

The Community Leader

WE'RE ALL ABOUT GOOD NEWS

Bayside

ISSN 2652-8738

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GET EXCITED ABOUT PUPS IN THE PARK!

Dogs are one of the great connectors in our community. Their presence sparks conversations and spreads joy. They can be silly or serious and utterly naughty; it's hard not to crack a smile in the company of a goofy dog. They can be hardworking or downright lazy, stubborn yet utterly adorable. What's not to love?

There are also hero dogs in our community, like Guide Dogs, who open up new worlds and opportunities for the people they serve. This month, Guide Dogs QLD, in conjunction with the Bayside Community Fund, Wynnum Bugs Rugby, and a host of fantastic sponsors, will present the first Pups in the Park charity event. It's a chance for the community to come together – humans and canines – to learn more about how fabulous our furry companions can be.

Showcasing dog-oriented stalls, food trucks, raffles, and live performances by some very talented pups, Pups in the Park is a celebration of all things canine!

Funds raised from the day will flow to Guide Dogs QLD and the Bayside Community Fund, so bring your pooch along on Sunday, May 21, and get ready to 'pup in the park!' More on page 3.

Pictured: Amari and Dallas with Dean and his Guide Dog, Viking.

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DANCING INTO PUPS IN THE PARK

FROM CAROLINE STRAINIG, CLEAR DOG TRAINING

Get ready to put on your dancing shoes and kick up your heels because dog dancing and dog tricks are just two of the many attractions at Pups in the Park in Wynnum on May 21.

Dog sports competitors Sharon Clark and Christine Smith will be working together to stage two demonstrations featuring their talented border collies, and you'll want to dance along with them.

The first will be a Dances With Dogs demonstration during which Sharon and her three border collies, Holly, Gift and young Banjo, will perform some of their breathtaking routines to music.

Sharon's older dog, Holly, is an Australian champion at the sport and seeing the connection between Sharon and her dogs as they perform a routine is really special. What makes it all the more amazing is that Holly has been deaf for many years and Sharon uses hand signals to communicate.

She will be supported by Christine and her border collie Tweed, one of the first dogs in Australia to win an advanced tricks sport title. The pair have only just started competing in Dances With Dogs but because of their advanced tricks background they will also be able to showcase a high-level routine.

Later in the day, Sharon and Christine will combine to do a tricks demonstration and show you step-by-step how you can teach your dog some of the easier tricks at home.

For scheduled times to watch Sharon and Christine perform with their dogs, see page 3.



Pictured: Sharon Clark. Photo courtesy of Pawsnap Photography.

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SUNDAY MAY 21, 2023

Here's an event your family will love – even the furry members! The inaugural Pups in the Park event will be held at Elanora Park, Wynnum, home of the mighty Bugs, on May the 21st, 2023, from 10am to 2pm.

Guide Dogs Qld, the Bayside Community Fund, and Wynnum Bugs Rugby will host a tail-wagging schedule of performances by locals and their dogs, including obedience, dancing with dogs, and fun information sessions. Stall holders will be on site to cater to all your doggy needs, and a range of food options will be available from stalls, and from the Bugs' clubhouse.

All funds raised on the day will go to Guide Dogs QLD and the Bayside Community Fund.



Scan to register or buy a raffle ticket

EVENT SCHEDULE

10.00AM
OPENING

10.15AM - 10.45AM
DANCES WITH DOGS

11.00AM - 11.30AM
GUIDE DOGS' PRESENTATION

11.45AM - 12.30PM
BEST DRESSED DOG PARADE

12.45PM - 1.15PM
TRICKS AND DEMOS

1.25PM - 1.40PM
DOG OBEDIENCE

1.45PM - 2.00PM
WRAP UP & RAFFLE
WINNERS ANNOUNCED

Schedule may be subject to change on the day of the event.



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ROTARY TO THE RESCUE: LOCAL LANDMARK RESTORED

BY JO-ANNE O'CONNOR



Photos: Supplied.



Back in the early 1920s permission was granted by the Wynnum Town Council for Neville Bague to build a boat slip that he could use to float his 22ft trailer sailer “Lizzy” at high tide, and at low tide scrape off any barnacles ready for painting. The boat slip became known as Bague’s Slip.

After many years of neglect the slip needed urgent repairs and on the 21st of October 2012, 12 members of The Rotary Club of Wynnum and Manly replaced the ageing timbers and supports – breathing an extended life into this historic Wynnum landmark.

In 2023 many local residents expressed their concerns that the historic Bague’s Slip was once again in need of repair as the timbers were rotting and the structure breaking away. Permission was sought and

granted for the Rotary Club of Wynnum and Manly to undertake the restoration with the assistance of a grant from the Port of Brisbane.

It took ten enthusiastic Rotarians, many pieces of special hardwood and several hours working at low tide to completely remove the deteriorated timbers and replace them with fresh hardwood and stainless-steel components ready for another decade or more of life.

Thank you to everybody who worked together to finalise this project and to the Rotary Club of Wynnum and Manly and Port of Brisbane for their ongoing community support!

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COMMUNITY UPDATE

JOAN PEASE'S COMMUNITY UPDATE, STATE MEMBER FOR LYTTON

COST OF LIVING RELIEF FOR THE BAYSIDE



The cost of living is a significant issue affecting Baysiders and families across the country.

In response, the Queensland government has announced measures and initiatives to relieve the financial pressure on individuals and families.

These include a Rental Security Subsidy to pay a portion of rent directly to the property manager for up to 12 months, limiting rent increases to once a year, and cost-of-living relief for pensioners and seniors covering bills such as electricity, water, local government rates, and even providing a free pair of basic prescription glasses every two years.

Additionally, there is support for households such as cheaper learner licences, discounted public transport fares for children and students, rental bond loans, and fee-free TAFE available for eligible Queenslanders.

Emergency relief programs are also available to provide financial and material support to those in financial crisis, and several charities offer support to Queenslanders in need.

The Queensland Government has also announced a further electricity rebate for households next financial year, which will be higher than last year's \$175 rebate.

For more information on cost of living relief, please visit my website or contact my office.

NEW AMBULANCE DELIVERED TO THE BAYSIDE

I was pleased to officially hand over the keys for a new Ambulance at Wynnum Ambulance Station recently.

The vehicle is a top-of-the-line Mercedes Sprinter 419, funded through a commitment of \$246,000 as part of the 2021-22 Vehicle Build Program.

The new ambulance is an exciting addition to our Bayside's emergency services. Equipped with the latest medical equipment, it is sure to enhance our emergency response capabilities and provide Baysiders with better and faster medical assistance when they need it the most.

VAPING INQUIRY OFFICIALLY COMMENCED

I'm travelling with the Health and Environment Committee this week as we conduct an inquiry into e-cigarette usage in Queensland.

The Health and Environment Committee (the committee) are inquiring into and reporting to the Legislative Assembly by 31 August 2023 on reducing rates of e-cigarette use in Queensland.

In undertaking the inquiry, the committee will consider:

- The current status in Queensland relating to the:
 - prevalence of e-cigarette use, particularly amongst children and young people;
 - risks of vaping harmful chemicals, including nicotine, to individuals, communities, and the health system; and
 - approaches being taken in Queensland schools and other settings relevant to children and young people to discourage uptake and use of e-cigarettes.
- Opportunities to increase:
 - awareness of the harmful effects of e-cigarette use (with and without nicotine) to an individual's health, and the effectiveness of preventative activities; and
 - accessibility and effectiveness of services and programs to prevent uptake and continuing use of e-cigarettes.
 - Consideration of waste management and environmental impacts of e-cigarette products.
 - A jurisdictional analysis of other e-cigarette use inquiries, legislative frameworks, policies and preventative activities (including their effectiveness in reducing e-cigarette use).

Submissions are still open for the Vaping - An Inquiry into reducing E-Cigarette use in QLD. I encourage you to make a submission by visiting my website.



This is also an important investment in the safety and well-being of Lytton residents. It is a reminder of how crucial it is to invest in emergency services and infrastructure, especially in communities like ours.

The delivery of the new ambulance fills me with hope and confidence that Baysiders are in good hands in case of a medical emergency. I look forward to the positive impact this new ambulance will have on our Bayside.



WYNNUM FIRE AND RESCUE STATION RECEIVES NEW FIRE TRUCK

A new, locally manufactured fire truck has officially been delivered to the Wynnum Fire and Rescue Station!

I recently had the pleasure of attending the handover of the truck, which is dedicated to the memory of Firefighter Jeffrey Bruce Penfold, who lost his life in the line of duty in 2001.

