDIENTS

- 1 1/2 cups plain flour
- 1 teaspoon baking powder
- 1 teaspoon bicarbonate of soda
- 1/2 teaspoon salt
- 1 teaspoon cinnamon

- 1/2 teaspoon nutmeg
- 1/2 teaspoon ground allspice
- 2 eggs
- 3/4 cup firmly packed brown sugar
- 1/2 cup vegetable oil

- 1 cup mashed, cooked, well-drained pumpkin
- 1/2 cup chopped walnuts

METHOD

- 1. Sift together flour, baking powder, bicarb soda, salt, cinnamon, nutmeg and allspice and set aside.
- 2. Beat the eggs, add sugar, oil and pumpkin, and beat to blend thoroughly.
- 3. Add to the dry ingredients, stir until thoroughly combined, and then stir in the walnuts.
- 4. Turn into a greased 23cm x 12cm (9 x 5 in) loaf tin lined with baking paper on the bottom.
- 5. Bake in a moderately slow oven (150 degrees) about 60-70 mins, or until done when tested.
- 6. Remove from oven, let cool in the tin for 10 minutes and then turn out onto a wire rack.
- 7. Cool before cutting.





EASTS HOCKEY INVITES UNDER 12s TO TRY HOCKEY

FROM EASTS HOCKEY CLUB

Easts Hockey Club at the Clem Jones Centre in Carina is running an U12 Friday Come and Try term for boys and girls on Friday nights from 5pm to 6pm, beginning on Friday October 14 until Friday December 2.

The nights endeavour to give children a chance to experience the game of hockey while learning fun skills on the artificial turf. The eight-week term costs \$90.

Come and Try nights are open to junior boys and girls aged from four to 12-years-of-age of all abilities.

Players are welcome to join in at any time.

Easts JDH Hockey shop will also be open to purchase anything required to participate in the sport of hockey.

For more information:

Website: www.eastshockey.org.au

Facebook: www.facebook.com/easts.hockey Instagram: @eastern_suburbs_hockey_club



Photo courtesy of Easts Hockey.

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THE HISTORY OF WILLARD'S FARM: THE PINES

CONTRIBUTED BY BRUCE SMITH, REDLAND MUSEUM

Willard's Farm (The Pines) is a farm complex comprising a timberframed, timber clad, metal roofed (originally shingled) farmhouse, built in phases from the 1860s. There are also associated farm elements consisting of a slab milking shed, former cream shed, slab storage shed (garage/shed) and an elevated water tank. It is located in the now suburban, but formerly agricultural area of Birkdale, within the boundary of Redland City Council on Old Cleveland Road East.

James Willard, the original owner of the property, arrived at Moreton Bay from England in June 1858, aged 22 years. He was an assisted immigrant and worked at Kedron Brook splitting timber and fencing. In May 1860, he married Margaret Jones at St John's pro-cathedral in Brisbane. Margaret was a domestic servant and had arrived from Ireland in February 1859 aged 20 years. Their marriage resulted in eleven children between 1861 and 1881.

The land on which Willard's Farm is sited was selected by James Willard and Mark Blundell, who purchased it as tenants-in-common on 17 August 1863. This land comprised of 45 acres (18.2 ha), was bounded by Tingalpa Creek to the west and the Cleveland Road to the east. Family history reports that Willard built a hut near the creek and lived there until he built a house using timber removed from the block.

In 1865 James Willard was granted one of the district's first timbercutting licenses in the Capalaba area, rafting his timber down Tingalpa Creek to Burnett's sawmill at Wellington Point. He needed to clear timber to create open farmland. In August 1866, transfer of the whole of the property to James Willard was recorded.

The Willard farmhouse was constructed in stages and increased by James as the family grew. He had bush carpentry skills, and materials were readily available on the property. The milking shed and other outbuildings were also constructed using timber from the property.

