

# The Community Leader

## Bayside

WE'RE ALL ABOUT GOOD NEWS

  
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HOMES



## GATHER YOUR GOBLINS FOR HALLOWEEN FRIGHTS AND DELIGHTS!

Get set for a spooktacular night of thrills and spine-tingling chills as downtown Wynnum comes alive with the eagerly-anticipated Ampol Halloween Parade on October 28!

As the twilight dawns, Wynnum's CBD will be bewitched by the magic of Halloween. Creepy creatures can devour treats from various food trucks serving delectable delights, a trick-or-treat trail will keep spirits sky-high, and main-stage entertainment will enchant the masses.

And just like last year, this family-friendly evening represents a spectacular display of community spirit, creativity and scarily good fun.

So come along and sink your fangs into mouth-watering treats and devilishly good live entertainment, and join kindred spirits for a grand parade of hauntingly good ghouls, ghosts and goblins! It's sure to be a spooky spectacle! More on page 11.

*Pictured: Wynnum Manly locals warming up for Halloween at the Mangrove Boardwalk, Wynnum.*

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# CALIFORNIA COOL BREEZES INTO MANLY FOR A GREAT CAUSE

Manly will soon be infused with the charm of 'old Hollywood' as Celebrate for a Cause (CFC) presents its 2023 event, *Postcards from Palm Springs*. Set to take place on October 21 at the Manly Harbour Boat Club (MHBC), this soirée aims to raise funds for this year's chosen charity partner, Rosies.

At a time when the demand for assistance has surged by over 20%, the proceeds from the event will undoubtedly make a significant impact on the local community, as highlighted by Jayne Shallcross, CEO of Rosies: "Funds raised from this event will go towards purchasing a new van for our Wynnum Manly branch."

Rosies will be the primary beneficiary, receiving 80% of the event's proceeds, while the remaining 20% will be channelled towards the Bayside Community Fund (BCF), an initiative designed to provide long-term funding opportunities for the bayside community.

*Postcards from Palm Springs* promises a dazzling evening featuring a live big band, a California-inspired food Marketta, an array of premium chilled beverages, a Rat Pack Bar, and an Oasis Beauty Bar Lounge – all the essential ingredients for an extraordinary party!

The unwavering support of generous sponsors has been instrumental in making this event a reality. Sorrentino Property, the founding and platinum sponsor, has provided invaluable sponsorship, alongside Infoways, Yachtshare, Relsig Property, Sivacom, The Consortium Group, Woodforde Group, and Boca & Co.

Don't miss your chance to be part of this exceptional evening. Tickets are now available, offering both VIP and general admission options. Visit [cfcmanly.com.au](http://cfcmanly.com.au) to secure your place at this memorable event.





## BRISBANE'S BEST HAIRDRESSERS

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# IT'S TIME TO VOTE FOR THE BEST IN THE BAYSIDE VIA THE BAYSIDE COMMUNITY AWARDS



SCAN TO VOTE  
BOOK TICKET

Nominations are now closed, and it's time to vote for your favourite business, person and community group in the Bayside Community Awards. To vote, go to [www.baysidecommunityfund.org.au](http://www.baysidecommunityfund.org.au) before the closing date of October 26. Winners will be announced on November 9 during the awards dinner at Wynnum Manly Leagues Club. Good luck to all the nominees!

## BAYSIDE BUSINESS OF THE YEAR

Sponsored by The Community Leader

Bayside BBQs & Outdoor Centre  
Bayside Health Nook  
Bayside Optometry  
BF Pet Care & Rehab  
Brad Townsend Plumbing  
Cambridge Hair Collective  
Cedar and Pine Bar  
Celtic Corner  
Cooper's Speciality Coffee and Tap House  
Crawfords Automotive  
Cultivate Design Co  
Dramanti Wynnum  
Excel Removals  
Frankie's Coffee Bar  
Frenchies Café Wynnum  
Karen Grant Massage Therapies  
Kezza's Coffee Station  
Kool Beans Coffee  
Le Bistro  
Lido Italia  
Little Birdie Hair Co  
Little Gnome Bookshop  
Majestic Cinemas  
Manly Bakery  
Manly Boathouse Restaurant  
Manly Creative Market  
Manly Deck  
Manly Post Office  
MC Mortgage Solutions  
My Financial Design  
My Lawn Doctor  
Nitro Crew Wheels & Tyres  
Pedal Inn Bicycle Garage  
Piccardi Fry Lawyers  
Poolwerx Manly West  
Raine & Home Wynnum  
Salt Hair  
Simply Bella Boutique  
Sobidah Clothing Co

Sorrentino Property  
Specsavers Wynnum West  
Studio K Hair Co.  
Studio Yellow  
Sustainable B&B by the Bay  
The Arsonist  
The Eclectic Mix  
The Edith Street Medicentre  
The Gentleman's Lounge  
The Mind and Body Co  
Trendell & Turner Travel Associates  
Unbar Dance  
Wynnum Fine Jewellers  
Wynnum Manly Family Practice  
Zen Barista Espresso Bar

## BEST SMALL BUSINESS AWARD CATEGORIES

### BEST BEAUTY, HEALTH, WELLBEING & FITNESS BUSINESS (INCLUDES BEAUTY & HAIRDRESSING, CARE AGENCIES, ADJUNCT HEALTH SERVICES)

Bayside Dance  
Bayside Skin & Beauty  
BFT Wynnum  
Body Tone Pilates Studio  
Brazil Wax Beauty Bar  
Cambridge Hair Collective  
Dancing with Ali  
Ede's Salon  
Kaizen Health and Chiropractic  
Karen Grant Massage Therapies  
Little Birdie Hair Co  
Manly Village Compounding Pharmacy  
Oscar Oscar Salons Manly  
Rebuild Health and Fitness  
Salt Hair  
Studio K Hair Co.  
Studio Yellow  
The Gentleman's Lounge  
The Wouffe Collective  
Unbar Dance

## BEST E-COMMERCE BUSINESS

e Nurse

## BEST HOSPITALITY BUSINESS

Adelita Wine Bar  
Café by Phoenix  
Cedar and Pine Bar  
Celtic Corner  
Cooper's Speciality Coffee and Tap House  
Dramanti Wynnum  
Edith Street Espresso  
Frankie's Coffee Bar  
Frenchies Café Wynnum  
Kezza's Coffee Station  
Kool Beans Coffee  
Le Bistro  
Little Gnome Bookshop  
Manly Bakery  
Manly Boathouse  
Manly Harbour Boat Club  
Manly Kitchen  
Mates Restaurant and Bar  
Mezzos Coffee  
Munja Pizza  
Shucks Bar  
Sustainable B&B by the Bay  
The Arsonist  
The Hide Green Cafe  
Waterloo Bay Hotel  
Wynnum Manly Leagues Club  
Zen Barista Espresso Bar

## BEST INDUSTRIAL BUSINESS (INCLUDES LOGISTICS, BOAT BUILDING, WAREHOUSING)

Excel Removals

## BEST PET SERVICES BUSINESS (INCLUDES GROOMERS, PET STORES, VETS)

BF Pet Care and Rehab  
Gallery Aquatica  
Wynnum Manly Veterinary Hospital

## BEST PROFESSIONAL SERVICES BUSINESS (LAWYERS, MEDICAL PRACTITIONERS, AND ALLIED HEALTH)

Bayside Admin & Bookkeeping  
Bayside Health Nook  
Bayside Optometry  
DBL Solicitors – Wynnum  
Dental on Cambridge  
Evoxia Physio  
Lighthouse General Practice  
Manly Post Office  
MC Mortgage Solutions  
My Financial Design  
Piccardi Fry Lawyers  
Smilestones Therapy  
Specsavers Wynnum West  
STEMLabs  
Sunrise Well  
Tempus Media  
The Edith Street Medicentre  
The Little Hearing Co  
The Mind and Body Co  
Twinkle Arts  
Wynnum Manly Family Practice

Hali Home  
Labels by the Bay  
Le Buste  
Little Cedar  
Manly Creative Market  
Nitro Crew Wheels & Tyres  
Pedal Inn Bicycle Garage  
Poolwerx Manly West  
Sobidah Clothing Co  
Sonny Jim  
The Eclectic Mix  
Trendell & Turner Travel Associates  
Wynnum Fine Jewellers

## BEST SMALL BUSINESS NEWCOMER (UP TO 1 YEAR IN BUSINESS)

Sponsored by The Small Business Lawyer

Adelita Wine Bar  
BFT Wynnum  
Brazil Wax Beauty Bar  
Café by Phoenix  
Downie Plumbing & Gas  
Edith Street Espresso  
Kaizen Health and Chiropractic  
Little Cedar  
Munja Pizza  
Pera Palace Ottoman  
Smilestones Therapy  
STEMLabs  
The Little Hearing Co  
Twinkle Arts

## BEST TRADE BUSINESS (INCLUDES PLUMBERS, BUILDERS, ELECTRICIANS, ETC)

A & A Autos  
Bayside Outdoor Timber Solutions  
Brad Townsend Plumbing  
Clay's Cleaning Service  
Crawford Automotive  
Down to Earth Sparky  
Future Interior Linings

## EMPLOYEE AWARDS

### OUTSTANDING CUSTOMER SERVICE AWARD

Kylie Alcorn – The Eclectic Mix  
Sam Atkins – Excel Removals  
Anthony Brown – Edith Street Espresso  
Renee Brown – Edith Street Espresso  
Dr Praena Chand – Kaizen Health and Chiropractic  
Kim Ciletti – Smilestones Therapy  
Ben Curley – BFT Wynnum  
Maria Dao – Wynnum Fine Jewellers  
Danielle Davis – Sobidah Clothing Co

Danny Day – Ocean Realty  
Flavio De Piano – Evoxia Physio  
Marianne Gay – Cambridge Hair Collective  
Natalie Gibbs – Oscar Oscar Manly  
Caitlin Greenbury – Sash & Gable  
Property Management  
Mali Hannun – Cedar and Pine Bar  
Kerri Johnson – Kezza's Coffee Station

So Young Kim – Specsavers Wynnum West  
Jodie Latham – Twinkle Arts  
Mark Lillcrap – DBL Solicitors – Wynnum  
Rebecca Matthews – The Mind and Body Co