The new truck is a welcome addition to the Wynnum Fire and Rescue Station, and is worth approximately \$1.2 million with an operational lifespan of approximately 15 years.

It's fitted with a 3,000-litre water tank, and will be critical in boosting the emergency response to industrial incidents.

This state-of-the-art firefighting truck was also built just down the road at local body manufacturer Liquip Sales, at Pinkenba, supporting good local jobs for the community.

Our dedicated crews deserve the very best equipment, and this new appliance will support the day-to-day needs of the Wynnum team, while importantly, it will also assist in the emergency response for industrial incidents.



YOU'RE INVITED: BAYSIDE DV CANDLELIGHT VIGIL



May is Domestic and Family Violence (DFV) Awareness month. This year our Bayside DV Candlelight Vigil will be on Thursday, 4 May 2023 from 5:30pm – 6:30pm at Pandanus Beach, Wynnum.

I encourage Baysiders of all ages to attend and to have the opportunity to hear from guest speakers and survivors of DFV as together, we gather in solidarity by the light of hundreds of candles to send a clear message: that DFV in families and homes will never be tolerated.

It is my pleasure to invite Baysiders to attend this significant Bayside event and take a stand against DFV.

For more information or to register your attendance, please visit my website.

JoanPease MP | State Member for Lytton

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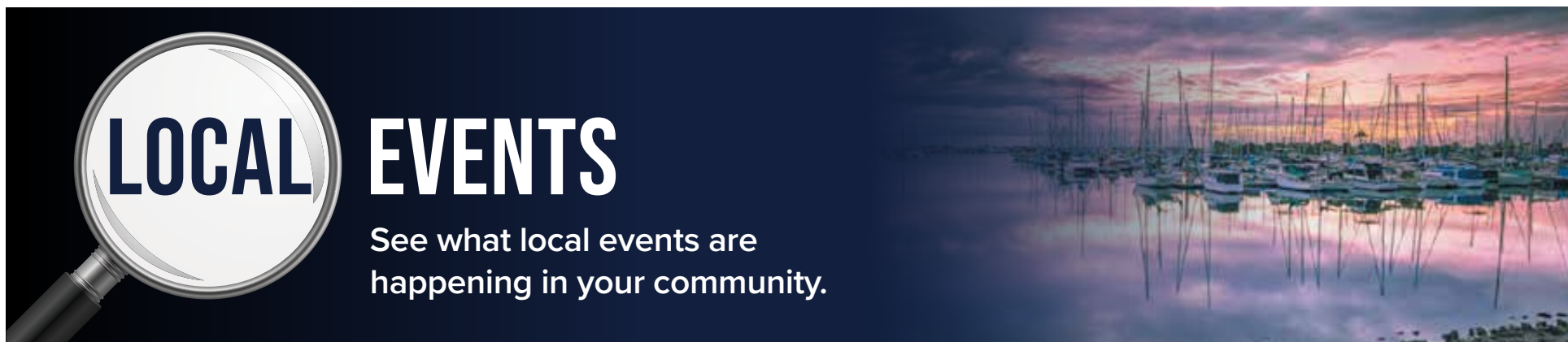
CHEERS TO THREE YEARS OF THE COMMUNITY LEADER!

Three years ago, the first issue of The Community Leader came off the press. We were in the thick of Covid, the world was an uncertain place, and we figured everyone could use some good news.

Thank you to the advertisers who have been with us from the start, along with those who came on board later to show their support, and to our readers from near and far. Thank you to Joan Pease, Ross Vasta and Peter Cumming – our state, federal and local members of government – who supported the idea from its inception. And thank you to our contributors who make The Community Leader an authentic reflection of our diverse bayside community.

The continued success of this friendly local newsletter is due to you.





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.

AMPOL ROTARY FAMILY FUN DAY



Sunday 21 May from 10am to 2pm
George Clayton Park (near the bandstand on Lower Esplanade, Wynnum)

Come along for free food and family entertainment, including a jumping castle, magicians and jugglers, face painting, various children's races and art activities, plus a free sausage sizzle, fresh fruit and free bags of popcorn.

WYNNUM UP LATE



Friday 12 May from 5pm to 8pm
Edith Street, Bay Terrace and Florence Street, Wynnum

Join a host of Wynnum retailers for an evening shopping event. The streets will come alive with fun and frivolity in the lead up to Mother's Day. Shop at three unique stores to go into the draw to win a mega hamper!

2023 QLD ORCHID SOCIETY AUTUMN SHOW



Saturday 6 May from 8.30am to 3.30pm and Sunday 7 May from 8.30am to 2.30pm
Belmont Shooting Complex, 1485 Old Cleveland Road, Belmont

An incredible array of nature's gems will be on display at this popular orchid show. Meet the experts and marvel at the beauty and diversity of orchids. More information is available at qos.org.au.

FIRST 5 FOREVER - QLD BALLET STORYTIME



Wednesday May 3
Wynnum Library, Florence Street, Wynnum

A fun and free early literacy session for children aged 2 to 5 years, First 5 Forever is based on Qld Ballet's Kindy Moves program that combines musicality and creative movement to stimulate children's imaginations. Bookings are essential and can be made online by scanning the QR code.



TUESDAYS

Wynnum/Manly Meditation Circle

Tuesdays 6.45pm – 7.45pm
Branches Community Hub, 29 Fox Street, Wynnum
The meditation circle is run by donation.
Call John on 0403 676 435.

Vision in Voice Community Choir

Tuesdays at 10am
Birkdale School of Arts Hall, 101 Birkdale Road, Birkdale
Join this all-inclusive choir, which welcomes adults with disabilities, sight-impaired people, seniors, those with early stages of dementia, those suffering Parkinson's, anxiety or depression, and anyone looking for a joyous, positive experience. This is an all-inclusive choir for everyone who loves to sing. For more details call 0411 430 658.

WEDNESDAYS

Social Tennis

Wynnum Tennis Centre
9am – 12pm
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.

THURSDAY

BlueBottle Cocktail & Tapas Bar: Karaoke Thursdays

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

Wynnum Bayside Weight and Friendship Club

Waterloo Bay Leisure Centre, Tingal Road, Wynnum
8am – 10 am
The club meets every Thursday with weigh-in from 8am to 8.45am followed by a meeting from 9am to 10am. Engage with guest speakers and enjoy activities to help you stay healthy. New members are welcome. There is a joining fee of \$10 and a weekly fee of \$5. Contact Maralyn 0408 211 223 or Cheryl 0448 841 144 for more details.

SATURDAYS

Jan Powers Farmers Markets

Little Bayside Park, Manly
Saturday May 6 and 20, 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 ON AT THE MOVIES THIS MAY

FROM MAJESTIC CINEMAS, WYNNUM



Guardians of the Galaxy 3 (CTC) – May 4th

Still reeling from the loss of Gamora, Peter Quill must rally his team to defend the universe and protect one of their own. If the mission is not completely successful, it could possibly lead to the end of the Guardians as we know them.



Fast X (CTC) – May 18th

Over many missions and against impossible odds, Dom Toretto and his family have outsmarted and outdriven every foe in their path. Now, they must confront the most lethal opponent they've ever faced. Fuelled by revenge, a terrifying threat emerges from the shadows of the past to shatter Dom's world and destroy everything – and everyone – he loves.



Book Club: The Next Chapter (CTC) – May 11th

Four best friends take their book club to Italy for the fun girls trip they never had. When things go off the rails and secrets are revealed, their relaxing vacation turns into a once-in-a-lifetime cross-country adventure.



The Little Mermaid (CTC) – May 25th

The youngest of King Triton's daughters, Ariel is a beautiful and spirited young mermaid with a thirst for adventure. Longing to find out more about the world beyond the sea, Ariel visits the surface and falls for the dashing Prince Eric. Following her heart, she makes a deal with the evil sea witch, Ursula, to experience life on land.



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THE BONNER UPDATE

ROSS VASTA MP FEDERAL
MEMBER FOR BONNER



TUNNEL VISION UPDATE

In November last year I provided an update about a true nation building project for the Bayside – ‘Tunnel Vision’. This project has the potential to take hundreds of thousands of trucks off our local Bayside roads and make Brisbane the logistics capital of the nation!

I recently spoke about the Inland Rail project in Parliament last month and highlighted the countless economic, social and environmental benefits of my Tunnel Vision proposal. Tunnel Vision will add 1200 new jobs per year while drastically reducing local congestion and noise pollution on the Bayside.

