

The Community Leader

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WE'RE ALL ABOUT GOOD NEWS

SCAN AND SUBSCRIBE



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FUN-FU BRINGS CHINA TO YOU

As the year kicks into gear, we're spoilt for choice with many fantastic events on the horizon. From foody to festivals, concerts and workshops, you'll never be bored on the bayside!

A colourful celebration of Chinese culture is coming to Manly West this month when Bayside Language School hosts a free Fun-Fu Festival, and everyone's welcome.

It's the Year of the Rabbit, and the festival promises to be a feast for all the senses, showcasing Chinese traditions such as Kung Fu, lion dancing and dumpling making. Indulge in authentic Chinese delicacies, try your hand at calligraphy and crafts, and play traditional games.

According to the Chinese Zodiac, the rabbit represents luck, good fortune and longevity, and who doesn't need those? So hop to it, mark your calendar for February 11 and get ready to paint the afternoon red. Find out more on page 5.

Amay Small from Bayside Language School is excited to share Chinese culture with the bayside community at the upcoming festival.



“An excellent negotiator with a personal approach.”



0450 004 291

*Source: Vendor Review, Realestate.com.au – November 2022

OVER 200 RESCUES BUT NO RECORDED DEATHS IN 2022

BY HARVEY SHORE

Brisbane Coast Guard volunteers praised local recreational boaties for their excellent safety record in 2022.

The local Manly flotilla received just over 200 calls for assistance from vessels in trouble at sea during 2022, which is 50% less than the number received in 2021.

There were no fatalities reported in local waters during 2022. This compares to several deaths in Moreton Bay the previous year. In fact, Maritime Safety Queensland just reported 13 fatalities on Queensland waters in 2021, adding that none of them were believed to be wearing lifejackets.

Coast Guard volunteers also launched fewer search and rescue operations last year, suggesting the boating public is paying more attention to marine safety.

However, while the number of distress calls from boats fell in 2022, the number from jet skis increased! Most of those were due to mechanical issues, but some were operator errors resulting in jet skis sinking and riders being rescued from the water.



Rugby league great Steve Walters, with Nigel Moore and his Coast Guard shipmates.



Coast Guard volunteers recover a sunken jet ski off Manly. Photos: Supplied.

Coast Guard trainers say the number of boaties signing up for the Australian Government's official Marine Radio Certificate of Proficiency is rising.

Brisbane Coast Guard's senior marine radio trainer Nigel Moore was delighted to see Queensland rugby league great and national Hall of

Fame inductee Steve Walters turn up for Nigel's last Marine Radio Course in 2022. Nigel said the legendary hooker breezed through the course and passed the test as easily as he won test matches on the footy field.

COMMUNITY COMES TOGETHER FOR THE 100 BIRD BOX PROJECT

BY DAVE PRAEGER

The 100 Bird Box Project is a community initiative involving BCC-Habitat Brisbane, Bunnings, Bayside Woodturners and Woodcrafters (BWWC), local bush care groups, and the Bayside Wilderness Society.

The diversity of birds and mammals in the Wynnum/Manly area is in decline, especially following the removal of trees containing hollows. The 100 bird/mammal box project attempts to reverse this loss by supplying breeding sites.

We need the interaction of these organisms to restore a “sacred balance”. For example, microbats consume their weight in mozzies every night.

To date, the project is on target to construct the 100 breeding homes by the end of 2023.

This community project started with the Lota Creek Catchment Group voicing their concerns and supplying the list of endangered species. The target species are Pale Headed Rosellas, Scaley Breasted Lorikeets, Wood Ducks, Microbats, Feather Gliders, and other small birds.

Bunnings donated and cut the plywood to make appropriate templates built and approved by Habitat Brisbane. Habitat



Brisbane (BCC) made available funding to build the 100 nesting boxes. Members of the BWWC are building the boxes, and their grandchildren are painting them.

When we all put our minds and energies into making an inclusive and diverse environment for humanity and the rest of life’s species, we gain an appreciation of what it is to be truly alive.

Currently, the project needs people with WHS training to install the nesting boxes. If you could help, please call Dave Praeger, co-ordinator of The 100 Bird Box Project, at 0411 843 627.



Pictured: A critically endangered Southern Boobook Owl whose tree home was destroyed (picture taken in a Manly backyard in June 2022). These owls help control the population of mice and rats. Photos: Supplied.





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THE BONNER UPDATE

ROSS VASTA MP FEDERAL
MEMBER FOR BONNER



BRING YOUR FAMILY ALONG TO

FUN – FU FESTIVAL

CUISINE

- + Traditional Chinese delicacies
- + Popcorn, fairy floss & snow cones
- + Summer thirst quenchers
- + Delicious desserts

WHAT'S ON

- + Shao Lin Kung Fu performance
- + Chinese instrumentals
- + Lucky Lion Dancing
- + Calligraphy lessons
- + Dumpling making
- + Diablo Classes
- + Raffle prizes

Scan the QR code for your chance to win a lucky door prize!

FREE
ENTRY + SHOW BAG



LION DANCING STARTS AT **2:30PM**

Saturday 11 February 2023 | 2pm - 6pm | 450 Wondall Rd Manly West 4179

Hosted by



Supported by



INTRODUCING THE FUN-FU FESTIVAL, WHERE EAST MEETS WEST

FROM BAYSIDE LANGUAGE SCHOOL

Happy Chinese New Year!

My name is Amay, and I am a former student of Moreton Bay College. I graduated in 2020 and I'm passionate about making a positive contribution to the spiritually and culturally rich community I was raised in. I am proud to run Bayside Language School, where we foster a community of multicultural minds by creating new opportunities through language.



For the first time this February, Bayside Language School will host a Fun-Fu Festival to celebrate the Year of the Rabbit, with all proceeds raised from raffles going to Darling Point Special School and the Bayside Community Fund.

Bayside Language School is excited to bring new cultural events to the bayside community, and the Fun-Fu Festival is your chance to explore a fascinating world of Chinese music, games, crafts, and indulge in traditional foods from local businesses. Put simply, the Fun-Fu Festival is where East meets West!

If you are excited to watch lion dancing, Kung Fu performances and try activities like dumpling making, I encourage you to come to the festival. Entry is free. Scan the QR code (on the opposite page) to register for your lucky door prize!

WHAT: FUN-FU FESTIVAL

WHERE: 450 Wondall Road Manly West

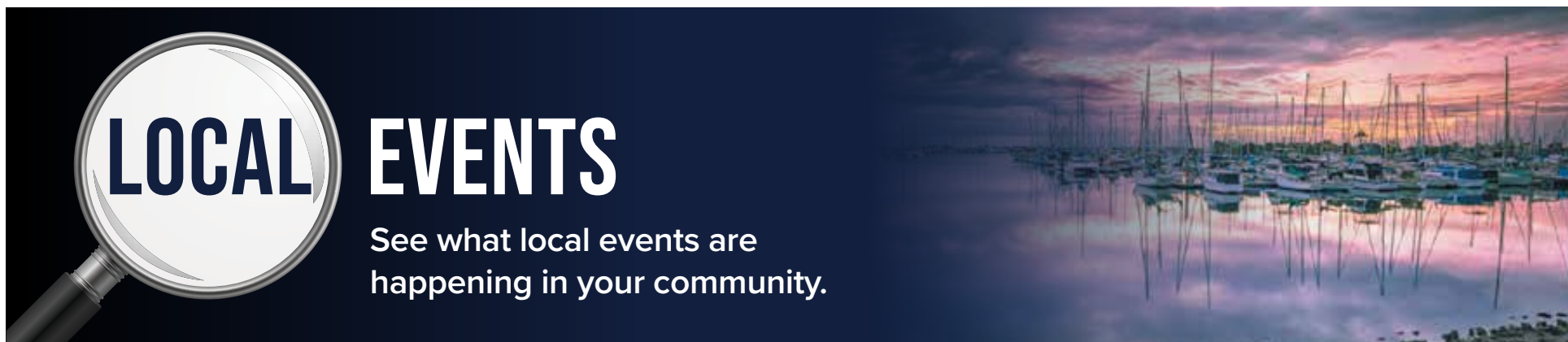
WHEN: Saturday February 11, from 2pm to 6pm

Hosted by
 Bayside Language School

Supported by
 Ross VASTA MP
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 yellow
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LOCAL EVENTS

See what local events are happening in your community.

SPONSORED BY MARKET 2 MARKET **20 YEARS**



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

BACH TO BEATLES ORGAN RECITAL



Saturday 25 February, 11am to 1pm
Wynnum Presbyterian Church, 231 Bay Tce, Wynnum

The Organ Society of Queensland, in cooperation with Wynnum Presbyterian Church, will feature the church's recently renovated pipe organ in a recital of music spanning the centuries by a variety of composers. Entry is free.



TERRARIUM WORKSHOP



Saturday 11 February, 3pm
Wynnum RSL, Tingal Road, Wynnum

Create your own terrarium to take home at this one-hour workshop. All materials are supplied. Tickets can be purchased from Wynnum RSL reception. The workshop fee is \$85, and discounts are available for Wynnum RSL Service Members and their families.

CROCHET YOUR OWN SHAWL



Thursday 23 February, 10am to 1pm
Wynnum Manly Arts Council, 105 Florence St Wynnum

Learn techniques to create your own shawl, with teacher Barbara Weber. No experience necessary. The class costs \$45 (\$50 for non-Arts Council members) and is limited to 10 students, so bookings are essential by emailing wmarts@tpg.com.au or by phone at 3348 2369 or 0429 004 104.

WYNNUM UP LATE



Friday 24 February, 5pm to 9pm
Florence St, Edith St and Bay Terrace, Wynnum

Make a night of it, and come along and shop at Wynnum's favourite retailers at this Up Late event, featuring roving entertainers with a Mardi Gras theme. Enjoy a meal at any of Wynnum's fab restaurants afterwards!

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.

Wynnum Embroidery Group

Wynnum Library
2nd and 4th Tuesday of the month from 9am to 12pm.
Join a happy group of crafters who meet to exchange ideas and chat.

For enquiries call Zoe on 3393 4752.

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.

Morning Melodies

Wynnum RSL Club, 174 Tingal Road, Wynnum
On the first and third Wednesday of each month, get down to the Wynnum RSL Club for free live music from 10.30am. It's a toe-tapping good time and a sure way to beat the mid-week blues! For more information call the club on 3396 7333.

THURSDAYS

Wynnum Manly Bridge Club

Wynnum Library
The club is holding a series of six lessons for beginners from Thursday 9th February.
Call 0493 546 906 for more information.