Kylie Mcfarlane – Trendell & Turner Travel Associates  
Shanice Nguyen – Manly Bakery  
Oliver Palmer – Edith Street Espresso  
Helen Ponsi – Manly Harbour Boat Club  
Raquel Ramos – Brazil Wax and Beauty  
Emma Rathbone – STEMLabs

Lolo Trendell – Trendell & Turner Travel Associates  
Kevin Stewart – Lamonds Real Estate

## COMMUNITY ORGANISATIONS (INCLUDES CLUBS AND OTHER NOT-FOR-PROFIT ORGANISATIONS)

### OUTSTANDING COMMUNITY SERVICE – INDIVIDUAL

Sponsored by Sara Whitmee, Councillor for Wynnum Manly Ward

Jacqui Carter O'Leary – Senior Police Liaison Officer  
Lyn Wilcock – Wynnum Manly Tourism & Visitor Information Centre

### OUTSTANDING COMMUNITY SERVICE ORGANISATION

Sponsored by Joan Pease MP, Member for Lytton

BABI Youth & Family Service  
Bayside Community Legal Service  
Blood, Sweat & Beers  
Carers Link  
Celebrate for a Cause  
Hemmant Equine Agistment Riding & Therapy Ltd  
Moreton Bay Discovery Centre & Museum  
Rosie's Wynnum Manly Branch Rotary Club of Wynnum  
Sit N Chat  
Social Mums Club  
St Pete's Pantry  
Waterloo Bay Leisure Centre  
Wynnum Community Place

## JOIN US FOR AN UNFORGETTABLE NIGHT AT THE BAYSIDE COMMUNITY AWARDS DINNER!

You're invited to the Bayside Community Awards Dinner, an evening filled with celebration and recognition. Be there as we unveil the winners of the Bayside Community Awards. Reserve your spot for an unforgettable evening!

**DATE:** Thursday, November 9  
**TIME:** 6.30 till late  
**VENUE:** Wynnum Manly Leagues Club,  
92 Wondall Road, Manly West

**EVENT HIGHLIGHTS:** Enjoy a two-course dinner (starter and main meal). Witness the formal acknowledgment of our local heroes from the business and non-profit communities.  
**TICKETS:** \$85 per person or \$800 for a table of 10.  
**DRESS TO IMPRESS:** Cocktail attire is encouraged.

Your participation contributes to a meaningful cause – all proceeds from the evening will be directed to the Bayside Community Fund. Secure your seat today and be a part of this extraordinary evening! To secure a ticket go to [www.baysidecommunityfund.org.au](http://www.baysidecommunityfund.org.au)

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# THE BONNER UPDATE

ROSS VASTA MP FEDERAL MEMBER FOR BONNER



## NEW FACILITIES DELIVERED & A BAYSIDE PIZZA COOK-OFF

Get ready for the tastiest showdown in town! At 5pm the 6th of October we're kicking off the Super 6 Competition at Bayside United FC with a sizzling pizza cook-off!

In one corner, we have our very own pizza maestro, Ross Vasta MP, former small business owner of an Italian restaurant. And in the other, it's Bayside United FC's charismatic and dedicated president and former bakery owner, Andrew Dale.

Get set for a dough-tossing, cheese-melting, flavour-exploding extravaganza where I will be putting my Italian cooking skills to the ultimate test!

It is also the perfect opportunity to celebrate the almost completed new female change rooms and family room made possible through the \$580,000 in Federal Funding I delivered. So, make sure you bring your appetite, your cheers, and let's have a ball as we celebrate this exciting new chapter for the club and even tastier pizza!



## SUPPORTING MANLY COAST GUARD

The Australian Volunteer Coast Guard plays a pivotal role in ensuring the security of our waters, safeguarding lives, and responding to emergencies. We are so fortunate to have them based here on the Bayside.

It was wonderful to recently visit the Manly Coast Guard who received Federal Funding through the 2022-23 Volunteer Grants Program. The funding not only supports them in updating delivery of important training courses for their volunteers, but it also recognises the invaluable contributions of volunteers who selflessly dedicate their time and effort to the Coast Guard service.

I express my heartfelt thanks for their tireless efforts in keeping our community safe on the water!

## BONNER BRIGHT STAR AWARDS — NOMINATIONS OPEN

It is time to shine a light on our community's brightest stars! Nominations are officially open for the 2023 Bonner Bright Star Awards.

These awards celebrate the outstanding contributions of community members across seven diverse categories: Community Group of the Year; Small Business of the Year; Community Person of the Year; Young Community Person of the Year; Student of the Year; Sportsperson of the Year; and Arts Person of the Year.

Do you know someone who is making a remarkable impact in Bonner? Nominate them today on my website, at [www.rossvasta.com.au](http://www.rossvasta.com.au).

Help me to recognise those who make our community shine!



## NEW LOOK FOR WYNNUM BOWLS CLUB

It's exciting times for the Wynnum Bowls Club! Thanks to the Stronger Communities Grant, I proudly delivered Federal Funding to enhance their club facilities.

The grant supported the repair and revitalisation of the club's exterior, making it a more inviting space for members and the community. The funding also supported improvements to lighting to ensure safe and enjoyable gameplay.

It was a pleasure to catch-up with the wonderful members at Wynnum Bowls Club recently where I got to see these updates in person.

If you are looking for somewhere to hold your next celebration or get-together, make sure you check out the Wynnum Bowls Club!

# BUCKLE UP BAYSIDE! WYNNUM FRINGE FESTIVAL IS BACK!



## The countdown to the most exhilarating cultural celebration of the year is officially on!

Wynnum Fringe, Queensland's beloved arts and entertainment festival, is back with a bang in 2023, and it's bringing even more excitement, talent, and innovation than ever before.

Comedy, music, cabaret, circus, theatre, family and kids events and much more will feature at the festival. Come along and soak up the epic vibes at the Wynnum Fringe Garden in George Clayton Park overlooking magnificent Moreton Bay.

Wynnum Fringe has garnered the prestigious Matilda Award, solidifying its reputation as a top-tier event on the Australian arts calendar. After attracting a staggering 36,000 attendees last year, the anticipation is palpable for this year's edition, set to captivate audiences from all corners of the country.

Don't miss it. The Wynnum Fringe program runs from November 15 to December 3 (Wednesday to Sunday each week), so mark your calendars, gather your friends and family, and get ready to immerse yourself in the magic of Wynnum Fringe 2023. For more information and ticket details, visit [www.wynnumfringe.com](http://www.wynnumfringe.com).



*Pictures by Bayside local Matt Taylor Photography.*

# JOAN PEASE'S COMMUNITY UPDATE

## STATE MEMBER FOR LYTTON

### LINDUM STATION ACCESSIBILITY UPGRADE FULL STEAM AHEAD



Baysiders the Lindum Station upgrade is full steam ahead and in January the station will close to the public to build new platforms, new footbridge and lift and many other features. Closing the station is the safest option for all customers. I know that this will cause some inconvenience, however the end results will be an outstanding new station that provides full accessibility for all customers .

To ensure everyone is prepared for this closure, Queensland Rail has been on station engaging with customers and is developing an Alternative Transport Plan to meet the needs of all customers.

Queensland Rail will continue to engage with customers throughout the project.

Morningside and Buranda Stations on the Cleveland line are also receiving significant upgrades and will be closed during these works.

Customers can find additional information on the upgrade by scanning the QR code to the Queensland Rail website and you can sign up for regular project updates at:

Additionally if you have an enquiry you can either call 1800 722 203 or email [stationsupgrade@qr.com.au](mailto:stationsupgrade@qr.com.au).



### INTRODUCING THE PEASE PODCAST



Baysiders, I have launched my very own podcast!

On the Pease Podcast, we celebrate the rich tapestry of our Bayside by highlighting the extraordinary stories, individuals and businesses who make Lytton a truly special place to call home.

From historic figures to contemporary heroes, we'll explore the diverse talents and remarkable achievements that have shaped Lytton's identity.

Each episode, we uncover the untold tales and remarkable contributions of those who have made a positive impact to our Bayside.

So sit back, relax, and subscribe to the Pease Podcast on your favourite streaming platform (Spotify, Apple Podcasts, etc) as we embark on this exciting adventure of celebrating Lytton's local legends.

### WELCOME BACK VINNIES

Baysiders may have noticed that for the last month, Vinnies on Edith Street, Wynnum has been closed. Following some important building works, I am happy to advise that the store is once again open.

I know all the Vinnies staff and volunteers are very excited to be open to our Bayside once again and I would encourage Baysiders to stop by next time you're on Edith street and welcome the team back.



### AIRSERVICES AUSTRALIA NOISE ACTION PLAN UPDATE



I would like to thank Baysiders who attended the recent Airservices Australia community consultation sessions for the new Noise Action Plan for Brisbane. Your feedback, insights and advice will help Airservices Australia develop a plan that is sensible and preserves the beautiful Bayside lifestyle that we all love.

Airservices Australia have informed me that following community consultation, they are progressing several recommendations and will present a third round of design options for community feedback after the school holidays. I will continue to keep Baysiders updated on further developments in this space!

### NEW AUSTRALIAN CITIZENS WELCOMED TO THE BAYSIDE

I recently had the pleasure of attending our Bayside's citizenship ceremony.