During the 1870s and 1880s, James Willard gradually purchased other surrounding landholdings resulting in the creation of a thriving dairying and agricultural business. James Willard died on October 2, 1914. Following Margaret's death on 15 June 1916, the property ownership was transferred to son William and daughter Margaret as tenants-in-common.

From 1927 to 1937, the farm was leased to share farmers due to the difficult economic circumstances at the time. The Toms family resided there during the 1930s and they adopted the name The Pines for the property. In November 1938, the farm was sold to Herbert Clive Daniel who sold off all of the dairy herd, pigs and machinery in a dispersal sale. The property was then sold to Rosemary Innes Cotton in June

In 1943, most of the land behind Willard's Farm was requisitioned by the US Army for a communications centre. The Americans erected a receiving radio station, comprising a brick building and several tall radio masts. The Cotton family retained five acres (2.03ha) on which the house and outbuildings were located.

On 2 September 1945 a message announcing the surrender by the Japanese on that day was received at the overseas radio station (probably the one at Capalaba) and was transmitted to the Brisbane Signal Centre via teletype. It was a message from the Supreme Commander for the Allied Forces, General Douglas MacArthur.

After the end of WW2, the Australian Government Postmaster General's Department (PMG) acquired approximately 159 acres of the former communications centre. The facilities were also later used by the Department of Civil Aviation (DCA).

The Cotton family sold the remaining property in 1980. The property was sold again in 1985. At this time a detailed description of the farmhouse and its associated farm elements was recorded by the National Trust of Queensland.

Willard's Farm and the Willard family have been recognised as important to the local community. Oral history interviews by local residents have been recorded to retain recollections of the farm and the family. In 2006, a Willard family reunion attended by over 200 descendants was held at 'The Pines'.



In 2015 Willard's Farm was purchased by Redland City Council, who endeavoured to have it heritage listed. The application was unsuccessful. At the time, the farm was within Division 10, and Cr Paul Bishop had been a key player in the acquisition of the farm. In 2019 Council acquired the surrounding Commonwealth Land, which had originally been a part of the farm.

In September 2019 long-time resident of the original Willard's estate at Birkdale, Isabella Alcock aka Ann Porter, known to many as the 'goat lady,' died at age 84. Ms Alcock had lived as a squatter on the Commonwealth land for 61 years. She cared for cattle, sheep and dairy cows in large paddocks but was known for the goats that lived near the road.

On 8 March 2022, the Willard's Farm house and surrounding buildings were officially listed on the Queensland State Heritage Register.

On 28 April 2022, Redland City Council adopted a draft masterplan for the Birkdale Community Precinct. The plan includes the restoration of the heritage-listed Willard's Farmhouse and outbuildings, the heritage-listed former World War II Radio Receiving Station and the Redlands Whitewater Centre, which will be a host venue during the Brisbane 2032 Olympic and Paralympic Games, as well as a host of entertainment and recreational facilities.

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SHOWCASE AWARDS CELEBRATE EXCELLENCE IN EDUCATION

FROM JOAN PEASE MP

Education Minister Grace Grace has announced the 27 regional winners of Queensland's 2022 Showcase Awards for Excellence in Schools, with schools from eastern Brisbane to the Western Cape being recognised.

Now in its 23rd year, Minister Grace said the Showcase Awards are widely regarded as the most prestigious educational awards in Queensland, showcasing excellence in education, innovation, and leadership.

"One of the privileges of my job as Education Minister is to meet the outstanding teachers and educators delivering innovative and world class opportunities for our young Queenslanders," Ms Grace said.

"The Showcase Awards allow us to recognise and celebrate the great work that our schools are doing day-to-day to ensure that Queensland continues to innovate and develop new education practices.

"To be named as one of the 27 regional winners, or as one of the 24 to receive a commendation, is a significant accolade for these schools. It's an important recognition of their contribution to the state's education system."

Moreton Bay Environmental Centre Principal Dianne Aylward said the team was delighted to be named Metro regional winner of the Queensland Teachers' Union Showcase Award for Excellence in Aboriginal and Torres Strait Islander Education.