BlueBottle Cocktail & Tapas Bar: Karaoke Thursdays

55 Cambridge Parade, Manly
7pm – 11pm
For more information call 07 3161 3764 or visit bluebottlemanly.com.au.

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.

Business Breakfast Series

Royal Queensland Yacht Squadron
Part of a breakfast series hosted by Manly Chamber of Commerce, the first breakfast kicks off on the 10th of February at 6.45am to 8.30am. The breakfast costs \$40 for Chamber members and \$50 for non-members. For more details go to the What's On section at manlyharbourvillage.com.

SATURDAYS

Jan Powers Farmers Markets

Little Bayside Park, Manly
Saturday February 4 and 18, 6am to 12pm
Free to attend, family friendly.

SUNDAYS

Sunday Sounds: Tide on the Jetty

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

Manly Creative Markets

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

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



WHAT'S NEW AT THE MOVIES THIS FEBRUARY

FROM MAJESTIC CINEMAS, WYNNUM



Magic Mike's Last Dance (CTC) – February 9

Mike Lane takes to the stage once again when a business deal that went bust leaves him broke and bartending in Florida. Hoping for one last hurrah, Mike heads to London with a wealthy socialite who lures him with an offer he can't refuse – and an agenda all her own. With everything on the line, he soon finds himself trying to whip a hot new roster of talented dancers into shape.



The Whale (M) – February 16

An obese and reclusive English teacher tries to reconnect with his estranged teenage daughter for one last chance at redemption. Stars Brendan Fraser. Directed by Darren Aronofsky.



Ant-Man and the Wasp: Quantumania (CTC) – February 16

Ant-Man and the Wasp find themselves exploring the Quantum Realm, interacting with strange new creatures and embarking on an adventure that pushes them beyond the limits of what they thought was possible.



Missing (CTC) – February 23

When her mother (Nia Long) disappears while on vacation in Colombia with her new boyfriend, June's (Storm Reid) search for answers is hindered by international red tape. Stuck thousands of miles away in Los Angeles, June creatively uses all the latest technology at her fingertips to try and find her before it's too late. But as she digs deeper, her digital sleuthing raises more questions than answers...and when June unravels secrets about her mom, she discovers that she never really knew her at all.



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PETER CUMMING'S LOCAL AREA UPDATE

COUNCILLOR FOR WYNNUM MANLY WARD



OUTDOOR CINEMA IN THE SUBURBS

Pack a hamper and bring your picnic blankets for a free screening of *Red Dog* at Cox Park, Lota, on 18 February.

Red Dog tells the true story of a red kelpie and his travels throughout the Pilbara region of Western Australia.

Cox Park is across the street from Lota State School and is bound by Richard Street, Avadne Road, Daniel Street, Bethania Street and Corinth Road.

This is a free, family friend event, made possible by the Brisbane City Council. I hope to see you all down there!



BAYSIDE PARK

The shelters and picnic facilities near the climbing net at Bayside Park, Manly, will undergo refurbishments over the next couple of months.

Brisbane City Council will pressure clean and paint shelters, seating, and picnic facilities; replace seats in the smaller shelter; and make repairs to downpipes.

The project commenced Monday, 30 January and is expected to be completed by 10 March, weather permitting.

Works will be carried out over two stages, with each stage to take 2 -3 weeks, weather permitting. The shelters and picnic facilities will be closed for the duration of works.



FREE COMMUNITY IMMUNISATIONS

Brisbane City Council's community immunisation clinics offer free vaccinations to residents aged 6 and over.

In Wynnum, vaccinations are available at Level 2, Wynnum Community Centre, Florence Street, every week on Wednesdays (excluding public holidays).

For more information, including bookings and consent forms, visit <https://www.brisbane.qld.gov.au/community-and-safety/community-safety/immunisation/community-immunisation-clinics>.



BUSINESS SPOTLIGHT: HAJIME

Hajime, the al fresco Japanese restaurant that opened on Bay Terrace late last year, dishes up a wide selection of favourites like sushi, teriyaki, poke bowls, and bento boxes. They have a dine-in and takeaway menu.

I have eaten here a few times and always find the food fresh and tasty, and the staff very friendly. I like the bento boxes, which I regard as a smorgasboard.

They've had good success in their first few months of business, which is only appropriate considering Hajime is the Japanese word for 'beginning'.



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

Office hours: 8.30am-4.30pm, Monday-Friday
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\$100,000 TO 2023 BMD COMMUNITY ASSISTANCE PROGRAM

FROM BMD GROUP

As part of BMD’s 2023 Community Assistance Program, we will be showing support for eligible local community groups, projects and events by donating \$100,000 to successful applicants.

Earlier this year, BMD launched its Community Assistance Program with the goal of strengthening Australian communities by providing funding to assist groups working in key areas such as sports and recreation, arts and culture, Aboriginal and Torres Strait Islander, health and wellbeing, environment, education, and community development. BMD understands the important roles organisations like these have in their local communities and appreciates the effort it takes to raise the much-needed funding required to support their ongoing work.

Scott Power, BMD Group Director – Chief Executive Officer, said, “the long-standing relationships we have built within our communities is something we are incredibly proud of. This investment serves to maximise the opportunity for local input with flow-on effects in the legacies we leave in communities long after the project is delivered. Our commitment to supporting communities in which our projects operate is based on mutual respect and trust and sharing our joint commitment to diversity, reconciliation, family values and high performance”.

As a local in the Wynnum Manly community for over 40 years, BMD values the contribution of local community groups, and we are proud of our history in giving back to those that have similar values to BMD.

To find out more about the program eligibility requirements and to apply, head to the BMD website.



BMD Board Member, Craig Mortensen and SEQ Wynnum Wolves players. Photo: Supplied.

THE NURSO

VALENTINES' SINGLES MIXER

SATURDAY FEBRUARY 18TH

THE NURSO BEER GARDEN - 1666 OLD CLEVELAND RD, CHANDLER

5PM - 9PM

\$50 A HEAD - DRINKS AND SNACKS

Tickets on our website - www.thenurso.au

COMMUNITY UPDATE

JOAN PEASE'S COMMUNITY UPDATE, STATE MEMBER FOR LYTTON

MARCH 2023 LUCKY BINGO [BINGO]

Baysiders can take part in my Lucky Bingo competition, starting next month! From 1 March 2023, I will be posting a number each weekday on my Facebook page and in my front office window.



The rules are simple: if you have the corresponding number on your bingo card, cross it off until you have no more numbers remaining on your card.

The first person to cross off their entire card using the numbers that I supply will WIN my fabulous prize hamper!

It's free to participate in my Lucky Bingo competition. Simply visit my office Monday to Friday between 8am and 4pm before 1 March 2023 to collect your bingo card, then keep an eye out for my daily lucky number announcements.

SCHOOL ZONE SAFETY

Bayside schools have now returned for the year, so it is very important that as locals, we remain vigilant when around our schools.

School zones can become very busy during peak hour and term time, and young children may not have the same road awareness levels, so please ensure that you follow the signposted speed limit of 40 km/hr and drive with care around pedestrian areas, crossings and set-down zones.

Together, we can ensure young baysiders can have a safe journey to and from our local schools.



CELEBRATING 8 YEARS STANDING UP FOR THE BAYSIDE

31 January 2023 marks 8 years since I was elected by baysiders as the State Member for Lytton, so I would like to take the time to thank you all for your support.

Every day of the past 8 years has been rewarding and inspiring, and it has been a pleasure to deliver improvements to benefit the Lytton electorate, and the locals who call our bayside home.

I look forward to continuing to stand up for the bayside, to ensure Lytton remains an incredible bayside destination, and a wonderful place to call home.



MANLY BOAT HARBOUR PARKING UPGRADE

The Manly Boat Harbour is an integral part of our bayside's social, cultural and economic landscape, so I am very pleased to announce that the northern carpark within the Manly Boat Harbour has undergone sizeable alterations to improve the efficiency of the space.



Following the engagement of a traffic engineer in 2021, the following changes have been made to the carpark:

- Direction of some carparking bays altered to create extra parking spaces and improve access of Car Trailer Units (CTUs);
- Shared zones relocated to the northern end of the carpark and the addition of new shared zone types to better regulate the parking of single car vehicles; and
- Improved signage and arrow markings installed around the carpark.

These changes have delivered 63 CTU bays, 16 shared no-limit bays and 31 bays shared from 13:30am to 12am, whilst better prioritising the parking locations of CTUs. It's a big win for bayside boaties.

COMMUNITY GRANTS



Grants are a fantastic opportunity to deliver upgrades, improvements or growth opportunities for community organisations. There are several grants that are currently open for local community groups.

Firstly, round 7 of the Community Sustainability Action Grants – Community Sustainable Spaces is offering grants of up to \$50,000 for projects that focus on connecting communities to their natural and green urban landscapes to:

- Improve community engagement and access with the natural environment and green urban spaces
- Deliver good environmental outcomes (for example, by improving habitat for Queensland native species)
- support circular economy initiatives, such as local organics reuse
- help to address food poverty and/or food security in local communities.

Applications close 4pm on Thursday 16 February 2023. All applications must be submitted using the online SmartyGrants application system.

Secondly, the \$100K Super Round of the Gambling Community Benefit Fund is now open. The super-sized round is an opportunity to encourage local organisations to think big and apply for a GCBF grant of up to \$100,000.

These grants can be used for items such as vehicles and sporting equipment, building upgrades, specialised training and more.

You don't need to hire a professional grant writer to apply – you can tell your story in your own words. The Super Round is open for eligible groups to apply until midnight on 28 February 2023.

JoanPease MP | State Member for Lytton

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JoanForLytton

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SPONSORED BY MARKET 2 MARKET **20 YEARS**



Name: I'm Freya.
Suburb: Wakerley.
How long have you lived here? Nine months – all my life. I'm a puppy!
Your favourite local walk? Lota to Wynnum Creek and back, with a breakfast stop/break at either Coopers, Tide on the Jetty or Manly Boat House on the way home. They have the best bacon and water bowls!
Your most treasured toy? My friends' balls at the dog park, especially if they squeak.
Your favourite food? Veggie ears.

Your worst habit? Licking all the other fur babies and their owners. I can't help it.

Your favourite local hangout? Lota Dog Park. Every time mummy takes me there it feels like I'm on holidays at the Greek Isles! It is so much fun!

Who's your best doggo friend? I love all my friends including Fender, Bella, JockStar, Annie, Jett, the Louie's, Violet...