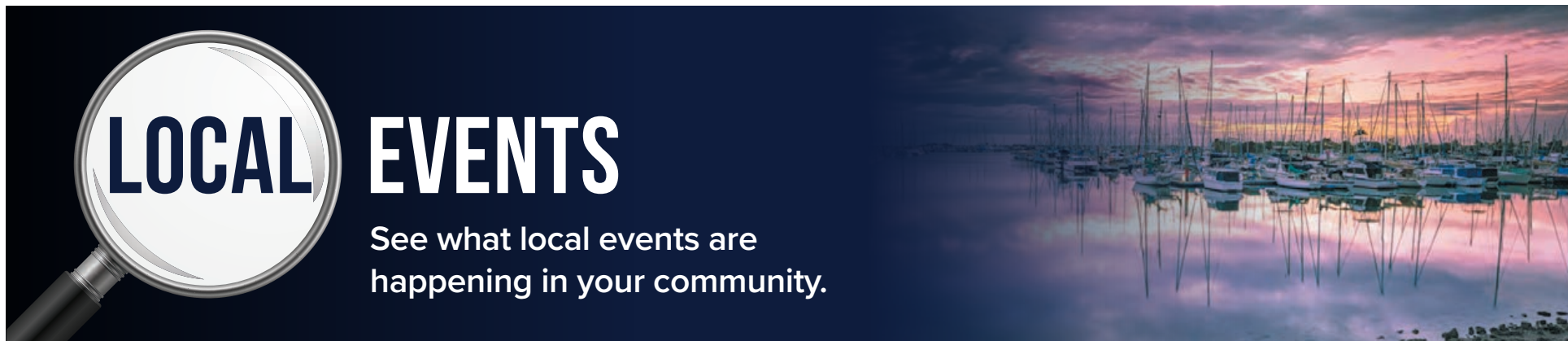
It was wonderful to see so many individuals and families taking their pledges and becoming a part of this beautiful country that we call home.

Lytton is a wonderful, vibrant place to live and I'm proud to be your strong, community-driven advocate who is standing up for the Bayside. I hope you enjoy each and every day in our beautiful Bayside!



**JoanPease MP**

State Member for Lytton



# EVENTS

See what local events are happening in your community.

SPONSORED BY MARKET 2 MARKET **23 YEARS**



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

## FREE MOVIES IN THE PARK



**Saturday October 7 from 7:00pm to 9:00pm**  
Little Bayside Park, Manly

Grab your blankets and chairs, pack a picnic or order some take-away for Manly Harbour Village's movie in the park. This month's movie is Shrek, a favourite of big and little kids.

## THE POEMS, PRAYERS AND PROMISES OF JOHN DENVER



**Wednesday October 18 from 11:00am to 12:00pm**

**Waterloo Bay Leisure Centre, 241 Tingal Road, Wynnum**

Presented by Senior Suburban Concerts, award-winning performer Darren Coggan returns to his country roots for this dazzling show featuring the hits of John Denver. Admission is free, but bookings are required via [eventbrite.com.au](http://eventbrite.com.au) or scan the QR code:



## CELEBRATE FOR A CAUSE: POSTCARDS FROM PALM SPRINGS



**Saturday October 21, 5:00pm to 11:00pm**  
Manly Harbour Boat Club, Fairlead Cres, Manly

Featuring a live big band, Californian-inspired food Marketta and raffles galore, this evening is a true celebration for a cause, raising funds for Rosies and the Bayside Community Fund.

Scan the QR code for tickets.



## WYNNUM MANLY JUNIORS RUGBY LEAGUE FAMILY FUN DAY



**October 7, 2:00pm to 7:00pm**  
Wynnum Manly Juniors Club, 57 Stradbroke Avenue, Wynnum

Wynnum Manly Juniors is hosting a trophy day and Community Family Fun Day featuring market stalls, food trucks, Bayside Car Club display and rides. Armbands are available to pre-purchase from the club for \$30, or to purchase on the day for \$35. Fireworks will light up the sky at 7:00pm to finish of the night. The club will have live entertainment upstairs from 6:00pm.

## SHIRE CLERK'S COTTAGE SPRING FAIR MARKET



**Saturday October 21 from 8:00am to 1:00pm**  
Waterloo Bay Leisure Centre, 241 Tingal Road, Wynnum

Browse more than 70 stalls, indulge in a Devonshire Tea on the cottage verandah and support your local arts and crafts community at the Shire Clerk's Cottage Spring Fair Market.

## REPAIR CAFÉ



**Sunday October 8 from 2:00pm to 4:00pm**  
Waterloo Bay Leisure Centre, 241 Tingal Road, Wynnum

Bring along your broken or damaged item to be repaired and at the same time minimize landfill. Repairs are free, but you'll need to book online at [TryBooking.com](http://TryBooking.com) (search Repair Café, Wynnum). Find us on Facebook (Brisbane Bayside Repair Café) or call 0474 095 560.

## COME AND TRY DRAGON BOATING



**Saturday October 7 at 6:30am**  
Wynnum Manly Yacht Club, 542 Royal Esplanade, Manly

Join a four-week 'come and try' training program and explore the sport of Dragon Boating. For only \$20 you'll learn the fundamentals of Dragon Boating, including paddle technique, safety and teamwork. Book your place by emailing [mdbcomeandtry@gmail.com](mailto:mdbcomeandtry@gmail.com).



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

FOR MORE GREAT EVENTS IN THE COMMUNITY, VISIT [THECOMMUNITYLEADER.COM.AU](http://THECOMMUNITYLEADER.COM.AU)





# WHAT'S NEW AT THE MOVIES THIS OCTOBER

FROM MAJESTIC CINEMAS, WYNNUM



### Expendables 4 (CTC) – October 12

A new generation of stars join the world's top action stars for an adrenaline-fueled adventure in The Expendables 4. Reuniting as the team of elite mercenaries, Jason Statham, Dolph Lundgren, Randy Couture, and Sylvester Stallone are joined for the first time by Curtis "50 Cent" Jackson, Megan Fox, Tony Jaa, Iko Uwais, Jacob Scipio, Levy Tran, and Andy Garcia. Armed with every weapon they can get their hands on and the skills to use them, The Expendables are the world's last line of defense and the team that gets called when all other options are off the table. But new team members with new styles and tactics are going to give "new blood" a whole new meaning.



### Killers of the Flower Moon (CTC) – October 19

Based on David Grann's broadly lauded best-selling book, "Killers of the Flower Moon" is set in 1920s Oklahoma and depicts the serial murder of members of the oil-wealthy Osage Nation, a string of brutal crimes that came to be known as the Reign of Terror.



### The Royal Edinburgh Military Tattoo (CTC) – Special Event – October 14 and 15 only

The Royal Edinburgh Military Tattoo is returning to cinemas with its brand new 2023 show, a musical journey entitled 'Stories'. Set against the spectacular backdrop of Edinburgh Castle, the Tattoo Arena will play host to impressive cultural showcases including from the UK & Ireland. From the Massed Pipes & Drums, the Tattoo Dancers and Fiddlers, and the stunning imagery captured through light and projections, audiences will be transported and enthralled. Australian participants are: The Scots College Pipes and Drums, The Scots College Sydney Old Boys Pipes and Drums and The Scots School Albury Pipe Band.



### Five Nights at Freddy's (CTC) – October 26

Can you survive five nights? The terrifying horror game phenomenon becomes a blood-chilling cinematic event, as Blumhouse—the producer of M3GAN, The Black Phone and The Invisible Man—brings Five Nights at Freddy's to the big screen. The film follows a troubled security guard as he begins working at Freddy Fazbear's Pizza. While spending his first night on the job, he realizes the night shift at Freddy's won't be so easy to make it through.



## WYNNUM CINEMA

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Movie Club &  
get discounted  
tickets & more!



6 CINEMAS  
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CINEMA HIRE AVAILABLE

FUNDRAISE WITH US

Underground parking available on site.



# Café La Mer



Nestled away next to the boat harbour, just outside the hustle and bustle of Manly's main street.

Enjoy a fresh menu, made from seasonal local ingredients. Freshly made cakes, biscuits and savoury pastries all made in our kitchen.

Dine inside or out on the deck overlooking the harbour out to the bay.

570 Royal Esplanade Manly  
Ph: 3893 3177



**MON - SUN**  
BREAKFAST 7AM - 11.30 AM  
LUNCH 11.30 AM - 3PM

# MARK YOUR CALENDARS – IT’S FETE TIME AT LOTA SS!

CONTRIBUTED BY KYLE LOW, PRINCIPAL, LOTA STATE SCHOOL

Lota, Queensland – get ready for a day of family fun and excitement as the Lota State School P&C Association prepares to host their highly anticipated school fete on October 14. With a plethora of activities, performances, and delicious treats in store, this event promises to be a highlight of the year for the entire community.

The school grounds will come alive with an array of activities to suit all ages. Thrill-seekers can test their climbing skills on the climbing wall or engage in some high-energy action with a round of laser tag. The little ones will be delighted with jumping castles and a petting zoo, while budding archaeologists can unearth prehistoric secrets in the dinosaur dig.

For those seeking treasures of a different kind, the treasure trove is the place to be. And don't forget to explore the sideshow alley, where an assortment of show bags and classic carnival games await.

Throughout the day, the stage will be alive with a variety of performances, including bands, dance troupes, and even a karate demonstration. This fete truly has something for everyone, with local talents showcasing their skills.

Hungry? No problem! A wide selection of delicious food and beverages will be available, including BBQ, baked goods, and refreshing drinks.

On the same day, the school library will host the referendum, and attendees can exercise their civic duty while enjoying the fete's activities. It's a chance to make your voice heard and support the school at the same time.

Entry to the fete is free, and all proceeds from the event will go toward supporting the Lota State School. So mark your calendars for October 14, and come join the fun at the Lota State School Fete. It's a day of community, entertainment, and excitement you won't want to miss!



Photo: Supplied.

SATURDAY  
28th October  
2023

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EVENTS  
4PM  
TO 9PM

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TRICK & TREAT  
4PM  
TO 6PM

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PARADE AT  
6PM

SCAN ME!

## 2023 Ampol WYNNUM Halloween Parade

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Follow the **TRICK & TREAT** trail from 4pm in Wynnum Central. Watch the **MAIN PARADE starting at 6pm** on Bay Terrace from Berrima St and this year it is turning right on to Edith Street. The community are welcome to join the parade.

Check out the **MARKETS**, enjoy a variety of tasty **FOOD TRUCKS** plus this year we have **AMUSEMENT RIDES!** Enter our **BEST DRESSED COMPETITION** with prizes for both adults and kids.

Watch **ENTERTAINMENT** on our main stage, pre and post parade, this year's line up includes The Sault Poets acrobatic zombies and the Franky Smart Band.

Scan the code to check out our website which will be updated continually leading up to the event.



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# MAGGIE'S MATES

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**Name:** Hi, I'm Charlie Girl.