"Our program - Building cultural understanding and capabilities on Quandamooka Country - is an ongoing journey and is only possible by seeking advice from a range of Quandamooka First Nations people," Ms Aylward said.

"Noonuccal man Matt Burns, Elder Aunty Becky Thompson, and Ngugi woman from Quandamooka nation Aunty Merle Cashman, have been instrumental in developing and delivering our programs, and helping us to foster a real appreciation for First Nations cultural heritage in our students.

"By ensuring we have a Quandamooka Cultural Officer as an integral and essential part of our programs, we're teaching an honest history and understanding of Quandamooka history through age-appropriate curriculum to students in early childhood education right through to Year 6."

The 27 regional award winners will be whittled down to a smaller number of state finalists, before the overall winners across the 10 categories are announced at a conference in Brisbane in October 2022. Winners will receive up to \$10,000.



Photo: Supplied.









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- Delivery Driver Wynnum
- Hyundai Sales Consultant Wynnum
- Qualified Automotive Technicians Wynnum & Capalaba
- Used Car Sales Manager Capalaba

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



Chef de Partie/Cooks

Tide on the Jetty and The Arsonist, Manly, QLD

We're looking for passionate kitchen staff with experience in high volume quality cooking of fresh local products. Open for breakfast, lunch and dinner 7 days a week, you will have good food knowledge, experience in food safety handling and working within a small team.

Please email all applications to our HR Manager - hr@thecq.com.au



Front of House & Bar Staff

Tide on the Jetty and The Arsonist, Manly, QLD

We're looking for vibrant and passionate front-of-house staff who have had experience with Bar and A la Carte service, a good knowledge of food and beverages, great customer service, and the willingness to learn and be trained on the job.

Please email all applications to our HR Manager - hr@thecq.com.au



Civil Construction Labourers

BMD are looking for civil construction labourers for multiple projects across Australia including locally in the bayside area of Brisbane, North Brisbane, Sunshine Coast, Gold Coast, Ipswich, and Logan areas.

- \$30 \$40 per/hour + Daily Allowances Our business is our people
- Ongoing full-time position
- White Card + Drivers Licence required

Please email your cv to careers@bmd.com.au or drop it into our office at Port of Brisbane



Roofer

Based in Tingalpa, Brisbane, were are an established roofing company looking for a full-time team member who has a positive approach, is willing to work and learn to become part of a great team. No experienced needed, but you must have your own transport. Call Sam on 0413 559 693.



Lipke Motors

Locally based Lipke Motors is looking for two staff.

A Panel Beater (Fully Qualified) + A Panel Beater Fitter (Fully Qualified).

Lipke is a family orientated business been established for over 70 years. We take pride in our high quality workmanship & guarantee all our work.

CONTACT:

Email: admin@lipkemotors.com.au Phone: 07-33962229 Adam Lipke or Trudy Maher https://www.lipkemotors.com.au







Junior Retail Assistant

Due to continued growth, Poolwerx Wynnum is currently in need of a Full Time Junior Retail Assistant to assist and support our Retail Manager out of our Manly West store.

Duties will include

- Water Testing, analyse and communicate with customers about their pools' requirements
- · Liaise with customers face to face and on the phone, and attend to emails
- · Assist with product ordering and stocktaking

- Stack shelves and maintain the store at all times
- · Assist with invoicing
- We require someone able to think on their feet, is self-motivated and is able to lift heavy stock as needed (eg 20kg salt). Additionally, computer literacy is essential.
- Some weekend work may be required as part of your roster.

To apply please email cover letter and resume to james.poma@poolwerx.com.au

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Picker Packer for national distribution of automotive brake parts Wynnum. Minimum 27.5 hours per week. Mechanical aptitude preferred but no experience required. For more information, phone 0418 782 450.

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LOCALS'R'Us

31 FOX ST, WYNNUM QLD 4178

Letterbox Distribution

Locals'R'us is looking for workers!

