

# The Community Leader

## WE'RE ALL ABOUT GOOD NEWS

### Bayside



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## GET YOUR FUN-FU ON THIS FEBRUARY!

While kung fu, dumplings, lion dancing and lanterns might seem stereotypically Chinese, they are in fact some of the essential ingredients that make the Fun-Fu Festival a fabulous community event.

Staged at Manly's George Clayton Park this month, the second annual Fun-Fu Festival promises an immersive East-meets-West experience, where visitors can explore the vibrant culture and customs of Chinese people.

Bayside resident and festival organiser Amay Small says it's a chance to unite people from all backgrounds and showcase Chinese culture, and there's even a charitable aspect, with raffle

proceeds donated to the Bayside Community Fund. And with free entry, it's an all-ages event that everyone can enjoy.

Fun-Fu is just one drawcard on a menu of amazing events planned for 2024, run by passionate local community leaders. How lucky are we to have these volunteers in our community?

Keep the afternoon of February 17 free for a festival of Chinese fun, and for a full program, check out page 3.

*Pictured: Amay Small with Monica Ma at George Clayton Park, Manly.*

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# US COAST GUARD WELCOMES AUSSIE COLLEAGUES IN 2024

BY HARVEY SHORE

Coast Guard volunteers in Manly and other bases around Australia have been invited to visit US Coast Guard bases and renew traditional links with their American colleagues. The invitation comes from Commander Roland Zwicky, Auxiliary Sector Co-ordinator of the US Coast Guard in Hawaii.

Australia's Volunteer Coast Guard – when founded in 1961 – was originally modelled on the US Coast Guard Auxiliary, the volunteer arm of the US Coast Guard.

Commander Zwicky has always been keen to maintain and support that traditional link. He previously arranged for local Coast Guard volunteers, including Squadron Training Commodore Simon Gideon and two-time Bravery Award recipient Steve Creevey, to tour Coast Guard bases while visiting the USA.

He also arranged for other Australian volunteers (including this writer) to join US Coast Guard Auxiliary volunteers on training sessions off Waikiki Beach to observe emergency drills and the recovery of safety gear dropped by C-130 transports.

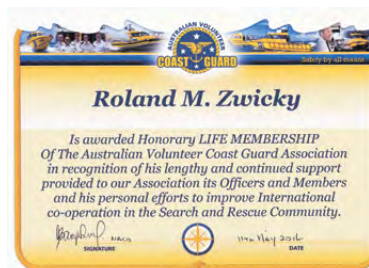
These visits foster international links and present outstanding

opportunities for local volunteers to gain international experience courtesy of the enormous resources of the US Coast Guard.

In recognition of his lengthy and continued support of Australian volunteers, Commander Zwicky was awarded honorary life member of the Australian Volunteer Coast Guard Association in 2016, by National Commodore Ray Campbell.

However, these visits and training sessions were curtailed during the COVID-19 pandemic. Now, with that problem largely contained, Commander Zwicky is keen to resume fostering traditional Coast Guard links between Australia and the USA.

So, in 2024, Commander Zwicky wants to hear from Australian Coast Guard volunteers interested in touring US Coast Guard bases or observing his training sessions in Honolulu.



A US Coast Guard C-130 flies over sector co-ordinator Roland Zwicky off the coast of Hawaii. Photo by Harvey Shore.

Interested volunteers can email Commander Zwicky at [Roland.M.Zwicky@uscg.mil](mailto:Roland.M.Zwicky@uscg.mil).



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# FUN-FU FESTIVAL 2024 — A TAPESTRY OF UNITY

BY AMAY SMALL

*The Fun-Fu Festival returns to the bayside this month, showcasing Chinese food, music, arts and cultural displays, and a whole lot of fun! Festival founder Amay Small gives her take on what the festival represents, and her motivation for its launch in 2023.*

“In a world that often seems overwhelmingly loud and divided, we asked ourselves, ‘How can we bring a drop of serenity into the ocean of noise?’ That question led to the birth of the Fun-Fu Festival in 2023. More than just a celebration of the Chinese Year of the Dragon, the Fun-Fu Festival has become a beacon; a symbolic crossroads where East meets West, and where community comes to life.

“The inaugural Fun-Fu Festival was more than a year in planning. We wanted to offer something more than just another event to mark on the calendar; we wanted to create a lasting experience that would unite people from various walks of life.

“The festival integrates the riveting energy of lion dancing, the discipline of kung fu, and the teamwork of dragon boats, making for a cultural extravaganza that transcends any single tradition.

“As daylight turns into evening, Chinese movies will flicker under lantern-lit skies, and the air will be filled with a sense of awe and the aroma of snacks from local food trucks.