**Where do you live?** Lota.

**How long have you lived at Lota?** Nearly 15 years!

**What's your favourite local walk?** The path to the dog park.

**What's your favourite food?** I am definitely a carnivore – I love liver or kangaroo.

**What's your worst habit?** As I'm nearly 16 years old, I don't like going up or down stairs. This princess prefers to be carried!

**Your favourite place?** Lota dog park.

**Your best friend?** I have lots of friends at the dog park, but my oldest friend is my neighbour, Pepper.

**Do you have any funny or embarrassing stories to tell?** Everyone thinks I am cute when I do my meerkat impersonation.

**What do people love most about you?** I am pretty chilled and like most dogs, I love being scratched behind my ears.



**Name:** I'm Winnie.

**Where do you live?** I'm from Manly West.

**How long have you lived there?** All my life – two years and six months.

**What's your favourite walk?** I love the waterfront where I see all my other four-legged friends walking.

**Your most treasured toy?** My orange frisbee.

**What's your favourite food?** Yorkshire puddings with roast beef and gravy, and roast potatoes go down a treat too!

**What's your worst habit?** Barking at the neighbours or birds in the back yard... I'm trying to be good!

**Your favourite place?** Lota dog park with my friends.

**Your best friend?** My boyfriend Murphy – he is super-cute and very popular!

**Do you have any funny or embarrassing stories to tell?** The first time I went to the beach I barked at the waves...now I just love the water, and any chance I get to sneak through the pool fence I'm straight in that water! I'm quick!

**What do people love most about you?** I'm a mixture of cattle dog, labrador, blue heeler and something else, so when I'm at the dog park, I'm known to herd and chase other dogs, but I'm very easily distracted when a human shows me food! Yum! I'm a friendly little pup who loves snuggles.



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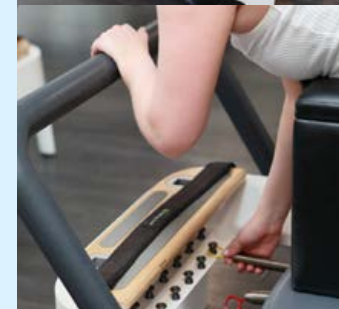
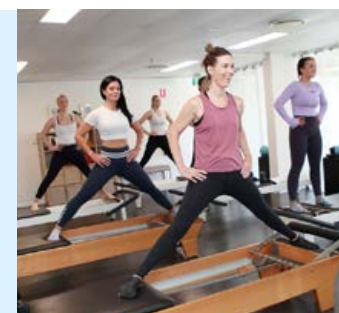
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# MISS MAGGIE OF MANLY



## ALL ABOUT TICK PARALYSIS

BY DR NICKY THOMAS, WYNNUM MANLY VETERINARY HOSPITAL

The warmer months have seen an increase in the number of cases of tick paralysis seen at vet hospitals across Brisbane. Tick paralysis is caused by the paralysis tick, *Ixodes holocyclus* and can rapidly cause extremely serious clinical signs. Tick paralysis can be fatal if not recognised and treated.



Tick paralysis is the result of a neurotoxin released by the tick as it feeds on your pet's blood. The toxin blocks the neuromuscular junction, which means that messages sent by the nerves cannot get through to the muscles. Common signs of tick paralysis include:

- Loss of coordination in the back legs ("wobbliness"), which progresses to include the front – legs;
- Change or loss of vocalisation - a husky-sounding bark or meow may develop;
- Coughing;
- Gagging and vomiting;
- Loss of appetite;
- Increased respiratory effort. Severe cases of tick paralysis can result in respiratory paralysis and require the patient to be ventilated.

Ticks can be carried and spread by marsupials without developing signs of tick paralysis. Possums and bandicoots are common culprits, and there are large numbers of them in our suburbs and backyards, which means that even dogs and cats that don't leave your yard may be exposed to ticks.

Prevention is the best way to ensure your pet stays safe. Daily tick searches are important – thoroughly checking your pet's coat, including inside the ears, under the lips, between the toes and around the genitals, can help you locate and remove ticks before they cause a problem. There are a number of products available for both dogs and cats to help control paralysis ticks. Have a chat with your vet about the best choice of product for your pet.

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# POINT LOOKOUT SURF LIFE SAVING CLUB: SERVING WHILE THEY SURF

BY JAN NARY

People come to volunteering through many different paths – for Matt (“Emu”) Robinson it was more of a lifestyle choice than sheer altruism. Matt, now president of the Point Lookout Surf Life Saving Club on Minjerribah, started with the club as a 13-year-old Nipper.

“The family had always lived in the Redlands near the Bay and surfing was just a part of life in summertime,” he says.

“Straddie was a regular holiday spot – we actually moved there for several years when I was a teenager – and the Point Lookout Club has always been my home base.”

The club, which was founded in 1947, now boasts around 500 members. In the summer weekends senior members are a reassuring presence on Minjerribah’s two most popular surfing beaches, Main Beach and Cylinder Beach. Matt says that the club has some unique features that put extra demands on its resources.

“We’re one of the few clubs that actually patrol two beaches, which puts a real demand on our resources, both volunteers and equipment,” he says.

“We run weekend patrols, from the September school holidays to the Monday of the May Day long weekend. That means a nine-hour commitment for eight to 12 alternating life savers on both beaches every Saturday and Sunday through summer. That’s a big ask!”

Matt says that surf lifesaving, like many volunteer-driven organisations, took a dive in membership during the worst of the COVID epidemic.

“Volunteer numbers seem to be picking up again but despite probably having the highest number of volunteers in the 16 to 30-year-old age bracket we’re always needful of more recruits. Some find themselves with family and other life commitments that pull them away. Some lose the physical ability to do actual rescue work but we’re always quick to point out that there are ways of volunteering other than battling a rough surf.”



Because of its remoteness the Point Lookout club has a radio room facility that needs operators – and because it doesn’t have the financial support of a big club house with gambling facilities it needs people to throw themselves into the vital task of fundraising.

“Anyone who wants to get involved in volunteering with a spectacular view is more than welcome,” Matt says. “The majority of our members aren’t Island locals – they do a weekend commute from the mainland with the option of staying overnight in our clubhouse dormitory – dinner and breakfast provided, of course.”

And the cherry on the cake is getting to wear the red and yellow quartered cap, which is good for a smile of recognition and appreciation anywhere in Australia.



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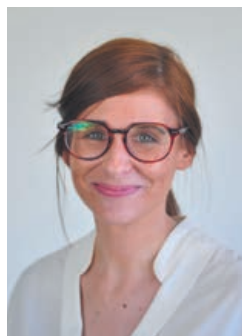
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# DO YOU KNOW ABOUT CORONARY ARTERY CALCIUM SCORES?

BY DR DALE GARRED, MANLY VILLAGE MEDICAL

Heart attack and stroke are some of Australia's biggest killers. Wonderfully, in medicine, we have many tools available to us to help assess a patient's risk of developing cardiovascular disease (i.e. angina, heart attack) and stroke.

All patients over the age of 45 (who are not already at high risk of developing cardiovascular disease) should have their absolute Cardiovascular Risk calculated by their GP. Doctors use a Cardiovascular (CVD) Risk Calculator Tool, which uses your blood pressure and cholesterol scores to calculate your risk of developing cardiovascular disease.



Unfortunately, no tool is without its pitfalls, and occasionally, the CVD Risk Calculator may UNDERESTIMATE risk for certain populations, such as in Aboriginal and Torres Strait Islander Peoples or in other individuals with known risk-enhancing factors that are not fully captured in the algorithm (e.g. family history, alcohol intake, weight).

For patients who are deemed to be at low to moderate risk of cardiovascular disease using the CVD Risk Calculator, their doctor may decide to order a Coronary Artery Calcium Score for the purpose of confirming or reclassifying a patient's risk.

A Coronary Artery Calcium Score uses a CT scan to measure the amount of calcified plaque (cholesterol deposit) inside the walls of the heart's arteries (blood vessels). A collection of calcium in the walls of your heart's arteries can mean that there's a build-up of plaque (cholesterol). This could increase your risk of a heart attack. So even though your risk might be low according to the initial CVD Risk Calculator, you may be reclassified as high risk if your Coronary Artery Calcium Score is elevated. We encourage high-risk patients to aggressively treat their modifiable risk factors, e.g. cholesterol scores, with diet and medication.

## PITFALLS

- If you are already deemed to be at high risk of Cardiovascular Disease, there is no need to get a Coronary Artery Calcium Score.
- A CT Calcium Score only checks for calcified plaque in the heart's arteries.
- If you have elevated cholesterol, these deposits may NOT be calcified, so your CT Calcium score may still be low, even though you do have 'blockages' in your heart's arteries.
- If you have elevated cholesterol, you may have plaque build-up in other important arteries, such as the ones leading to the brain, the kidneys and the lower limbs, so cholesterol management may still be recommended even if your Coronary Artery Calcium Score is low.

If you want to know more or have your Cardiovascular Risk assessed, please phone your doctor and book an appointment for a Healthy Heart Check. If you would like to make an appointment at Manly Village Medical, please call our reception on 07 3396 2141.



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# HIT THE BEACH FOR 40TH GAGE ROADS STRADDIE INVITATIONAL

The Gage Roads Straddie Invitational, celebrating its 40th anniversary, claims to be the longest-running teams surf event in the world. It started life in 1983 as the Straddie August Assault. It was initiated mainly to help businesses on Minjerribah during winter months, when the island's tourist numbers dropped. This year's event will take place on October 20 to 22.

Excellent surfs ensured highly successful events and the ensuing media coverage established the event as an ongoing attraction. Competitors are drawn from Noosa to Coffs Harbour and 16 clubs will compete this year.

The wide range of categories ensures broad participation possibilities, with categories for male, female and age classifications, individual surfers and tag team events. The judging is undertaken by a panel of professional judges. Key judging criteria are; Commitment and Degree of Difficulty, Innovative and Progressive Manoeuvres, Combination of Major Manoeuvres, Variety of Manoeuvres, Speed, Power and Flow.

Secretary of the Point Lookout Boardriders (PLB), Daniel Hatchman, says the club is expecting an impressive turnout.

"It's a great weekend for the whole family," he says. "The event is always well-catered and Sunday afternoon awards presentation will be held at the Stradbroke Island Beach Hotel so we'd urge people to get behind their favourite club, embrace the community spirit and get over here for a weekend of high-octane surfing action!"