However, there has been one major hurdle in finalising plans for this project. The Port of Brisbane

Strategic Rail Access Study has not yet been released by the Queensland State Government. I wrote to the Queensland State Minister for Transport and Main Roads back in February 2021, to urge him to release the findings of the report. However, two years later on and this taxpayer funded report has still not been released. This is unfair and un-Australian.

I am again calling on the Queensland State Government to release this report to ensure that I, along with my State and Council colleagues, can engage in community feedback. If you would like more information, or to see my speech in Parliament, please head to my website, rossvasta.com.au.

UPGRADING ‘THE MUZZA’

I am sure that those who commute along Wynnum Rd each day have been following the progress of the Murarrie Recreational Reserve upgrade very closely!

It has been fantastic to work alongside Cr Lisa Atwood and Brisbane City Council to facilitate these upgrades and make ‘The Muzza’ a world class cycling facility.

These improvements are also an incredible addition to our Bonner community in the lead-up to the Brisbane 2032 Olympic and Paralympic games.

I cannot wait to see our eager cyclists and families out and enjoying the new space!



FIGHTING FOR A ‘KOALA KINDY’ IN BONNER

It is no secret that the Koala is an iconic symbol worldwide for Australia's wildlife! It saddens me that despite continual efforts to spread awareness surrounding the need for koala conservation, we continue to see a dramatic decline in koala numbers across the country.

I have been advocating for a ‘Koala Kindy’ here in Bonner, facilitated by the incredible team at the Queensland Koala Society in Belmont. A ‘Koala Kindy’ would not only prove vital in the fight to saving our koalas, but also presents an incredible educational tool for local schools and universities.

However, I need your support. If you would like to support this project, I have a petition available for you to sign on my website, rossvasta.com.au, under the ‘Get Involved’ tab.

RICHIE’S RAINBOW 1ST BIRTHDAY CELEBRATIONS!

What a wonderful day spent celebrating Richie’s Rainbows’ 1st birthday on the 26th of March! The rainy weather didn’t stop my team and I from having a great day down along the Esplanade.

The Richie’s Rainbow charity does incredible work in raising funds and awareness for childhood cancer research, in honour of the beautiful Richie Walsh who tragically passed away from childhood cancer at age 9. The charity is the brainchild of Richie’s parents, Karl and Lisa Walsh.


I want to congratulate Karl & Lisa, as well as the team at Richie’s Rainbow, for such a successful event. It was beautiful to see our community coming together for such a worthwhile cause.

I recently spoke to the success of the first birthday event in Parliament, and the speech is available via my Facebook and website.

To learn more about the work of Richie’s Rainbow, please head over to the Richie’s Rainbow Facebook page or visit www.richiesrainbow.org.au



 69 Clara Street, Wynnum QLD 4178

 07 3893 3488

 ross.vasta.mp@aph.gov.au

 rossvasta.com.au

 RossVastaMP

 [rossvastamp](https://www.instagram.com/rossvastamp)

COMMON QUESTIONS ABOUT CARING FOR KANGAROO PAW PLANTS

FROM THE NURSO

The Nurso's horticultural team answers five of the most commonly asked questions about caring for kangaroo paw plants.

Have you ever seen vibrant kangaroo paw plants and thought you'd love them in your garden? Then you're in luck! The Nurso's talented team of horticultural experts answer the top five most commonly asked questions about these beautiful native plants below.

1. Are there different varieties of kangaroo paws?

Yes! There are short and tall varieties of kangaroo paws. The dwarf varieties are generally viewed as annuals or biennials, whilst the tall varieties are more reliable.

2. What two things do all kangaroo paws need to thrive?

There are two things that all kangaroo paws need: full sun and very well drained soil. For this reason, they love living in pots, particularly the dwarf varieties. It's a good thing The Nurso currently has an extensive range of select pots on sale (while supplies last).

3. How do I keep kangaroo paws looking their best?

One word: pruning! To keep them looking their best, try cutting

back flower stems at the base as they brown – this will encourage new flowers to form.

4. My kangaroo paws are getting black ink spots. How do I stop this?

If you live in Brisbane, there's a good chance your kangaroo paw is prone to getting black ink spots. This is because humid weather causes discoloration in the petals.

If you notice any black ink spots cut back to about 3-5cm above the crown. This will get rid of any affected leaves and helps to prevent disease spreading.

5. Do kangaroo paws attract native animals?

Yes! One of the best parts about growing a native plant is creating a microenvironment in your garden. According to Gardening Australia, kangaroo paws attract honeyeaters, red wattle birds and eastern spinebills.

Pop on down to The Nurso and grab a kangaroo paw plant today!

The Nurso's gardening centre is open seven days a week until 4pm. Their friendly and knowledgeable horticultural team can help with all your gardening needs.



Photos: Supplied.



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Name: Hi I'm Conrad!
Suburb: I'm from Manly West.
How long have you lived at Manly West? For two years.
What's your favourite local walk? Walking with Mum on the Wynnum Jetty, because I love the bay breeze and smelling the salt air, looking out for turtles and dolphins.
Your most treasured toy? Ellie the elephant. I was given her when I was born.
Your favourite food? Boiled chicken and rice, plus my lambs' ears.
Your worst habit? Drooling while watching my family eating.

Your favourite local hangout? Manly Markets on weekends, smelling the fresh flowers and getting my doggie treats.

Your best doggo friend? Ruby the golden.

Do you have any funny or embarrassing stories? I refuse to get into the car and drop to the ground. I have to be picked up and carried to the car after being at my Nanna's place with my other golden retriever relatives George and Hudson, because we all play zoomies.

What do people love most about you? I love to shake hands, and I smile.

Name: I am Bailey.
Suburb: I live at Wynnum West.
How long have you lived at Wynnum West for? All of my life, for 14 months.
What's your favourite local walk? The Wynnum foreshore or a local walk around home.
Your most treasured toy? My red spiky plastic ball.
What's your favourite food? Mum's homemade mix of mince, rice and veggies, and homemade treats: a mix of bananas, peanut butter and cornflakes. Yummy!
Your worst habit? Barking at the front door for no reason so Mum will come to the front door with me.

What's your favourite local hangout? I loooooove the Wynnum foreshore, it's the best, and close to home – so many pats to get and new friends to make!

Your best doggo friend? Franklin is my bestie. When we go to the dog park he looks after me.

Do you have any funny or embarrassing stories? I love people and puppies of all types, but I'm terrified of the big scary vacuum cleaner!

What do people love most about you? I'm cuteness-overload and love everyone, and I have beautiful long eyelashes that would make any lady jealous!



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MISS MAGGIE OF MANLY



CARING FOR SENIOR PETS

BY DR NICKY THOMAS, WYNNUM MANLY VETERINARY HOSPITAL

Dogs and cats age at different rates to humans. Generally dogs and cats are considered “senior” at around 8 – 10 years of age.

Here are some tips to keep your senior pet as happy and healthy as possible.

TAKE CARE OF YOUR PET'S MOUTH

Dental disease can be painful and may lead to food avoidance which results in weight loss. Cats may also lose grooming behaviours which can lead to a decline in mobility due to matting. Periodontal disease can affect other organs including the heart and kidneys. Regular dental chews or cleaning can help prevent periodontal disease.

FEED YOUR PET TO MAINTAIN IDEAL BODY WEIGHT

Ageing pets have different energy and protein requirements. Feeding your pet a diet formulated for older animals can help to maintain weight in the healthy range and reduce the risk of worsening conditions such as arthritis and kidney disease. Supplements such as omega fatty acids, glucosamine and chondroitin may be helpful in pets with arthritis.

ENVIRONMENTAL CONSIDERATIONS

Older, arthritic animals may benefit from ramps in place of stairs, and the use of rugs or carpet on hard floor surfaces to help gain traction. A soft bed which is easy to access can help rest tired joints. Older cats may benefit from a litter tray with lower sides for ease of access.



EXERCISE IS IMPORTANT TO MAINTAIN HEALTHY JOINTS AND MUSCLES

The intensity and type of exercise needs to be tailored to individual pets. Regular, gentle exercise can help maintain joint mobility and maintain a healthy weight.

SCHEDULE REGULAR CHECK UPS

A full vet check every 6 – 12 months can help with early detection of problems. Your vet may suggest a screening blood test which can help pick up changes in liver and kidney function, changes in blood cell counts and thyroid hormone levels. Blood pressure measurement can help detect heart and kidney disease.