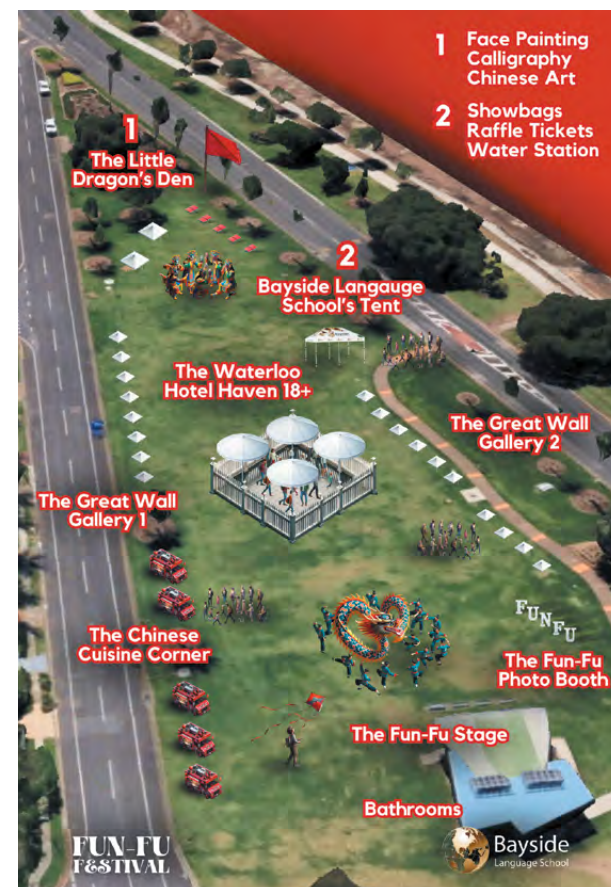
“While the Fun-Fu Festival celebrates Chinese culture, our overarching vision has always been one of community. Every aspect of the festival has been designed to give back to the community that has given us so much. All raffle proceeds go directly into The Bayside Community Fund.”

*Amay*

*The Fun-Fu Festival will be held on Saturday February 17 from 2:00pm to 6:00pm at George Clayton Park, Manly (look for the lighthouse!). Entry is free.*



Photos: Supplied.



- 2:00 PM The Official Fun-Fu Opening Ceremony
- 2:30 PM Lion Dancing & Shaolin Kung Fu
- 3:00 PM Calligraphy, Ink Painting, Tiny Pong
- 4:00 PM The Bayside “Fortune Raffle” Draw
- 4:30 PM Indulge in Chinese Dinner and Dessert
- 5:00 PM Traditional Chinese Singing & Dancing
- 6:00 PM The Official Fun-Fu Closing Ceremony

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# The Mall

## A MODERN REFRESH IN MANLY HARBOUR



*The shopping centre locals know and love, now known as The Mall, has spent the last few months undergoing a refresh. As the hub of Manly Harbour Village, the centre looks smart, bright and clean. Here, building co-owner Christina, from The Farley family, expands on The Mall's facelift and life in Manly.*

### THE REFRESH HAS BEEN A BIG PROJECT. CAN YOU TELL US MORE ABOUT THE REFRESH AND THE CHANGES?

Since its construction in the 1960s, The Mall has been a focal point for Manly Harbour Village, providing groceries, everyday conveniences and a range of specialty stores. It's a much-loved landmark in our community.

In addition to addressing some maintenance issues, we wanted to 'sharpen up' the aesthetic of The Mall at a time when other exciting developments are underway in Manly Harbour Village. The renovation of The Manly Hotel, the construction of luxury apartments at 191 Stratton Terrace, the new Manly Boat House and the redeveloped Manly Harbour Boat Club are exciting developments in the area. It's great to see so many new projects in the works!

Because of The Mall's importance to the local community, we are firmly committed to keeping the character and essence of the building. By returning to the name The Mall (the centre was originally known as The Manly Mall) and incorporating the breeze-block design in new aluminium screening, we have given the nod to the centre's 1960s origins. Being able to repair the beautiful tiled floors was also a big win in preserving The Mall's character.



Photos:Supplied.



**WHAT PART OF THE REFRESH ARE YOU MOST PLEASED WITH?**

I love the unique sense of space created by opening up the ceiling, and the updated bathrooms and fresh signage have improved the centre for our traders and our community. Where possible, we've used local businesses, such as the fantastic amenities signs hand-painted by local sign writer Kylie Eastham from JT Signs (you can also spot her work at Cambridge Lane). It's been so great to keep it local.

I'm also pleased we've incorporated some large, communal-style tables. It's been wonderful to see locals adopting this space to enjoy a coffee, sample some delicious food and connect with friends and family.