Any funny or embarrassing stories you'd like to share? I've accidentally fallen in the pool at home three times. The first time I thought I could walk on water, the second time I was being too zealous helping mummy clean the pool, and the third time I just couldn't back up and turn around properly.

Name: Hi, my name is Ned.

Suburb: Usually I live in Paddington, but I have been visiting my grandparents in Lota while my parents are on holiday! I love it here!

How long have you lived here? I've been visiting here for two weeks this time, but I like to come and visit regularly on weekends too!

Your favourite local walk? I love the morning walks that Grandpa takes me on the esplanade at Wynnum/Manly! I get to chat to lots of the local dogs including Maggie, Ace and Lara!

Your most treasured toy? I have a beloved selection of goat horns and antlers that I adore.

What's your favourite food? Chicken!

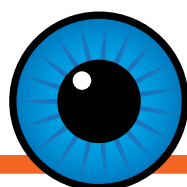
Your worst habit? Well, this is a bit embarrassing, but I really love to eat dirty socks. I also snore.

What's your favourite local hangout? I love going to coffee at the Manly Pool with Grandpa and the Bayside Yackers.

Who's your best doggo friend? My neighbour Benji who is a beautiful grey staffy.

Any funny or embarrassing stories you'd like to share? I don't get embarrassed myself really, but I love to play tricks on people! Like that time when I ate the bottom out of my dad's pyjamas – he looked a bit embarrassed when I pointed that out to him! Ha! I got him real good on that one!

What do people love most about you? I'm really friendly and always love to stop for a chat and a sniff.



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

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 Fellowship (RBWH)

Vitreoretinal Surgeon and
 Macular Disease Specialist



MISS MAGGIE OF MANLY



THE IMPORTANCE OF EXERCISING YOUR CAT

BY DR NICKY THOMAS, WYNNUM MANLY VETERINARY HOSPITAL

In our beautiful bayside location we are lucky to have access to many walking paths which allow our canine friends to get out and exercise. How can we provide exercise for our feline pets? Whether your cat is allowed outdoors or is kept entirely indoors, it is important to ensure that they have enough exercise.



WHY IS EXERCISE IMPORTANT FOR CATS?

Cats who do not exercise regularly are more likely to become overweight. There are a number of serious health issues associated with obesity in cats including:

- Heart disease
- Liver disease
- Skin disease
- Arthritis
- Diabetes mellitus
- Urinary tract disease

HOW CAN I EXERCISE MY CAT?

The ways in which you can exercise your cat will vary depending on how they are kept (i.e. either allowed access to the outdoors or kept inside), the age of your cat and your living situation (i.e. house, apartment, townhouse).

OUTDOOR CATS

If your cat is allowed outdoors they should be kept safely contained on your property. An outdoor cat enclosure will allow your pet to stretch their legs without risk of being hit by a car or getting into fights with other cats. Keeping your cat confined while outdoors will also reduce the likelihood of wildlife being attacked.

Some cats can be taught to walk on a harness or lead – this works best if they are introduced to the idea at a young age.

INDOOR CATS

Exercising an indoor cat can be done in a number of ways:

- Provide horizontal and vertical climbing spaces – cat ladders, hammocks and climbing towers provide a stimulating environment for cats.
- Offer hiding places – cardboard boxes with appropriately sized holes cut out will provide a cat with opportunities to climb in, out and around.

- Safe toys to play with or fetch will get your cat pouncing and running. Take care not to use toys with small parts or strings which may break off and be swallowed.
- Provide human interaction – playing with your cat daily will encourage them to move.



Wynnum Manly
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07 3396 6488

vets@wmvh.com.au



232 Bay Terrace,
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Mon to Fri: 8am - 7pm
Sat: 8am - 12pm
Sun: 8am - 11am

HEAR HERE: COMPREHENSIVE HEARING CARE NOW IN THE BAYSIDE

FROM THE LITTLE HEARING CO.

With World Hearing Day on 3 March 2023, Senior Audiologist and Managing Director of The Little Hearing Co, Ben Hoddinott talks about the latest addition to bayside's local health care scene.

Why did you decide to start the Little Hearing Co?

The bayside and surrounds has some really great independent health care practices, but when my wife and I looked around, nearly all of the hearing clinics were part of big international corporations set up to sell hearing aids. There was nobody around testing kids' hearing, or doing the complex adult hearing work, such as cochlear implants. The Little Hearing Co. has been established to ensure that our community can access these important services without leaving the bayside.

We can test kids' hearing from as young as 8 months of age, and we offer a full range of hearing solutions for adults including hearing aids, cochlear implants, other implantable solutions and tinnitus management programs.

What's your advice to someone who suspects they have a hearing loss?

Hearing well has a lot of health benefits. Studies show that people who hear well;

- maintain better relationships,
- maintain their physical fitness for longer, and
- have lower rates of depression, social isolation, dementia and other cognitive issues.

The first step if you're having problems is to get a detailed hearing assessment.

Most people first notice trouble hearing speech in noisy places. You might find yourself saying "pardon?" or "what?" a lot. When you get a hearing test, it's important to make sure your clinician measures how clearly you are hearing speech, not just a quick beep test. Once you have all of that information, you can have an informed discussion with your clinician about all of your options to improve your hearing.

Any final advice for people who want to improve their hearing?

We understand that a hearing loss or hearing issues such as tinnitus can be really debilitating but people tend to put up with it for a long time before addressing the issue. If you do need help with your hearing it can also require a big investment. Take your time, ask a lot of questions and find a solution that gets you the results that you want. Sometimes a comprehensive hearing test with the right



advice can provide you with a plan to regain control of your hearing or tinnitus symptoms.

Ben Hoddinott is the Senior Audiologist and Managing Director of The Little Hearing Co. Located at 80 Florence Street, Wynnum. He has over 17 years' experience leading one of Australia's largest audiology companies.

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LOCAL POETRY VOLUNTEERING

BY GEOFF SMILEY

I want them not to be too grateful, for this highlights our difference. I do not need status but to show interest. Care should be given without the receiver being undone.

A desperate manipulation can elicit a service. But it is better as equals. That would give you and me the dignity of helping; and an interest in what in you is hurting.

Disadvantage is not chosen. Only walking in another's shoes can understand the reasons.

© Geoff Smiley

Community services to people in need would not be possible without the assistance of volunteers. In this, to offer the best care, we must understand how to help those we serve.

SHINY NEW INSTRUMENTS FOR BAYSIDE BRASS BAND!

Community musicians are rejoicing in Bayside Brass's free instrument hire, made possible by over \$41,000 in grant funding secured last year. The grant has provided a welcome boost to the band's available instrument library.



Photo: Supplied.

Joining the new line-up are professional-level Yamaha Neo instruments, including two cornets, two tenor horns, an EEb tuba and a BBb tuba – all brand-new and ready to play.

If you're a brass or percussion player who has recently graduated from high school and you're looking to further your music practice with a fun, social group of players, Bayside Brass would love to hear from you.

Rehearsals are held on Tuesday evening from 7pm to 9pm at 161 Preston Rd, Manly West.

For more information e-mail secretary@baysidebrass.com.au or find out more about the band on Facebook and Instagram.

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ALL ABOUT HEALTHY BLOOD PRESSURE

BY DR AMANDA COX, BAYWEST MEDICAL CENTRE

You may have heard of 120/80 when people refer to blood pressure, but what does it mean, and why is it important? The first number is systolic blood pressure which is the pressure in your arteries when your heart muscle contracts and the second number is the pressure when your heart muscle relaxes. The heart repeats this by beating about 100,000 times per day.



A person may feel no symptoms when they have high blood pressure, so they may not know they have it. That's why it's an essential part of any check-up. Chronic high blood pressure is called hypertension and is one of the main risk factors for heart disease and stroke. For the best result, it's ideal if you can sit quietly for five minutes and have both feet on the ground. Also, avoid checking it right after eating, having a coffee or cigarette, or doing heavy exercise.

WHAT IF I THINK I HAVE WHITE COAT?

Some people's blood pressure is elevated when they visit a doctor's office but much better in other environments. Your doctors might organise a 24-hour monitor or ask you to record a series of readings from home.

HOW CAN I IMPROVE MY BLOOD PRESSURE?

Simple measures can make a huge difference. Avoid salt/sodium, exercise regularly, maintain a healthy weight, quit cigarettes, and reduce alcohol intake.

Take time in 2023 to find out if you are meeting your goal blood pressure; this will be different for everyone based on their health conditions.





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MY LOCAL MEMORIES: THE OPPORTUNIST GUARD DOG

BY ROSS FARLEY, BAYSIDE RESIDENT

My brother, John, managed a mower shop back when mower shops were plentiful and often targeted by thieves.

Another mower shop manager developed a strategy to foil burglars and did presentations on shop security at industry events. He kept a large guard dog in his shop whenever the shop was not manned. The dog was fed special food so that its droppings were manageable and would stay overnight in the shop to deter robbers.



One day John heard that this man's shop had been robbed. Curious, he asked how the robbers got past the dog. The ingenious thieves had knocked a hole in the shop wall and pushed in a bitch on heat (in those days most dogs were not desexed.) The dog didn't care what the robbers did after that. You can put a guard dog in the shop, but perhaps you can't take the male out of the dog!

YOUNG AND OLD CONNECTIONS SPARK GENERATIONAL JOY

CONTRIBUTED BY REGIS WYNNUM

The young and the young at heart – there simply can't be a better combination.

Local aged care home, Regis Wynnum, is proud to be part of an intergenerational connection program with Edge Early Learning. Each month, residents from the popular aged care home visit the early learning centre to spend time with the children. This monthly activity has become something that residents and children look forward to as it helps maintain a connection between generations.



Regis Wynnum resident Nancy enjoys the company of a young visitor. Photo: Supplied.

"I love going to see the children, they are so clever, and they know just what they are doing," said Regis Wynnum resident Joy.

"I think it is just so lovely here – all the children are so lovely," said Regis resident Nancy.

The program has been a great success and has allowed for meaningful conversations between different generations. It also provides an opportunity for the elderly to share their life experiences with younger generations while allowing children to learn more about their elders and gain a greater appreciation of our shared history.

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WHEN WAS YOUR LAST HOME SECURITY ASSESSMENT?

FROM QUEENSLAND POLICE

When was the last time you looked at your house and reassessed your security? Like any good risk assessment, a review of your home's security should be ongoing. If you haven't thought about it before, maybe now is the time.

Did you know that offenders do risk assessments too? Offenders will weigh up the potential reward against the risk of detection and the effort required to commit an offence; if the risk outweighs the reward, they won't proceed.

