

# The Community Leader

## Bayside

WE'RE ALL ABOUT GOOD NEWS

  
**DELIVERED  
TO 23,500  
HOMES**



## CELEBRATE A COLLECTIVELY CHEERY CHRISTMAS BY THE BAY!

Summer's here, Christmas is calling, and there's a buzz about the bayside.

Not only did Wynnum's Cedar & Pine win Business of the Year at the recent Bayside Community Awards, but its owner, Mali Hannun, took out the coveted award for best customer service. Mali's one of the many awesome people in the bayside who love where they live and make us love it even more!

Need more motivation to visit Wynnum-Manly?

Bayside shopping is easy; you'll likely meet the store owners while you shop and find a vast selection of gift options with something to suit all budgets. And when it's time to take a break, you can eat, drink and be exceptionally merry at the many restaurants, bars and cafés that make the bayside a brilliant place to work and play!

Alongside our hardworking business owners and staff, we've also got community heroes who help others. If you can lend a hand to local charities supporting those doing it tough this Christmas – whether through donations of goods, money or your time – please do, every little bit makes a difference.

Merry Christmas from everyone at The Community Leader, and thank you to everyone who shared their good news with us during the year. We hope you love this edition – we think it's a jolly great read!

*Pictured L-R: Wynnum's Danielle Davis (Sobidah), Karen Bradford (Sonny Jim), Mali Hannun (Cedar & Pine) and Danny Day (Ocean Realty).*

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# CAN YOU HELP UNDERPRIVILEGED KIDS THIS CHRISTMAS?

*In the lead up to Christmas each year, Marc Sorrentino purchases and collects toys for the Salvos' Christmas Gift Appeal. These toys help to make Christmas a joyous occasion for children who would otherwise go without. And while Marc continues to coordinate the effort through his Cambridge Parade office, it's the community's generosity that also drives the success of the appeal.*

But how did it all begin?

"More than ten years ago my then teenage daughter Monroe approached me with this idea of inviting her friends over to our house," explained Marc. "The plan was that we supplied dinner and in return her friends brought a toy that we would then give to the Salvation Army for underprivileged kids."

Monroe's initial idea has since become a Sorrentino family tradition that gains momentum each year.

"It was such a positive experience that it became a family tradition that just kept growing, from a boot full of toys to a car full, to a van full, and these days the Salvos' truck is required to pick up all the toys because it has become so big," said Marc.

"If I had to guess, I would estimate that in the past 11 years thanks to our friends and community we have collected over 7000 toys."

"We are reaching out to our wonderful community to help us by donating a toy or two so more kids can participate in the joy of Christmas."



Photo: Supplied.

This year marks the 11th year of the Sorrentino family Salvos' Christmas toy collection. Marc invites anyone who is able to drop a new, unwrapped toy for donation to the Sorrentino Property office/Le Bistro, located at 75 Cambridge Parade prior to Friday December 15 at 4:00pm.

"Our family would like to thank our community in advance. Let's make sure that no child misses out on the joy of receiving a present this Christmas," said Marc.

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# Manly's Premier Motel

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# THE SEASON FOR GIVING: LOCAL APPEAL NEEDS YOUR SUPPORT

FROM WYNNUM COMMUNITY PLACE

As twinkling lights adorn our trees and the season's spirit warms the air, Wynnum Community Place (WCP) launches its Christmas Appeal, a beacon of hope for families in need.

This year's festivities are shadowed by the stark realities of the high cost of living and the housing crisis, which have left many within our community in precarious positions. More than ever, the joy of Christmas is a luxury that some of our neighbours cannot afford.

At the heart of WCP's Christmas Appeal is the unwavering belief that no child should feel left out during this time of joy and no family should bear the burden of hardship alone. We're reaching out to you, our community of big-hearted givers, to ensure that the magic of Christmas is shared by all.

We kindly ask you to donate new gifts for children under 16 and festive food for families grappling with the tough times in the Wynnum/Manly area. Your generosity will light up a child's face with a smile and bring relief to parents striving to make ends meet and put 'Christmas' on the table this year.

Donating a gift can make a significant difference in a child's life. It's not just a toy or a book; it's a message of love, support, and community spirit.

Remember, the Christmas project thrives solely on community support and is unfunded. Your participation powers this initiative, turning the season of giving into a movement of community solidarity and kindness.



Wynnum Community Place is where the heart of the community beats stronger, fuelled by acts of kindness and unity.

Please bring your unwrapped gifts to Wynnum Community Place during opening hours (Tuesday/Thursday) or phone 3387 2224 to arrange delivery outside of hours. Let's make this Christmas memorable for every member of our Wynnum community.

WCP is also hosting a free festive lunch on Tuesday, 19 December 2023, from midday, with two sittings being released and bookings essential. Details on seating times and how to book will be released soon. We encourage those interested to follow the Wynnum Community Place Facebook page.



Photos: Supplied.

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**CHRISTMAS**  
- AT -  
**WYNNUM PLAZA**  
SEE WHAT'S ON



- SANTA PHOTOS ✨
- SANTA AND MRS CLAUS PHOTOS ✨
- LETTERS TO SANTA ✨
- CHRISTMAS GIFT WRAPPING ✨
- CHRISTMAS COMMUNITY DRIVE ✨
- CHRISTMAS CAROLLERS ✨
- REINDEER RANCH KIDS WORKSHOP ✨
- CHRISTMAS PLINKO GIVEAWAY ✨

# JOAN PEASE'S COMMUNITY UPDATE

## STATE MEMBER FOR LYTTON

### MERRY CHRISTMAS BAYSIDERS!



As the year draws to a close, I want to take the time to wish Baysiders a happy Christmas. If you are travelling, well wishes for a safe journey, and if you are staying local, may you enjoy all that our beautiful Bayside has to offer.

2023 has been full of progress and milestones for our Bayside. From major classroom and infrastructure upgrades for local schools and the Lindum Station Precinct, to cost of living support, to major investments in the future of the Wynnum Fringe Festival, I am so proud of what I have been able to achieve for our community.

As we get closer towards the school holidays, I encourage Baysiders to keep an eye on our Bayside. You can report suspicious activity at our schools to School Watch on 13 17 88, report non-urgent matters to Policelink on 131 444 or online, or call 000 if you see a crime in progress. Together, we can keep our Bayside safe.

Finally, I would like to thank Baysiders for your ongoing support. It is a privilege to serve as your State Member for Lytton and I can't wait to see what we can achieve together for our Bayside in 2024.

### GOOD LUCK 2023 GRADUATES

It's the time of year where we see hundreds of young, talented Bayside school students hanging up their school hats for the final time as they graduate from Year 12. To all our young Baysiders who have just graduated, congratulations.

Whatever is next and wherever life takes you, I wish you every success in your future endeavours. Lead with courage, maintain your convictions, and show kindness and humility wherever possible.

Enjoy this wonderful next chapter of your life!

### LYTTON ANNUAL CHRISTMAS FOOD DRIVE

I am delighted to launch the 2023 Lytton Annual Christmas Food Drive. I ask Baysiders to donate non-perishable food and hygiene items to support local relief organisations in helping Baysiders this Christmas.

Christmas is a time to come together and support each other, particularly those who may be struggling a little. I hope you can support the 2023 Lytton Christmas Food Drive and help out our Baysiders!

Donations can be dropped off at my office – 100 Edith Street, Wynnum QLD 4178 – by Friday, 8 December 2023 at the latest.



### THE PEASE PODCAST

On this month's episode of the Pease Podcast, I talk with a true Lytton local legend: Dave Westlake.

Dave is the President of the Wynnum Manly and Districts Mens Shed, one of the largest Mens Sheds in Australia and a fantastic Bayside organisation that provides a creative outlet for men of all ages.

I talk with Dave about the Mens Shed's greatest achievements, his favourite projects to-date, and just some of the many opportunities that are available to members of the Wynnum Manly and Districts Mens Shed. Importantly, Dave mentioned to me that the Mens Shed is more than just about building things – it's a vital hub for encouraging social interaction and promoting positive men's mental health.

Baysiders can stream my podcast on Spotify, Apple Podcasts and YouTube. Simply search for 'The Pease Podcast'.

For more information on the Wynnum Manly and Districts Mens Shed or to join, email [wmdmshedmatters@gmail.com](mailto:wmdmshedmatters@gmail.com) or visit the Mens Shed in person at 59 Granada St Wynnum QLD 4178.



### LINDUM STATION ACCESSIBILITY UPGRADE



Baysiders, the Lindum Station Accessibility Upgrade is full steam ahead. In January 2024, the station will close to the public to build new platforms, a new footbridge with lift access and many other outstanding accessibility features.

To ensure all customers are prepared for this closure, Queensland Rail and the Department of Transport and Main Roads have developed an Alternative Transport Plan.

Shuttle Bus 229 will operate between Lindum and Wynnum North stations, with a stop at North Road opposite Iona College. The fully accessible Shuttle will operate every 10-15 minutes during peak periods (7-9 AM and 3-4 PM on weekdays), and in-line with train arrivals at Wynnum North Station during off-peak periods.

Customers can also utilise the existing Bus Route 224 from Sibley Road, and Wynnum North and Hemmant Stations will also continue operations during the upgrade.

The full timetable will be unveiled soon. Stay ahead by downloading the MyTranslink app, visiting [translink.com.au](http://translink.com.au), or calling 13 12 30 for more information.

### BAYSIDE COMMUNITY AWARDS

The Bayside Community Fund Gala Awards night was a huge success. With over 10,000 nominations received it was evident that our community loves and supports our local small businesses.

A BIG congratulations goes to all award winners, and to Mali, owner of Cedar & Pine Bar, who claimed the title of Best Business of the Year.

A special thank you also goes to the Bayside Community Fund for hosting the awards. What a great way to celebrate and support our local small businesses!