**CAN YOU TELL US ABOUT THE FARLEY FAMILY'S CONNECTION TO MANLY?**

Our family are long-established locals. Dad grew up in Wynnum, and now my brother and I are raising our families on the bayside. I love that our community is multi-generational; it's pretty unique and creates a wonderful community feeling. Every time I come down Cambridge Parade and see the water and smell the salt in the air, it evokes a wonderful feeling of childhood nostalgia – like I'm holidaying at home!



We're lucky to have the bay to enjoy right on our doorstep. In the future, I'd love to continue to help improve our local area, especially by improving the connection between the shopping centre and the foreshore. It's important to create a greener future for generations to come.

**ANY FINAL WORDS ABOUT THE MALL'S REFRESH?**

Thank you to our traders and community for their patience and understanding as the refresh has been underway. Spirits have remained high, and the generosity of our community has been really apparent. We've tried hard to keep everyone updated via social media, with newsletters and on our website, so I hope the inconvenience has been minimal.

I hope everyone who pops into The Mall for groceries, visits the post office or gets a takeout coffee enjoys the revamp.

To see more photos of The Mall refresh, head to [www.manlyharbourvillage.com.au/themall](http://www.manlyharbourvillage.com.au/themall), or if you have the chance, come and experience it for yourself.





# Sara Whitmee

## Local Area Update

COUNCILLOR FOR WYNNUM MANLY



### Movies in the Park: Super Mario Bros Movie

Ropley Road will become an al fresco movie cinema on Saturday, 2 March.

The Outdoor Cinema in the Suburbs program will provide a free, family friendly screening of the Super Mario Bros Movie. BYO blanket or chair and pack a hamper or grab something from the selection of food trucks available before the movie begins.

The events begins at sunset and the movie will screen at 7.00pm.



### What can Council do for me?

Sometimes when I'm out talking to the community, I find that there's some confusion over the levels of government and who cover what.

Local Councils focus on issues that directly impact our neighbourhoods such as local roads, footpaths, parks, playing fields, libraries, waste disposal, building regulations, and various community services.

Brisbane City Council is the largest local government in Australia, covering 26 wards across an area of over 1300 square kilometres.

If you have a local issue that requires fixing, you can access and complete an online fixogram by scanning the QR code.



### Community Hero of the Month

Our local heroes were out in droves following the storms late last December. In fact, the rains had barely stopped when volunteers took to the street with their chainsaws, helping our more vulnerable community members clear their roads and yards. Thank you to everyone who braved the heat to clear our streets and keep our people safe.

Warren Cowan of Absolute Rubbish Removal spent several days breaking down trees and clearing debris for our senior citizens. For this reason, he's my first Community Hero of the Month. If you live in Lota, you may already know Warren through his volunteer work with Bayside United Football Club and Lota State School.

Thank you Warren!

### Shire Clerk's Cottage Markets

The Markets return on Saturday, 16 March, from 8am – 1pm in the Cottage grounds, next to the Waterloo Bay Leisure Centre on Tingal Road.

The selection of market stalls has something for everyone, from handcrafted artisanal goods made through the Leisure Centres activity groups to bric-a-brac to explore. Don't forget to grab yourself a famous Shire Clerk's Cottage Devonshire tea to enjoy on the balcony!

In 2024, the markets will also run on 20 April, 15 June, 17 August, and 19 October.



### Wynnum Manly Historical Society

From unincorporated town to the almost-capital of Queensland, the history of Wynnum Manly and surrounds is absolutely fascinating, and there's only one local organisation that can answer all your questions.

The Wynnum Manly Historical Society provide all sorts of historical content to the community, through their Resource Centre on Florence Street as well as their monthly talks and daily Facebook posts.

For more information, visit [wmhs.org](http://wmhs.org) or follow [wynnumhistory](https://www.facebook.com/wynnumhistory) on Facebook.