We distribute flyers into letterboxes for clients in the Wynnum Manly area. Unlike most other flyer distribution services, we offer our employees an hourly wage. We are willing to give anyone a go who is willing to give the job a go. You will be employed on a permanent part time basis and, as such, you will have entitlements to annual leave, sick leave and superannuation payments. We pay under the Miscellaneous Award.

We require people who will work a set roster each week. Must have a car and licence to be able to get to site. Must have a smart phone to collect tracking data for our clients. Must be able to follow and work maps.

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.

Contact details: For more info, send an email to hello@localsrus.com.au, or contact us on Facebook or Instagram @localsrusqld. Phone Sharyn on 0403 189 625.



ADMIN@WYNNUMMARINE.COM.AU



With a readership of close to **55,000*** a print advertisement in The Community Leader is sensational value for money.

* Disclaimer: Readership is based on an average of two readers per household; this number may fluctuate.

ADVERTISING RATES

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Community Leader

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Rhonda 0416 245 193 or Damien 0421 786 302 sales@market2market.com.au

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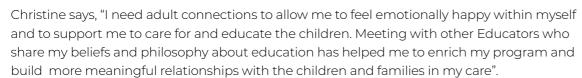




Making meaningful connections working in Family Day Care

Christine and Lily are two Family Day Care Educators who regularly meet to discuss future planning for their shared experiences. They regularly work together to provide amazing outings like visiting farms, cultural experiences, libraries, and educational shows. They also enhance their outings by providing lots of 'real world' learning experiences for the children.

Christine and Lily also share a common passion for nature play and you will often find them exploring the local beaches, nature reserves and creeks as they help the children in their care build a knowledge and respect for nature.



Lily says, "Making the move from working in child care centres to family day care has helped me to make connections with others in the community and has allowed me to have more flexibility and choices in my work life – it has given me a great work/life balance. Meeting up with other like minded Educators has kept me connected and feeling supported".

Come and find your connections and sense of belonging at Wynnum Family Day Care.







www.wynnumfdc.org (07) 3393 4311











LOCAL EMPLOYMENT OPPORTUNITIES AT PENSKE AUSTRALIA

FROM PENSKE

Penske Australia has opened the doors to its new branch at Lytton. Located adjacent to the critical Port of Brisbane and Brisbane Airport operations, the new Lytton branch represents the Western Star Trucks, MAN Truck & Bus, Dennis Eagle, Detroit, and Allison Transmission brands.

"Our growing customer base in south-east Queensland gave us an opportunity to explore locations for a second facility in addition to our current Wacol branch," said John Delany, general manager — eastern region, Penske Australia.

"It was quickly evident that Lytton was an ideal location to bookend Brisbane and extend our coverage of customers in the north and east."

Boasting 450 m2 of office space, a 2,650 m2 workshop, and a 250 m2 warehouse across the 11,100 m2 site, the facility includes 19 workshop bays, an overhead crane gantry, and a brake and suspension tester

"We are proud to be a part of the local area and are excited to be able to provide and support employment opportunities and supplier businesses locally," said Matt Oldham, branch manager — Lytton, Penske Australia.

Why work for us? Across our 1,000+ strong employee base nationally, we foster a culture that embraces ownership: where we do what we say and go the extra mile. We demonstrate our passion through continuous improvement to ensure that we are the best and make things happen. We are proud of our strong, diverse team that makes us stronger together. And our integrity underpins all our relationships so we trust and can be trusted. But, it's fostering our culture of caring where we aim to ensure we all go home safe.

Through our purpose of delivering powerful solutions through people, products, and partnerships to make a difference our people understand our joint goal. We know that it is our people who are at the heart of our success and our values of ownership, passion, teamwork, integrity, and care define how we do business and the type of people we want on our team.