Curtis Ewing was the power surfer for PLB in the Tag Team Final last year and came in clutch in the last minute with a big score to secure the win for Point Lookout Boardriders.



Curtis Ewing – Frontside Carve at Main Beach NSI. Photo: Andrew Shield.

## A BIT OF TRIVIA...

Curtis' younger brother Ethan Ewing competed in the WSL Finals at Lower Trestles California. He took out a rampaging Brazilian Joao Chianca, ploughing through the Californian golden boy, local hero, Griffin Colapinto. Ethan's surfing on the day was widely described as the most powerful and progressive rail surfing the world has ever seen (as distinguished from progressive aerial surfing). Finally, he came to face off 1v1 for the World Championship with Filipe Toledo, ultimately leaving Ethan **2nd in the world** after two very close heats.

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# SARA WHITMEE'S LOCAL AREA UPDATE

COUNCILLOR FOR WYNNUM MANLY WARD



## COMMUNITY SURVEY

I personally invite all members of the Wynnum Manly community to participate in my Community Survey. Can you take a moment to share your thoughts, to help me understand what matters most to you, and guide my efforts to address challenges and opportunities in our community?

Your participation in this survey isn't just a response; it's a commitment to the well-being of our community. Every response contributes to our collective vision for a better future, a vision I will take to City Hall on your behalf.

Wynnum Manly thrives on its vibrant and unique character, driven by the incredible people who call it home. Your insights are crucial in shaping the future of our wonderful community, and I'm eager to listen.

You can access the survey on my website - <https://sarawhitmee.com/2023survey/> - or by scanning the QR code.



## HALLOWEEN PARADE, 28 OCTOBER

Are you ready for another Halloween spook-tacle? The Wynnum Halloween Parade returns for its second year on Saturday, 28 October.

The festivities kick off at 4pm with a child-friendly Trick or Treat trail around Wynnum Central and at 6pm, a spooky cavalcade of cars will take over Bay Terrace for the Halloween Parade.

The fun doesn't stop after the parade! The Best Dress competitions will be judged at 7pm, with some great prizes up for grabs including a \$200 Ampol fuel card. After the judging, visitors can enjoy sideshow rides, grab something to eat from the food trucks, and check out the decorated storefronts.

The Halloween Parade is organised by Wynnum Commerce. If you are interested in volunteering on the night, please email [halloween@wynnumcommerce.com.au](mailto:halloween@wynnumcommerce.com.au).



## WYNNUM MEMORIAL PARK

I encourage you to check out the upgrades to Wynnum Memorial Park. The recent works included the installation of two new synthetic cricket nets and replacement of the aging playground equipment with a play structure and swing set.



## 2023 QUEENSLAND COMMUNITY ACHIEVEMENT AWARDS SEMI-FINALIST



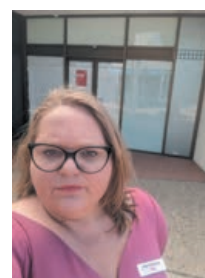
Congratulations to our very own Kylie Alcorn, owner of The Eclectic Mix, who was announced as a semi-finalist in the 2023 Queensland Community Achievement Awards.

Anyone who's entered The Eclectic Mix knows that Kylie always gives excellent customer service, but I felt compelled to nominate her for this award due to her above-and-beyond kindness following the death of Ros Price, owner of AAAlora Florist.

While mourning the loss of a friend, Kylie continued to sell Ros's flowers to help cover funeral costs and even approached other florists for donations. I'm thrilled that the judges of the Queensland Community Awards have recognised the good she has done for our community.

The winners will be announced in November.

## WESTPAC CLOSURE



Sadly, Westpac is the latest bank to close its local branch, with Westpac Wynnum closing its doors in early September.

The shuttering of local branches makes it very difficult for our local residents, particularly our senior citizens, to pay their bills and do their banking.

I highly encourage members of the Wynnum Manly community who do their banking with Westpac to change to a bank with a local presence, such as Commonwealth Bank, Bendigo Bank, and Bank of Queensland.



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# CHAMBER EVENTS FOSTER VALUABLE NETWORKING OPPORTUNITIES

FROM JANELLE BOSTOCK, PRECINCT COORDINATOR, MANLY HARBOUR VILLAGE CHAMBER OF COMMERCE



Photography by Unbar Photography.

**On Friday, September 1, the Manly Harbour Village Chamber of Commerce hosted its last Business Breakfast for 2023, attended by close to 40 participants at Manly Harbour Boat Club. These breakfast events provide valuable business networking opportunities and the necessary business tools and strategies to assist with quality improvement processes within their business.**

Our guest speaker, Velia Nicholls, from Courage to Speak, provided a thought-provoking, highly energised interactive presentation through shared stories, laughter and learning on “The Customer Journey”. Today’s customer is diabolical! They are demanding. They have little trust, no patience and a very low expectation of receiving quality customer service. Customer service is about the ability to build relationships, make connections and build trust. But is building this connection even possible in today’s world? Absolutely! Attendees left the session with a fresh approach and a renewed energy to build those customer connections.

Terri Cooper, Business Support Manager, Business Chamber Queensland, announced they have just launched the Free Digital Skills Training Hub that is there to help businesses stay relevant through ongoing learning with 25,000 + courses to choose from. Eleanor Crosby, Industry Workforce Advisor, provided an update on the Queensland Government program that supports small and medium enterprises to address workforce challenges, diversify their workforces, and support workforce growth. As part of this initiative, grants are available to assist in this area. Please get in touch if you would like further information.

Our MC, Carlee Hay, kept the morning flowing and on time, with all attendees managing to get out of the door and back to the office by 8.30am. Thank you to all in attendance and to those who support the Business Breakfast Series. Feedback is unanimous to continue, so keep an eye out for the 2024 dates to lock into your diary.

The next scheduled meeting is our Annual General Meeting on Tuesday, October 10, at the Royal Queensland Yacht Squadron. Please reach out if you wish to attend.

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# ANYONE FOR PING PONG?

BY FRANCK ROGUIEZ, COACHING DIRECTOR, WYNNUM TABLE TENNIS

The Wynnum Table Tennis Association, steeped in history and boasting a rich legacy, invites enthusiasts of all ages and skill levels to embark on an exciting journey into the world of ping pong on the picturesque bayside. Established in 1945, this vibrant association has now grown to include over 200 members who share a passion for the thrilling sport of table tennis.

Table tennis, often referred to as ping pong, offers a plethora of benefits for both the body and mind. This fast-paced game enhances reflexes, sharpens hand-eye coordination, and improves balance. It provides a low-impact workout, making it accessible to people of all fitness levels, from beginners to seasoned athletes. Moreover, it's an excellent opportunity to expand your social circle and forge new friendships with fellow enthusiasts.


One of the remarkable features of the Wynnum Table Tennis Association is its inclusivity. The association welcomes players of all ages, from the youngest members at just four years old to the most senior, who recently celebrated their 90th birthday. This diversity highlights the universal appeal of table tennis, transcending generations and uniting people through the joy of the game.

Wynnum has a storied history in the realm of table tennis, once ranking among Queensland's largest clubs. Over the years, it has been a breeding ground for talent, with numerous players representing Queensland and even donning the green and gold for Australia on the international stage. The association takes pride in its legacy and continues to nurture the next generation of champions.

Whether you're seeking a casual social game, a competitive edge, or the opportunity to learn from a professional coach, Wynnum Table Tennis Association has something for everyone. For additional information and inquiries, please reach out to Franck at 0426 275 807 or visit the website at [www.wynnumtabletennis.org.au](http://www.wynnumtabletennis.org.au). Join our thriving community and experience the excitement of table tennis by the bay!




Photos: Supplied.




# Lord Mayor Adrian Schrinner

## Local Updates



### Wynnum Halloween Parade




Taking place on October 28, the Wynnum Halloween Parade promises to be a *spooktacular* event with live entertainment, trick or treating, markets and food trucks.

For more information, visit: [wynnumnow.com/wynnum-halloween-parade](http://wynnumnow.com/wynnum-halloween-parade)

This event is proudly supported by Brisbane City Council.


### Improving our roads



The Schrinner Council is making sure you get home sooner and safer by upgrading local intersections right across the city.

This year, improvements at the Cambridge Pde, Melville Tce and Arnold St intersection in Manly are planned that will improve pedestrian safety. For further details, visit [brisbane.qld.gov.au](http://brisbane.qld.gov.au) and search 'Cambridge Pde'.

### Halving the cost of green bins



We've slashed the annual cost of our green waste recycling service by more than 50%, from around \$93 to just \$45 - that's a cost of less than \$1 per week or \$11.25 per quarter.

This will benefit the almost 140,000 Brisbane households who already have a green-top bin and encourage more residents help divert more green waste from landfill.

To order a green bin, visit [brisbane.qld.gov.au](http://brisbane.qld.gov.au) and search 'green waste recycling'.

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# TAKE A SEAT AND CHAT: CONVERSATION TABLES IN THE BAYSIDE

BY CRAIG MOORE, SIT N CHAT

**Sit N Chat is a not-for-profit innovative initiative that is making a significant impact on the community by fostering meaningful connections and improving people's well-being. Volunteers chat with people at markets, events and door-to-door, and now Brisbane City Council has unveiled two new Sit N Chat conversation tables on the Wynnum Waterfront at Darling Point and Lota Park.**

The tables are marked with a large orange plate on the tabletop's surface that reads: "Anyone who sits at this table is open to have a conversation with anyone else who sits at this table".

Sit N Chat has successfully created a space for individuals to engage in open and authentic dialogue – now everyone can volunteer their time by sitting at a table.

The table concept is the brainchild of Craig Moore and Clair Molyneux, co-founders of Sit N Chat. Social isolation and loneliness can be harmful to both mental and physical health and is considered a significant health impact on our society. An estimated one in three (33%) Australians reported an episode of loneliness. Sit N Chat is helping people in the community by tackling social isolation and loneliness.

In today's fast-paced world, many individuals feel disconnected from their neighbours and communities. Sit N Chat's conversation tables provide an opportunity for people to come together, share their stories, and build lasting relationships by providing a platform for face-to-face

conversations, combating feelings of isolation and creating a sense of belonging.