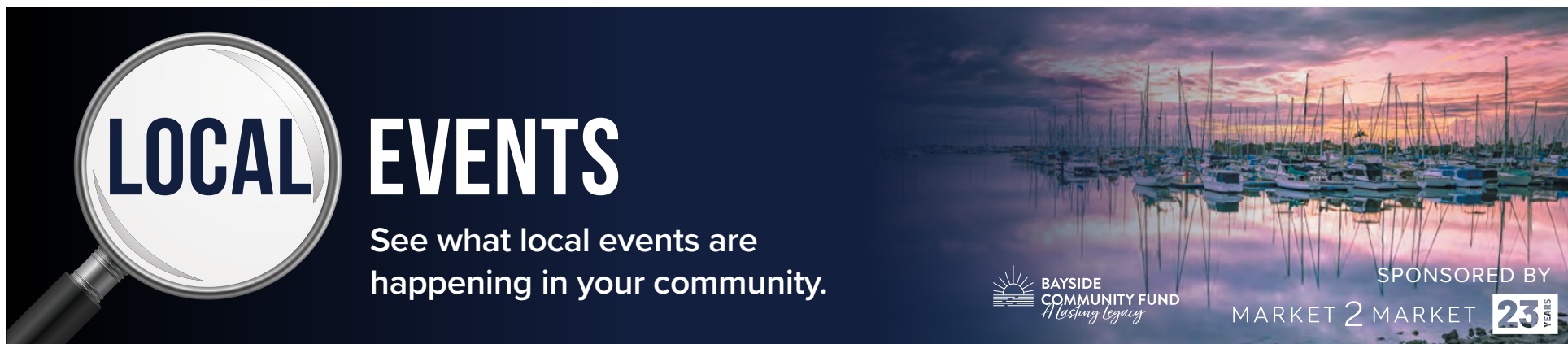


**Wynnum Manly Ward Office**  
3a/212 Bay Terrace (Cnr of Pine Street), Wynnum Qld 4178

Office hours: 8.30am-4.30pm, Monday-Friday  
Phone: 07 3403 2180 | Email: [wynnummanly.ward@bcc.qld.gov.au](mailto:wynnummanly.ward@bcc.qld.gov.au)







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

### LEARN TO PLAY BRIDGE



From Thursday February 8 to March 28, Wynnum Library

Wynnum Manly Bridge Club will be hosting free Learn to Play Bridge classes for beginners on Thursday afternoons from 12:30pm to 3:00pm, at Wynnum Library. Classes run for eight consecutive Thursdays beginning February 8, and finishing on March 28, 2024. Upon completion of the classes, participants will join supervised play sessions to put their newfound skills to use. When ready, players are welcome to join the competitive bridge sessions on Wednesday and Friday afternoons at St. Peters Anglican Hall, Bride Street, Wynnum. To register or for more information, please call 0493 546 906 or email [wynnummanlybridgeclubinc@hotmail.com](mailto:wynnummanlybridgeclubinc@hotmail.com).

### WYNNUM MANLY SEAGULLS VS BRISBANE BRONCOS



Saturday February 10 at BMD Kougari Oval, Manly West

Footy fans, mark your calendars – it's game on! Get your tickets now for the annual Seagulls versus Broncos match. It's a pre-season warm-up game, hotly contested and highly anticipated, and a great way to spend the day. See current and future stars of rugby league from the sidelines of our iconic Kougari Oval. A number of trial matches will be played prior to the main game, so it's a great day out for all ages. Tickets sell out quickly for this match, so get yours now by scanning the QR code.



### WROCCS COMPUTER TRAINING FOR SENIORS



Sign up on Tuesday February 13 from 10:30am, Wynnum Library

Wynnum Region Organised Computing Club for Seniors (WROCCS) kicks off its 2024 season this month, offering classes and one-on-one tuition to assist seniors in mastering technology. From smart phones to tablets, WROCCS' friendly tutors will guide students through a web of technologies that can make life easier, and communication better. From banking online to researching your family history, WROCCS can expand your options using popular apps and computer programs. For more information phone 0411 806 154, visit [www.wroccs.org.au](http://www.wroccs.org.au) or send an email to: [wroccsinc@gmail.com](mailto:wroccsinc@gmail.com)

### REPAIR CAFÉ BRISBANE BAYSIDE



Saturday February 10 from 2:00pm to 4:00pm, Waterloo Bay Leisure Centre, Tingal Road, Wynnum

Bring your household items in need of repair to the upcoming Repair Café, where a team of volunteers will be available to assist you in fixing them. During 2023, more than 250 items were inspected at the Repair Café, with an average 70 per cent success rate for repairs. That's around 180 items and 440kg of materials saved from landfill. Repairs are free, however visitors to the café pay for parts and/or materials used in repairs, while donations help maintain a stock of consumables and cover other costs. Visitors watch and are encouraged to get involved with the repair, which creates an opportunity to learn how things work and how they can be fixed.



# JOAN PEASE'S COMMUNITY UPDATE

## STATE MEMBER FOR LYTTON



### LINDUM STATION ACCESSIBILITY UPGRADE

Baysiders, the Lindum Station Accessibility Upgrade is full steam ahead. Lindum Station has now closed to the public to build new platforms, a new footbridge with lift access and many other outstanding accessibility features.

To ensure the needs of customers are met, 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.

Stay ahead by downloading the MyTranslink app, visiting translink.com.au, or calling 13 12 30 for more information.

I can't wait to keep Baysiders updated on the progressing works throughout the year!