Understanding this should help you with your own home security assessment. When conducting an assessment, consider options that assist you to remove the reward whilst increasing the amount of risk and effort required.

Here are four key principles of home security that should help you get started. By applying these simple principles, you can dramatically improve the security of your home.

1. Make it easy for an offender to be seen: If an offender is easily seen, it increases the risk of being caught and decreases the likelihood of an offence being committed. Increase sight lines and consider trimming hedges and lifting canopies of trees, clearly

define your boundaries and look at lighting vulnerable entry points to your home.

2. Make it difficult for an offender to gain entry: Increasing the effort that is required to gain entry delays the time an offender stays on site, which in turn increases the risk of the offender being detected. A good lock-up routine is key! Key locking doors and windows is essential.
3. Make it difficult for an offender to exit: A good lock-up routine is key! This forces an offender to utilise difficult exit points or channels an offender through an exit path covered by surveillance (CCTV, lighting, active guardians etc.).
4. Make it difficult for an offender to gain a benefit from your property: Don't keep valuables on display- put them away, and treat your car keys like cash (they are worth the value of your car). Property that is distinctive is hard to move on. Make your property unique by marking it and recording property descriptions, serial numbers etc. Keep an inventory.

The four security principles are part of our Layered Security Assessment system; for more information on how to conduct your



own home security assessment, visit www.police.qld.gov.au/safety-and-preventing-crime/home-and-multi-residential-security.

The Bayside Crime Prevention Unit runs home security workshops; keep an eye out on MyPolice Bayside (<https://mypolice.qld.gov.au/bayside/>) for details.

If you have information for police, contact Policelink by providing information using the online suspicious activity form 24hrs per day at www.police.qld.gov.au/reporting.

Report crime information anonymously via Crime Stoppers. Call 1800 333 000 or report online at www.crimestoppersqld.com.au.

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HERITAGE BAND TUNES IN FOR A HARMONIOUS 2023

CONTRIBUTED BY PAUL JONES, QSHBA



Photos: Supplied.

After a few quiet years, the Queensland Services Heritage Band started 2022 with tentative steps, gradually building momentum and bursting into a busy year filled with events and festivals.

QSHBA's Light Horse Band proudly participated in several ANZAC Day events; the Starwars Band appeared in the Toowoomba Carnival of Flowers parade. Our bands also contributed to Steampunk on Florence, Wynnum Up Late, Spooktakular Murarrie, and the Ampol Wynnum Halloween Street Parade.

Our year culminated by hosting Brisbane's Bayside Carols. QSHBA filled George Clayton Park and thoroughly enjoyed entertaining an audience double that of 2021. All performers donated their time to provide an afternoon of entertainment heading into the twilight, accompanied by many carollers and candlelight. What a great setting, Christmas carols by the seaside.

Baysiders of all ages and ability levels are now getting ready for another year of playing music

together and having fun supporting community events. With the success of the Australian Celebration concert behind us, our calendar is already filling with exciting performances planned to entertain and showcase student development.

Now is the time to take that first step into music, make fine new friends, build courage and confidence, and enjoy all the gifts that events and festivals hold.

QSHBA coordinates a range of development and performing bands, providing opportunities for students of all ages to develop their musical and performance skills. Beginners to experienced musicians can rehearse and receive tuition on their own instruments or borrow an instrument from the band. Members can participate in all ensembles and lessons free of charge.

For more information about booking a band for your event or joining a band, see us on FB at www.facebook.com/qshba or contact Paul Jones at 0418 740 919 or email qshba@topshowmusic.com.au.



OPPORTUNITIES TO RESTORE HEALTHY ECOSYSTEM TO MORETON BAY

FROM CHRIS BLACK, OZFISH

Getting involved in restoring vitally important shellfish reefs to Moreton Bay will be easier than ever in 2023.

OzFish, Australia's only recreational fishing charity, is helping more local people than ever before support its 'Shellfish Revolution' initiative. The charity will be holding regular workshops each month, giving people the opportunity to play a key role in returning much-needed shellfish habitat to Moreton Bay.

The area once had a thriving shellfish reef ecosystem that was part of a healthy and productive marine environment. Shellfish reefs play an important role in water quality and supporting native fish numbers.

Every adult oyster can filter more than 100 litres of seawater every day, and a hectare of shellfish reef can produce 2.5 tonnes of harvestable fish every year.

Unfortunately, many reefs were rendered functionally extinct by decades of dredging to supply lime for building materials, leaving the seabed of Moreton Bay a desert in many previously vibrant areas. OzFish is working to address that and is mobilising recreational fishers and the local community to get involved.

The OzFish Central Moreton Bay Chapter has been active in the area for the last four years and has the goal of restoring 100 hectares of shellfish reef in Moreton Bay during the next ten years. They developed

the innovative approach of placing Robust Oyster Baskets (ROBs) full of recycled shells back into the bay at strategic locations.

Robbie Porter, OzFish South-East Queensland Project Officer, is looking forward to welcoming more local people along to the various workshops.

"I am so proud of our local volunteers and what they have achieved already. Together, we have placed over 3,000 ROBs in Moreton Bay to create a new ecosystem and help clean up the bay," said Mr Porter.

"It is a truly great group of people that really enjoy working together, and they can take a lot of pride in the progress so far. We are pleased that more and more local people are keen to support the work, and we look forward to welcoming new members in 2023."

Every week volunteers visit oyster wholesalers, restaurants, and seafood outlets across Brisbane to collect empty oyster shells that would otherwise end up in landfill. At the OzFish shell recycling plant at the Port of Brisbane, the shells are sterilised by the sun for at least four months to ensure no pathogens are released into the bay.

The shells are then given a final wash before being packaged in individual ROBs, ready to be deployed in strategic locations set for restoration. The ROBs are manufactured on-site and are easy to make, with OzFish volunteers of all ages and backgrounds playing a part.



Photo: Supplied.

They are made of mild steel, which will dissolve in salt water in around two years. In that time, the recycled shells become host to baby oysters, known as spat, and the reef becomes a living, growing structure providing a home for thousands of marine organisms and sea life.

If you would like to get involved in supporting Moreton Bay's shellfish reef restoration, the OzFish Central Moreton Bay Chapter holds working bees on the second Wednesday and third Saturday of every month.

You can find more information about the workshops on the OzFish events page and read more about what OzFish is helping to achieve on its website www.ozfish.org.au.



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CAN YOU HELP THE ROTARY CLUB OF WYNNUM AND MANLY?

BY JO-ANNE O'CONNOR

We need your help!

Many readers will be familiar with the Rotary Club of Wynnum and Manly's mobile cold room. The brightly logoed refrigerated mobile cold room is a valuable asset for the club. It is used to store and keep supplies cold for events that include Bunnings BBQs, Australia Day BBQ, Family Fun Day, Manly State School Bush Dance and many other events in and around the local community.

How can the community help?

Storage for our cold room has become an issue. Therefore, the Rotary Club of Wynnum and Manly need a storage solution that would provide us with a safe but accessible undercover or garaged area we could use to store the cold room. The cold room requires a height clearance of 2.8 metres (a little higher than a standard garage), so if you have a secure garage or undercover storage area that might be suitable for us, we would love to talk to you.

Please direct all enquiries to Jo-Anne at 0407 522 347.



Photo: Supplied.



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MAXIMISE YOUR SOLAR POWER WITH LOAD SHIFTING

FROM GOODHEW ELECTRICAL AND SOLAR

Self-consumption of solar energy is becoming increasingly important as the solar feed-in tariff continues to decrease. Self-consumption refers to the solar energy that is used by the property, rather than being sent back to the grid. There are a number of benefits to self-consuming solar energy, including: reducing grid dependence, increasing energy security, reducing your carbon footprint; and, saving money on your energy bill. In order to maximize these benefits, it is important to optimize your solar self-consumption. One way to do this is through load shifting.

Load shifting is the process of shifting energy consumption to times when there is ample solar production. This can be done in a number of ways, including through the use of batteries, electric vehicles, and smart appliances. Batteries can be used to store excess solar energy for use during times of high energy demand, such as at night or during a power outage.

Electric vehicles can be charged during times of high solar production, and then used during times when energy demand is

high. Smart appliances can be programmed to consume energy during times when solar production is high and there is less demand on the grid. Load shifting can help to improve solar self-consumption by reducing the amount of energy that is sent back to the grid. It can also help to reduce your energy bill by using cheaper, off-peak energy.

Setting the Dishwasher and washing machine to operate during the day rather than at night is a great example of load shifting. Similarly, for homes that have an electric hot water system, installing a timer and removing the system from the off-peak tariff will also ensure more effective use of solar energy. Other ways to maximise your daytime solar energy include using a slow cooker in lieu of power-hungry appliances such as the oven or stove.

If you'd like to learn more about load shifting and maximizing your solar power, chat to the experts at Goodhew Electrical and Solar today. Visit www.goodhewsolar.com.au for more information.



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Make changes now to avoid the energy price soar predicted for 2023

FROM FALLON SOLUTIONS



With the 30% increase in electricity prices predicted for 2023, now is a great time to start making changes in your home to avoid feeling the pinch of high energy bills. There are a number of simple and effective steps you can take to reduce your energy consumption, save money on electricity and help protect the environment.

1. Invest in a home solar power system

Solar power systems help reduce electricity bills and put money back into your pocket. As solar energy is generated during daylight hours, you will be using solar power to offset your home's electricity usage while reducing your energy costs.

2. Update old or worn-out appliances to new ones with a higher energy star rating

Replacing outdated or broken appliances with fresh and more efficient models boasting higher energy star

ratings is one of the most viable methods to not only conserve electricity but also significantly reduce your utility bills.

3. Add window dressings for increased insulation

Adding curtains, blinds or awnings to your home can help insulate it from the elements and keep your heating or cooling in.

4. Switching lightbulbs from halogen to LED = less heat

Switching to LED lights and bulbs is one of the most effective ways of reducing your electricity bills and saving energy costs with LED's using up to 90% less power than traditional halogen bulbs.

Overall, there are many simple and cost-effective changes you can make to your home that will help reduce energy costs and avoid the forecast energy



price hike in 2023. Remember, Fallon Solutions is always here to help with your solar system, lighting, and any electrical needs.