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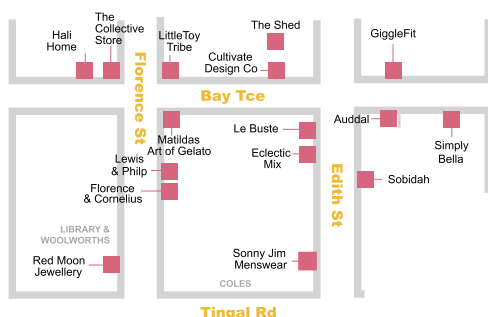
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FROM THE WYNNUM MANLY EISTEDDFOD

The Wynnum Manly Eisteddfod has a 52-year history of offering a place for dancers, musicians and drama students the opportunity to showcase their talents in a safe, friendly and supportive environment.

The eisteddfod is run wholly by a dedicated team of volunteers and in 2023, our longest serving volunteer Margaret Redfern is celebrating her 50th year!

Margaret joined the eisteddfod team in 1973 after migrating with her family from Scotland three years earlier. Initially involved when her son David started performing in the Speech & Drama sections, she soon became assistant to the current convenor at the time, Daphne Raymond, and then took over the role when Mrs Raymond unexpectedly passed away in 2000. Margaret currently holds dual roles: Speech & Drama convenor (since 2017) and president of the eisteddfod.

Margaret's volunteering has not gone unnoticed, being named Wynnum Manly Quota's Woman of the Year in 2021. She has recently turned 80 and still loves being involved with the eisteddfod after all those years. We would like to invite past and present Speech & Drama entrants, parents and volunteers to join us for cake to show our gratitude and appreciation for Margaret's continued service to the Wynnum Manly Eisteddfod.

Past eisteddfod entrants, volunteers and parents are invited to the cake cutting for Margaret at the Waterloo Bay Leisure Centre auditorium, 241 Tingal Rd, Wynnum, on May 28 at 12:30pm.



Photos: Supplied.



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WATERLOO BAY LEISURE CENTRE'S MAY EVENTS

FROM THE WATERLOO BAY LEISURE CENTRE VOLUNTEERS

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

CONCERTS

Tuesday May 9, 9.30am – entertainment by Ian Maurice and June Lawson

Ian and June have entertained audiences for many years in clubs and concert venues around Brisbane. They perform music from the '60s, '70s and '80s from different genres including jazz and country.

Tuesday May 23, 9.30am – entertainment by Dennis Boland

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 concerts. The cost is \$10 for each 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 book.

MARK YOUR CALENDAR: UPCOMING JUNE CONCERT!

Tuesday June 13 – entertainment by Robbie Rosenlund

Formerly from the band Wickety Wak, Robbie will be perform at the Waterloo Bay Leisure Centre for the first time in June. Robbie is famous for his popular impersonations of Kermit the Frog and the late John Denver.

THE END OF AN ERA: MANSON FRAMERS' STOREFRONT TO CLOSE

FROM SHARON RICHARDSON

With much sadness, we inform our local community that Manson Framers will close after nearly 60 years of trading, with the final day of trade on 30 September 2023.

A much-loved go-to for framing in the Wynnum Manly community since 1964, the closure of the Ronald Street Wynnum store marks the end of an era after almost 60 years of trade.

Cameron and Sharon are the last remaining members of the family business, and closing the doors has been tough. Due to increasing costs from suppliers and further rises in the costs of operating the business, along with a downturn in trading, Cameron and Sharon have decided to close.

Custom framing orders will be taken until mid-August 2023, and all orders must be paid and collected by 30 September 2023.

We hope our customers will want to have their items framed before we close – think of it as Christmas in July; the sooner, the better!

Unfortunately, the picture framing service will not continue at this stage, and Cameron will make a decision at a later date. Sharon will continue with the popular retail art supplies business from a different location in Wynnum, which will be advised in the near future. Please continue supporting your local art shop, offering email and phone orders and local delivery.

Sadly, the DMC needlework threads and supplies will not continue; a reduced-to-clear sale for threads will start soon.

If you need threads, you can still order them, but they will be at normal price points, and box quantity only, and all orders must be in by mid-June 2023.

The photo restoration business provided by Krissy will continue from her home studio in Wynnum West as Art By Krissy Clark.

Cameron and Sharon would like to sincerely thank all of our loyal and lovely customers for their support throughout the many years of business, and also specially thank the staff, past and present, for their committed service.

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WYNNUM MANLY JUNIORS TEAR UP THE SUNCORP STADIUM TURF!

FROM DANIEL CRUICKSHANK

It was a massive day in April for some Wynnum Manly Seagulls Under 8s players who got to live out their dreams and play a game at SunCorp Stadium.



The junior team played the curtain raiser match in the big local derby between the Brisbane Broncos and the Redcliffe Dolphins. The excitement levels were through the roof as they ran out in front of a big crowd to play on the same turf as their idols.

With the crowd cheering them on, they showed everyone the future talent coming through the ranks at the Seagulls. There were plenty of tries scored and some lifelong memories made. Scores aren't recorded in the younger age groups, but it's safe to say the Gulls got up!

In other news, the Wynnum Juniors BRL A Grade team remains undefeated after three rounds with a convincing 38-16 victory over rivals Beenleigh at Kitchener Park. That leaves them alone at the top of the table, travelling to a big clash with second-placed Valleys.

Get yourself down to Kitchener Park for some magnificent grassroots rugby league and support the next wave of future stars.



Photos: Supplied.

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Wynnum Manly LEAGUES CLUB

LET'S TALK ABOUT IRON INFUSIONS!

BY DR RACHEL NG AT BAYWEST MEDICAL CENTRE

Iron infusion is a rapid way to replenish the body of iron and I will recommend it to patients who struggle to remember to take their oral iron supplements or are unable to tolerate the side effects associated with it. Iron infusions have also been shown to be beneficial in certain patients with chronic kidney disease and heart failure.



It is a procedure where a patient has an intravenous cannula inserted to receive iron in the form of an infusion. It can also be administered via a push injection.

The process takes just over an hour at our clinic with the actual infusion duration only 20 minutes. There is a lot of effort made to check baseline observations, finding a good vein and making sure the cannula is working well. Our patients are always closely monitored with either the GP or practice nurse staying in the same room while the infusion takes place and we monitor the observations regularly.

Common immediate side effects include headache, nausea and rashes and are usually easily manageable. However, there are two important complications that patients need to be aware of namely severe allergic reaction and iron staining.

Severe allergic reaction can be a life threatening situation and therefore we take extra caution to monitor the patient so we can act on any immediate symptom. Iron staining tends to develop after the infusion and happens as a result of extravasation of the iron into the surrounding soft tissue. It leads to a permanent discoloration of the skin and that is why we take extra steps to ensure the cannula flushes well.

We love to discuss iron deficiency, explore causes of iron deficiency and plan for infusions with patients at Baywest Medical Centre. Side effects aside, I have received a lot of positive feedback from patients and believe it has an essential role in managing iron deficiency.

Come and talk to us about your iron deficiency today!





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FREE FUN FOR EVERYONE AT THE AMPOL ROTARY FAMILY FUN DAY!

FROM THE ROTARY CLUB OF WYNNUM AND MANLY

The Rotary Club of Wynnum and Manly, along with sponsor partner Ampol, is delighted to host the Ampol Rotary Family Fun Day, a free event on Sunday, May 21, from 10am – 2pm at George Clayton Park (near the bandstand on Lower Esplanade, Wynnum).

The Ampol Rotary Family Fun Day is a chance for families to get out and enjoy a day in the park, have fun, and learn how to stay safe in the local community. This popular event is held in support of Domestic Violence Awareness Month. It aims to bring together all parts of the community to provide a day of fun and entertainment while focusing on reducing crime and violence and improving the community's safety through education and access to local support services.

There will be loads of free food and family entertainment, including a jumping castle, magicians and jugglers, face painting, petting zoos, balloon twisters, tug of war, various children's races, and art activities. Bring the whole family along to enjoy the free sausage sizzle, fresh fruit and free bags of popcorn.

In addition to all these activities, a full four-hour musical program will include two performances by multi-Golden Guitar-winning country music sensation and 2023 Female Vocalist of the Year Amber Lawrence.

The day would not be possible without the support of other local service groups, support agencies, and our local Fire, Ambulance and Police colleagues.

"Our Rotary Club is committed to strengthening family safety through continued education and support, and we believe that celebrating a Family Day with access to information and fun activities is an important



Photo: Supplied.

first step in helping to keep our local community aware and safe," said Wynnum and Manly Rotary Club co-presidents Tracey Wyatt and Rod Fletcher in a joint statement.

"Over the past six years, our Family Fun Days have attracted crowds in excess of 3000 people, so we are excited to be able to host yet another family event that can be enjoyed by everyone in our community."