### BMD WYNNUM MANLY SEAGULLS VS BRISBANE BRONCOS

Baysiders, get ready for an NRL showdown as the BMD Wynnum Manly Seagulls host the Brisbane Broncos in a thrilling trial match at BMD Kougari Oval on Saturday, February 10, 2024.

Kickoff starts at 4 pm, and there's an action-packed day beforehand, starting with McDonalds Seagulls Academy games before the main event.

Grab your tickets now! \$15 for adults, \$10 for Seagulls and Broncos members, and free for kids 15 and under. Visit [wynnumseagulls.com.au](http://wynnumseagulls.com.au) to book tickets.

Don't miss this chance to witness the Seagulls' season preview and spot future NRL talent. It's more than a match; it's a community celebration!



### BACK TO SCHOOL

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

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

From the start of this year, the Queensland Government's 'away for the day' campaign begins. This means phones will be put away during school hours.

This means students will spend more time engaged with their friends and learning in the classrooms.

Students can still wear their smartwatches, but these must have notifications switched off or in airplane mode, so that phone calls, messages and other notifications cannot be sent or received during school hours.



### CELEBRATING 9 YEARS STANDING UP FOR THE BAYSIDE

31 January 2024 marks 9 years since I was elected by Baysiders as the State Member for Lytton, so I would like to take the time to thank you all for your support.

Every day of the past 9 years has been rewarding and inspiring, and it has been a pleasure to deliver improvements to benefit the electorate, and the Lytton legends who call our Bayside home.

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

**JoanPease MP** | State Member for Lytton

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# FREE SOCCER MEMBERSHIPS FOR FAMILIES EXPERIENCING FINANCIAL HARDSHIP

FROM THE PORT OF BRISBANE

**More baysiders will be ‘bending it like Beckham’ in 2024 at the Bayside Uniting Football Club (BUFC), after it received an extra boost to its Community Sponsorship Program from the Port of Brisbane’s Community Consultative Committee.**

The program will sponsor up to 10 local children from families experiencing financial hardship with a free, one-year soccer membership to the Lota-based club.

BUFC is encouraging families with children aged six to 15 years in the local areas to apply for the program to enjoy all the social, community and physical benefits the game and Club has to offer.

BUFC President Andrew Dale said the Port’s grant had come at a fantastic time as they hope to spread the word and encourage more young people to join the Club ahead of the 2024 season.

“Our core values at Bayside are Football, Family and Fun, and we never want a child to miss out on the joy of playing football because of financial disadvantage. The Port of Brisbane’s grant, along with other valued partners, means more sponsorships and more kids lacing up

their boots and kicking the football in 2024; we couldn’t be more excited.”

Edward Harwood from the Port’s community team said it was a natural fit for their Grant Program.

“We’re big sports fans here at the Port, with lots of our own people and their children playing for and supporting their own local sporting clubs, so we understand how valuable this sort of opportunity to access the physical and social benefits club sport provides for children. Sporting clubs like BUFC are the heart of many communities, and we’re delighted to help provide more children the opportunity to play, whether they’re just starting out or budding athletes.”

Bayside United Football Club is a small, family-friendly community club in the heart of Lota with registrations open until 29 February 2024. Families interested in accessing the community sponsorship program should contact the Club for more information.

Local football players keen to get involved in the Club should visit its website: <https://baysideunited.com.au/> or its Facebook page.



Port of Brisbane Community Relations Manager Edward Harwood with BUFC President Andrew Dale. Photo: Supplied.

If you’re a local not-for-profit organisation or registered charity interested in finding out more about the Port of Brisbane’s grant funding, head to the Port’s website for more details ([www.portbris.com.au](http://www.portbris.com.au)). Funding of up to \$2,500 is available for eligible organisations and charities.

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# MAGGIE'S MATES

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**Name:** Tigger Whitmee.

**Suburb:** I'm from Tingalpa.

**How long have you lived there?** I've lived in Tingalpa for five years.

**What's your favourite local walk?** I love Elanora Park and Wynnum Creek.

**What is your most treasured toy?** My white bunny that Mummy gave my little brother, but I liberated it!

**Your favourite food?** It has to be chicken nuggets.

**Your worst habit?** Mummy doesn't like my face kisses, but I love them, and I am perfect!

**What's your favourite local hangout?** Elanora Doggie Park.

**Who's your best doggo friend?** My best friend is Bear, who is my nanny's best doggo (she's in the photo with me).

**Do you have any funny or embarrassing stories you'd like to share?** When I was little, I played with a grasshopper, and then cried on my Mummy's lap for two hours because the grasshopper laid down and stopped playing with me.