Reference - <https://www.money.com.au/research/energy-saving-changes>

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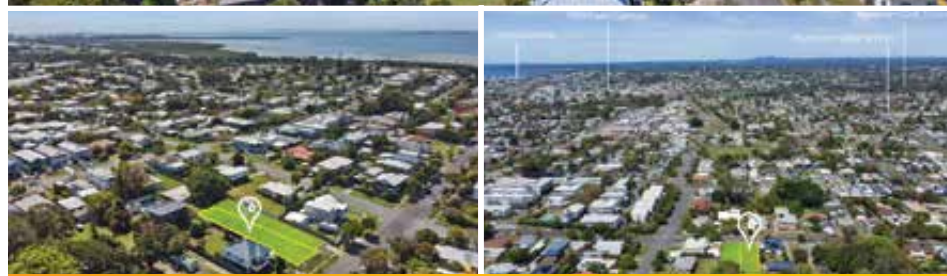
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Ani graduated as a Hairdresser and taught as a Teacher from age 19. Ani with her strong determination and ability opened her first of many Businesses, they were built on dedication, communication, trust, and long hours on her feet, Ani refuses to let obstacles get in her way, it must be the Spanish temperament she says with a laugh. Ani speaks 6 languages. Ani listens to her vendor's fears, and frustrations, and needs to negotiate with strength on their behalf, as well as find solutions for buyers when those obstacles arise.

Ani's walked the line and understands with empathy when she comes across it with her vendors, it is crucial and important to be in tune with what you think your property is really worth and be true to yourself. Ani began in a Boutique Real Estate in Toowong, after a couple of years moved to a franchised Real Estate in Toowong then followed them to Eight Mile Plains at their new office and lastly their Springwood office for several years. This gave Ani knowledge of the different market trends in different areas as written above, Ani has built relationships throughout the Bayside and beyond. Ani is now back where she has owned properties as well as a landlord herself and has sold in Wynnum, Manley, and Lota.

What Clients Say About Ani

“ Goes above and beyond

Ani is an attention to detail person who always has everyone's needs at the top of her list. Her priorities are her customers. Nothing is too hard and always with a smile. I would highly recommend Ani, she is an exceptional real estate agent.

- Seller

“ Incredible

Ani is always professional and provides you with great and sound advice, she is wonderfully personable and helps you through all the necessities surrounding purchasing property. 10/10 recommend ani!

- Buyer

“ Professional and Dedicated Service

Ani came to the sale of our property with great energy and a solid strategy that was perfect for our needs. Ani worked diligently on the execution of the sale, kept us constantly informed on progress and consistently delivered against her plans and predictions. We have enormous confidence in Ani, her knowledge of the industry and her approach. Recommended most highly.

- Seller

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Sash & Gable Property: giving back to the community

BY GAIL GOBEY, PRINCIPAL, SASH & GABLE PROPERTY

The decision to establish a community-based real estate agency was paramount to Ian and me – it was a huge gamble back in 2016 when Sash & Gable Property was born.

We invested in real estate in the bayside area, and most importantly, the community welcomed us, for which we are incredibly grateful.

Our mantra has always been to back locals by supporting trades and services, never doubting our local community.

However, the missing piece of the puzzle was the chance to give back to our community and feel confident that our contribution would remain here. Supporting the newly-established Bayside Community Fund has allowed us to do that. We at Sash & Gable Property are so excited to be able to give back to the community that has supported us.

A percentage of digital real estate advertising fees for properties featured on The Community Leader website will be donated to the community via the Bayside Community Fund and through donations to local charities.

Pictured on page 23 is Bayside Community Fund Chairman Mike Sarquis, Ian Gobey and Gail Gobey, with vendors John and Marg Boland at their property, 21 St Catherine's Terrace, Wynnum, selling via Sash & Gable Property. One-hundred dollars from the advertising of their home will go back to the community.



REALTY
Stacey Lee

Your investment property matters to us

BY STACEY PENNICOTT, STACEY LEE REALTY

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We are proud that many of our tenants have become investors and trusted us with their investment properties. They know we treat all clients with respect, and we ensure their property experience is our priority. Our strong relationships are why so many clients have chosen us as their agency and why they continue to bring us additional properties.

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16 Tulip Street, Wynnum 4178

4 2 2 • House

Hooker






Lota

Offers over \$749,000
60 Cobar Street, Lota 4179

3 1 1 • House

Hooker

Manly West

Offers from \$750,000 considered
39 Faine Street, Manly West 4179

3 1 1 • House

Sash & Gable




Wynnum West

Offers In High 7's Considered
30 Kianawah Road, Wynnum West 4178

3 1 1 • House

LOOK LOCALLY

If you're looking for a home to buy or rent, or you need an agent to sell your home, logon to The Community Leader's website to browse local listings.

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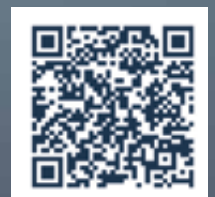


OCEAN REALTY WELCOMES NICOLE GARNHAM

We are excited to welcome Nicole Garnham to the team as our General Manager. She is a well known and regarded Property Manager in the Bayside area and has been in the industry since 2009. Nicole has superior legislative, best practice and procedural knowledge, and our clients and tenants love Nicole's high quality of service.

Changing Property Manager's is as easy as picking up the phone. Call Nicole today on 0456 568 667 or email nicole@oceanrealty.com.au

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Queensland's stellar climate and outdoor living go hand in hand, but at certain times of the year, it can be challenging to enjoy because of the heat, the rain, bugs, wildlife and the general mess the elements can leave behind.

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"We are one of the few companies in Australia that can offer a complete outdoor living solution," said director Tony Mora.

"We have a unique outdoor screening system with a wide range of screens and locally manufactured insulated patio roofing.

"Our detail-focused staff provide friendly service and quality products fully customised to the client's needs."

The business fabricates the structures on site, not in a warehouse, to ensure that it fits millimetre-perfect.

If you'd like a cost-effective way to increase your living space, Suncoast specialises in insulated patio roofing, creating a seamless transition from indoor to outdoor living.

A Suncoast custom-made pool enclosure can add value to your home while providing UV protection, reducing water evaporation and chemical usage, and cutting down cleaning time while complying with pool safety regulations.

Suncoast expects customers to get the best possible outcome and product to suit their purpose and budget.

Importantly, these products represent long-term solutions that will last in the harsh Queensland environment.

"If you use a budget product on your house in Queensland, you need to put some money aside for when it fails," Tony said.

Imagine coming home to no leaves on the ground, bird droppings on the outdoor furniture and having a meal with no bugs, all while feeling the fresh breeze of the outdoors.



The team loves to see the absolute joy on clients' faces once their structure has been installed.

To find out how you can make better use of your outdoor areas all year round, contact the friendly staff at Suncoast Outdoor Living today or visit the website at www.suncoastoutdoorliving.com.au.

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Queensland property market steadies after dizzying heights

FROM THE REAL ESTATE INSTITUTE OF QUEENSLAND

Enduring low days on market and higher listings than pre-COVID, are indicative of a property market holding firm, according to the latest quarterly data (September 2022 qtr) analysed by the Real Estate Institute of Queensland (REIQ).

With extraordinary double-digit annual median sale growth in most regions across Queensland, REIQ CEO Antonia Mercorella said there are plenty of reasons to remain confident in the strength and resilience of property in the sunshine state.

“The average number of days on market in Queensland is now sitting at 19 days, compared to 51 days pre-COVID,” Ms Mercorella said.

“While it got as low as 16 days earlier this year, at less than three weeks during the September quarter it shows buyers still can’t afford sit on their hands if they’re serious about securing a sale.

“It’s somewhat of a relief that the frenzied buying behaviours and bullish offers spurred on by COVID-19 are behind us, but there’s still strong buyer demand and competition for scarce stock that’s driving sales across the line.

“Meanwhile, the number of listings across Queensland this quarter was also up compared to this time last year (120,407 vs 113,387) showing stock, albeit low, is still consistently coming on to the market.

“This tells us that vendors are still feeling confident about selling conditions.”

Ms Mercorella said while quarterly data provided some clues, trends were best observed over several years.

“While a steep interest rate hiking cycle and inflation are starting to slow and turn sales growth this quarter, it’s important to remember that the state’s phenomenal two-year growth spurt is a hard act to follow,” she said.

“For the July-September quarter, the state’s quarterly median house sale price is \$645,000, a minimal 0.77% dip from the previous quarter and still represents a 17.43% annual improvement.



“Similarly, the quarterly median unit sale price is \$478,750, just 0.47% less than the previous quarter, with double-digit growth of 11.06% over the year.

“We understand that based on looking at three months’ worth of data in isolation, there may be concern, but property is a longer-term investment requiring a long-term view, and certainly looking at annual comparisons paints an entirely different picture.

“Queensland still has all the right fundamentals that are the trademark of a strong property market, including being an incredibly powerful migration magnet, relative affordability advantage compared to southern states, strong demand coupled with low supply, a record tight rental market, and low unemployment.

“These are all factors that will buoy Queensland property prices, and should give buyers confidence when investing in our state.

“In saying that, there’s no denying the dampening effect of rising interest rates on sentiment and borrowing capacity, and until interest rates stabilise, buyers are likely to maintain a more cautious and careful approach.”



Buying or selling?

Chris McKenna

0434 526 382

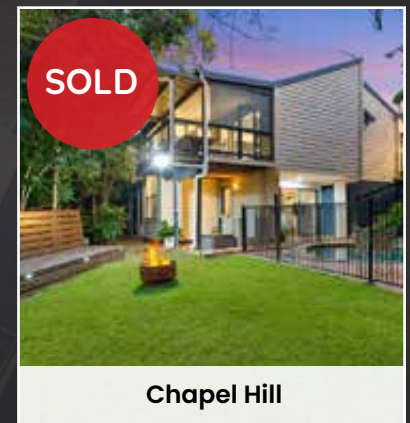
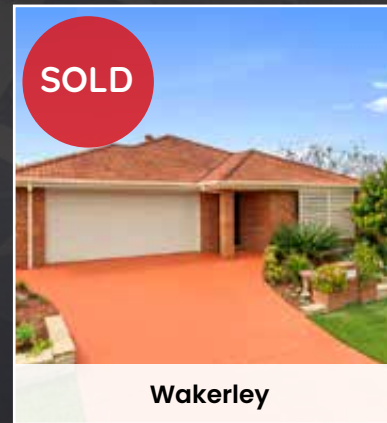
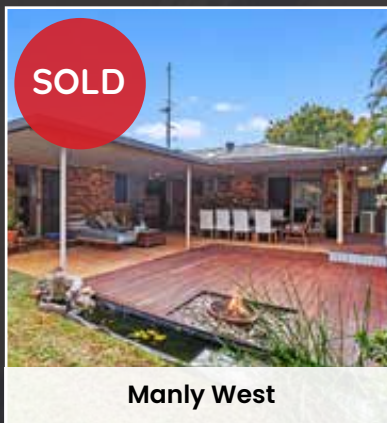
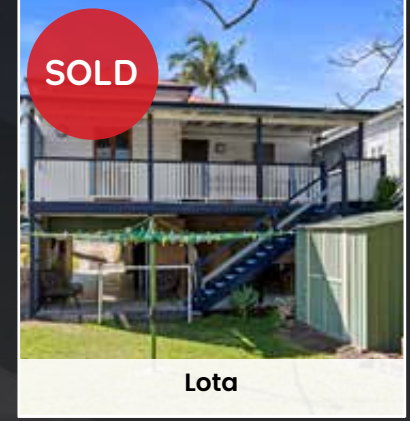
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- Seller, Wynnum West

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- Seller, Chapel Hill



Liza Martinez
0408 111 840



Ani Jones
0407 771 997

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Contact Liza and Ani Today!