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HAVE SOME FAMILY FUN, AND LEARN ABOUT SAFE COMMUNITIES

DÎNER EN ROUGE FUNDRAISER PARTNERS WITH SMALL STEPS 4 HANNAH FOUNDATION

CONTRIBUTED BY REDLAND CITY COUNCIL

This year's annual Dîner en Rouge fundraiser on Redlands Coast will be held in partnership with the Small Steps 4 Hannah Foundation.

The eighth annual event, which raises funds to support local domestic and family violence support services, will be held on Saturday 27 May 2023 to coincide with Domestic and Family Violence Prevention Month.

Redland City Mayor Karen Williams said this year's partnership with the Small Steps 4 Hannah Foundation would support a new domestic violence awareness and education program in local schools.

"Every year the community comes together to raise much-needed funds to address domestic and family violence in our city, with more than \$440,000 raised through Dîner en Rouge events to date," Cr Williams said.

"This year's partnership with Small Steps 4 Hannah will help deliver a school-based program across Redlands Coast that will educate high school students about respectful relationships and foster positive behavioural change.

"Hannah Clarke ran a business on Redlands Coast and the tragic death of her and her three children as a result of domestic violence in 2020 touched many in our community.

"By supporting the work of the foundation, which was established by

Hannah's family, we as a community can work together to halt the spread of domestic and family violence into the next generation."

Small Steps 4 Hannah Foundation founders Sue and Lloyd Clarke thanked the Council and Mayor for their support, and for understanding the importance of campaigning against domestic violence and coercive control.

"Sadly, the scourge of domestic violence touches every community, and the Redlands Coast is no exception," Mrs Clarke said.

"It's important to have city leaders and community organisations involved in the discussion about recognising and combatting coercive control.

"And the funds raised at Dîner en Rouge will go directly to helping achieve this aim, by allowing the Small Steps 4 Hannah Foundation to expand our highly successful respectful relationships program to Redlands Coast schools.

"The more we talk about this issue, the more people will learn to recognise the danger signs in their friends, their partners and even themselves, and the more chances they have to take action."

Cr Williams said Council was also proud to again be working with Zonta clubs, Soroptimist International, Rotary Club of Cleveland, Redland Foundation and local domestic and family violence service



Sue and Lloyd Clarke from the Small Steps 4 Hannah Foundation. Photo: Supplied.

advocates on this year's Dîner en Rouge – Goes Pink event.

This year's event will return to a dinner format, following two years as a live stage show.

It will be held at Sheldon Event Centre and will include live entertainment, guest speakers, a silent auction and raffles.

This year's theme will be pink (rather than the traditional red and white) in honour of the partnership with the Small Steps 4 Hannah Foundation.

Tickets are on sale online at redland.qld.gov.au/DinerenRouge

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FROM SUNCOAST OUTDOOR LIVING

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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.



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PETER CUMMING'S LOCAL AREA UPDATE

COUNCILLOR FOR WYNNUM MANLY WARD



Happy Mother's Day to all of our Wynnum Manly mothers and caregivers. I hope you all enjoy a relaxing day with family.

To the dads out there – I highly recommend taking a walk up Cambridge Parade in Manly, Bay Terrace in Wynnum or around the Wynnum Plaza to find something special from one of our unique local retailers.

ST PETE'S WINTER DRIVE

St Pete's Pantry is running a Winter Food Drive to support our vulnerable community members experiencing food insecurity through the cold winter months.

I am a huge supporter of St Pete's – not just because of the name! – and I am thrilled to be supporting this worthy initiative.

Please bring donations of non-perishable goods (especially tinned goods like soup, fish, spaghetti, beans, and noodles) and toiletries to my office on Monday – Friday between 8.30am – 4.30pm until 30 June.



AMPOL ROTARY FAMILY FUN DAY

The Rotary Club of Wynnum Manly is hosting an important event in May to recognise and support Domestic Violence Month.

Their Family Fun Day, which is supported by Ampol, will take place Sunday, 21 May at George Clayton Park. Come down from 10am for a free sausage sizzle, live music, and entertainment for the children.

This event runs in recognition and support of Domestic Violence Month.



BUSINESS SPOTLIGHT – COFFEE AND BRICKS

This is a great café on Bay Terrace that caters to kids of all sizes.

Fans of Lego can purchase a half hour (\$12) or hour long (\$20) block, where they can build as many Lego sets as time permits. There's a big selection to choose from.

Even if you're not a fan of Lego, you can bring the kids here and keep them occupied while you drink coffee. Win-win!



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Time to wind back foreign investor surcharge, says REIQ

FROM THE REAL ESTATE INSTITUTE OF QLD

The Real Estate Institute of Queensland (REIQ) is calling on the Queensland Government to rescind foreign investor surcharges, in light of the state's housing crisis.

The REIQ has long-opposed both the seven per cent surcharge applied to stamp duty introduced in October 2016, and the additional two per cent surcharge applied to land tax introduced in 2019 on Queensland property held by foreign entities.

REIQ CEO Antonia Mercorella explained that both additional taxes on foreign investors – who are already being taxed at a Federal level - act as a deterrent for capital to be deployed in Queensland.

“When the Labor Government introduced additional surcharges for property transactions from foreign buyers, the REIQ called it out as a cash grab which

would deter desperately-needed property investment and would slam the state shut for business,” she said.

“A growing population is a great thing for our economy, but in order to welcome more people and reap these benefits, we also need to be welcoming investment in housing - particularly when it helps get new residential supply off the ground.”

Ms Mercorella said that given the current housing crisis it was time for these taxes to be fully phased out.

“With about 36% of people in Queensland living in rental accommodation, the supply of rental properties is crucial, and therefore we need investors – both local and foreign – to make important contributions to the stability of the rental market,” Ms Mercorella said.

“Queensland Revenue can offer ex

gratia relief where projects enhance the community or the economy,” she explained.

“Given the ongoing housing crisis, surely any projects that provide a roof over the head of Queenslanders and increase much-needed housing stock would meet this criterion.

“We saw that with Build to Rent projects the Government was prepared to offer this relief to large foreign multi nationals investing in that asset class.

“This leads to the danger of a skew towards this asset class when diversity is required to meet the ever-changing demands of Queensland's growing population.

“Therefore, the REIQ's view is that it would be appropriate to extend this exemption to all foreign investors, not just foreign



pension funds and developers.”

She said that a recent ruling in New South Wales found foreign investment surcharges to be in breach of Commonwealth Double Taxation agreements.

“This ruling also gives weight to the argument that the Queensland Government needs to fully rescind these additional taxes to ensure Queensland aligns with Commonwealth laws and agreements,” Ms Mercorella said.

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The economic and emotional aspects of a great view

BY BYRON FREEBORN, RAINE & HORNE WYNNUM

How has a view of any kind – particularly of the water – become a dominant factor and a highly sought-after checklist item when it comes to quality of life?

In this article, I'll touch on the economic factors attached to a view and explore how much a great view adds to a property's worth (a deep question), how much value and happiness it brings, and does that happiness last (a very subjective question). Is a view tied to social prestige, or is there a deeper, ancient calling to be close to the water; is it a security element, i.e. keeping an eye out on the horizon for invading armada?

Let's start by applying Maslow's hierarchy of needs, which states that humans have a rung of needs that starts with covering the basic needs of food, shelter etc.

As long as we have a roof over our heads, we are OK; at this stage, no water view is OK.

Then we move on to safety and security – location becomes important and is likely one of the biggest cogs in the property market engine. People are seeking a healthy, safe environment that offers employment and affordability. This applies to Wynnum/Manly in particular, as we have

employment hubs in relatively close reach, while our area supports a relaxed, affordable lifestyle. This would help explain Brisbane's increased and continuing demand throughout the 2021 boom and the ever-increasing improvements in variable conditions of the last 12 months.

On the third rung, we seek love and a sense of belonging. Wynnum and Manly have a strong sense of community connection, encapsulating friendships fostered by local organisations, from fitness and sporting clubs to community groups such as Rotary.

The fourth rung includes confidence, achievement, and the need to be a unique individual. This is where purchasing a home, building, or renovating is an opportunity to express individual personality and taste in the architecture, internally and externally. The location of a home – the street and suburb – gives the owner an opportunity for unique expression from an architectural perspective, which is also influenced by the home's view and aspect.

Last but not least, we have the highest point of the pyramid: self-actualisation, creativity, experiencing purpose, meaning and inner potential. This can be relevant

to waking up and opening the curtains (or most likely, they have already automatically opened as the sun strikes its sensors), looking out to the vastness of the open ocean (or, in our case Moreton Bay and the islands beyond). Our love of water is ancient; a calm sense of tranquillity comes with a water vista. It's also entertaining. Water changes and moves in subtle and dramatic ways daily and even hourly.