**What do people love most about you?** What's not to love? I'm cute and I just want to be everyone's best mate.



**Name:** My name is Baby.

**Suburb:** I live at Manly.

**How long have you lived there?** I've lived in Manly for about three years.

**What's your favourite local walk?** I love anywhere really, as long as I am moving... the waterfront at Manly, the dog beach... if you're moving, I am too!

**What is your most treasured toy?** My teddy bear; it's the only toy I haven't torn to pieces.

**Your favourite food?** Definitely salmon.

**Your worst habit?** I love to run in the rain and mud and make a big mess!

**What's your favourite local hangout?** On the front steps, watching the world go by.

**Who's your best doggo friend?** My next-door neighbour Chilli is my bestie.

**Do you have any funny or embarrassing stories you'd like to share?** I'm a no-nonsense kind of gal, so you won't get any embarrassing stories from me!

**What do people love most about you?** I'm very fluffy and cuddly, and I love to snuggle. I am great at giving Border Collie hugs.





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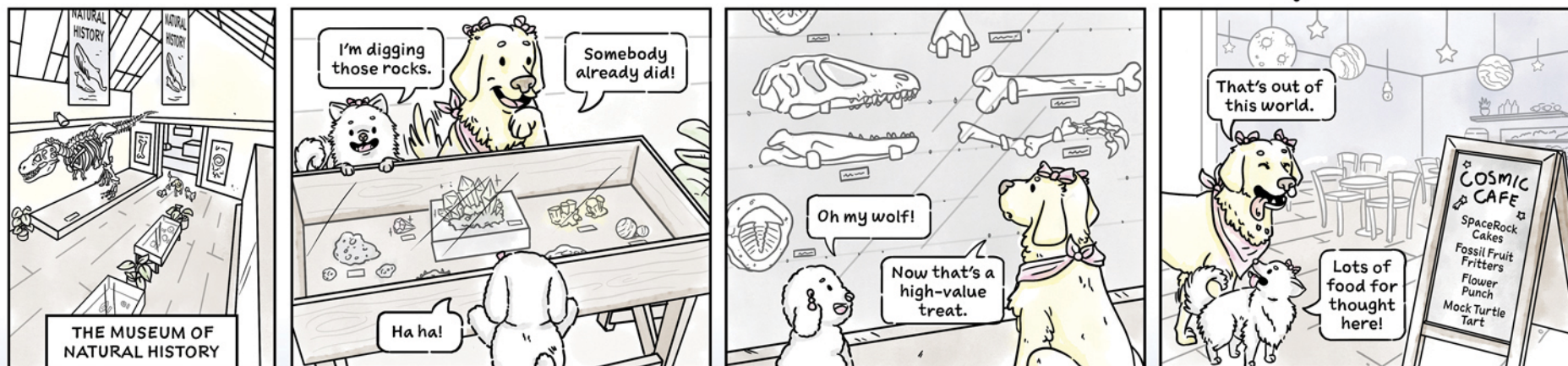





QUEENSLAND BUILDING AND CONSTRUCTION COMMISSION



# MISS MAGGIE OF MANLY



## ABOUT HYPERTHYROIDISM IN CATS

BY DR NICKY THOMAS, WYNNUM MANLY VETERINARY HOSPITAL

Hyperthyroidism is a common disease in cats, usually seen in middle aged to older cats.

Hyperthyroidism is an increase in the production of thyroid hormone which is produced by the thyroid glands. Thyroid hormones regulate a number of processes in the body so overproduction can result in signs in many organs.



### DIAGNOSIS OF HYPERTHYROIDISM

Your vet will perform a clinical exam on your pet – this may show signs such as a palpably enlarged thyroid gland, thin body condition, poor hair coat and an increased heart rate, sometimes with a heart murmur present. A blood test will be performed – this will check for changes in your cat's kidney and liver enzymes which may both occur with thyroid disease. A specific blood test to measure thyroid hormone levels will also be performed.

### TREATMENT OF HYPERTHYROIDISM

There are a number of options for treating hyperthyroidism in cats.

- Medication – tablets may be prescribed for your cat which will be given once or twice daily depending on the formulation. Cats which do not co-operate with oral medication may be treated with a transdermal ointment – this is applied to the skin on the inside of your cat's ear where it is absorbed into the bloodstream. This medication will be required for the remainder of your cat's life and requires regular monitoring to ensure that the dose is correct and there are no changes occurring in other organs.

- Radioactive iodine therapy – a number of specialist centres offer the option of radioactive iodine treatment. This is a single dose of medication which targets the thyroid gland specifically, preventing production of thyroid hormone.
- Surgical removal of the thyroid gland may be an option, particularly if there is a mass/tumour associated with the gland.
- Dietary therapy with specifically formulated food may help regulate thyroid function.