We currently have opportunities for heavy vehicle technicians as well as light vehicle technicians that are looking to upskill to a heavy



Photo: Supplied.

vehicle qualification. If this sounds like you, send your resume to moldham@penske.com.au.

Penske Australia's Lytton branch is located at Unit 2/52 Trade Street Lytton, and the team can be contacted on 07 2100 7600.



As a new business in the Lytton location we have several opportunities for **Diesel Technicians** or **Light Vehicle Mechanics** wishing to convert to Heavy Vehicle. We offer:

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- Apply by emailing your cv to: moldham@penske.com.au







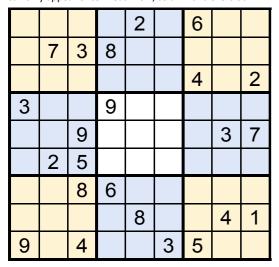






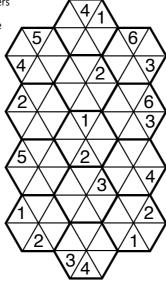
Sudoku

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

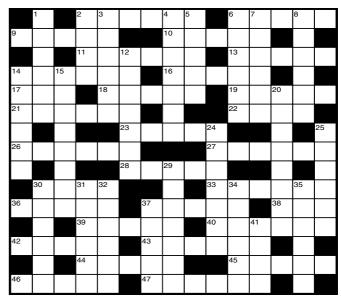


Quick Workout

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



Crossword

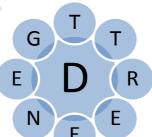


Focus

An All Australian **Word Game**

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

TODAY'S Good: 11 words **FOCUS** Very good: 18 words Excellent: 28 words



visor visored void voider

Reference: Macquarie Concise Dictionary Focus No. 3860

ACROSS

- 2 Arachnid
- 6 Defer
- 9 Colour scheme
- 10 Sovereign
- 11 Small arboreal
- mammals 13 Make excessively dry
- 14 Sullenly ill-humoured
- 16 Book of maps
- 17 Day before
- 18 Savoury
- 19 Prepared
- 21 Injury 22 Faithful
- 23 Evil spirit
- 26 Be sleepy 27 More offensive
- to sight
- 28 Allude to
- 30 Finest quality

- 33 Reddish brown
- **36** Adhesive 37 Overspread
- 38 Compass point (init)
- 39 Make void 40 Is monarch
- 42 Remain on feet
- **43** Decapitate
- **44** Sheltered nooks
- 45 Within the law
- 46 Verdant
- 47 Emphasise
- DOWN
- 1 Take away
- 2 Alone 3 Quickly (mus)
- 4 Noted printing error
- 5 Corroded
- 6 Leave 7 Rubber

- 8 Give consent
- 12 Wander aimlessly **14** Tune
- 15 Puts back
- 20 Examining accounts
- 24 Bring up
- 25 Old ewes
- 29 Most filled
- 30 Trade by exchange
- **31** Mode of standing 32 Sinew
- 34 Standards of
- perfection 35 Yearly 37 Solid squares
- 41 Ancient Roman days

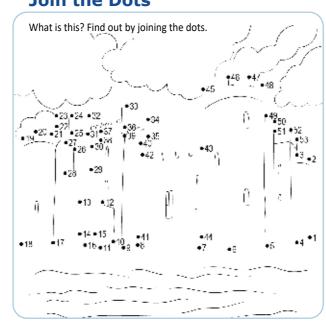
Word Find

DKX RANΕ

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

| Beauty | Fate | Pots | Suffix |
|--------|------|------|--------|
| Bold | Feet | Rant | Tend |
| Brat | Lank | Sect | |
| Cola | Oral | Soft | |
| Fast | Past | Stop | |

Join the Dots

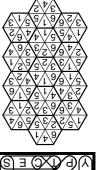


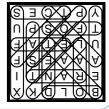
Solutions

Puzzles and pagination supplied by Auspac Media

trend rented teed tend tender treed nerd netted reed rend reneged greened greeted need needer euger entered gender greed DETERGENT dreg edge edger deer degree dent detente deter