At a standard public table where two or more people are already seated, most will sit at another table, but the conversation table gives you permission to join in. Engaging in conversations with individuals from diverse backgrounds allows participants to gain new perspectives and broaden their horizons. These conversations encourage empathy, understanding, and tolerance, fostering a more inclusive and cohesive community.

Craig has also approached Queensland Rail with the concept of a chatty carriage on its trains. Sit N Chat is hoping to place conversation tables in public spaces, like parks, schools, and retirement villages all over the country. Imagine conversation tables in high schools where the grade 12s could run their own conversations with younger students, before school and at lunch times, encouraging a stronger sense of unity.

Sit N Chat started in 2022 and now local companies are helping out, too. Century 21 Wynnum recently supplied promotional bags with two-for-one coffees and meals from local businesses. The Cave has helped print 5000 safety cards listing all food banks, emergency numbers and charity contact details.

For more information about Sit N Chat, please go to [sitnchat.org](http://sitnchat.org) or contact [Craig@sitnchat.org](mailto:Craig@sitnchat.org).



Photos: Supplied.

WYNNUM RSL

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# LOCAL VOLUNTEER WINS COMMUNITY HERO AWARD

BY HARVEY SHORE

Paul Burchell, a 30-year veteran of Brisbane Coast Guard in Manly, has been declared a 'Brisbane Community Hero' by the organisers of this year's Brisbane Festival.

Paul is the Duty Officer of 'J' Roster, holder of the National Medal, the National Emergency Medal and the Flood & Cyclone Citation among other awards, and a fully-qualified Coast Guard coxswain who has been involved in hundreds of marine rescues.

Brisbane Festival organisers said they were looking for people who displayed bravery, courage, honesty, moral integrity, selflessness, strength, leadership or self-sacrifice, and who made a significant contribution in their neighbourhood and left a positive impact on the lives of others.

The judging committee said they were impressed by Paul's 'quiet achiever' approach to his extraordinary volunteer work, which had clearly saved numerous lives and fulfilled all their requirements for a Community Hero.

In addition to being a duty officer at the Manly Coast Guard base, and taking part in Search and Rescue operations with Water Police, Paul also acts as security officer for the base and uses his trade skills as a carpenter to assist with ongoing repairs to the building.

Mr Burchell was declared a 'Brisbane Community Hero' and interviewed before a large crowd of festival-goers at a ceremony in Manly's Bayside Park. His interview was broadcast on ABC Radio.

Paul also received a VIP invitation to attend all future Brisbane Festival events.



Paul Burchell (right) being interviewed by ABC Radio in Manly after his selection as this year's Brisbane Community Hero. Photo: Supplied.

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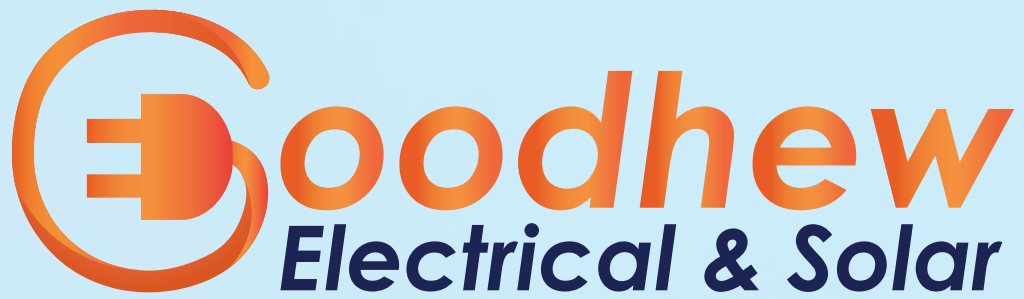
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# Handling electrical fires safely

CONTRIBUTED BY JARIC ELECTRICAL

Electrical fires can swiftly escalate, posing a grave danger to your loved ones and property. That's why knowing how to handle them is crucial. Here's a guide to effectively managing electrical fires.

## QUICK TIPS TO PROTECT YOUR HOME

- 1. Prioritise your safety:** If the fire is sizable or it's spreading fast, evacuate immediately and call emergency services on 000. Your safety comes first!
- 2. Cut the power:** If it's safe, turn off the power in the affected area by locating the circuit breaker and switching off the relevant circuit.
- 3. Use a fire extinguisher:** Small electrical fires can be tackled using a Class C fire extinguisher. Never use water-based extinguishers, as they worsen electrical fires.
- 4. Smother flames:** If you don't have an extinguisher, use non-flammable materials like heavy blankets or sand to smother the flames. Avoid materials that can catch fire.
- 5. Avoid water:** Water conducts electricity, increasing the risk of electrocution and fire spreading. Stick to non-conductive materials.
- 6. Evacuate and alert:** If the fire persists or grows, evacuate immediately and ring 000.

**7. Preventive measures:** To reduce the risk of electrical fires, ensure your home's wiring and electrical appliances are well-maintained. Avoid overloading outlets, use surge protectors, and get frayed cords or exposed wires fixed promptly.

**8. Conduct regular inspections:** Get a sparkie to inspect your electrical system to identify potential hazards like flickering lights, buzzing outlets, or circuit breakers that frequently trip. Address any issues promptly to prevent the risk of fire.



**Contact Jaric Electrical for expert advice on your home's electricals.**

Remember, safety is paramount. If you're unsure, prioritise evacuation and call 000. By staying prepared and informed, you can effectively manage electrical fires, safeguarding lives and property.

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# THE WYNNUM TAKES IT ALL

BY MARGARET VOTE, RAINE & HORNE WYNNUM MANLY

We are certainly on the countdown to this year's spectacular Wynnum Fringe Festival. Set to commence on November 15 and finish on December 3, 2023, it is going to be a jam-packed event with amazing acts coming from all over our fine nation.

Last year, Tom Oliver, founder and creator of Wynnum Fringe, came up with the slogan, "You can't Wynnum all, but you can Wynnum Fringe". It was a huge success and is seen on many t-shirts around the bayside. This year, Tom came up with the new slogan, "The Wynnum takes it all". Our Raine & Horne Wynnum Manly office, founding sponsor and huge supporter of Tom and his Wynnum Fringe passion, just had to get involved in its promotion.

What a day it was; dressing up as ABBA and genuinely having a fantastic time being photographed by the very talented Matt Taylor from Matt Taylor Photography to create the images we wanted for this campaign.

Don't miss out; jump on [wynnumfringe.com](http://wynnumfringe.com) and grab your tickets now!



**matt Taylor**  
PHOTOGRAPHY

Photo: Supplied.



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# Why gutter protection is important for your home

CONTRIBUTED BY LEAF SHIELD

**Our weather patterns are unpredictable. We are experiencing a dry spell with intermittent rain, and now that we are heading into the bushfire season, the dry spell looks like it's starting earlier than usual.**

Residents need to be prepared for whatever the weather brings, and cleaning roofs and gutters should be at the top of the home maintenance priority list. Bushfires, strong winds, and stormy weather affect us all, so ensuring gutters are clear and protected from the elements is a worry Leafshield can alleviate.

Leafshield Gutter Protection has been installing gutters since 1995. We are a family-owned and operated business specialising in all types of gutter guards, including fire-rated stainless steel and aluminium. Our products protect against ember attacks and improve water flow into water tanks, and our Leafmesh product has been engineered to suit Australia's harsh conditions with UV stabilisers to retain strength and colour.

We provide solutions for any leaf type, including fine pine needles, bottle brushes and Jacarandas. Our gutter guards can be fitted to any roof and valley to create a ski slope effect, which allows leaves to slide off the roof instead of blocking the gutters. Our gutter mesh also deters rats, snakes, possums and birds from accessing your roof cavity.

Installing Leafmesh also removes the hassle and danger of homeowners accessing the roof to clean gutters. It's a multi-purpose solution for an everyday problem.

If you're interested in finding out more, a member of our sales team will visit your property to measure and quote the most appropriate gutter mesh for your particular roof and leaf type. We also offer a free gutter cleaning prior to installation.

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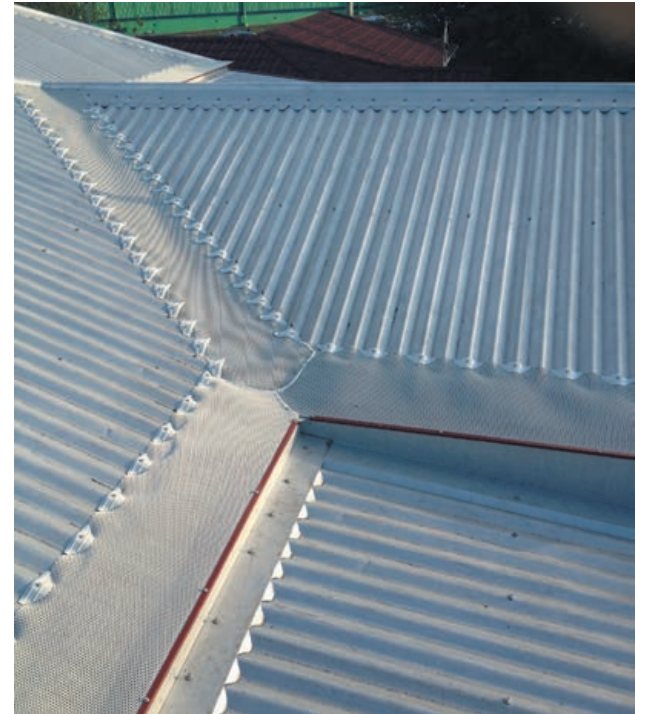


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# CELEBRATING PROBUS MONTH

CONTRIBUTED BY THE PROBUS CLUB OF CARINDALE INC.

On October 1st, Cleveland Lighthouse will be lit in blue and yellow, commencing Probus Month celebrations. The day is designated by the United Nations as the "International Day of Older Persons". Throughout October, landmarks across Australia will be lit including the Story, Victoria and Breakfast Creek Bridges, Reddycliff Place, and Mt Coot-tha Botanical Gardens Dome on October 8th.

Probus, with over 400,000 members worldwide, promotes social interaction and fellowship among retired and semi-retired people and this year's theme is "Good Friends, Great Times, New Adventures".