This being said, what dollar value is incorporated in a view? It's a big broad question, so any attempt to answer this "kahuna" of a question will be subjective and a best guess, but we'll try! One arbitrary percentage is an approximate 30-40% increase for great views, based on data, first-hand experience and casting the question across to colleagues in the real estate industry. Examples include recent land sales on the west side of Tingal Road versus the water view-positioned side. Sales on the west side of Tingal Road are approximately \$700,000s, increasing up to the circa \$1m+ mark for blocks with a water view position.

The desire will likely always be strong for a location that's either near a major CBD or the water – in our case here in Wynnum/Manly, we have both.



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The next generation of solar panels has arrived

FROM GOODHEW ELECTRICAL AND SOLAR

As the world continues to prioritise the need for sustainable energy solutions, the solar industry is constantly evolving. One of the latest advancements in solar technology is the introduction of n-type solar panels, which offer a range of benefits over traditional p-type panels.

One major advantage of n-type solar panels is their longer warranty period. Due to their higher quality materials and construction, they are less prone to degradation over time and are guaranteed to last longer. This provides homeowners and businesses with a more reliable and cost-effective source of energy for years to come.

Another benefit of n-type solar panels is their ability to generate electricity in low light conditions. While traditional p-type panels may struggle to produce electricity on cloudy or overcast days, n-type panels are more efficient in these conditions. This makes them a more reliable option for areas with less consistent sunlight, such

as northern latitudes or areas prone to frequent cloud cover.

In addition to their increased efficiency in low light conditions, n-type solar panels also offer a higher overall efficiency rate. They are able to convert a larger percentage of sunlight into usable energy, making them a more cost-effective option for homeowners and businesses alike. In fact, n-type solar panels can be up to 30% more efficient than traditional p-type solar panels.

One factor contributing to the increased efficiency of n-type solar panels is their lower degradation rates. Over time, solar panels can suffer from degradation due to exposure to sunlight, moisture, and other environmental factors. However, n-type panels are less prone to this type of degradation, which means they will continue to produce electricity at a high level for many years.

N-type solar panels are also more immune to

light induced degradation. This is a process that occurs in traditional p-type panels due to the boron base layer suffering boron-oxygen defects during the panel lifespan. N-type panels do not have this issue, which contributes to their longer lifespan and more consistent performance.

Finally, n-type solar panels are better able to tolerate higher temperatures than traditional p-type panels. This is an important consideration for areas with hot climates, where traditional panels may suffer a decrease in efficiency or lifespan due to heat exposure.

Despite all these benefits, it is important to note that n-type solar panels are currently more expensive than p-type panels. However, as the technology continues to advance and more manufacturers begin producing n-type panels, the cost is expected to come down.

Overall, the introduction of n-type solar panels represents a major step forward



for the solar energy industry. With their increased efficiency, longer lifespan, and more consistent performance, they offer a more cost-effective and sustainable option for those looking to transition away from fossil fuels. While they may be more expensive in the short term, the long-term benefits of n-type panels make them a smart investment for the future.

If you'd like more information about n-type solar panels and how your home could benefit from this new technology, please give the team at Goodhew Electrical & Solar a call on (07) 3286 1422.






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Did you know about this hot water system valve check?

FROM FALLON SOLUTIONS

Regular maintenance of your hot water system is essential for having a constant and reliable supply of hot water. It is important to regularly test the hot water system valves as they are designed to prevent injury or damage to the system caused by blocked lines, over-pressurising, and overheating.

What does each valve on your hot water system do?

Trio valve

- Stops water from returning through to the cold-water line.
- Limits the pressure of the water coming into the tank.
- Used to isolate the water supply if it needs to be turned off for the house or hot water unit for any reason.

Cold water expansion valve

- Relieves water from the tank as it heats up via the drain line.

Temperature/pressure relief valve

- Is a safety feature that releases water out of the tank when it reaches 99C if the thermostat were to fail to stop the tank from overheating and exploding.

Tempering valve

- The tempering valve mixes the water coming from the tank at above 60C with cold water to a safer delivery temperature of 50C or lower to prevent scalds.









For more information and video instructions on how to test the pressure relief valves head to www.fallonsolutions.com.au.

If you have any issues or worries, be sure to contact a licensed plumber for assistance. It is always better to be safe than sorry when it comes to your hot water system.

To ensure any problems with your hot water system can be identified and fixed fast, Fallon Solutions offers a comprehensive Hot Water System Check for only \$99. Just call 07 3029 3297 today!



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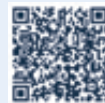


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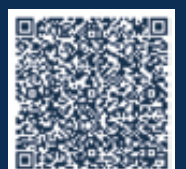
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REIQ welcomes pause on interest rate pressures

FROM THE REAL ESTATE INSTITUTE OF QLD

The Real Estate Institute of Queensland (REIQ) has welcomed the RBA's decision to leave cash rates on hold this month, an important pause after 10 consecutive rises took it to a near 10-year high of 3.6%.

REIQ CEO Antonia Mercorella said the pause was a welcome reprieve to homeowners and small businesses who were unfairly carrying the burden of fixing the inflation curse.

"Around 650,000 households in Queensland are mortgaged and it's likely the RBA's aggressive tightening cycle is already weighing heavily on many mortgage holders," she said.

"A pause in interest rate hikes is an appropriate response at this time, allowing households and businesses a few moments to pause and assess their expenditure.

"It also gives first home buyers a chance to stabilise their borrowing capacity.

"Further, with loan activity for new builds at 18-year lows in Queensland, the pause will give consumers more confidence to proceed with building their dream homes."

She called for the Government to ensure that fiscal policy did its part to curb inflation.

"Now it's important that the Government follows suit to ensure that fiscal policy matches monetary policy."



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MAKING THE GOLF WORLD MORE ACCESSIBLE

CONTRIBUTED BY WORLD BLIND GOLF

World Blind Golf is a Queensland-based not-for-profit registered charity that is quickly becoming the peak body for the fastest-growing all-abilities sport, Blind Golf.

The charity was formed by members of Blind Golf Queensland and is managed and operated by blind and low-vision golfers expressly for the benefit of all blind and low-vision golfers.

The charity's main objective is to promote the sport of golf among individuals who are blind or visually impaired and to encourage their participation in the sport. World Blind Golf also facilitates golf tournaments and events specifically designed for blind and visually impaired individuals.

As World Blind Golf CEO Neil Herdegen explains, golf is a perfect sport for people who have less-than-perfect sight.

"It's one of the few sports which use a stationary ball – after a few introductory lessons, new golfers are usually hitting the ball and having lots of laughs," he said.

"We've found that golf is a great sport for blind and low-vision people as it provides a range of social and community participation opportunities."

"It gets people outside enjoying themselves and interacting with other people who are out to enjoy the many benefits that golf provides."

World Blind Golf has also developed a range of training methods and facilitates coaching for blind and visually impaired individuals who wish to improve their golf skills and abilities.

"It's actually the perfect time for blind people to start golfing – we have amazing new technology that helps us be more independent on the course, such as talking GPS rangefinders, and we have the support of many local clubs and the club members have a newfound awareness that playing alongside their blind and low vision players can really make for a rewarding day of golf," Neil said.

If you or anyone you know would like to volunteer to help our blind and visually impaired members or if, as a person with zero or limited vision, would like to experience the many benefits that golf can offer, you can get in touch with World Blind Golf through the website at <http://blind.golf> or send an email to worldblindgolf@gmail.com.



Photo: Supplied.

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BUILDING FRIENDSHIPS AND COMBATTING LONELINESS IN AGED CARE

CONTRIBUTED BY CIRCLE OF MEN

In recent years, and especially in the post-COVID environment we live in today, loneliness and increasing isolation have become all-too-common problems faced by elderly men in aged care facilities around Australia, many of whom have fewer options for social interactions as time passes.

Circle of Men is a not-for-profit charity where dedicated male volunteers support elderly men living in selected aged care facilities throughout Brisbane south and the Redlands area. Their purpose is to reduce social isolation and loneliness via a weekly companionship and support program.

Each session is led by an experienced volunteer facilitator and consists of a “How are you going?” check-in, typically dealing with depression, grief, anger, loss, boredom, or fear, before having a great time cracking jokes, reminiscing, and often singing familiar songs.

Many men enter an aged care facility as a last resort, after they've lost their health, mobility, and final network of support. For 90 minutes each week, Circle of Men volunteers provide friendship, build trusting relationships, and break through that wall of isolation.