6 7 4 7 1 9 8 6 8 1 1 6 8 9 9 8





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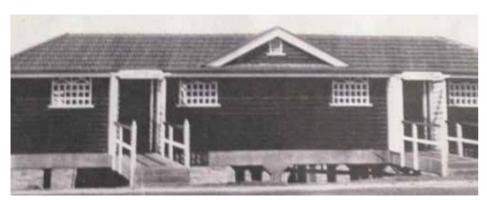
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THE STORY BEHIND WYNNUM MANLY'S BATHING BOXES

FROM THE WYNNUM MANLY HISTORICAL SOCIETY INC



Bathing boxes at the foot of Alkoomie Street Wynnum, 1935.

In February 1890, George Gibbs, proprietor of the Waterloo Bay Hotel, was given permission to build a private bathing house at the foot of Mary (Berrima) Street, by the Kianawah Divisional Board.

In about 1915, a bathing box was constructed for the nuns of Mt Carmel Convent, Bay Terrace. This box was known as the "Nuns' Bathing Box", and was reached from the Esplanade by a jetty, with a locked entrance. A fenced swimming enclosure was used.

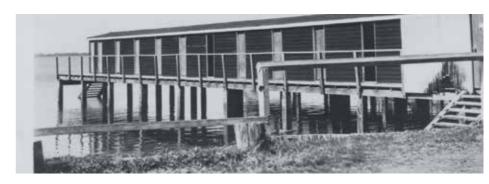
By 1917, private bathing boxes were very popular and could remain on the foreshore for a fee.

When the wading pool opened in 1933, Mr J Webb paid £10 per annum to manage the hire of dressing boxes.

While bathing boxes were in vogue in the 1930s and 1940s, by the 1950s the local councils stopped the building of the boxes, citing that "they spoil the look of the beach and look like glorified public conveniences".



Bathing boxes at Manly, at the foot of Falcon Street in the 1950s



All photos: Wynnum Manly Historical Society Inc.

LOCAL PERSONALITY PROFILES

Name: Sharlene Whyte.

Suburb: Wynnum.

What's your business? Funky Flamingo Gifts.

Do you have any fun/interesting stories about your job? Everyone coming to the shop to visit our dog Benson (French bulljack).

What's your favourite local dine-in and take-away? Cedar & Pine for dining-in, and Hudson Brewery for take-away.

Best local activity? Walking along the esplanade.

The last book you read? Any true crime books.

The last tv show or movie you watched? The Queen's funeral, and *Top Gun II* for the third time.

Is there anything you'd like to see happen in the local area? I'd like to see more holiday accommodation so more people can enjoy our beautiful area.

Is there a local business/community group/club you'd like to give a shout-out to? Wynnum Commerce for organising Wynnum Up Late.



Suburb: Wynnum.

What's your business? La Casa Noastra.

Do you have any fun/interesting stories about your job? Meeting so many lovely local people and being given lots of various food requests!

What's your favourite local dine-in and take-away? Manly Boathouse at Manly for dine-in, and Mekhong at Wynnum for take-away.

Best local activity? Collecting shells and playing in the water park with our grandchildren.

The last book you read? A novel by Nicholas Sparks.

The last tv show or movie you watched? I've recently watched Gilmore Girls and Vampire Diaries.

Is there anything you'd like to see happen in the local area? I'd like to see more male-orientated retail shops.

Is there a local business/community group/club you'd like to give a shout-out to for great work? Cedar & Pine, Sobidah, Le Buste, and Solace Hair.

DIVING INTO THE BUSINESS OF SPORT

CONTRIBUTED BY THE MORETON BAY COLLEGES' FOUNDATION

The local college and business community recently came together for another sold out breakfast hosted by The Moreton Bay Colleges' Foundation at RQYS.