**JoanPease MP** | State Member for Lytton

PO Box 719, Wynnum QLD 4178 (07) 3915 1100 JoanForLytton lytton@parliament.qld.gov.au www.joanpease.com



# BAYSIDE Christmas Gifting

## Florence & Cornelius

Shop Christmas decorations, presents and so much more at 72 Florence St, Wynnum.



## Sobidah

Sobidah, for all your party and festive outfits; thank you for not choosing Carindale! 60 Edith St, Wynnum



## Simply Bella

Simply Bella is full of fashionable colour! Gail, owner of Simply Bella, wishes you a bright and beautiful Christmas. 143 Bay Tce, Wynnum



## Ebb & Flow

Handcrafted seashells dance around the porcelain facade, while bronze seahorses, clam and spiral shells adorn its legs and handle. 71 Cambridge St, Manly

## Le Buste

We've laughed, cried and been absolutely inspired! Thank you for trusting us with your girls to find your perfect fit. **FREE** gift with purchase in December. 57 Edith St, Wynnum



## Hali Home

Good gifting awaits at Hali Home. From gift hampers and jewellery to candles, decor, glassware and cocktail mixers, we have everything you need for a colourful Christmas. 88 Bay Terrace, Wynnum, 4178

## Wynnum North Newsagency

A very merry Christmas from Wynnum North Newsagency. We thank you for your continued support over the last 21 years. This festive season is a time to relax unwind enjoy those around us. Wishing you a very happy and prosperous 2024. 1-150 Selina St, Wynnum North Shopping Village

## Cultivate Design Co

We have morphed into a glitter and gnomes wonderland, with all the things to create a beautiful Christmas. From Christmas trees, decorations, gifts, décor to gourmet food, to fill your home with items that spark joy. 2/116 Bay Terrace, Wynnum





# AWARDS RECOGNISE THE BEST IN THE BAYSIDE

More than 350 members of the bayside community came together at the Wynnum Manly Leagues Club to celebrate the winners of the Bayside Community Awards. With over 9,000 votes received, all categories were hotly contested, and as you'll see from the photos on these pages, winners are grinders!



Bayside Community Fund committee.



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

**WINNER: EXCEL REMOVALS**

Located in Manly, Excel Removals is a furniture transport and relocation business started by Sam Atkins who was born and raised in the Bayside area.



**BEST E-COMMERCE BUSINESS**  
**WINNER: eNURSE**

Based in Tingalpa, eNurse Australia was founded by an Aussie nurse in 2010, and operates a website that caters to the professional and personal needs of nurses and midwives. eNurse sells products such as nurses' scrubs, nurses' equipment, stethoscopes, nurses' kits and lots of accessories and much, much more.



**PET SERVICES BUSINESS**  
(INCLUDES GROOMERS, PET STORES, VETS)

**WINNER: WYNNUM MANLY VETERINARY HOSPITAL**

Wynnum Manly Veterinary Hospital is located at 232 Bay Terrace, Wynnum. Veterinarians Dr Nicole Thomas, Dr Charlotte Brace, Dr Steven Conwell, Dr Claire Kitson and their team of veterinary nurses, technicians and administration staff provide an outstanding service to local pets and their owners.



**OUTSTANDING COMMUNITY SERVICE – INDIVIDUAL**

**WINNER: JACQUI CARTER-O'LEARY**

Jacqui Carter-O'Leary is a long-standing Police Liaison Officer who has worked within the Wynnum community for 25 years. Police Liaison Officers are employed by the Queensland Police Service to establish and maintain a positive rapport between culturally specific communities and the QPS.



**BEST TRADE BUSINESS**  
(INCLUDES PLUMBERS, BUILDERS, ELECTRICIANS)

**WINNER: CLAY'S CLEANING SERVICE**

Clay Lewis started his business Clay's Cleaning Services in 2018, a one-of-a-kind enterprise in the Bayside area. His business gained acclaim for its top-notch bin cleaning and expanded to offer pressure-washing services throughout greater Brisbane.



**BEST RETAIL BUSINESS**  
**WINNER: HALI HOME**

Hali Home is located at 88 Bay Terrace, Wynnum, and sells furniture, art and home decor inspired by coastal living. The business brings colour and life to the heart of Wynnum with its beautiful, colour-filled range of home decor and gifts.





**OUTSTANDING COMMUNITY SERVICE ORGANISATION**

**WINNER: SIT N CHAT**

Clair Molyneux and Craig Moore launched Sit N Chat in August 2022 as a not-for-profit organisation supported by volunteers giving freely of their time to sit and chat with people with a view to improving mental health through conversation.



**BEST REAL ESTATE AGENCY BUSINESS**

**WINNER: RE/MAX ADVANTAGE**

Travis Gill is the principal of the Wynnum RE/MAX Advantage office located at 128 Bay Terrace, Wynnum. RE/MAX Advantage is a second generation family business that has been in operation for over 23 years.



**BEST PROFESSIONAL SERVICES BUSINESS**

**(LAWYERS, MEDICAL PRACTITIONERS, AND ALLIED HEALTH)**

**WINNER: TEMPUS MEDIA**

Tempus Media is based at Wynnum West and was founded by Patrick Wood. The video production house specialises in three main industries – corporate, education and construction.



**BEST HOSPITALITY BUSINESS**

**WINNER: THE HIDE GREEN CAFÉ**

The Hide Green Café is situated at Shop 1/200 Preston Road, Manly West. Jessica Sablon runs The Hide Green Café, a place befitting of its name with leafy feature walls, fruit and vegetable inspired art works, and a health-conscious menu.



**BEAUTY, HEALTH, WELLBEING & FITNESS BUSINESS**

**(INCLUDES BEAUTY & HAIRDRESSING, CARE AGENCIES, ADJUNCT HEALTH SERVICES)**

**WINNER: STUDIO YELLOW**

Studio Yellow is operated by Natalie Lynch at Manly West. Natalie's philosophy is that making art is a great way to maintain good mental health and connect with the community.



**BEST SMALL BUSINESS NEWCOMER**

**WINNER: MUNJA PIZZA**

Munja Pizza is located at 82B Bay Terrace, Wynnum, and was opened by John and Paulina Barbato in late 2022. Their Napoli-style pizzas have been a hit with customers who love traditional wood-fired pizza and friendly service.



**OUTSTANDING CUSTOMER SERVICE AWARD**

**WINNER: MALI HANNUN, CEDAR & PINE**

Far more than your average bar, Cedar & Pine is like Brisbane's very own Cheers bar, where everyone knows your name, including the owner Mali Hannun. Mali is a local icon, renowned for her incredible personality, spirit, warmth and sense of humour and is beloved by her patrons and the Wynnum community.



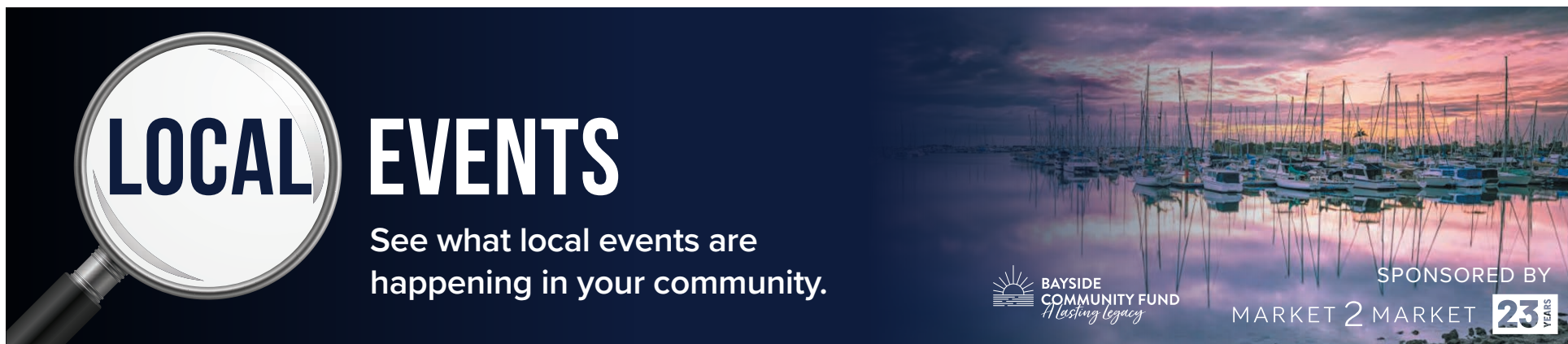
**BUSINESS OF THE YEAR**

**WINNER: CEDAR & PINE**

Cedar & Pine is located at 139 Bay Terrace, Wynnum and is owned by Mali Hannun. The bar offers a selection of craft beer, cocktails and wines, and regularly showcases live music, creating a lively and entertaining atmosphere for guests. With its cool and laid-back atmosphere, outdoor seating area, and delicious food, Cedar & Pine is a much-loved local favourite.







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

### MANLY HARBOUR CHRISTMAS LIGHTS LAUNCH



**Saturday December 2 from 3.00pm | Little Bayside Park, Manly**

Come along to the official launch of Manly Harbour Village's festival of Christmas Lights. Experience live Christmas carols, meet Santa and have your photo taken, and as the clock strikes 6:00pm, immerse yourself in a festive family-friendly movie screening accompanied by a captivating laser light show after sunset.

### BAYSIDE CAROLS



**Saturday December 16, main concert begins 7:00pm | George Clayton Park, Manly**

An annual event that has become a tradition for many families, Bayside Carols is an evening of live music, market stalls, food and good fun that celebrates all things Christmas!

A variety of performers of all ages will sing, dance and entertain, while food trucks serve up delicious meals with something to suit all tastes. Hear bagpipes, see belly dancers and bop along with the kids from Kellehers Dance Academy. Bring a chair or a blanket and settle in for a night of Christmas cheer, ending with sensational fireworks.