LOCAL BUSINESSES GET BEHIND THE BAYSIDE COMMUNITY FUND

FROM THE BAYSIDE COMMUNITY FUND

The Bayside Community Fund would like to acknowledge and thank Sonny Jim and Sash & Gable for their recent involvement in the fund.

The Bayside Community Fund is a newly established charitable fund designed to support the bayside community. All donations remain in the fund in perpetuity, with interest distributed to back to the community.

Karen, the owner of Sonny Jim (a fantastic menswear store), raised \$500 over Christmas by collecting donations from customers and matching the amount raised from customers herself.

Sash & Gable is working in partnership with the Bayside Community Fund to raise money via a percentage of digital advertising on The Community Leader website, with half going back to local charities and the other half going to the Bayside Community Fund.

Pictured: Mike Sarquis, Chairman of the Bayside Community Fund, Jessie Bradford, and Karen Bradford, owner of Sonny Jim menswear at Wynnum.



ALL ABOUT THE BAYSIDE COMMUNITY FUND

WHAT IS IT?

The Bayside Community Fund is a newly established charitable fund designed to support the bayside community.

WHAT HAPPENS WHEN I DONATE TO THE FUND?

All donations to the fund will remain in the fund in perpetuity. That means your money stays in the fund forever, with the interest distributed to back to the community.

HOW ARE FUNDS GIVEN BACK TO THE BAYSIDE COMMUNITY?

Donations to the fund are invested. The interest generated by the fund is then given back to those in the community in need – community groups, local organisations or worthy causes in the geographical boundaries of the Lytton electorate.

When the fund has a large enough base to generate interest, the local committee will invite community groups to apply for grants. Grant applications will be assessed based on several criteria, with money awarded based on the amount of funding available and each application's merit.

WHO MANAGES THE MONEY?

The Queensland Investment Corporation (QIC) and The Public Trustee manage the fund's investments and legal framework.

WHO DECIDES WHO GETS FUNDING?

The Bayside Community Fund has a volunteer committee comprised of local community members. These people come from all walks of life, have diverse skill sets, and, most of all, are invested in the future of the bayside and its people. They do not receive any payment or financial incentives for being on the committee.

ARE DONATIONS TAX-DEDUCTIBLE?

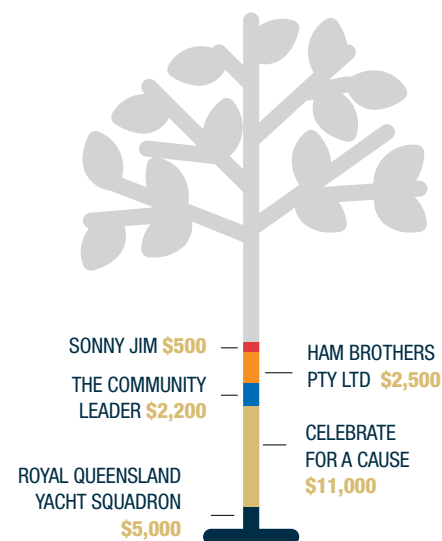
Yes! All donations are tax-deductible.

HOW DO I DONATE TO THE FUND?

Would you like to plan a fundraiser to help your community? Big or small, the Bayside Community Fund could benefit from your fundraising event.

Other ways to become involved include bequests, community organisation partnerships and corporate sponsorship.

HELP THE COMMUNITY FUND GROW



To learn more about donating to the fund, you can email baysidecommunityfund@gmail.com or call Tracey at 0422 218 533 or Damien at 0421 786 302.

DO YOU LOVE TO SING? WYNNUM CHORAL SOCIETY NEEDS YOU!

FROM THE WYNNUM CHORAL SOCIETY



Photo: Supplied.

The Wynnum Choral Society invites new singers to join us. If you love singing and enjoy singing in four-part harmony, we need you! If you also read music, that would be an advantage.

Our repertoire covers many styles, including musical theatre, folk songs, ballads, sacred songs, opera and modern.

We perform two variety concerts a year in May and November, the net proceeds of which are donated to local charities.

Fees are \$60 per six-month term (\$120 per year), and music is provided.

Rehearsals are held on Tuesday evenings from 7:15pm to 9pm at the Wynnum Christian Community Church, 161 Preston Rd, Manly West.

If you are interested in joining us, please contact our conductor, Esme Gray, at 3396 1450. She would be delighted to hear from you.

WATERLOO BAY LEISURE CENTRE'S FEBRUARY EVENTS

FROM THE WATERLOO BAY LEISURE CENTRE

The Waterloo Bay Leisure Centre, located at 241 Tingal Road Wynnum, has a range of events scheduled for February 2023.

CONCERTS

14th February, 9.30am – entertainment by Redland Country Music

28th February, 9.30am – entertainment by Terry Scott

Morning tea is served from 9.30am and the concerts run from 10.15am to 11.45am. A two-course hot lunch is served after the concert. The cost is \$10 for the concert plus morning tea, plus an additional \$10 for the two-course lunch served after the concert.

Bookings are essential for all concerts. Please phone 3396 9488 to make a booking.

REPAIR CAFÉ

11th February from 2pm to 4pm

Toss it – no way! Bring along that broken, damaged item to be fixed or repaired and at the same time minimise landfill. It's free. Book online at TryBooking.com (Search Repair Café, Wynnum),



Photo: Supplied.

find us on Facebook (Brisbane Bayside Repair Café) or phone 0474 095 560. Enjoy a Devonshire Tea served by the Waterloo Bay Leisure Centre canteen (cost \$5) while having your repairs done.

INDOOR BOWLS AND TABLE TENNIS

Indoor Bowls is held in the auditorium on Wednesday mornings from 9.30am to 12.30pm.

Table Tennis is held in the auditorium on Thursday afternoons from 1.30pm to 3pm.

New members and players are always very welcome. For further details please call the centre on 3396 9488.

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FISHING TIPS: WHAT'S IN MORETON BAY THIS FEBRUARY

BY SPERO KARTANOS

It seems like the weather has settled a little, and February looks like a good month for some of our favourite things to eat: squid, prawns, sand crabs, whiting and mackerel, snapper and sweet lip – not bad choices if you like seafood on your dinner plate!

Tiger squid should be in the Rous Channel and Amity Banks if the water is clean around the Green Island red, and anything with orange jigs will work best, along with pilchard colours.

After the rains, whiting will be around the Small Boat Channel on both sides of Chain Banks and Maroon Banks, all the way to the dog leg in the Rous. Squid strips work great this time of year.

The sand crab season gets better and better, with lots of crabs being caught from close in throughout the bay area.

Prawns look like they are starting in the mouth of the creeks, so if you can throw a cast net (I can't), then it's time you did!

School mackerel have moved to cleaner water on the western side of Moreton Island, but if the water clears, they will come into the bay towards Hope Banks. Spotty mackerel is hit-and-miss. There were a few caught in the bay in January – and I mean just a few – so let's hope the males come into the bay in February, as we have had a horrible past few years with them missing Moreton Bay.

Sweet lip and squire are in good numbers when you can avoid the thousands of small sharks in shallow reefs around the Bay Islands and artificial reefs.

So there's no reason not to go out and get a meal this month, but please keep an eye out for the weather – it's better to miss a day than have a disaster.

Good fishing, and for weekly updates, check out fishingmonthly.com.au, where you can find Moreton Bay reports, or pop into Water Tower Bait and Tackle at Manly for fishing info.



Photos: Spero Kartanos.



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

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

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: 10 words
FOCUS Very good: 15 words
 Excellent: 24 words

Reference: Macquarie Concise Dictionary
 Focus No. 3864

ACROSS

- 3 Withheld from disclosure
- 9 Clearly outlined
- 10 Pouring edge
- 11 Taking for granted
- 14 Opposed
- 17 Cleaning cloth
- 20 Nothing more
- 21 Painful affliction
- 22 Anger
- 23 Period of indulgence
- 25 Table-shaped hill
- 26 Incline
- 27 Entertains
- 29 Periods of time
- 31 Woe!
- 32 Builds
- 36 Donated
- 38 Raw hide
- 39 Top room

- 41 Greek letter
- 42 Untruthful person
- 43 Dry
- 46 Hazard
- 48 Evil intent
- 50 Large buildings
- 51 Company of lions
- 52 Those dropping behind

DOWN

- 1 Muslim religion
- 2 Thin biscuit
- 3 Mineral springs
- 4 Immersed
- 5 Edge
- 6 Anaesthetic procedure
- 7 Droops
- 8 Unlike
- 12 Prophet
- 13 Fastener

- 15 Disguise
- 16 Hold in esteem
- 18 Neckwear
- 19 Sanity
- 24 Saucy
- 25 Melodious
- 26 Oozed
- 28 Wise Men (Bib)
- 30 Aiming at
- 33 Keeps
- 34 Dash
- 35 Warlike
- 37 Poem of heroism
- 40 Large volume
- 42 Was ahead
- 44 Unbending
- 45 Postpone
- 47 Equipment
- 49 Snakes

Word Find

P	H	E	E	N	K
A	S	T	O	P	S
L	I	T	I	M	E
S	E	S	I	W	D
T	O	N	N	A	C
Y	E	H	T	O	W

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

- | | | | |
|--------|-------|------|------|
| Cannot | Note | Tad | Wise |
| Desk | Site | They | With |
| Knee | Slap | Time | |
| Lent | Stops | Tow | |
| Mine | Sty | Wait | |

Join the Dots

What is this? Find out by joining the dots.

Solutions

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 mail malic milch sail shawl silica
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Any submissions can be emailed to **sales@market2market.com.au** for consideration.