Your vet will discuss the best options for you and your cat to help treat this common metabolic disease.



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# THE BONNER UPDATE

ROSS VASTA MP FEDERAL  
MEMBER FOR BONNER



## LINDUM: GET THE FACTS

The vital safety upgrade of Lindum Level Crossing is going ahead **with all three levels of government working together to deliver this project**. I would particularly like to thank my state colleague, Joan Pease MP State Member for Lytton, Lord Mayor Adrian Schinner and Cr Lisa Atwood of Dobby Ward for working with me to help get locals home sooner and safer.

Due to the **Federal Labor Government's 90 Day (200 Day) Infrastructure Review, major works have been delayed**.

### Here are the facts:

- I secured \$85 million in Federal Funding for the Lindum Level Crossing safety upgrade.
- Joan Pease MP and Lord Mayor Adrian Schinner and Cr Lisa Atwood have also secured and contributed State Government and Brisbane City Council funding to the upgrade.
- Last year, infrastructure projects across Australia (including Lindum Level Crossing Safety Upgrade) **were delayed under the Federal Labor Government's 90 Day Infrastructure Review'** (which turned into 200 days).
- The Brisbane City Council **could not award a construction contract** whilst the Federal Labor Government was reviewing this project.

- Fighting for our community, I was able to retain the \$85 million in Federal Government Funding for Lindum Level Crossing.
- I have been advised by the Lord Mayor's Office that works will be **resuming in March**.

### So, what's next? ...


Now that Federal Infrastructure Review has been completed, and Federal Funding again secured, the Brisbane City Council can get on with the job and award a construction contract.

If you have any comments or ideas about the design of Lindum Level Crossing safety upgrade, please reach out to the Brisbane City Council team on [CityProjects@brisbane.qld.gov.au](mailto:CityProjects@brisbane.qld.gov.au) or 1800 669 416.

If you have any other questions or concerns, please do not hesitate to contact me on [Ross.vasta.mp@aph.gov.au](mailto:Ross.vasta.mp@aph.gov.au) or by calling my office on (07) 3893 3488.

Thank you for taking the time to read the facts about Lindum Level Crossing Safety Upgrade.

 69 Clara Street, Wynnum QLD 4178

 07 3893 3488

 [ross.vasta.mp@aph.gov.au](mailto:ross.vasta.mp@aph.gov.au)

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# ON Y'BIKE — AND GO FOR IT!

For those of us who grew up with Miss Marple-style pushbikes, the concept of BMX racing is a bit of a quantum leap, but it's a sport that's attracting more Australian competitors every year, and some of those riders are proving to be world-class.

For the non-cognoscenti, BMX is a contraction of Bicycle Motocross; BMX bikes are designed for off-road racing and trick riding. BMX racing originated in California and soon migrated to Australia; the classic BMX racetrack is in the shape of a tight letter "M", providing three sharp corners – edged by berms, or banked turns – and a series of jumps and formidable corrugations, all of which test the ability of the rider to stay in control and keep on track without losing speed.

The Sleeman Sports Centre at Chandler will host the first round of the 2024 AusCycling BMX Racing State Series on the 24th and 25th of February in the lead-up to the BMX World Cup. AusCycling's Performance and Racing Manager Luke Madill says that the event will be an inspiring contest of skill and grit.

"It will be a contest of the international best," he says. "The number of qualifying racers determines the number of contestants each country can enter for the Olympics, so every competing country will be putting forward their best riders for this series. Add to that the individual determination of each rider to make the cut, and you get top-class sportsmanship and breathtaking spectator events."

Professional Supercross racing, open to riders 16 and older, has been around since 1980 but wasn't accepted into the Olympic pantheon until 2008.

"There are more regulations about racing at the elite Olympic level," says Luke. "Riders must be at least 19 years old, and the race starts with an eight-metre high entry ramp that really gets the racers off to a flying start."