The event was themed The Business of Sport and featured an engaging panel of speakers including Olympic Gold Medallist, Angie Lambert, Chief Strategy Officer at VALD, Sam James and Performance Manager from Queensland Academy of Sport, Steve Rippon.

Guests at the breakfast heard from each of the speakers on their remarkable journey to success and the lessons learned along the way, providing not only valuable advice to the adults in attendance, but also timely guidance to the students in their final year at The Moreton Bay Colleges.

Students Emma Bible and Hugo Ralph fittingly concluded the special event by sharing their school sporting journeys and future ambitions with guests.

The Moreton Bay Colleges' Executive Principal, Richard Henry, spoke of the cultural and educational opportunities the 2032 Olympics will bring to the community and the role the Colleges, and partnering local and international stakeholders play in creating these opportunities.

Councillor Krista Adams, Deputy Mayor Brisbane City Council, Chair of Economic Development and the Brisbane 2032 Olympic and Paralympic Games Committee echoed this sentiment, outlining the wealth of opportunities and investment the Olympic games will bring to the city of Brisbane.

The Moreton Bay Colleges' Business Breakfasts occur quarterly and continue to showcase our local talent and enable our community to connect and support each other.



1014 Gold Sponsors Motorline BMW, Elliott Fraser, Tim Suhinin, Caryn Thomas and Andrew Robson. Photo: Supplied.

Community Leader REAL ESTATE



A READERSHIP OF 55.000

The Community Leader is a monthly publication, home delivered to Wynnum, Wynnum West, Manly, Lota, parts of Capalaba, Gumdale, Wakerley, Hemmant, Tingalpa and Belmont. Please note that if your home has a 'no junk mail' or 'Australia Post Only' label, then we are unable to deliver the newsletter to you. However, copies will be available around the local area for you to read. If your home does not get a copy, you can collect one from a local pick up point.

Any submissions can be emailed to

sales@market2market.com.au for consideration.

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MANLY

Manly Village Shopping Centre Manly Hotel Tide on the Jetty

MANLY WEST

Wynnum Leagues Club Manly West Newsagent Manly Bowls

WYNNUM

Perry's Fruit Market Wynnum Plaza Joan Pease's office

Peter Cumming's office Ross Vasta's office Waterloo Bay Leisure Centre Majestic Cinemas Wynnum Sash & Gable

ADVERTISEMENT SIZES

Full Page Image Area 285mm deep x 255mm wide Half Page Image Area 128mm deep x 255mm wide Quarter Page Image Area 65mm deep x 255mm wide Image Area 40mm deep x 255 mm wide Strip Ad

NOVEMBER BOOKINGS

- Community editorial 15th of October
- Advertising cut off 17th of October
- Distribution 26th of October to 5th of November
- Bookings are for a minimum of 3 months and space is limited
- Market to Market Communications reserves the right to refuse any advertising
- Advertising contact 0421 786 302 or 0416 245 193 sales@market2market.com.au

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HEALTH INSURANCE.... ARE YOU CLAIMING YOUR BENEFITS?

FROM DENTAL ON CAMBRIDGE

Health insurance is a huge topic of discussion at our reception desk! Many patients ask which ones are the best for dental cover – the reality is, all health funds have their pros and cons. The most important thing to consider is your current and future dental needs when deciding whether to take on health insurance or self-fund your treatment.

We have a good split across both camps – those that do have health insurance – with extras like dental, physio and optical, those that only have for hospital treatment and those that put a bit aside each month as if they were paying for health insurance as a type of kitty for when they need treatment.