### SHIRE CLERK'S COTTAGE CHRISTMAS MARKET



**Saturday December 9, from 8:00am to 1:00pm | Waterloo Bay Leisure Centre, 241 Tingal Rd, Wynnum**

If you're looking for unique, hand-made Christmas gifts, the Shire Clerk's Cottage Christmas Market's got you covered! Shop from more than 70 stalls showcasing arts, crafts, baked goodies and novelties in the grounds of the Waterloo Bay Leisure Centre. Devonshire Teas will be served on the verandah of the cottage, and with scones baked fresh on-site, it's the perfect mid-shop refreshment.

### MANLY HARBOUR CHRISTMAS LIGHTS CRUISES



**Friday, Saturday and Sunday nights from December 2 to 16 | Manly Harbour**

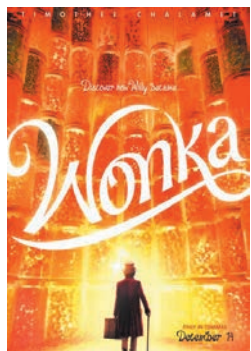
As part of Manly Harbour Village's Christmas Lights festival, evening harbour cruises will cruise around Manly harbour to allow locals and guests the chance to see homes, boats and businesses lit up for Christmas from the water. Cruise bookings are essential, and spaces are limited, so book your ticket now by scanning the QR code.





# WHAT'S ON AT THE MOVIES THIS DECEMBER

FROM MAJESTIC CINEMAS, WYNNUM



**Wonka (CTC) – December 14**

Based on the extraordinary character at the centre of Charlie and the Chocolate Factory, Roald Dahl's most iconic children's book and one of the best-selling children's books of all time, Wonka tells the wondrous story of how the world's greatest inventor, magician and chocolate-maker became the beloved Willy Wonka we know today.



**Wish (CTC) – December 26**

Walt Disney Animation Studios' Wish is an all-new musical-comedy welcoming audiences to the magical kingdom of Rosas, where Asha, a sharp-witted idealist, makes a wish so powerful that it is answered by a cosmic force — a little ball of boundless energy called Star. Together, Asha and Star confront a most formidable foe — the ruler of Rosas, King Magnifico — to save her community and prove that when the will of one courageous human connects with the magic of the stars, wondrous things can happen.



**Aquaman and the Lost Kingdom (CTC) – December 26**

Having failed to defeat Aquaman the first time, Black Manta, still driven by the need to avenge his father's death, will stop at nothing to take Aquaman down once and for all. This time Black Manta is more formidable than ever before, wielding the power of the mythic Black Trident, which unleashes an ancient and malevolent force. To defeat him, Aquaman will turn to his imprisoned brother Orm, the former King of Atlantis, to forge an unlikely alliance. Together, they must set aside their differences in order to protect their kingdom and save Aquaman's family, and the world, from irreversible destruction.



**Migration (CTC) – December 26**

Take flight into the thrill of the unknown with a funny, feathered family vacation like no other in the action-packed new original comedy, Migration. The Mallard family is in a bit of a rut. While dad Mack is content to keep his family safe paddling around their New England pond forever, mom Pam is eager to shake things up and show their kids — teen son Dax and duckling daughter Gwen — the whole wide world. After a migrating duck family alights on their pond with thrilling tales of far-flung places, Pam persuades Mack to embark on a family trip, via New York City, to tropical Jamaica. As the Mallards make their way South for the winter, their well-laid plans quickly go awry. The experience will inspire them to expand their horizons, open themselves up to new friends and accomplish more than they ever thought possible, while teaching them more about each other — and themselves — than they ever imagined.



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# MAGGIE'S MATES

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**Name:** My name is Ace, aka Acey, The Big Man.

**Suburb:** Wynnum.

**How long have you lived here?** Since I was adopted with Lara in July 2015.

**Your favourite local walk?** Along the Wynnum Manly foreshore.

**Your most treasured toy?** My Kong.

**Your favourite food?** Any, but especially cheese, pizza, chicken, salmon, sardines.

**Your worst habit?** Shedding!

**Your favourite local hangout?** Wynnum foreshore, but I also love going to the Wynnum North dog park.

**Your best doggo friend?** Lara of course, but I do like Turbo, Dakota and Ned.

**Any funny or embarrassing stories you'd like to share?** I love cardboard; I will steal and destroy any cardboard left around. Also, when our house was being painted, I followed the painter around and licked any of the putty I could reach that was made of linseed oil that he was using for patching. Then I stole a whole tub of it from under a tarp, opened it and licked most of it out. Lucky it didn't make me sick!

**What do people love most about you?** My two different coloured eyes and that I am a big softy.

**Name:** Lara, aka Princess Licky Lulu Lara, or Moo.

**Suburb:** Wynnum.

**How long have you lived here?** Since I was adopted with Ace in July 2015.

**Your favourite local walk?** Wynnum Manly foreshore.

**Your most treasured toy?** Who needs toys?

**Your favourite food?** I really like chicken and salmon.

**Your worst habit?** It's also my best – I am an excellent singer!

**Your favourite local hangout?** Wynnum Manly foreshore, but I also love going to the Wynnum North dog park.

**Your best doggo friend?** Ace of course, but I do like Ned.

**Any funny or embarrassing stories you'd like to share?** I don't like being left alone. When I was first adopted, one of my humans took Ace for a run, the other human went upstairs, I sang so loud like I had been hurt, my human came down very quickly to see what was wrong. I have never been left alone again.

**What do people love most about you?** My beautiful eyes, my beautiful voice and my quirky personality.



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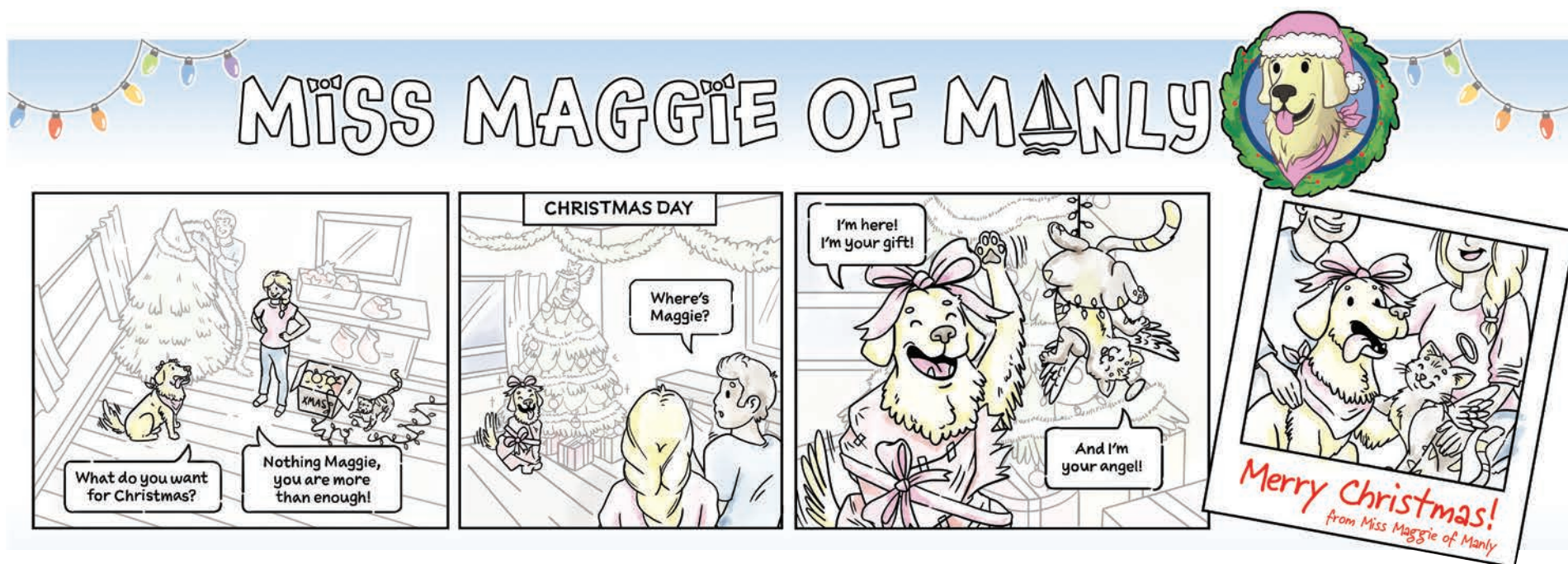
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# ALL ABOUT URINARY DISEASE IN CATS

BY DR NICKY THOMAS, WYNNUM MANLY VETERINARY HOSPITAL

Feline lower urinary tract disease (FLUTD) describes a group of conditions which affect the bladder and urethra. FLUTD can occur in cats of any age but is usually seen in middle aged, overweight and indoor cats. Stress is a common contributor to development of disease.

## CLINICAL SIGNS

Some of the common signs of FLUTD include:

- Straining to urinate
- Passing small amounts of urine
- Frequent or prolonged attempts to urinate
- Vocalising when urinating
- Licking of the genital area
- Urinating outside of the litter tray
- Blood in the urine



Male cats are at risk of urethral obstruction – they may demonstrate any of the signs above and pass little to no urine. They often become increasingly distressed and very unwell. Urethral obstruction is a medical emergency which requires immediate veterinary attention.

## DIAGNOSIS

The diagnosis of FLUTD is often based on the clinical signs. Your vet will likely want to perform a Urinalysis – this is an examination of the urine to check for infection, blood or crystals. Radiographs and ultrasounds may also be required for diagnosis.

## CAUSES OF FLUTD

- Urolithiasis – minerals in the urine can form stones, also known as uroliths. These can cause irritation and inflammation of the bladder wall and lodge in the narrow urethra causing obstruction. Treatment of stones may include a specialised diet and in some cases surgery may be required to remove large stones from the bladder.