Circle of Men has no religious or political affiliations and welcomes new volunteers. For more information, contact secretary Kevin James at 0490 105 715 or email info@circleofmenqld.com.



Photo: Supplied.

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GREAT AUTUMN FISHING ON MORETON BAY WITHOUT THE EARLY START!

BY SPERO KARTANOS

There's a coolness in the air this month, and we will be talking about the weather changing quickly to 11°C and 12°C in the mornings, making it a little chilly to get up and go fishing. I'm glad Moreton Bay fish eat all day when the sun is up, and it's 26-plus degrees. My old Dad used to get me up pre-dawn, and we had to be on the water and fishing as the sun came up. On the way there, I had to recite the times tables – no wonder I hate going fishing pre-dawn (and maths) these days!

WHITING AND SQUID

The whiting will be large and will have moved further into the Rous Channel, especially in Fisherman's Gutter, Maroon Gutter, and Amity Banks. There will be plenty at the Sandhills, and squid should also be in the same area by now; the water should be crystal clear, not like it was in April (brown). Squid strips, blood worms, beach worms and peeled prawns are the best baits. Also, look out for the influx of sea toads in the bay; they will be smashing squid jigs to bits.

SCHOOL MACKEREL

School mackerel will have moved across the bay, and you can get them anywhere around the southern side of Hope Banks and in from Wellington Point. Shark Spit is also worth trying at this time of the year. A few broad mackerel started to show up in April, so around the Peel Basin towards Amity Banks will be worth a troll with Smith jigs or Kimberly spoons.

SQUIRE

Plenty of squire are being caught at all the drop-offs of the bay islands, including Peel, Green, St Helena, Mud, and Harry's, Mt Cotton Reach and Cowan Reef should have some nice fish as well.

So, May is a cooler month, but the fishing will be as good as ever if the weather plays its part!



Photos: Spero Kartanos.



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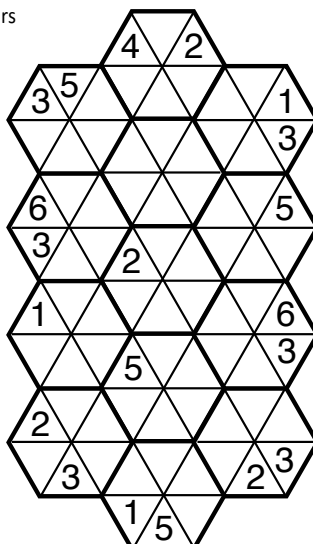
Sudoku

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

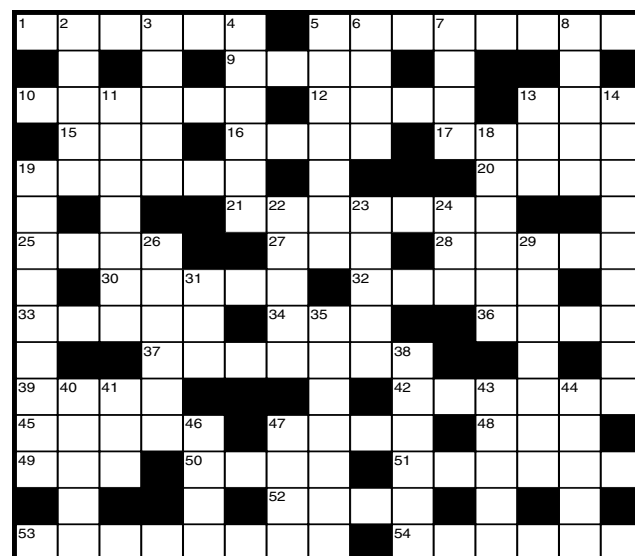
6						1		
9	2		6		1			3
1						8		9
					4			2
	1				8	7		
	3				2		1	
							8	4
	5		7			2		
				8				

Quick Workout

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

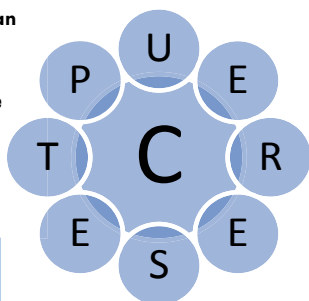


Crossword



Focus An All Australian Word Game

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



TODAY'S FOCUS Good: 12 words
Very good: 21 words
Excellent: 38 words

Reference: Macquarie Concise Dictionary
Focus No. 3867

ACROSS

- 1 Barrel maker
- 5 Able to read and write
- 9 Single entity
- 10 Not diligent
- 12 Curve
- 13 Edge
- 15 Turf
- 16 Slender support
- 17 Review unsparingly
- 19 Calm
- 20 Matures
- 21 Merchants
- 25 Bellow
- 27 Porter's beer
- 28 Make amends
- 30 Respond
- 32 Slender candle
- 33 Of the nose
- 34 First woman
- 36 Surrealist painter

37 Guides

- 39 Judge
- 42 Come to an end
- 45 Efface
- 47 Charge
- 48 Fish eggs
- 49 Drunkard
- 50 Soft powder
- 51 Male honey bees
- 52 Singer
- 53 Explode
- 54 Small insects

DOWN

- 2 Abnormally fat
- 3 Company of lions
- 4 Reddish brown
- 5 Generous
- 6 Article
- 7 Extremities
- 8 Hackneyed

11 Artillery pieces

- 13 Horseplay
- 14 Hypnotise
- 18 Endured
- 19 Musical compositions
- 22 Scolded
- 23 Discourage
- 24 Sharp blow
- 26 Kingdoms
- 29 Formal speech
- 31 Drink
- 35 Means of transport
- 38 Rarely
- 40 Wear away
- 41 Consume
- 43 Having self-esteem
- 44 Bailiff
- 46 English college
- 47 Suite of rooms

Word Find

C	R	A	B	U	T
E	E	G	T	E	H
M	E	A	N	O	E
I	H	E	S	O	N
T	C	T	I	E	S
S	U	N	W	A	D

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

- | | | | |
|-------|-------|-------|------|
| Bee | Dawn | New | Then |
| But | Emit | Scene | Ties |
| Cease | Host | Song | |
| Cheer | Isn't | Sun | |
| Crab | Mean | That | |

Join the Dots

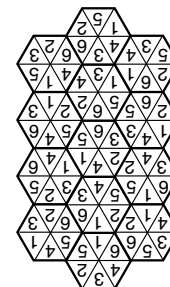
What creature is this? Find out by joining the dots.



Solutions

Puzzles and pagination supplied by Auspac Media

YESTERDAY'S SOLUTION
cepe cert ceruse creep crepe
crept crest cruet crus cruise crust
cure curse curst curt cusp cute
cuter ecru erect erect PERSECUTE
puce rescue respect respect
scape scree scute secret
secrete sect secure spec spectre
spruce terce truce



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

S	U	N	W	A	D				
C	R	A	B	U	T				
T	C	T	I	E	S				
I	H	E	S	O	N				
M	E	A	N	O	E				
E	E	G	T	E	H				
A	B	U	T	C	R	A	B	U	T

AN INVITATION TO COMMUNITY GROUPS

As The Community Leader evolves, we'd love to include your local story. We openly encourage community groups, sporting clubs, and charities to contact us with their stories and photos. The newsletter's objective is to promote activities and events in the community, while encouraging the support of local businesses. Thank you to the community leaders who have enthusiastically supported the idea of developing a friendly local newsletter. Please support them, and engage with them as best you can. Any submissions can be emailed to sales@market2market.com.au for consideration.



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

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

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- Advertising cut off 18th of May
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- Bookings are for a minimum of 3 months and space is limited
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MY MEMORIES: DOWNHILL FLASH!

BY ROSS FARLEY, BAYSIDE RESIDENT

Winter is coming, the season when the skiing enthusiasts migrate south to the ski fields. There are dangers involved, but embarrassment might not be far away.



A work mate could not wait to tell me about his friend who had gone on a skiing holiday. She had some basic skiing skills but was not prepared for what eventuated. She needed to go to the toilet, but all the facilities were either down the bottom of the slope or at the top of the ski lift, so she found a place where she could not be seen, dropped her pants and squatted to urinate. In the middle of the process, she began to slide away, picked up speed and skied with her pants down until she crashed. She sustained several injuries and was taken to hospital. Later, a man with a broken leg was put in a bed nearby. They started chatting and she asked how he had broken his leg. He replied, "You wouldn't believe it. I was skiing down the slope when a woman skied past with her pants down around her ankles. I was so gob smacked and distracted that I skied into a tree".



LOCAL POETRY GRANDCHILDREN

BY GEOFF SMILEY

They are maturing,
dispersing.
Once they
were the same;
young children
dependent,
embryonic natures
undefined.