Clubs will celebrate Probus Month with a variety of events such as lunches, picnics, BBQs, and themed events.

Probus offer a range of activities including trips, lunches, dinners, theatre shows, special interest groups, book clubs, outings for members to enjoy, and more to match their interests, lifestyle, and location.

Carindale Probus, which was formed in 1996 and has 100 members, will celebrate by holding a "Picnic in the Park" at Carindale Reserve. "The picnics always prove to be an extremely social event and this year the club has invited representatives from Federal, State, Council and other community organisations to come along to celebrate with club members," said club president, Chris Lintott.

Carindale Probus Club meets monthly at the Belmont Services Bowls Club, Carina, to enjoy the company of like-minded members and hear from interesting guest speakers. Membership is open to anyone who is retired or semi-retired.

For more information or to make an enquiry, visit [www.carindaleprobus.com](http://www.carindaleprobus.com).



Photo: Supplied.





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# ROTARY CLUB OF WYNNUM AND MANLY CELEBRATES 70 YEARS

FROM THE ROTARY CLUB OF WYNNUM AND MANLY



The 70th anniversary of the Rotary Club of Wynnum and Manly is a momentous occasion. Established in October 1953 by local business leaders, the club began its journey with 24 dedicated members, led by local dentist Harry Hase as its first president. Over the years, it has thrived, expanding its membership to over 70 individuals, although it currently stands at 46 members, including Tony Fisher, the son of one of its charter members.

The highlight of this remarkable milestone will be a gala dinner, on October 21, 2023, at the Wynnum Manly Leagues Club. Anticipating an impressive turnout of over 100 attendees, the event will bring together current and former members, prominent local figures, and community representatives.

This celebration will shine a spotlight on 70 years of the club's outstanding achievements in the local community. Notable accomplishments include the establishment of a monument honouring the Qandamooka people near the Wynnum wading pool, the development of Eastwood Beach near the Manly swimming pool, the preservation of Balue's Slip (Pelican's Roost) on the Wynnum foreshore, the annual community Family Fun Day, Santas on rooftops at Christmas and all made possible through the club's dedicated efforts.

In addition to its local contributions, the Rotary Club of Wynnum and Manly has made a global impact, supporting educational initiatives in countries such as India, Tanzania, Cambodia, Timor Leste, and the Solomon Islands. Projects, ranging from providing solar lights to villagers in Timor Leste to clean water initiatives in the Pacific Islands, have spread goodwill and life changing solutions for so many. Furthermore, the club has facilitated cultural exchange through its sponsorship of numerous exchange students since the club's inception.

The Rotary Club of Wynnum and Manly stands as an inspiring testament to the positive impact that local organisations can have on their communities and the world at large.



Photos: Supplied.

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## LOCAL POETRY

# LOST CHILDREN

BY GEOFF SMILEY

A child betrayed  
does not know.  
Excuses, manipulations  
mold them,  
they want to believe.  
We all collude  
to blame the past.

Others' failure  
projected onto  
those who cared.

Give them  
"the eye of pity and a little love" \*  
- those who risked  
but lacked the bonds.

But what of the child,  
lost in consequences?  
The adult cries for answers  
while seeking peace.

© Geoff Smiley

*\*P 200 "Lectures and Speeches 1940-1941." Manning Clark. Melbourne University Press 1997.*

*It is not reasonable to accept simple explanations for historical events. Those children who suffered separation from family for whatever reason, I acknowledge with love. The child not raised in their original family must negotiate a difficult life story.*



# WYNNUM HOSTS AUSTRALIA'S RICHEST ONE-DAY PRO-AM

FROM WYNNUM GOLF CLUB

**Wynnum Golf Club (WGC) is home to Australia's richest one-day Pro-Am on the PGA Pro-Am National Series, the Bartons/BMD Pro-Am, held at WGC since the event's inception in 1979.**

The Bartons/BMD Pro-Am is held in November, following the Australian PGA Championship at Royal Queensland Golf Club.

As part of the Bartons/BMD Pro-Am series, a Seniors Pro-Am Legends event is held in the lead-up months and, from 2023, is known as the Paul King Memorial Legends Pro-Am. The Legends event is named after the late Paul King PGA, the Club Professional at WGC for over 40 years, and Bartons and BMD remain the major event sponsors.

In 2022 – the centenary of Wynnum Golf Club – the Bartons/BMD Pro-Am provided a \$100,000 prize purse, which was jointly won by James Macklin and Daniel Gale.

In 2023, the inaugural Paul King Memorial Legends Pro-Am was won by Tim Elliot (WA) and, in the centenary year prior, by Andre Stolz.

High-profile golfers and legends such as Peter Senior, Peter McWhinney, Anthony Bonhomme, Andre Stoltz, Terry Price, Randall Vines and John Senden regularly return to play one or both Pro-Am events alongside friends and fellow great players including Peter Lonard, Paul Gow and many more.



Photos: Supplied.

# MY MEMORIES: IF IT CAN GO WRONG, IT WILL!

BY ROSS FARLEY, BAYSIDE RESIDENT

*This month Ross takes his storytelling a little further afield, recalling a very interesting trip to the desert!*

I went to Alice Springs for work and stayed for a few days to see the sights. A friend lent us a 4WD to visit the Finke Gorge (about four hours west of Alice Springs). We parked at the end of the road, explored the gorge, and returned to the vehicle to head back to Alice Springs. When I put the keys in the ignition, the engine immobilizer malfunctioned: it locked us in, sounded the alarm, and would not start. It was late in the day, but one group was still in the gorge, and they took us to a ranger station. All attempts to start the engine failed (we were well out of mobile phone range).

A ranger gave us a lift to Hermannsburg Indigenous community, and from there we made our way back to Alice Springs late at night, dodging wild horses and other animals on the road.

I returned the next day with the owner of the 4WD who had been advised by a mechanic to try the spare key (in the middle of the desert, the immobilizer rejected the key which had always previously worked!). The immobilizer was now working but the starter engine failed. The cost to retrieve a vehicle from the gorge was \$1,500 so in a very confined space, we clutch-started the 4WD and I drove it back to Alice Springs (over exceptionally large rocks and soft, sandy riverbeds) without stopping the engine.

On the way we stopped for a late lunch, and concerned that the engine might not start again, we left the keys in the ignition and the engine running with a group of local youths milling around while we went inside the café for lunch. Driving back to Alice Springs, a tyre blew out and we replaced it (even though it took two of us about 20 minutes to remove the tight wheel nuts), all with the engine running and the keys in the ignition.



Photo: Ross Farley.

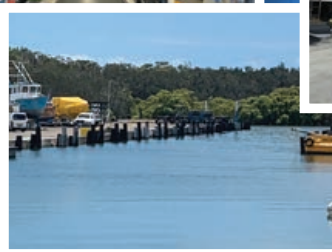
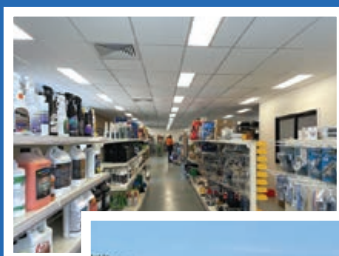
Fortunately, an abundance of rocks helped stabilize the vehicle while the wheel was on the jack. The day had the obstacles of a TV reality show. It was stressful at the time but a great adventure to look back on. Finke Gorge is well worth a visit but not the place to break down. The 4WD manual said that if the immobilizer failed "phone the dealer". That's a great help out in the desert!

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# HOOKED ON OCTOBER: MORETON BAY'S BEST FISHING SPOTS

BY SPERO KARTANOS

*Local fisherman Spero Kartanos gave us the scoop on the best fishing spots in Moreton Bay this month.*

The end of the year is fast approaching (it's only 12 weeks or so to Christmas!), and like last year, hopefully, October starts with a bang and gives us lots of fish and great weather.

This month, the whiting will be in the bay from the Rous and Small Boat Channel to the Chain Banks (generally on the Maroon side). The Blue Hole and Sand Hills at Moreton Island should also give us some nice whiting.

School mackerel should be close from the Hope Banks to Wellington Point and Ormiston. Hopefully, the water stays clean without too much storm and wind to muddy it up. The school mackerel seem to go off the bite with the big tides.

Snapper/squire and sweetlip should be in good numbers around the shallow reefs around the Bay Islands and the artificial reefs. I like the outgoing tides around the shallow reefs, and Mt Cotton reach in the Rous Channel is an area that produces good fish this time of year.

With October comes the warmer water and more pelagic action on the surface – let's hope, like last year, the spotties come back in the bay. November is better, but it's still worth keeping your eyes open for surface action.

Sand crab season should be well and truly on, so a couple of crab pots will get you a feed of these tasty critters.



Photos: Spero Kartanos.

Some whales running late for their migration south might be the bonus when going out in the bay this time of year, so keep your eyes wide open!

Till next month, good fishing, and remember to check out [fishingmonthly.com.au](http://fishingmonthly.com.au) for weekly up-to-date fishing reports for Moreton Bay and Water Tower Bait and Tackle for all your fishing needs.



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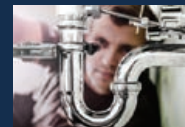
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- a strong work ethic and commitment to do the best
- availability to work 35/40 hours across 5 days – Wednesday to Sunday, with Monday and Tuesday off

This is a good opportunity to gain experience in hospitality, as you'll be trained to open and close the store, and work independently.

If you think you are the right person for us email your resume to: matildatheartofgelato@gmail.com and tell us a bit about yourself.

(Please no private message or messenger)

**LOCAL JOBS**



**Letterbox Distribution**

The Community Leader's distribution partner is looking for walkers to get involved with the paper's home delivery in the bayside and Redlands areas each month. It's a fantastic opportunity to earn extra money while keeping

fit and supporting your local community. Find out more about how you can get involved by calling Damien at 0421 786 302 or Laura at 0419 174 693.



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# The Community Leader

WE'RE ALL ABOUT GOOD NEWS

The Community Leader is a monthly publication, home delivered to Wynnum, Wynnum West, Manly, Lota, parts of 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.

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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.