- Urinary tract infection – bacterial infection may cause signs of FLUTD. Infection can be associated with the presence of uroliths or underlying health conditions such as diabetes. Treatment of infection is usually antibiotics.
- Urethral obstruction – small stones lodged in the urethra are removed with the use of a urinary catheter and flushing. Sick cats will require IV fluids and may remain in hospital for a number of days until they are able to pass urine. Repeated episodes of urethral obstruction may require a surgical procedure called a perineal urethrostomy.
- Idiopathic cystitis is a very common cause of FLUTD. The cause of idiopathic cystitis is often not identified although stress is known to contribute to development of the condition. Feeding a specifically formulated wet food diet and reducing stress may help reduce the incidence of idiopathic cystitis.

If you suspect that your cat is experiencing issues with their urination it is important to seek veterinary attention.

## Wynnum Manly Veterinary Hospital



To make an appointment call  
**07 3396 6488**  
vets@wmvh.com.au


 232 Bay Terrace,  
Wynnum, QLD, 4178

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# PARTY WITH A PURPOSE RAISES \$58,000 FOR LOCAL CHARITIES

Manly's most anticipated yearly fundraiser, Celebrate for a Cause, welcomed 300 guests to its sixth annual celebration on the sparkling waterfront. Guests embraced the Postcards from Palm Springs theme, partying into the evening with a sensational live band and great food and drinks. Charities to benefit from this year's fundraising are Rosies and the Bayside Community Fund.





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# Sara Whitmee

## Local Area Update

COUNCILLOR FOR WYNNUM MANLY



2023 has been a very special year for me. I was sworn in as the Wynnum Manly Councillor in May and it has been an absolute pleasure to serve you all this year. I've said it before and I'll say it again – no one does community like Wynnum Manly. Below is a list of some of the community Christmas events on offer. I hope you all have a safe and Merry Christmas and a very Happy New Year.

### Mangrove Housing Christmas Drive



*Feed the world, let them know it's Christmas time*

Mangrove Housing is on a mission to spread joy this festive season by providing their tenants with food and presents. My office will be a collection point for donations of tinned goods, hygiene items, and brand-new toys and books.

### Manly Harbour Christmas Lights

*Guide us to thy perfect light*

Manly's boat owners, residents, and businesses will light up their homes, yachts, and storefronts for the second annual Manly Harbour Christmas lights. Mark your calendars for the official launch on Saturday, 2 December, where Christmas carols, a festive movie screening, and a visit from Santa are on the agenda.



The event will continue throughout December, with weekend night cruises providing the best vantage point of the light display.

### Bayside Carols



*Sing, choirs of angels, sing in exultation, sing, all ye citizens of heaven above!*

The Bayside's longest running Christmas carol event returns to George Clayton Park on the evening of Saturday, 16 December. Usher in the festive spirit with live musical performances, food vans, child-friendly activities, and the main carol concert starting at 7pm. BYO chair or picnic rug and Bayside Carols will provide the carol books.

The Bayside Carols is a free event offered to the Bayside community and surrounds.



### Time for a New Clock

I inspected the new clock recently purchased by the Wynnum Manly Bridge Club and funded through my office. This magnificent bridge clock allows for the synchronization of bridge movements, can be remotely set, seen and heard by all players in the room.

Club President Mr. Gibbards would like to note that grants are a great way for "not for profit" organisations to maintain their viability and sustainability. Wynnum Bridge Club has been successful in obtaining funds for the purchase of the clock, playing cards and bridge boards amounting to \$1,270. Their visitors from other Australian and international bridge clubs often comment positively on the equipment used during the bridge sessions.

Due to building renovations at the Wynnum Municipal Hall (their normal playing venue), the club is presently playing Wednesday and Friday afternoons at St. Peter's Anglican Hall, Bride Street, Wynnum.

Visitors and new members are welcome. If you are interested in playing or learning to play bridge and joining a worldwide association, please forward an expression of interest to either P.O. Box 5370 Manly Qld 4179, mobile 0493546906 or email [wynnummanlybridgeclubinc@hotmail.com](mailto:wynnummanlybridgeclubinc@hotmail.com)





# WHAT TO DO IF YOU RUN OUT OF MEDICATION

DR JANE ATKINSON, BAYWEST MEDICAL CENTRE

Medicines are usually dispensed by the chemist in one month lots, and quite recently, a number of drugs have been allowed to be dispensed in two month lots, with enough repeats to last six months or even in some cases, 12 months before you have to get a new prescription from your doctor.

In theory this allows you plenty of time to get to the pharmacy to buy your medicine, and plenty of time to book your appointment with the doctor pending the script running out.

Now and again, one gets caught short, and finds no tablets left in the blister pack or the bottle, and no repeats left, and no available appointments at the required short notice with your doctor to remedy the situation.

First, don't panic! Know your medicines and what they are for (your doctor can provide a neat print-out of your medication summary, annotated with the reasons for the medicines in the first place – do ask).

If missing a dose of your medication is life-threatening, for example insulin for insulin dependent diabetes, then the pharmacist knows to issue the drug even without a script, on the promise of one as soon as possible.

Assuming that you will get an appointment – even a phone appointment – within a couple of days, many medications can be 'eked out' temporarily.

Additionally:

- Anticholesterol medication can be missed for a short while without noticeable ill effect.
- Antihypertensives can be taken at half dose for a couple of days to tide you over, with due attention to non-drug measures for blood pressure control – exercise and no alcohol or smoking.
- Antidepressants of some classes similarly can be eked out, but for some a sudden withdrawal has unpleasant effects. A half dose for a couple of days is better than sudden withdrawal.
- Anti-inflammatory agents for the treatment of arthritis can be briefly substituted with over-the-counter ibuprofen and paracetamol in many cases.
- Proton-pump inhibitors such as Nexium and Pariet will also be missed if skipped. Temporary partial treatment of your reflux symptoms can be with antacids over the counter, while paying particular attention to avoiding any dietary triggers for your symptoms.
- Laxatives can be helped along with dietary management – old-fashioned pear juice, prunes, pineapple, even liquorice.
- If you are suddenly without your contraceptive pill, use other methods of contraception until you are reinstated. You can expect a withdrawal bleed when the pill is stopped. There is definitely no need to panic!

Many other medications for regular use can be substituted with over-the-counter products, which of course may not be as effective, but will be better than nothing in the short term.



Do ask your doctor for a medication summary, and for advice on what you can manage without and how, for a short time, should it become necessary.

Of course we cannot control our inherited or predisposed conditions, and modern medical treatment has come a long way in lessening their effects.

However, many of our medications are for 'lifestyle' diseases, which in an ideal world we would not need, because we would eat with attention to cholesterol, fat and proper nutrition, we would have had a lifetime of regular exercise, and of course manage our stress and our environment.

As mentioned above, the trained pharmacist will dispense medication on a promise in urgent cases, and many of our cases are not so urgent after all.



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# THE BONNER UPDATE

ROSS VASTA MP FEDERAL  
MEMBER FOR BONNER



## MERRY CHRISTMAS!

Merry Christmas Bonner! It's a busy time of year, so why not spread some extra joy, by shopping local? We have a variety of small businesses across Bonner... butchers for your ham, toy stores for gifts, as well as cafes and speciality stores. The breadth of businesses across Bonner is a testament to the passion, skill, and determination of our community. Having run a small business, I understand the grit and resilience it takes. Currently, owners are also doing it tough throughout this cost-of-living crisis. Let's support local this holiday season! Also, keep an eye on my social media for my '12 Days of Small Business', as we countdown 12 small businesses in Bonner to support these Christmas holidays.

## GET INVOLVED WITH B4C!

Bonner is an area full of rich biodiversity and natural beauty, so it is important we care for our home. The Bulimba Creek Catchment Committee (B4C) is dedicated to protecting, restoring, and maintaining the Bulimba Creek catchment. Since starting in 1977, the group has made an outstanding contribution to our community through their preservation services, landcare research, community engagement, and reporting. To get involved, you can shop their online store, donate to the fund, or contact their office. B4C is a great team, and I look forward to continuing our partnership into the future.



## THE BRIGHTEST STARS IN BONNER!

Oh, what a night! My Bonner Bright Star Awards recognised some truly outstanding people in our community who have incredible personal achievements and have given back to our local community. The excellence and dedication on display was truly inspiring. I had a record number of nominations, so it was hard to narrow the selection to just one winner per category.

Congratulations to this year's winners!

- Arts Person of the Year: Winner: Jacob Cavanaugh. Runner Up: Alessia Lily Monteverde.
- Student of the Year: Jasmin Lane. Runner Up: MBC student Jessica Hawkins.
- Small Business of the Year: 'The Nurso'. Runner Up: Bayside Dance.
- Community Group of the Year: St Pete's Pantry. Runner Up: Darling Point Special School P&C.
- Young Community Person of the Year: Eloise Brown. Runner Up: Sebastien Roy-Bryant.
- The Sports Person of the Year category was so competitive that I had to crown two winners... congratulations to Matthew Bielenberg and Natascha Tennent.
- Community Person of the Year: Cleone Ladlow from Bayside United FC. Runner Up: Steve Fumberger from Wynnum Vikings.

Congratulations to everyone who was nominated! Make sure to keep an eye out for when for next year's nominations open.



# SANTA IS COMING BACK TO MANLY THIS CHRISTMAS!

FROM MANLY HARBOUR VILLAGE CHAMBER OF COMMERCE

**Great news! The Manly Harbour Christmas Lights Festival is back for its third year with an even bigger, more exciting program.**

The fun will begin on Saturday December 2 at 3:00pm when the stage at Little Bayside Park, Manly, will come to life with entertainment for kids and adults. Plus, there'll be a visit from the big man in the red suit and a special laser light show!

This will mark the official beginning of weeks of Christmas celebrations with the lights shining brightly throughout Manly Village. Businesses will be decorated with lights and homes in the area decorated in their quest to win the major prizes kindly donated by our sponsors and local traders.