As they grew,
they slowly evolved.
Now they are
different, as
from other DNA,

reflecting the range
of two parent histories.
But they are
still connected,
by family line.

My grandchildren
are setting out
to establish
new generations.
Temporary intimacy
until claims
of the future
change them.

Not like their parents
who do not escape
family bonds.
My need is
built on origins.
But life must take them.
My place,
like yesterday,
diluted.
Remembered,
if life
has been kind.

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My wife and I have, thankfully, been very involved in our grandchildren's lives. They are now, appropriately, becoming independent people. They remain one of life's gifts to us.



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- Vehicle Detailer – Capalaba
- Apprentice Technicians – Wynnum and Capalaba
- New Vehicle Sales Consultant – Capalaba & Wynnum

- Parts Warehouse Storeperson – Wynnum
- Used Cars Sales Manager

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We look forward to receiving your resume and you becoming part of the fantastic Bartons team!

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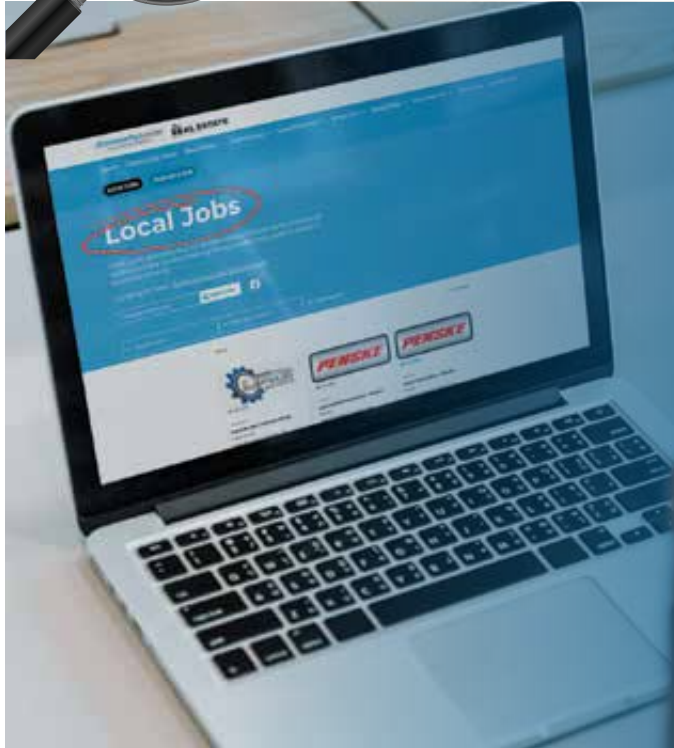
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WHAT'S ON AT MANLY HARBOUR VILLAGE

FROM MANLY HARBOUR VILLAGE CHAMBER OF COMMERCE

BUSINESS NETWORKING EVENING – 2 MAY

Local business owners are invited to join the Manly Harbour Village Chamber of Commerce committee and members for a social night of conversation and networking, kindly hosted by our members, Manly-Lota RSL Sub Branch. Due to the public holidays throughout April, we have combined this event for April/May. This is a great opportunity to meet and chat with other business owners, local government representatives and others. If you're a sole trader working from home, come along to talk about your week with like-minded people in a casual setting.



GET TICKETS HERE:



MOTHER'S DAY FASHION AND STYLE MORNING TEA – 5 MAY

Join us for our Mother's Day Morning Tea, filled with stylish fashion tips that are simple and effective whilst fun and easy. Be entertained by our stylist Ann Whitaker and MC Carlee Hay, think "Trinny and Susannah" style and enjoy the fashions provided by Manly Harbour Village's Labels By The Bay and Ebb & Flow Boutique. Feast on a delicious morning tea and enjoy the views from The Captain's Parrot Café at Wynnum Manly Yacht Club.



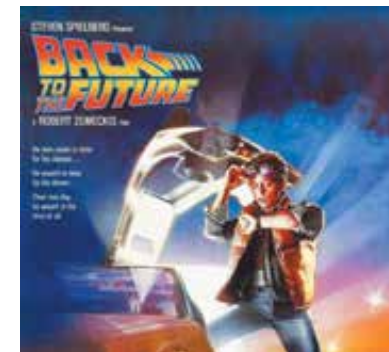
Get there early to network, enjoy the conversations with other like-minded business owners, colleagues and friends, and fit in a bit of shopping at the same time!

GET TICKETS HERE:



MOVIES IN THE PARK – 6 MAY

Enjoy our next Movie in the Park, watching Back to the Future with Marty McFly. Walk along the Esplanade and enjoy a meal in the Manly Harbour Village, or bring your picnic rug and chair.



MOTHER'S DAY BY THE BAY – 14 MAY

Treat mum to a day at the markets and be entertained by a diverse program of performers, including the Swingalicious Big Band, Cody Miller, Momentum and The Rising Phoenix Tribal Belly Dancers.



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CREAMY MUSHROOM SOUP RECIPE

Here's a nourishing, delicious soup that combines all the goodness of mushrooms with the richness of cream to create a cool-weather dish that can be served as a side, entrée, or as a meal on its own with crusty bread. Chances are even those fungi haters who screw their noses up at the very thought of eating mushrooms will love this creamy, hearty soup.

INGREDIENTS SERVES 4

- 2 tbsp butter
- 500g Swiss Brown mushrooms, chopped
- 100g Swiss Brown mushrooms, halved
- 1 white or brown onion, diced
- 2 garlic cloves, crushed
- ½ cup of cooking cream
- 3 cups of chicken stock (or veggie stock for a vegetarian version)
- 2 sprigs of thyme, picked and stems discarded
- Salt and freshly cracked black pepper to taste
- Chopped parsley to serve

METHOD

1. Melt the butter in a large saucepan over a medium heat and add the onion, garlic and all the chopped and halved mushrooms. Sauté gently for 10 minutes, stirring occasionally.
2. Remove the halved mushrooms from the pan and set aside (you'll use these at the end as a garnish).
3. Add the chicken stock and thyme to the mushroom mixture and simmer (uncovered) for 20 minutes.
4. Add the cream, stir through, and cook on low heat for a further 5 minutes to combine the flavours.
5. Season with salt and pepper, then turn off the heat.
6. In batches, transfer the soup to a blender and blend until smooth.
7. Pour into serving bowls, and top with the halved mushrooms you set aside in step 2 and serve with chopped parsley.



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At Dental on Cambridge, we understand that this can cause additional stress for parents, caregivers, and of course, patients. That is why we partner with families and patients to learn about their individual needs because you know those best! We pride ourselves on creating a welcoming and nurturing environment, and that's why we try to go above and beyond to address any barriers to accessing dental treatment.

We are more than happy to take the time to prepare an initial 20-minute consultation if required to 'meet and greet' before your actual first appointment with us. At this consultation, it is an opportunity to come into the practice, get a feel for our environment and our team, and, of course, meet the dentist who will be helping with your oral health journey. It's also an opportunity to share your needs regarding any other items or requirements that might support a successful first appointment.

Some things that we have supported patients to access in the past are

the request of a particular TV show or meditation on our in-surgery devices, bringing in their own devices and headphones to watch their favourite show, listen to music or a meditation, wearing their own sunglasses rather than the ones supplied at the practice, ear plugs, bringing in any fidget toys or plushies, blankets or even slime to play with during their treatment! We also have nitrous oxide available onsite, which can be useful to assist in relaxation.

Our team on reception is happy to discuss and take note of any additional needs required to support a successful visit. There are also some things you can do at home before your first appointment, such as:

- Talk about what sensory stimuli might be present in the practice – bright lights, music, new people and smells. Take a look at our website, where we have photos of our practice and team.
- Practice at home. Pretend to be the dentist, go over needing to open wide, how they can communicate if they need a break, e.g. place your hand up like asking a question. You can also practice if the patient feels comfortable asking questions or if their support person will do that on their behalf.
- Discuss what items or distractions might assist in coping with some of the sensory stimuli - common ones in a dental practice are bright lights and a variety of different noises, new people at the front desk and perhaps patients in the waiting room.



At Dental on Cambridge, Dr Alex, Dr Simone, and our entire team strive to provide a positive experience for all patients; they are open to supporting all individuals with any specific needs to access good quality dental care. Each patient is unique, so we encourage you to think about what might be a barrier to accessing dental care and come up with ways that we can work together to help in a supportive environment – tell us – and we'll happily become part of your healthcare team! Need a change of dental team? Give us a call to discuss your needs at 3348 6661.



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