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Quarter Page	Image Area	65mm deep x 255mm wide
Strip Ad	Image Area	40mm deep x 255 mm wide

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- Advertising cut off 21st February
- Distribution 1st of March to 8th of March
- Bookings are for a minimum of 3 months and space is limited
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 Peter Cumming's office
 Ross Vasta's office
 Waterloo Bay Leisure Centre
 Majestic Cinemas Wynnum
 Sash & Gable

WYNNUM MANLY MENS' SHED FUNDRAISING UPDATE

FROM THE WYNNUM MANLY & DISTRICTS MENS' SHED

The Wynnum Manly & Districts Mens' Shed president would like to thank everyone who supported the group's fundraising sausage sizzle at Manly Markets on Sunday, 18th December. A total of \$1430 in sales and donations was raised for the Police Union's Arnold and McCrow Remembrance Fund. Our condolences go to all the families concerned.

A donation of \$1000 has also been given to the Black Dog Institute, and a further \$1000 to Mater Little Miracles, and \$1000 to the Catherine's House Project, a purpose-built facility for mothers with post-natal depression, which will be opened this year. All are very worthy causes.

WHAT IS A MEN'S SHED?

A Men's Shed is a community-based, non-profit, non-commercial organisation that is accessible to all men and whose primary activity is the provision of a safe and friendly environment where men are able to work on meaningful projects at their own pace in their own time in the company of other men. A major objective is to advance the well-being and health of our members.

Find out more about Wynnum Manly & Districts Mens' Shed at <https://wynnummanlymensshed.com.au>.



Photo: Supplied.

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SEVENTY-8 HOSTS FREE WEEKLY ACTIVITIES FOR YOUNG PEOPLE

CONTRIBUTED BY BABI

BABI Seventy-8 youth space is designed for young people aged 12 to 25 years who are looking for a safe, fun place to hang out with friends and meet new people. The best part is that all activities offered by the Seventy-8 program are free.

Activities offered in the drop-in space can include (but are not limited to) cooking, art, music, gaming, basketball, ping pong, pool and cultural activities. In conjunction with the drop-in activities, Seventy-8 is also running for the school term: Hip Hop Dancing Tuesday 3pm-4pm, Group PT Wednesday 3pm-4pm, Fishing (off site) Thursday 3.30pm – 5pm, MMA (off-site) Friday 1.30pm-3.30pm. Sign-up is required for term activities.

BABI Seventy-8 is designed as a soft entry point to our services, with our qualified youth workers not only providing supervision to the space and activities but providing additional support to the young people, such as facilitating referrals for mental health, housing and other support, job search activities, enrolling into school/study, resume writing, applying for Centrelink, Medicare and tax file numbers, and brief intervention support as the need arises.

Seventy-8 youth space is fitted with computers, phone charging centre, cooking equipment, free Wi-Fi, game consoles, and a TV with Netflix.

Come check the space out at 34 Bay Tce, Wynnum, from 3pm – 5.30pm on weekdays and until 8pm on Thursdays and Fridays. For more information about this space, follow us on Facebook and Instagram @babiyouhandfamilyservice or contact Sian at 0406 633 642.



Photo: Supplied.

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- Broker Administrator/Broker Assistant - Premier Asset Finance
- Qualified Automotive Technicians – Wynnum/Capalaba
- Apprentice Technicians – Wynnum and Capalaba
- Service Advisor – 9 Day Fortnight -Competitive Rem Package+Comms+Car Allowance – Capalaba
- Courtesy Bus Driver – 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!



The Nurso, Chandler


Horticulture staff (farming, animals and conservation)

The Nurso, Chandler, is expanding and has casual/vacation positions in production and retail nursery work. Enthusiasm and love for what you do is a must. Pay is \$20 to \$24.99 per hour.

We need Hort superstars to work on the retail floor Saturdays and Sundays and some weekdays. Plant knowledge is vital and customer service experience will be a huge help.

We also need Hort production superstars during the week from 8am to 4pm, Monday-Friday. Speed in your work and attention to detail are huge musts as well as an ability to work independently and follow instructions. Previous production/retail nursery experience is a huge plus and a bit of a brag tbh. Immediate start if successful and keen.

The Nurso is a great time and our team is the best. Come join us. Apply for more details. Applications can be emailed to heythere@thenurso.au



Darren Turner's Painting Services

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The right applicant must have a car and a driver's licence to be able to get to sites.

Genuine enquiries only please to darrenturner19@gmail.com or phone 0418 783 831.




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

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300 JOBS TO BE CREATED TO DRIVE CLEANER FUEL PROJECT

The Lytton Refinery at the Port of Brisbane is set to be expanded to improve fuel security and deliver lower emissions fuel, creating 300 construction jobs in the process.

Acting Premier Steven Miles recently declared the Ampol Future Fuels Desulfurisation Project a prescribed project and critical infrastructure project on the recommendation of the Coordinator-General.

The Lytton Refinery is one of two oil refineries remaining in Australia and the only one in Queensland.

This upgrade will improve fuel security and efficiency in Queensland and nationally, fuelling our industry.

Importantly it will help deliver cleaner, lower-emissions fuel, which is better for the environment.

This will ensure the Lytton Refinery continues to operate long into the future, enabling retention of high-skill manufacturing jobs in Queensland.

Declaring the project a prescribed project and critical infrastructure project will ensure timely decision making to help get this project off the ground.

Member for Lytton Joan Pease MP said the project will include plant upgrades, expansion and associated works on land owned by Ampol within and adjoining the existing refinery.

"The refinery has been operating in Lytton for over 50 years, supporting jobs and industry in our community," Ms Pease said.

"Importantly, the project will create around 300 construction jobs and safeguard the ongoing jobs of approximately 450 employees

and 400 contractors."

Ampol Executive General Manager, Fuel Supply Chain, Andrew Brewer, welcomed the declaration by the Queensland Government.

"Ampol has proudly operated the Lytton Refinery since 1965 and is eager to get the Ampol Future Fuels Desulfurisation Project finalised and underway so we can move to the next stage of the refinery's life.

"Approvals associated with the project are complex and need to be obtained within tight timeframes. We would like to thank the Queensland Government for their ongoing support, and we look forward to working with them as we finalise our own approvals and commence work on this project."



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CHAMBER LAUNCHES ITS INAUGURAL BUSINESS BREAKFAST SERIES

FROM THE MANLY HARBOUR VILLAGE CHAMBER OF COMMERCE

Manly Harbour Village Chamber of Commerce is delighted to present its inaugural breakfast in the 2023 Building Business Resilience series.

As we all know, it's been such a few turbulent years for all and when it comes to marketing, we've chopped, changed direction, amended strategies, added new ones, all as a reaction to what the market was telling us. This breakfast will be interactive and hands on, as well as provide you the opportunity to network with likeminded business owners.

At the first breakfast, we will provide you with the right tools to add to your business toolkit to not only survive, but to thrive in business. Join us at Royal Queensland Yacht Squadron for this interactive morning with our two guest speakers, Michelle O'Hara from OH! Marketing and Karl Schwantes of My 5 Star Reviews.

Our facilitator and MC for the morning is Emily Moore, a values-driven and collaborative business leader currently managing the Brisbane Business Hub, under the auspice of Brisbane Economic Development Agency, a Lord Mayors' initiative to support and grow Businesses in Brisbane.

DATE:
Friday 10 February 2023

TIME:
6.45am to 8.30am

PLACE:
Girdis Room, Royal Queensland Yacht Squadron, Manly

TOPIC:
Activate Your Brand, Market Your Business in 2023

GUEST SPEAKER:
Michelle O'Hara, OH! Marketing and Karl Schwantes, My 5 Star Reviews

TICKETS:
MHVCO member Ticket Price: \$40.00
Guest Ticket Price: \$55.00
Follow this link to purchase tickets:
<https://www.mhvcoc.com.au/whatson>



Emily Moore, manager of Brisbane Business Hub, will MC the breakfast event. Photo: Supplied.

MANLY HARBOUR VILLAGE CHAMBER OF COMMERCE

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NON-MEMBERS \$55

QUANDAMOOKA HERITAGE ON DISPLAY THROUGH STREET ART

FROM SANDRA DAVIS, FOR REDLAND MUSEUM

Talented young Quandamooka artist Joshua Gross, who hails from Minjerribah, has made a very attractive and significant contribution to the Redlands landscape by transforming the Bloomfield Street underpass in Cleveland. This underpass, at the eastern end of Russell Street, was completed in 1989 to enable pedestrians to cross under the always-busy Bloomfield Street rather than walk over it. As a result, it has proven very popular with many pedestrians.

However, over the past 33 years, the original murals on the underpass had deteriorated due to the inevitable ravages of time and weather. Joshua has revitalised the underpass by painting a vibrant series of indigenous images that reflect his Quandamooka heritage in a wonderful way. He says that the Quandamooka culture, which is a big part of his life, inspired him to paint the murals. These colourful images reflect this culture, and they were created in his mind, not inspired by pictures or photos but by his local landscape on Minjerribah. They include bushes, hands, serpents, trees, and words, worked in shades of scarlet, gold and black, reflecting his Quandamooka heritage to great effect.

Joshua tells us that the creation of the murals took 24 hours. At times the work was interrupted and delayed by wet weather. He worked alone but was at times accompanied by his brother, Shane, who did not participate in the actual painting but offered moral support

as he watched the work in progress. This support has obviously been successful, as the artwork is not only an intricate reflection of Quandamooka culture but also meticulously executed and eye-catching, a true credit to this aspiring young artist. It has certainly brightened the interior walls and the entrances of the underpass.

For Joshua, the reason he wanted to create this artwork is simple: he wished to give back to the community. In this, he has been extremely successful; his work is a welcome addition to the Cleveland landscape. Joshua has further projects in view: the toilet block at Oyster Point Park and the Main Road underpass near the Wellington Point railway station. We look forward to seeing these in due course.



Photos: Supplied.

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OUT AND ABOUT WITH THE OLDER WOMEN'S NETWORK, WYNNUM MANLY

CONTRIBUTED BY DI HILL

Are you a senior lady new to the Wynnum Manly area? Perhaps you're now living alone and isolated? Or maybe you're just looking for new friends, activities and company? Well, the Older Women's Network (we call ourselves the Bolder Women of Wynnum Manly) might be for you.

If you are over 50 years of age or thereabouts, we welcome you to join our group, one of 14 throughout Queensland, and participate in our activities.

We meet regularly in Wynnum, usually on the first Wednesday of the month, sometimes with guest speakers. We have several other activities, including coffee mornings, visits to places, discussions about issues relating to our cohort, and making friends.