One of the highlights of the festival are the Manly Harbour cruises, which will leave at 7:00pm and 8:00pm Friday, Saturday and Sunday nights from December 2 to 16 from the William Gunn Jetty to see the twinkling lights in the harbour and the boats lit up, all in the spirit of Christmas. Manly Harbour, where else would you rather be?

When you purchase your harbour cruise ticket you will also receive a shopping voucher that is redeemable in the Manly Village at participating outlets.

So, mark your calendar for an event not to be missed. The program will start at 3:00pm, with carols and entertainment from our local dance studio, all while we await the arrival of Santa! A family-friendly movie will start at 6:00pm.

Bring your picnic rug and hamper or grab a tasty takeaway from the many local cafés in the village and join in the Christmas Harbour Lights launch party.



Photo: Supplied.

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# INTRODUCING THE 2023/24 MANLY HARBOUR CHAMBER COMMITTEE

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

The annual general meeting was held on October 24, 2023 for the Manly Harbour Village Chamber of Commerce. The current positions were vacated. Peter Cumming was invited to conduct the election of officers for the Chamber's AGM.

We are delighted to advise that a full committee was appointed and we welcome members to the positions as follows:

- Peta Prestidge, President
- Steve Rickertt, Vice President
- Jessica Nguyen, Secretary
- Kym Kristofer, Treasurer
- Trader Member Representatives: Sean Allen, David Farley, Peter Farley, Sandy McDonald, Julieann Star, Tammy Vitale.

Incoming president Peta Prestidge acknowledged the outgoing executive committee members in particular David Farley, Sandy McDonald and Peter Farley for their commitment to the Manly Harbour Village Chamber of Commerce and business precinct.

For more details of the Manly Christmas Harbour Lights launch on December 2, which incorporates Christmas Carols and a visit from the big man in the red suit, take a look at page 16.



L-R: Jessica Nguyen, Peter Farley, Tammy Vitale, Steve Rickertt, Kym Kristofer, Peta Prestidge, Julieann Star and Sandy McDonald. Photo: Supplied.

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# GET TO KNOW THE WOMEN OF WYNNUM MANLY VIA PODCAST

Allana Bianchi started the Women of Wynnum Manly podcast in 2022, and has interviewed 36 incredible women who contribute to the Bayside community in various ways. All episodes encourage guests to share their story about the journey they took to live in this beautiful community, and what they love about it.

Podcast guests have ranged from business owners, authors, artists, a long-term family day care provider and many others who form the fabric of this amazing community. Allana aims for diverse voices and experiences to be represented when considering guests for inclusion in the podcast.

If you have any recommendations for future episodes, you can contact Allana through the Women of Wynnum Manly podcast Facebook or Instagram pages. You can listen to episodes through Apple Podcasts or Spotify, or go to <https://womenofwynnummanly.buzzsprout.com>.



Photos by Allana Bianchi.

# MAKE A NOMINATION FOR THE AUSTRALIA DAY AWARDS 2024

FROM THE SCOPE CLUB OF WYNNUM INC.

As another year draws to a close, it's time to recognise those in our community who have given their time as a volunteer helping those less fortunate and to nominate them for the 2024 Australia Day Award.

Nominees must be older than 18, and their volunteer work must be separate from their usual paid duties.

Nominations are accepted in writing and should include a brief history of the nominee and details of their community activities.

The award will be presented to the winner at The Australia Day celebration on January 26, 2024, at George Clayton Park, Manly (weather dependent).

Post your nomination to:

The Scope Club of Wynnum Inc.  
P.O. Box 184  
Wynnum Qld 4178

Nominations must be received by January 17, 2024.

For further information, call Jenny Peach at 3396 7318, call or email Annabelle Silvester at 0405 065 009, [abs44@optus.com.au](mailto:abs44@optus.com.au), or Merrie O'Neill at [merrilyn.oneill@bigpond.com](mailto:merrilyn.oneill@bigpond.com).



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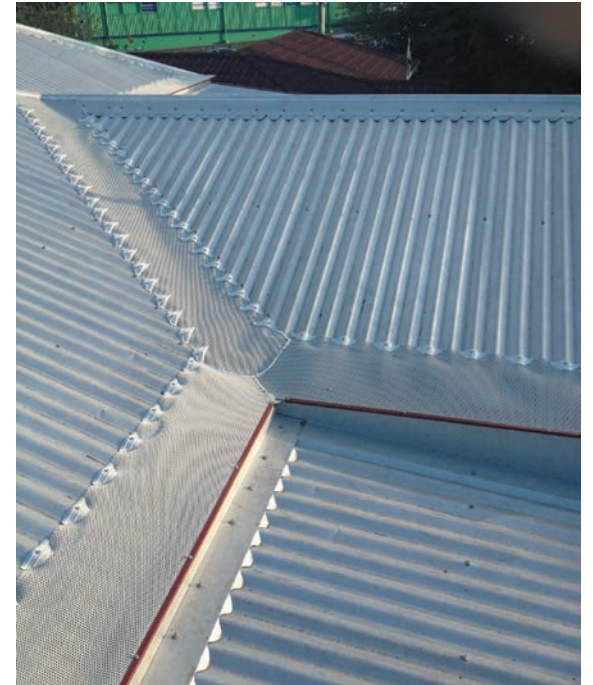
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Photos: Supplied.



**MERRY**

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# McGrath



# Interest rates dashing buyer hopes and slowing new supply

FROM THE REAL ESTATE INSTITUTE OF QLD

**The Real Estate Institute of Queensland (REIQ) says November's interest rate rise would be begrudgingly weathered by most mortgagees as savings buffers rebuild and purse strings are strained towards Christmas.**

As predicted by the major banks, the cash rate has been lifted 0.25 basis points to 4.35 per cent in what will be the Reserve Bank of Australia's (RBA) 13th rate hike this cycle, the first since June this year, and the highest level since November 2011.

REIQ COO Dean Milton said mortgaged households have largely adjusted their budgets to accommodate the fastest rising interest rates in a generation.

"While we've reached the 13th rate hike this cycle, there has been no material uptick in distressed loans, and most mortgagees have managed to grin and bear it," Mr Milton said.

"This is a positive indication that existing mortgage holders have shown preparedness and a level of

resilience to rising interest rates.

"However, there are warning signs about the impact rising interest rates have on the medium to long term outlook – with first home buyers dropping off and building approvals collapsing," he said.

"This means that the dream of home ownership may be slipping further out of reach with every cash rate rise, and new housing supply is struggling to get off the ground.

"First home buyer activity was down 16% in the 12 months to April and there appears to be no desire from the Queensland State Government to arrest this trend.

"We also know that building approvals are nowhere near where they need to be in Queensland, with 33,755 new dwellings approved across the state, falling well short of the 40,000 or more per annum we need just to meet SEQ demands according to HIA," he said.

"This dismal approval rate matches that of the 1980's, when there was practically half of today's population to cater for.

"Further, loans for construction of new builds are at record lows in Queensland signalling a kink in the pipeline of future new housing supply.

"In that respect, rising interest rates certainly do no favours for helping bolster our home ownership rates and helping bridge the gap between the sheer demand for housing and the shortage of supply.

"Both things which would go a long way towards easing the housing crisis."

Mr Milton said it was young borrowers and those on lower incomes who were bearing the brunt of rising interest rates the most.

"Spending is being driven by 55+ Australians who are a cohort that is largely mortgage free and less likely to be negatively impacted by increases to interest rates – on the contrary, their savings are boosted by it," Mr Milton said.

"Inflation is also linked to the large increases in electricity, government infrastructure spend, and fuel prices, which are not influenced by interest rate movements."

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# 20 GREAT YEARS AND COUNTING...

FROM EBB+FLOW BOUTIQUE, MANLY HARBOUR VILLAGE

For more than 20 years, Manly Harbour Village has undergone significant changes, embracing the growth and fusion of two local businesses, Julien Star Photography and Ebb+Flow Boutique. Both enterprises, with their distinctive stories, have become integral parts of this coastal community.

In 2003, the little old newsagency in Manly was transformed into the award-winning studio of Julien Star Photography. Founded in 2000, this visionary enterprise quickly became a thriving fixture in the community, known for its innovative photography, earning both awards and a loyal following.

The integration of Julien Star Photography with Ebb+Flow in 2013 marked a significant chapter in Manly Harbour Village's history. This fusion seamlessly blended the studio's spirit with the boutique's ethos of providing curated, memorable pieces in a relaxing and comfortable environment. The result is a boutique recognised for its handpicked coastal fashion, lifestyle items, and unique giftware.

As Julien Star Photography and Ebb+Flow Boutique mark their 20-year and decade anniversaries respectively, it's not just a celebration of time but a tribute to their resilience. To commemorate these milestones, Ebb+Flow, along with artist Libby Watkins, launched a special keepsake – a tea towel showcasing the beauty of Manly Harbour Village and Moreton Bay. This thoughtful creation encapsulates the essence of the coastal haven where Ebb+Flow thrives, serving as a token of gratitude to the community.



Photo: Supplied.

# PAINT THE BAYSIDE ORANGE

BY JOAN PEASE MP, MEMBER FOR LYTTON



Photo: Supplied.

It was a pleasure to recently co-host the Paint the Bayside Orange Breakfast with the Zonta Club of Brisbane East.

The breakfast is an important annual event in Lytton that raises awareness for ending violence against women and girls.

This year, we were very privileged to hear from guest speaker David Kramer, Ambassador of the Small Steps 4 Hannah Foundation, who gave an informative and heartfelt speech that inspired us all.

To all Baysiders who attended, including community groups, schools and businesses, thank you for giving up your time, and I hope to see you all again at next year's breakfast.

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- \* Sleeman Sports Complex Chandler - 3rd & 17th December 7-12pm
- \* Rocklea Showgrounds - 10th & 16th December 8-12pm
- \* Victoria Park - 2nd December Twilight 3-8pm (Lord Mayors Christmas Car)

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# Here's your chance to be fit and festive this December

FROM PACE AT SLEEMAN

December has snuck up on us again, and along with it, a “winding down” feeling that’s starting to fester. It’s called the Festive Season, and rightly so – but don’t let it become the ‘Restive Season’.