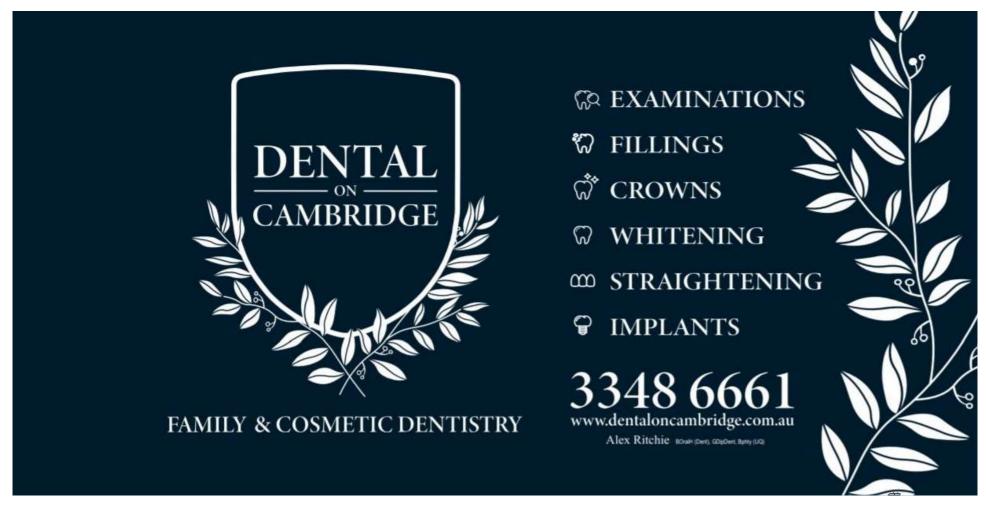
The critical aspect when it comes to dental care is prevention is better than cure, because a filling or a strengthened tooth today can prevent a cracked tooth that needs root canal or an extraction later!

The key thing with health insurance is to know what cover you have and utilise this to your best advantage. You've already paid for it so don't let it go to waste! In an ideal world, unused health benefits would accumulate year to year, unfortunately your 'quota' resets either in January or July each year depending on the fund, they are not carried over from year to year. This is where a developing a prevention vs cure relationship with your dentist can save you money. If you regularly attend your routine appointments, we can identify future issues and support you to develop a plan for your future dental needs and treatment to ensure your oral health isn't compromised AND you can use your benefits effectively.

As the end of the year creeps up, if you've been discussing with your dentist that you might need some treatment on your teeth, now is a great time to plan ahead. Once you're armed with this information, you can make informed choices for your treatment options and treatment decisions with your dentist to ensure your oral health is supported AND you use what you've already paid for!



At Dental on Cambridge, we pride ourselves on being transparent with any treatment planning and pricing, and we can always provide an on-the-spot quote for any treatment with your health fund. If you've been thinking about getting on top of your dental healthcare and are looking for a caring and passionate team to help you — give us a call on 3348 6661. We're looking forward to helping you!



Family focused funerals by a real Wynnum Local

Jo grew up in Wynnum, she went to school here, she worked at the Plaza for 18 years, and for the last 17 years she has been the local funeral director that families rely on when they want someone who understands what it means to love the Wynnum area and the fantastic lifestyle it provides.

McCartney Family Funerals are proud to call Jo part of our team. Jo is available to care for the local families of Wynnum when they need her most, in the compassionate, caring and friendly way that only Jo can deliver. You can visit Jo personally at McCartney Family Funerals, 155 Bay Tce, Wynnum - the beautiful heritage listed post office.

When you are looking for a local, family owned funeral home to care for your family, the only real option is Jo Salm and the professional team from McCartney Family Funerals.

Call us today on 1300 043 522 or visit our website www.mccartneyfunerals.com.au







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NEW LDV

D90 EXECUTIVE

4X4, 2.0L TURBO MOTOR. 7 SEATER CAPACITY, LEATHER TRIM, SUNROOF, PUSH BUTTON START, 18" ALLOY WHEELS. SN:A057896

SEAT CAPACITY



NEW LDV

V80 SWB AUTO

6 SPEED AUTOMATED-MANUAL TRANSMISSION, 2.5L TURBO DIESEL MOTOR, 6.4 CUBIC METERS LOAD VOLUME, 10" INFOTAINMENT SCREEN, REVERSE CAMERA & SENSORS.

2.5L TURBO DIESEL



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