In 2023 we are preparing for some great adventures, so if you are interested, please get in touch with me for further information and an invitation to meet with us. We have a small joining fee; at this time of the year, it is just \$10 for membership until the end of June.

For more information, contact Di Hill on 0411 099 848 or email aussidi@gmail.com.



LOTA PREPPIES LOVE THEIR ECO-FRIENDLY BOOMERANG BAGS!

FROM LOTA STATE SCHOOL

Once again, the new Prep students at Lota State School will be provided with uniquely beautiful and durable library bags courtesy of the Wynnum Manly Boomerang Bags group.

Boomerang Bags is a not-for-profit organisation tackling plastic bag pollution at its source. They engage communities in the development of an innovative alternative to single-use plastic bags – community-made, reusable bags from preloved, recycled or reclaimed materials.

Money from the sale of the bags made by the volunteers has been subsequently donated to SAILS at Bayside. SAILS at Bayside aims to help young people overcome difficulties, reach their potential and actively engage in community life through sailing, kayaking and life skills.



Photos: Supplied.

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Mr Grant Menzies
Mr Brad Ralph



Moreton Bay College



Moreton Bay Boys' College

THE SCOOTER TREND YOU DIDN'T KNOW ABOUT

FROM BARTONS

In a time of rising inflation and fuel costs, Queensland families are saving money by turning to electric scooters, but it's not the type of scooter that many think of.

Forget those annoying stand-up scooters that fly down city footpaths! Consumers are choosing electric on-road scooters as they look to avoid fuel costs and do their part to help the environment.

More stylish and far cheaper than a Vespa, the zero-emission scooters only require a car licence in Queensland, can be charged from a normal power point, and go up to 50 km/h – the speed limit on many suburban roads.

Other models that require a motorbike licence can travel up to 85 km/h.

There is so much interest, a Brisbane company has created Australia's first all-electric auto concept store, to meet the demand of all things electric.

EVMoto is the brainchild of Mark Beitz, managing director of Bartons Motor Group, who said people are changing the way they look at personal transport.

"While some are buying the on-road scooters for their first vehicle, many are using them as a second vehicle as they offer more mobility but cost nothing to run," he explained.

"Because the new design scooters are modern and chic, with options from European style to – believe it or not – a hog, people want to be seen riding them."

Mr Beitz revealed the on-road scooters' average price is only around \$5000 on-the-road, some a little less.

According to the Australian Automobile Association's (AAA) Transport Affordability Index, national households pay more than \$100 per week on fuel, while a recent survey by asset finance broker Savvy found that the majority of respondents spend between \$61 and \$120 on fuel per week.

"It's not surprising that people are looking for transport alternatives that will save them money but still give them mobility," Mr Beitz said.

ON-ROAD E-SCOOTER FACTS:

QLD registration cost – Average \$350.

Ingoing servicing – Approx \$200 per year.

Charging details – Any standard 240v house socket. Either take the powerpack out to charge indoors, or charge directly from wall-to-socket.

Average distance before recharging – Approx 70 kms.



Photos: Supplied.

Help Wanted

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

We're looking for locals to distribute The Community Leader and Real Estate News & Views in the bayside. If you'd like to work flexible hours with a good hourly rate, contact Locals R Us on 0403 189 625 or hello@localsrus.com.au.



SUMMER HOLIDAY SUCCESS WITH FROZEN JR WORKSHOP

CONTRIBUTED BY THE DANCE AND THEATRE FACTORY

While kids everywhere cooled off this summer holidays at the beaches, 44 rising stars aged six to 18 beat the heat this summer, getting snowed-in with a production of Frozen Jr, run by the Youth Musical Theatre Collective and The Dance and Theatre Factory.

The summer holiday workshop ran for ten days, and the cast learnt the material, choreography, music and staging under the direction of Lyn Pelgrave, Musical Director Robert Clark and Choreographer Kayleigh Bancroft to perform the final production to three sold-out audiences who were blown away by the show.

Developing skills in confidence, teamwork, creativity, passion, singing, dancing and performing, the cast made lifelong friendships and encouraged and supported each other throughout their journey.

Following the success of Frozen Jr, The Youth Musical Theatre Collective and The Dance and Theatre Factory is excited to announce their next productions for 2023, open to all ages from Prep to 18 years.

Open to primary school-age children comes the lovable tale of Seussical Jr. Seussical JR weaves a story of friendship, loyalty, and love. Despite all odds, Horton and Gertrude band together to save the Whos, free Horton, and restore peace and unity to the Jungle of Nool. Seussical JR teaches us the power of being unique and the importance of fighting for your beliefs.

Branching into the older members of the family, high school students will have the opportunity for two productions with the options of exploring the crazy, zany and kooky world of The Addams Family. This comical feast embraces the wackiness in every family, telling the story of Wednesday Addams falling in love!



Photo: Supplied.

As a proud supporter of the Bayside Community Fund, The Dance and Theatre Factory has made a donation to the fund following the success of the show and looks forward to supporting the fund more in the future.

For information about the upcoming productions, contact lyn@ymtc.com.au or admin@tdtf.com.au, or phone 3195 7086 for more details.



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FANCY FISH BURGER WITH PICKLED CUCUMBER AND TARTARE RECIPE

Here's a fancy fish burger that teams cool home-made pickled cucumber with fresh crispy fish and a tangy tartare. Locally-caught whiting is ideal for this recipe, so hit up your fisher-friends for a fresh catch!

INGREDIENTS

FISH BURGER

- 1 piece of firm white fish per burger – barramundi or whiting works well
- ¼ cup breadcrumbs or panko crumbs (adjust amount as needed)
- 1 egg
- ¼ cup plain flour, seasoned with salt and pepper

- 4 tbsp plain flour
- ½ tsp of salt and pepper
- Lettuce – cos or iceberg
- Burger buns or sourdough bread

CUCUMBER PICKLE

- 2 cucumbers (continental or English), sliced longways
- ¼ cup of white vinegar
- 2 tsp sugar

TARTARE SAUCE

- ¼ cup of mayonnaise
- 2 tbsp chopped fresh dill
- 1 tbsp lemon juice
- ½ tsp Worcestershire sauce
- 1 tbsp finely chopped red onion
- Salt and pepper to taste

METHOD

CUCUMBER PICKLE

1. Thinly slice the cucumber lengthways into long strips.
2. In a small bowl, add sugar and vinegar and combine. Add the cucumber strips, cover and set aside for at least 30 minutes.

TARTARE

1. Combine all ingredients in a small bowl.
2. Add salt and pepper to taste.
3. Set aside in the fridge until you're ready to assemble your burgers.

FISH BURGER

1. In a small bowl, crack the egg and lightly whisk.
2. In a shallow plate (a dinner plate will do the job) sprinkle the breadcrumbs.
3. In another shallow plate, sprinkle the flour and mix in the salt and pepper.
4. Dip your fish in the flour. Shake off excess.
5. Dip your fish in the egg.
6. Press the fish fillet into the breadcrumbs so it's evenly coated on both sides.
7. Now shallow fry your fish. In a skillet, add about an inch of oil over a medium/high heat and let it get hot. You'll know when it's ready to cook in when you dip the edge of the fish in and it sizzles!
8. Add your fish to the pan, cooking on each side until the crumb is brown and crunchy, and the fish is cooked through. Let your fish rest on a paper towel to drain any excess oil.

9. Drain the liquid from your cucumbers.
10. Now it's time to assemble your burger. Spread the tartare sauce, add your fish fillet, and top with pickled cucumbers and lettuce.

Extra tips

- You can lightly toast your bread/burger buns by brushing them with a mixture of butter and crushed garlic, then toasting under a hot grill. Wraps such as pita or tortilla are also a good alternative.
- Mini versions made with small whiting fillets on bake-at-home dinner rolls make delicious cocktail party canapes.
- You can also bake the fish (or air fry) rather than pan frying it. Depending on the thickness of your fish, bake for approximately 20-25 minutes at 180°C, or until cooked through.



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REMEMBERING DIANE MCDONALD

FROM WYNNUM MANLY ARTS COUNCIL INC.

Wynnum artist Diane McDonald is leaving a strong legacy.

Diane was preparing works for her fifth solo exhibition in June 2022 when her life was tragically cut short by cancer at the age of 57. Just three months before her passing, Diane was a finalist in the prestigious Glover Art Prize – arguably Australia’s foremost landscape award – in Tasmania for the second time.

Diane was a regular finalist in the Moreton Bay Art Awards, Brisbane Rotary Art Spectacular, Lethbridge 10,000 and Ipswich Art Awards, where she won Best Theme Category in 2017—also staging successful solo exhibitions in Brisbane, Stanthorpe and Glen Innes, as well as undertaking artist-in-residence at the Tweed Regional Art Gallery and Gawura Gallery in NSW.

It was in Diane’s nature to always encourage aspiring and fellow artists and her extensive studio collection of easels, paints, rulers, pencils, brushes, and numerous other tools have been donated to the Wynnum Manly Arts Council Inc. In appreciation, the not-for-profit organisation based in Florence Street, Wynnum, has dedicated ‘The Di McDonald Community Art Garden’ in her honour.

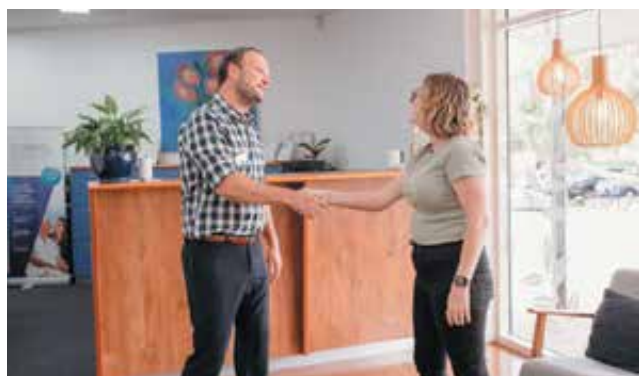
Despite battling regular and intense bouts of fatigue and illness associated with the cancer, Diane considered the works produced in her Wynnum studio her best yet.

In honour of Diane’s memory, her family are displaying her last works, as well as a collection of other pieces that have not previously been exhibited, at the Petrie Terrace Gallery, Petrie Terrace. The funds generated will be passed to Diane’s oncologist Dr Jim Coward, an international researcher specialising in immunotherapy who works at the Icon Cancer Centre at the Mater Hospital in South Brisbane.

The ‘Diane McDonald – Legacy’ Exhibition opening night function will be held at 7pm on Thursday, 4th May 2023. The exhibition will close on 8th May 2023.



Photo: Supplied



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