It’s easy to take our foot off the pedal with exercise as we get ready to spend some quality time with our family and friends. Doing so, however, can impact our ability to maintain our usual routine. And that’s where Pace at Sleeman has your back!

Pace at Sleeman Health and Fitness Manager David Trahair said, “Pace will still be offering classes right up to December 23rd, and the fitness centre and aquatic centre will be open every day except Christmas Day. We encourage all community members to stay active or, if you are not active at the moment, to get active”.

David says “Improving and maintaining health and fitness is a fantastic gift that we can all give to ourselves. It’s also something we can give to each other”.

“We look forward to welcoming new members to Pace in December and encourage them not to wait until the New Year to get started. Get on Pace now!”

Pace at Sleeman offers members access to a vast 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 pursuing optimal health and wellbeing,” David said.

During December, Pace at Sleeman (the fitness Centre Located at Sleeman Sports Complex) is offering an excellent opportunity for new members to join Pace for six weeks for \$99\* (usually \$204; a saving of \$105). Membership includes:

- A FREE fitness assessment and personal program.
- Access to 60+ fitness classes per week.
- Access to the fully equipped gym and pools (subject to availability).

\*This offer is valid until December 31st, 2023.

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

*\*Conditions apply.*



Photo: Supplied.

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# WHAT'S ON AT THE WATERLOO BAY LEISURE CENTRE IN DECEMBER

CONTRIBUTED BY THE WATERLOO BAY LEISURE CENTRE VOLUNTEERS

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

## SHIRE CLERK'S COTTAGE MARKET

Saturday December 9 from 8am to 1pm

Waterloo Bay Leisure Centre's final market for the year will be held on Saturday December 9. Featuring more than 80 market stalls in the grounds of the Shire Clerk's Cottage and indoors in the auditorium, the market showcases the creations of talented local artists and craft groups. Items for sale include artwork, hand-made crafts, jewellery, home-made baked goods, plants and much more.

The Shire Clerk's Cottage will be open to the public for viewing and our famous Devonshire Teas will be served on the cottage verandah. Come along and purchase a unique gift for friends and family members for Christmas.

The Centre will close on December 9 after the market and reopen on Monday January 8, 2024. There are no concerts in December 2023 or January 2024. Concerts will resume in February 2024.

On behalf of the management committee, we wish everyone a Merry Christmas and Happy New Year. We thank all our current members and volunteers for their support throughout the year and look forward to continued support and new memberships and friendships in 2024.

**Shire Clerk's Cottage Christmas Market**

Saturday, 9th December  
8am - 1pm

Devonshire Teas  
Served on cottage Verandah

241 Tingal Rd  
Wynnum

**Over 70 stalls**

Shop local and support our talented crafts people.

## Lord Mayor Adrian Schrinner

# Local Updates

### \$2 Summer Dips

This summer, entry to Council's 22 pools has been reduced to only \$2. Whether you're a regular lap swimmer or a family that loves taking the kids for a dip on those hot summer days, slashing pool prices will help residents have fun, stay active, and save. The \$2 entry applies to everyone, both children and adults. Pop in to the Manly Pool now until 29 February 2024 to make the most of keeping cool this summer.

### That's a wrap!

I was so pleased to once again sponsor the Wynnum Fringe Festival. After launching only three years ago, Wynnum Fringe has become such a successful and popular bayside event. The Wynnum Fringe Festival is just one of thousands of markets, festivals and events held in Brisbane every year, helping grow our Brisbane lifestyle, and we are excited to see what is in store for 2024.

### Christmas in Brisbane

From 1 – 24 December, there is a big program of free and festive events for all ages happening in Brisbane. From the lighting of the Christmas tree, the Enchanted Garden, and other activations in the Queen Street Mall, there is plenty to see and do this December. Scan the QR code to see what is on offer:



# SPRING FESTIVAL AND HALLOWEEN FUNDRAISER UNITE COMMUNITY FOR A WORTHY CAUSE

Wynnum Manly recently witnessed a convergence of community spirit through two distinct events that underscored the locality's commitment to aiding those in need.

The Spring Festival, orchestrated by community stalwart Barry Myatt, was a vibrant carnival that united residents in celebration. The festivities included amusement rides, great food, and an abundance of fun, all contributing to the overall community joy.

Thanks to Barry Myatt of Barry Myatt Real Estate, \$8,000 raised from the festival was happily donated to St. Pete's Pantry, a local organisation dedicated to assisting those facing hardships with essential items and food. Marilyne Jacob, the pantry's coordinator, warmly accepted the generous contribution.

This significant donation is earmarked to aid individuals in need within the Wynnum/Manly district. St. Pete's Pantry operates tirelessly, distributing bags of essential food items every Monday, Wednesday, and Friday from 9:00am to 11:00am at Bride St, St. Peter's Anglican Church hall. Moreover, a warm breakfast is

provided every Monday from 8:30am to 10:00am, further catering to the community's wellbeing.

In another demonstration of community goodwill, the Manly Lota Joey Scout Group devised a novel approach to address hunger during Halloween. Departing from the conventional trick-or-treat routine, the Scouts undertook a letterbox drop, appealing to the local community for non-perishable food items. The response exceeded expectations, showcasing the Scouts' commitment to their motto — Duty to God, duty to others, and duty to oneself.

The collected food items were handed over to St. Pete's Pantry, during a Thursday night Scout meeting. The donated items are slated to contribute to the weekly hampers provided to people experiencing homelessness and those in need.

These two events, the Spring Festival and the Halloween fundraiser by the Manly Lota Scouts, showcase the compassionate and united front of the community in addressing the needs of their neighbours, embodying the true spirit of community support.



Members of the Manly Lota Scout Group with their donations. Photos: Supplied.



L-R: Richard Lloyd-Jones, Rosie Allan, Marilyne Jacob, and Barry Myatt.

## WYNNUM RSL

# NEW YEAR'S EVE PARTY & BISTRO PROMO

### 31ST OF DECEMBER

Join us here at Wynnum RSL on Sunday 31st of December for our reserved seating New Year's Eve Party in Poppies Bistro. Tickets can be purchased from Reception for \$20 each from Monday 27th November. This includes a redeemable \$20 Poppies Bistro Voucher\*, a guaranteed Bistro seat and live entertainment from popular local band, Cool Change. The Bistro will be open for extended hours, from 6pm to 9pm.

\*Poppies Bistro Voucher cannot be redeemed at Berrimas Café or Bar.



3396 7333 | 174 TINGAL RD, WYNNUM



# VALE RIC JAMES

Wynnum Manly Yacht Club's (WMYC) oldest club member, Richard (Ric) James, passed away on 7 November 2023 at the age of 95. Ric had been a member of WMYC since 1986, and continued sailing his boat *Thanet* well into his 90s.

Ric was a qualified naval architect, and worked as a consulting naval architect in Queensland during his 45-year career.

Ric designed more than 150 vessels, including Quiksilver's legendary MV *Indies Trader* (a diving and survey vessel), state government ships, the Stradbroke Island ferry, and many small tugs and barges operating in Queensland, the Northern Territory, and the South Pacific. Ric also designed the 'yellow submarine' glass-bottom vessels used for reef sightseeing, and the renowned *South Passage* sail training schooner – often seen in the waters of Moreton Bay – which has gone on to train thousands of young sailors.

Ric designed and built his own boat, *Thanet*, over 30 years ago for coastal cruising and the shallows of Moreton Bay. Ric maintained *Thanet's* secret weapon was her lifting keel, which always provided a little extra speed when going downwind.



Photo: Supplied.

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# WHO WANTS FRESH SAND CRABS FOR CHRISTMAS?

BY SPERO KARTANOS

**It's the first week of summer; and let's hope the weather settles and conditions are great for fishing!**

Looking back over the years, there are weeks in December when conditions seem unsettled, and big storms are the norm, so let's hope we get the rain without the hail (if we get any at all over at Manly West).

Whiting, mackerel, reef fish and lots of sand crabs should be on the menu in December, and all we need is the weather to play its part so we can get on the bay to catch a few.

If the crabbing is as good in December as in November, there will be plenty of crabs on the diner tables over Christmas, and the same for whiting. Now is a good time to catch them around the Chain Banks and Rous Channel areas, and they should be good sizes, too.

The snapper and squire will be close around the island drop-offs, so it's worth a fish, especially during the last run-out tides. We'll be waiting with bated breath to see if the spotty mackerel come into the bay again this year in more significant numbers, and we hope at least there will be a few school mackerel swimming around the Hope Banks.

So get the rods and reels cleaned up, have a few chrome slugs at the ready, along with a few spoons and diving boards to tow behind the boat, and keep your eyes wide open for weather changes and the amount of extra traffic on the water. Stay safe, catch some fish, and have a merry and safe Christmas. I hope to be reporting good fishing news in 2024!

For updates on where the fish are biting, check out [fishingmonthly.com.au](http://fishingmonthly.com.au) for Moreton Bay fishing reports.

I wish all my readers a merry Christmas and a healthy and happy new year!



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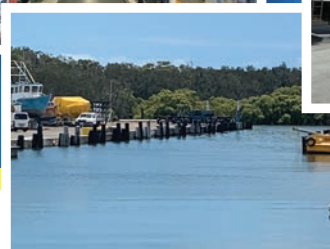
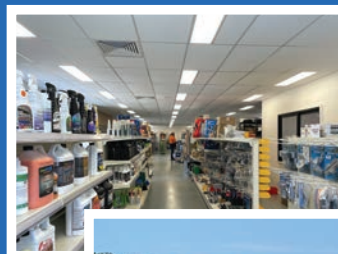


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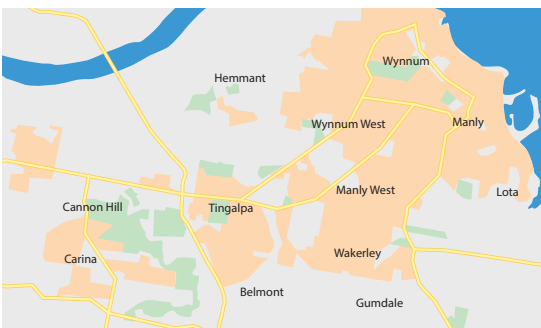
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 **The Community Leader**  
WE'RE ALL ABOUT GOOD NEWS

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.