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

### Quick Workout

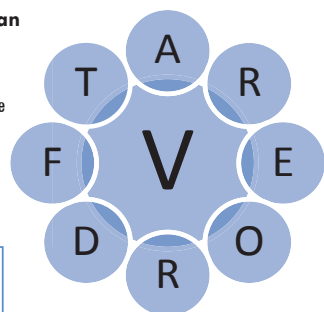
Fit the numbers 1, 2, 3, 4, 5 and 6 into the hexagons so that where the hexagons touch, the numbers will be the same. No number is repeated in any hexagon.

### 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: 16 words  
 Excellent: 22 words




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Reference: Macquarie Concise Dictionary  
 Focus No. 3873

### Word Find

|   |   |   |   |   |   |
|---|---|---|---|---|---|
| T | W | O | R | M | T |
| N | R | A | E | I | E |
| E | E | U | N | R | T |
| W | R | I | O | T | S |
| T | K | B | L | H | I |
| S | E | E | K | I | L |

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

- |      |       |      |      |
|------|-------|------|------|
| Bore | List  | Seek | Wear |
| Earn | Lone  | Skin | Went |
| Hour | Mirth | Stet | Worm |
| Lien | Riot  | True |      |
| Like | Robe  | Want |      |

### Join the Dots

What is this? Find out by joining the dots.

### ACROSS

- Stately display
- Cattle thieves
- Entertains
- Worked by hand
- Yield
- Cooked by slow boiling
- Mistake
- Looked narrowly
- Teeters
- Ship's lockup
- Insecticide (init)
- Tether
- African grasslands inhabitants
- Dwelling
- Motif
- Meshed fabric
- Duelling sword
- Advantageous purchase

### DOWN

- Spoken
- Temporary stop
- Sovereigns
- Went back
- Second-hand
- Woody plant
- At all times
- Cicatrice
- Comrade
- Removing unwanted plants

### ACROSS

- Flew upwards
- Jokes
- Tinged
- S-shaped moulding
- Pollutes
- Declare
- Least lengthy
- Transgressions
- Be resident
- Of the ear
- Satellite's path
- Best quality
- Stopping place
- Which one?
- Chess opening
- Lukewarm
- Pays attention
- Vast expanse
- Immense
- Least difficult
- Talk much about little
- Bring up
- Revises and corrects
- Liquid holders
- Alone
- Black deposit
- Beverages
- Stupefy

### Solutions

Puzzles and pagination supplied by Auspac Media

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 raver rove roved rover veto  
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# Staying on PACE during Seniors Month

FROM PACE AT SLEEMAN

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

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

Pace member John Horton said he loves that he can stay healthy and socialise in one place. "I'm 73 now, and for the 33 years, I've been coming to Pace to exercise, stay healthy and see my friends," he said.

"Pace is a great gym for people of all ages, particularly seniors, as it has great facilities, fitness advice, plenty of choice of classes and a social aspect."

Health and Fitness Manager David Trahair said Pace members have access to a huge selection of group classes, the fitness centre, and the heated pools, as well as tailored individual fitness advice delivered by highly qualified fitness staff.

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

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



Photo: Supplied.

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

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

Find out more by visiting [sleemansports.com.au/pace-at-sleeman.aspx.aspx](http://sleemansports.com.au/pace-at-sleeman.aspx.aspx) OR Use the QR Code.

\*Conditions apply.



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# SIMPLE SWEET AND SAVOURY WATERMELON AND FETA SALAD RECIPE

Here's a sweet and savoury salad that's perfect for a picnic in the park or brunch by the bay.

## INGREDIENTS (SERVES 2)

### SALAD

- 2 cups of cubed watermelon
- 1/2 cup of cucumber, sliced
- A small red onion, thinly sliced
- 1/4 cup of feta cheese, crumbled (goat's cheese is also a good alternative to feta)
- A handful of fresh mint leaves, chopped
- Basil to garnish (optional)

### DRESSING

- 4 tbsp of extra-virgin olive oil
- 1 tbsp of balsamic vinegar
- 1 tbsp of honey
- Salt and pepper to season

## METHOD

1. In a large bowl, combine the watermelon, cucumber, red onion, feta and mint leaves.
2. Now make the dressing. In a small bowl or a jar with a lid, mix together the extra-virgin olive oil, balsamic vinegar, and honey until thoroughly combined. Season with a pinch of salt and pepper. Add extra balsamic vinegar if you like a bit more acidity.
3. Drizzle the dressing over the watermelon, cucumber, red onion, feta cheese and mint, then gently toss.
4. Now it's time to chill!! Pop your salad in the fridge for about half an hour to let the flavours mingle, then serve chilled (add your basil garnish now if you're using it) and enjoy.




**The Wynnum Manly Leagues Club Ltd.**

Board of Directors hereby give notice that nominations for the position of Director will open from Monday 9th October 2023 at 10.00am and will close Tuesday 24th October at 5.00pm.

For further information and nomination forms, please contact


**Daniel Gray**  
Company Secretary  
Ph: 3906 7800



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# BMD MAKES A SPLASH WITH HEALTHY HYDRATION AT SCHOOL

FROM BMD GROUP

Students at St John Vianney's Primary School will be feeling healthy and hydrated thanks to the instalment of three chilled water stations, generously donated and installed by Australia's largest privately-owned civil contractor, BMD Group (BMD).

The 'Hydration Station' project was initiated to boost student's water intake at the Manly school and will feature three chilled water units and three standalone bottle fillers.

BMD, owned and operated by the Power family, has a long-standing history in the Wynnum-Manly region and a special personal connection to St John Vianney's Primary School.

BMD Chief Executive Officer Scott Power explained that while the business, that was founded in Wynnum, regularly identifies opportunities to support the local community, this project was uniquely significant to his family.

"This project is particularly rewarding as my brother, sister and I all attended St John Vianney's Primary School when we were young, so having the opportunity to equip the future generation with healthy and sustainable habits is something we're very proud of.

"BMD is incredibly proud to be involved in this project, alongside Urban+ who supplied the drinking fountains and refill stations, and

the Wynnum Manly Leagues Club who supported the project as part of their Community Grants program.

"This donation is a testament to BMD's dedication to the local community and its belief in the power of education and healthy living. The Hydration Station will serve as a lasting reminder of the Power family's connection to the school and commitment to its success.

"As a family operated business, we value the opportunity to give back to the region where BMD was founded back in 1979," said Mr Power.

As part of the installation, Daniel Richards from Kit Kreative design studio alongside his wife Toni Richards from BMD, who have children that attend the school, volunteered their time to illustrate and paint the mural design with Kylie Eastham from local sign writing business, JT Signs, encouraging students to stay hydrated.

The new Hydration Station will be complemented through an education program run by the school that is set to link good hydration to learning and encourage healthy habits for the future.

Speaking to the project, St John Vianney's Primary School Principal Katherine McKay said, "we are very grateful for the generosity and support of BMD, Daniel and Toni Richards and Wynnum Manly Leagues Club for their Community Grant.



Photo: Supplied.

"This project supports our focus on learning and wellbeing at St John Vianney's where we want our children to be happy, active and healthy. The students love having access to refrigerated water, particularly when it is hot, and easy access to fill up their drink bottles.

"As a school that values community, we thank BMD for their support and investment in St John Vianney's and it will be a lovely reminder of the Power family's history with our school," said Principal McKay.

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# WHOLE BODY CONNECTION TO THE MOUTH

FROM DENTAL ON CAMBRIDGE

Every year in Dental Health Week dentists work together with the Australian Dental Association (ADA) to educate patients on critical health information. This year, the focus is on highlighting the connection between whole body health and the mouth. In previous articles, we've discussed the links between oral health and diet, diabetes, pregnancy, and physical health. There is also a connection between oral health and heart disease, Alzheimer's, lung conditions and inflammatory bowel disease (IBD).

Research is showing that bacteria from the mouth, can travel to other sites within the body, with inflammation in the mouth also increasing inflammation throughout a patient's body. Here is a short summary of the connection between oral health and these additional health conditions.

**Heart Disease:** Bacteria from the mouth can impact cardiovascular health by transporting bacteria through the bloodstream potentially causing inflammation in the heart.

**Alzheimers** Research has shown that periodontal pathogens have been found in the brain, triggering an inflammatory response that may contribute to a neurodegenerative process.

**Lung Conditions:** Oral bacteria can be aspirated into the respiratory tract, causing or exacerbating lung infections and conditions.

**Inflammatory Bowel Disease (IBD):** An imbalance of bacterial composition within the gut, partly due to bacteria transmission from the mouth, can contribute to gut inflammation and the development or exacerbation of the symptoms of IBD.

The ADA found that "65% of Australians identified that they did not know there was a link between their mouth and their body, while one in five Australians are still only brushing once a day, and 75% identified that they rarely or never floss". These findings are not surprising, with the substantial increase in periodontitis incidence and dental cavities, both of which arise from an excess of bacteria in the mouth.



Unfortunately, the link between oral health and general health is underappreciated. It is especially imperative in our younger generations, as big oral health problems as a child or teen means this opens the door to greater risk of all kinds of health problems into adult life. Prevention, as always is the best possible care for children's and adults' teeth. The importance of the six-monthly routine examination and clean is often underrated, and too often forgotten or pushed back. This gives your dentist an opportunity to help you stay on top of your oral hygiene and work with you to prevent small problems developing into larger ones. Having a good relationship with your dentist can help you to take care of your teeth and your wellbeing overall. Overdue for your check up or needing to find a dentist you can partner with? Call our friendly team on 3348 6661 or visit our website [www.dentaloncambridge.com](http://www.dentaloncambridge.com) to book an appointment.

*ADA News Bulletin, August 2023, <https://ada.org.au/dental-health-week-the-connection-between-oral-and-general-health>*



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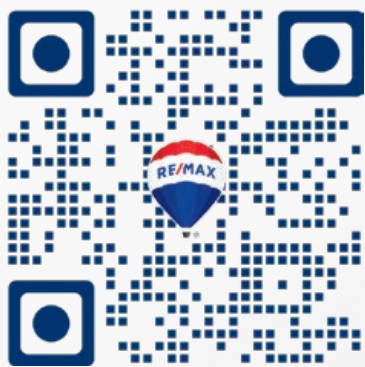
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