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. Any submissions can be emailed to [sales@market2market.com.au](mailto:sales@market2market.com.au) for consideration.




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**The Community Leader**  
WE'RE ALL ABOUT GOOD NEWS



# TINGALPA STATE SCHOOL CHALKS UP 150 YEARS

FROM TINGALPA STATE SCHOOL



The 150th Anniversary School History Museum.



Les Porter and George Nicholson.



The 150th Anniversary ceramic mural unveiling. Member for Lytton, Joan Pease with TSS Principal Donna O'Keeffe, and Luke Pendergast, TSS P&C President.

**This year Tingalpa State School celebrated its 150th anniversary. The school was established on 1 August 1873, making it the oldest schools in the Bayside area. Exactly 150 years to the date the school community marked the occasion with a special assembly and afternoon tea. The event was attended by students, parents and past students, staff and community members.**

Highlights of the assembly included an historical timeline presented by Tingalpa State School student leaders, recognition of past principals and community members who support the school and a presentation of a commemorative 150th badge to Les Porter, family representative of the oldest living student from the school, Roy

Stanton aged 91. This was presented to Mr Porter by the current youngest student in the school, George Nicholson, just turned five.

"We are proud to have generations of families receive their education at our school. Many parents and grandparents of current students were once themselves members of Tingalpa State School and our motto 'Strive to Excel' along with the Tingalpa State School crest of a tree is recognised by the Tingalpa community as symbolising the history and heritage of our school and its community," said Mrs Donna O'Keeffe, Principal of Tingalpa State School.

History shows that Tingalpa has always been a place of community. For the Quandamooka people, the traditional custodians of the Tingalpa area, this area provided a wealth of food, around the many

freshwater billabongs and the creek. It became known as a meeting and gathering place, it was our original community. This sense of a community gathering place lives on today at Tingalpa State School, as it is the heart of the community.

Celebrations began in Term 2 when students and staff worked with local ceramic artist, Maria Barry, to create a 150th anniversary ceramic mural. The mural was gifted to the community by the school, TSS P&C and Member for Lytton, Joan Pease.

Tingalpa State School looks forward to embracing the next chapter of its journey, confident that the values it was built upon will continue to guide and shape the lives of its students for years to come.

## THERE'S MORE TO THE STORY...

FROM STORY DOGS

**Story Dogs would like to thank Margaret Vote, principal of Raine & Horne Wynnum Manly, for her continuing sponsorship for another 12 months of Gizmo, a Story Dog who volunteers with his owner Fran at Guardian Angels' school at Wynnum each week.**

Story Dogs presented Margaret with a Story Dogs plaque, expressing their gratitude for her continuing sponsorship to 2024.

"Story Dogs is all about a special connection between a child and man's best friend, a truly safe place where your child can find the courage to read without fear of judgement," says Margaret.

Gizmo and Fran have been visiting Guardian Angels' primary school at Wynnum for over two years and enjoy seeing six students each

week. Gizmo sits quietly while each student reads their favourite story to him.

To see their personal growth and confidence at the end of the school year is rewarding for everyone, and students look forward to seeing Gizmo each week. Their big smiles tell the story. Knowing that Gizmo has such a huge impact on their future makes it all worthwhile.

To be a Story Dog, you must pass an accreditation test by Story Dogs' certified dog team assessors, have annual vet checks and vaccinations, have council registration, and be clean and groomed before going to a school.

If you are thinking about becoming a volunteer with Story Dogs, find out more at [www.storydogs.org.au](http://www.storydogs.org.au).



Photo: Supplied.



# MY LOCAL MEMORIES: ROGER, MESSAGE RECEIVED AND UNDERSTOOD

BY ROSS FARLEY, BAYSIDE RESIDENT

## Do people train dogs to fetch, or do dogs train people to throw?

My brother, John, had a young, exuberant boxer dog called Roger. Shortly after Lyn and I were married we visited John and his family who were holidaying in Caloundra. We went fishing early one freezing winter morning in Pumicestone Passage in a dinghy with an outboard motor – John, Lyn, and me. Roger wanted to come, and John relented. We were catching bream on mullet gut for bait until Roger decided that eating mullet gut topped watching fishing. Obviously if Roger got what he wanted, our fishing trip would be over.

No matter what we tried, Roger would do anything to get at that bait and his antics made fishing difficult. There happened to be a sandbank close by so, in desperation, John dropped Roger on the sandbank, and we continued fishing and kept an eye on Roger. That worked for a while, Roger was close, visible, and unable to go anywhere, while we were catching fish. It was not long before Roger started to howl and tried to swim to us. He wasn't a good swimmer, so we picked him up, dragged him into the boat whereupon he devoured the mullet gut. Roger was now dripping wet, cold, stinking of mullet gut and desperate to get warm so he poked his head under Lyn's woollen jumper and pushed his body in until his head came out next to Lyn's head. Lyn was then sitting in the boat: cold, wet, and stinking of mullet gut but Roger was happy at last.

What's in a dog's name? In radio communications Roger means "message received and understood". While dogs can't talk, Roger made sure we got the message at every point. He wanted to go fishing and we understood. He wanted to eat the bait and got what he wanted. He wanted to get back in the boat and we obeyed. He wanted to get warm, then got up close and personal with Lyn. "Roger: message received and understood!"



Photo: Supplied.

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# COMMUNITY ORGANISATION PROFILE: QUOTA WYNNUM MANLY

CONTRIBUTED BY MANDY KELEHER

**Quota Wynnum Manly is a longstanding group of women who donate their time hosting monthly events to support local charities, and the Hear and Say Centre is one of those charities.**

Quota Wynnum Manly has supported the Hear and Say Centre since its inception in 1992. The local ladies do this by hosting an annual charity auction in Wynnum in August of each year. This is their primary fundraising event for the year, and they continue this tradition with the help of local traders donating gifts and prizes to be used as auction items and raffle prizes.

Members raised a mammoth \$15,000 for the Hear and Say Centre this year. Yvonne Spanner, the club's president, is pictured presenting the cheque.

The time the ladies put into hosting these events is commendable. The camaraderie of Quota Wynnum Manly drives the ladies' hard work throughout the year.

In addition to the auction, Quota ladies raise funds for many charities such as Rosies, Head and Neck Cancer Australia, The Carers Foundation, and Orange Sky Laundry. They support one of the local schools by making sandwiches each fortnight as well as handing out fruit at the annual Rotary Family Fun Day and also hand out damper and tea/coffee at the Australia Day celebrations.

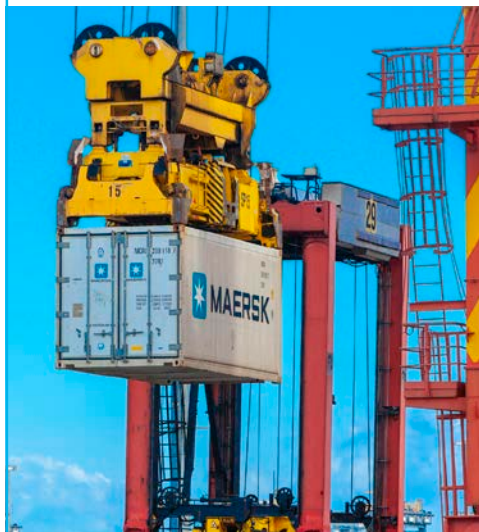
The hardworking ladies also take part in the gift wrapping each year at Wynnum Plaza for Mother's Day, Father's Day and Christmas in return for a gold coin donation, which they donate to their nominated charities. The ladies meet monthly to organise events and once a month for a social dinner.

If you are interested in learning more about Quota Wynnum Manly, you can email [QuotaWynnumManly@outlook.com](mailto:QuotaWynnumManly@outlook.com) or search for Quota International Wynnum Manly Inc. on Facebook. Alternatively, you can contact club president Yvonne at 0412 055 445 or club secretary Mandy at 0451 394 987.



Photo: Supplied.

## Latest news from the Port of Brisbane Dec 2023



### Trade

The Port's container trade during the first quarter of FY24 has been mixed, with export containers tracking slightly ahead against the same period last year, while import volumes are lower, impacted by current economic conditions.

On-going high numbers of cotton, agricultural seeds and a resurgence of beef have attributed to strong export volumes. However, with a hot and dry summer forecast, agricultural seed container exports are anticipated to decline. Imports of household items, building materials and electrical goods are trending down after several years of historically high volumes.

### Community

We are proud to have launched our 'Innovate' Reconciliation Action Plan, taking the next steps in our reconciliation journey at the Port.

We proudly supported the Wynnum Fringe Festival for the third year running through our Community Partnerships Program, helping to celebrate the vibrant arts and cultural experiences the festival brings to the Bayside.

Hundreds more Queensland school students will visit and learn about the Port in 2024 following a \$100,000 funding boost to our longstanding eco-education partners, Tangalooma EcoMarines and Moreton Bay Environment Education Centre.

### Brisbane International Cruise Terminal

The summer cruise season is in full swing at the Brisbane International Cruise Terminal (BICT), with 28 cruise ships expected in December and a total of 164 vessels currently scheduled to call during the 2023/24 season, which runs October to September.

Onsite car parking is limited and in high demand, so if you're intending to park and cruise, please book car parking well in advance of your travel dates via the Wilson Parking website ([www.wilsonparking.com.au](http://www.wilsonparking.com.au)).

For more information about the Port of Brisbane, visit [www.portbris.com.au](http://www.portbris.com.au) or email [info@portbris.com.au](mailto:info@portbris.com.au).

#### Port of Brisbane

Port of Brisbane is Queensland's largest multi-cargo port. Every year, the Port handles approximately \$55 billion in international trade including around 95% of the state's containers and motor vehicles and 50% of its agricultural exports, while the Brisbane International Cruise Terminal is helping to grow Queensland's tourism industry.

We are also proud to be an active member of the local and regional community, supporting not-for-profit and community organisations and playing our part in protecting and enhancing the natural environment.

#### Port fast facts

- At the Brisbane International Cruise Terminal, cruise lines lease the facility when their ship is in port and oversee all passenger services together with Australian Border Force.
- Every cruise ship call contributes almost \$1 million to the Queensland economy!
- On average, cruising from Brisbane supports around 610 jobs annually. (Source: Deloitte Access Economics, 2022)

#### Brisbane International Cruise Terminal

**Address:** 1 Cruise Terminal Drive, Pinkenba

**Information and directions:**  
[www.portbris.com.au/cruise](http://www.portbris.com.au/cruise)

**Car parking:** [www.wilsonparking.com.au](http://www.wilsonparking.com.au)

**Cruise requirements/itinerary information:**  
contact your cruise line.







# BUSINESSES JOIN SCHOOLS TO CLEAN UP WATERWAYS

FROM THE ECOMARINES FOUNDATION

Local businesses can now play a role alongside Bayside schools to protect Moreton Bay from harmful pollution.

EcoMarines Foundation, an education program operating in more than 200 Queensland schools, recently launched a corporate version of its program to encourage businesses to adopt sustainable practices in the workplace.

EcoMarines CEO Louise Yates said the corporate program was essential if Queensland was to reduce its emissions by 30% of the pre-2005 level by 2030 and achieve its Zero emissions target by 2050.

“The EcoMarines Corporate program is easy to implement and can deliver fast results for companies looking to improve their efficiencies across a range of activities,” Ms Yates said.

“Many companies like Freedom Boat Club at Manly are keen to reduce consumption and waste within their business. Our program is a viable solution to help manage that problem.

“Better still, businesses that join will be adding to the efforts of local schools that participate in our free education programs.”

**Wynnum West State School was among the first schools to enrol in the program in 2014. Deputy Principal David Brand said now, almost 10 years on, the environmental activities aimed at reducing litter and marine pollution are engrained in the everyday life of the school.**

“Our environmental captains lead the school in a range of activities that engage all our students and teachers in changing the way we do things for the better.” Mr Brand said.



Pictured: Latest EcoMarines Corporate Crew member Brett Bolton, Managing Director of new Manly business Freedom Boat Club, with staff member Rosie Jones. Photo: Supplied.

“Over the years, the students have helped to establish and maintain a thriving edible school garden.

“They set up a composting project to collect all our organic waste. The compost is then used to feed our garden.

“We also have ‘Wrapper-free Wednesday’ to reduce whole school lunchtime waste and recycle our bottles and cans to raise funds for charity.”



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# GUMDALE STATE SCHOOL'S GREAT BOOK SWAP

CONTRIBUTED BY ANGELA BROWN, GUMDALE STATE SCHOOL

Gumdale State School recently hosted *The Great Book Swap* in celebration of Indigenous Literacy Day. Held in partnership with the Gumdale State School Student Council, students were invited to swap a gold coin for a pre-loved book and raise funds for the Indigenous Literacy Foundation. The \$1,163 raised by Gumdale will gift 116 culturally-relevant books into the hands of children in remote communities – and that's something to smile about!

The school's involvement in *The Great Book Swap* was initiated by the Gumdale State School Aboriginal and Torres Strait Islander Perspectives Team, consisting of teachers and other staff members, parents, carers and community members. Since its inception in 2019, three Reconciliation Action Plans have been successfully implemented by the team through the Narragunnawali platform, a program of Reconciliation Australia.

Each year the team facilitates the celebration and commemoration of important events such as National Sorry Day and Reconciliation Week, and provides time and space for students to work with Uncle Norman Enoch to learn more about Quandamooka Country.

Gumdale State School staff are offered capability-building professional development opportunities, while seeking ways to embed Aboriginal and Torres Strait Islander perspectives within the school's curriculum planning.

Gumdale State School is grateful to all the families that donated books, the students, staff, parents and community members that visited *The Great Book Swap* and the members of the Aboriginal and Torres Strait Islander Perspectives Team and the Student Council for their contributions in making this event a great success.



Photo: Supplied.



## LOCAL POETRY CHRISTMAS

BY GEOFF SMILEY



Christmas here is often told  
as though winter is about.  
But we all reside  
where the sun shines bright.  
Summer warmth, not a fireside  
is our Christmas delight.

Christmas, first of all,  
is a time to notice  
an event that enthral;  
a baby's birth and sacrifice.  
The love God has for all,  
His gift, the Christ.

An Australian Christmas,  
like all around the world,  
reminds of joyous things;  
of families, parties, friends.  
We all love Christmas,  
its hope that never ends.  
Gone are the distractions

of the past year.  
Christmas and its joys,  
bring peace so near.  
Children's excitement for these.  
What fun, Christmas is here.

The Christmas tree stands;  
decorations everywhere.  
Presents waiting to be shared,  
anticipation in the air,  
festive plans abound.  
Yes, Christmastide is here!  
© Geoff Smiley

*Christmas is a wonderful time of the year for most people. It is when the usual preoccupations and stresses of the year can be set aside for a short period. This, even if you are not an observer of Christian rituals.*



# SANTA'S PEPPERMINT CHOCOLATE CHIP COOKIE RECIPE

Here's a Christmas cookie recipe with a festive flavour, thanks to the addition of crushed candy canes and festive hundreds and thousands!

## INGREDIENTS

- 1 cup unsalted butter, softened
- 1 cup white sugar (granulated sugar)
- 1 cup packed brown sugar
- 2 large eggs
- 1 teaspoon vanilla extract
- 3 cups plain flour
- 1 teaspoon baking soda
- 1/2 teaspoon baking powder
- 1/2 teaspoon cooking salt
- 1 1/2 cups chocolate chips
- 1/4 cup hundreds and thousands
- 1/2 cup crushed candy canes (a food processor is handy for this)

## METHOD

1. Preheat your oven 175°C. Line a baking tray with baking paper.
2. In a large bowl, using an electric beater, cream together the softened butter, granulated sugar, and brown sugar until light and fluffy.
3. Now beat in the eggs one at a time, then add the vanilla extract and mix until smooth.
4. In a separate bowl, mix the flour, baking soda, baking powder, and salt.
5. Slowly add the dry ingredients to the wet ingredients, mixing until just combined. Be careful not to overmix.
6. Carefully fold in the chocolate chips until evenly distributed in the cookie dough.
7. Mix in the hundreds and thousands and crushed candy canes to add a Christmas twist to your cookies. The candy canes will give a delightful peppermint flavour!

8. Scoop tablespoons of cookie dough onto the prepared baking sheets, leaving space between each one. You can make the cookies as small or large as you want, just adjust the cooking time (see point 9 below).
9. Bake in the preheated oven for 10-12 minutes or until the edges are golden brown\*. They'll still be soft in the centre, which is how they should be!  
*\*They may need longer or shorter cooking time, depending on the size you've made your cookies.*
10. Cool your cookies on the baking tray for a few minutes, then move them to a wire rack to cool completely.

*This recipe makes between 35 and 50 cookies, depending on the size of each cookie.*



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# THE ROLE OF YOUR DENTIST IN A DEMENTIA DIAGNOSIS

FROM DENTAL ON CAMBRIDGE

**Currently, in Australia, over 400,000 Australians are living with Dementia\*. This area of healthcare presents many challenges, both for the person being diagnosed and their loved ones and carers.**

Dementia is a broad term used to describe specific neurodegenerative diseases such as Alzheimer's, and diseases that have neurodegenerative changes present such as Parkinson's and Huntington's.

Many people or their carers wouldn't immediately think of their dentist as a professional to consult when they've been given a Dementia diagnosis. However, this is a critical time for dental health.

The main thing to rule out after diagnosis is if there are any acute infections or loose or decaying teeth that need immediate attention. Often, an individual's oral health will have started to decline long before a formal diagnosis is provided, meaning there may be some 'hidden' problems occurring that the individual and their loved ones or carers don't even know are there, as the individual may not be able to let them know.

It is also critical to establish a baseline of your oral health to support proper management of future oral health needs. For example, a comprehensive examination and Orthopantomogram x-ray (OPG) can assist with planning for changes to oral hygiene when the primary responsibility changes from the individual to their loved ones or carers.

As the person's Dementia progresses, it's important to maintain regular six-monthly checkups to ensure that any oral pain can be detected and treated, as the impact on the individual and their behaviour can be quite severe – especially if they're unable to remember that they have pain or symptoms such as sensitivity to hot or cold, or pain when chewing. These symptoms can occur without loved ones or carers present, meaning that all too often, they go untreated. Untreated infections can have a severe impact



on a person's overall health and wellbeing and can lead to widespread infection and sometimes even sepsis. Additionally, bacteria from oral infections can also be inhaled into the lungs, leading to aspiration pneumonia.

If you've recently been diagnosed, or a loved one has, consider booking in with your current dentist to start planning for your oral health and wellbeing now and into the future. If you've been looking for a new dental team, Dental on Cambridge would love to assist you. Book online at [www.dentaloncambridge.com](http://www.dentaloncambridge.com) or call our professional team on 3348 6661.

*\*Source: ADA November 2023 No. 536, Cover Story Dentistry and Dementia <https://adanewsbulletin.partica.online/ada/ada-november-2023-no-536/cover-story/dentistry-and-dementia>*

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