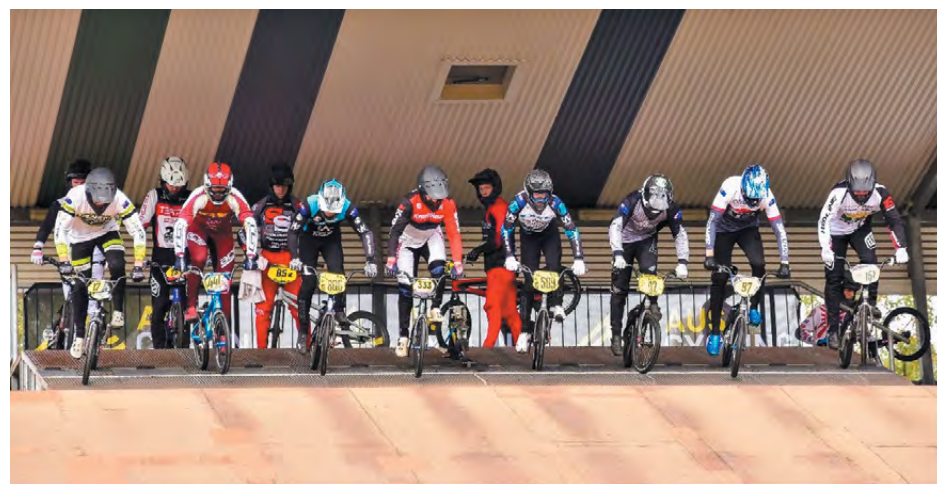
Luke says that, as is to be expected with such a physically demanding sport, a rider's peak performance years are usually between 19 and 30 years of age.

"While some retired racers choose a career as a racing coach, many, accepting that BMX racing rarely provides for a comfortable retirement, spend their racing years preparing for a total career change when they quit the track.

"Like most sports, the more seriously you take it, the more expensive it becomes. You can get a good racing bike for about six hundred dollars, but if you want to compete in the big league, your bike will probably cost you close to eight or nine thousand."

BMX racing's popularity was given a boost when it became an Olympic sport.

"Olympic acceptance showed that, though the biggest cohort are eight to 12 year-olds, it isn't just a sport for kids – it's an elite international sport," says Luke.



Photos: Supplied.

"And while there are undeniably more men than women in the sport – a ratio of about two to one – the number of women is increasing, particularly in the younger age groups."

Rounds 2 to 6 will take place in South Australia, Sydney and Perth ("We like to share the love around!") but those who'd like to see the lift-off for the World Cup can access tickets from [www.bmxworldcupbrisbane.com.au](http://www.bmxworldcupbrisbane.com.au). The first International Round, held on the 24th and 25th of February, is free to the public.



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# CONNECTION IN COMMUNITY: THE HEALTH BENEFITS OF BEING SOCIAL

FROM SOCIAL MUMS CLUB

**We know that the way we live modern life has changed. But despite these societal changes, our basic human need to connect remains. Recent surveys show that approximately half of US adults, and one in three Australians, feel lonely, with one in six Australians experiencing severe loneliness\*. Research now shows the profoundly harmful impact that loneliness has on your health.**

Loneliness is not just a bad feeling – it harms both individual and societal health. It's associated with a greater risk of cardiovascular disease, dementia, stroke, depression, anxiety, and premature death. Studies now show that loneliness is more harmful to your health than some of the major health issues of our time, such as smoking, obesity and physical inactivity. The impact on your mortality of being socially disconnected is as dangerous as smoking up to 15 cigarettes a day\*\*. And yet there is little commentary around this silent epidemic.

In the fight against loneliness, communities provide a powerful counteroffensive, offering a social safety net and a victory for your health. Community programmes such as volunteer organisations, sports and gym groups, religious groups, and member associations are fundamental in the fight against loneliness.

Kirsty Foster, founder and CEO of Social Mums Club, which now has almost 10,000 members and was established in the bayside, says that “the busy nature of life means that mums, who are critical to our communities, have minimal time for fun, connection, friendship and wellbeing, and so often feel lonely, deprioritised and uninspired”.

She set up Social Mums Club, which consists of free online and in-person communities, to improve the lives of mums by providing community and connection in an increasingly lonely world. And she tells some compelling stories of the impact that community and connection has had for her members – in some cases being the difference between life and death.

The message is clear: be socially connected in your community and you'll find yourself having a much healthier life. Make it your goal to be more socially connected in 2024 – your health and longevity depend on it.

*\*Source: Is Australia experiencing an epidemic of loneliness? Working Paper September 2018, Relationships Australia.*

*\*\*Source: Holt-Lunstad J, Robles TF, Sbarra DA, Advancing Social Connection as a Public Health Priority in the United States, American Psychology, 2017;72(6):517-530.*



Photo: Supplied.

## LET'S KEEP BRISBANE MOVING

With your support on March 16, Lord Mayor Adrian Schrinner and Alex Givney will keep Brisbane moving.



**Adrian SCHRINNER**  
Lord Mayor

**Alex GIVNEY**  
Wynnum Manly Ward

### About Alex

Alex is a long-term local mum of two and previous primary school teacher for over 10 years, now working in community engagement. Alex is a passionate advocate for small business and keeping the bayside suburbs a great place to live, work and relax. As an energetic and community minded local, she looks forward to working hard for Wynnum Manly residents.

**COUNCIL ELECTION**

**JUST VOTE 1**





# A RUNDOWN ON BOWEL CANCER SCREENING

BY DR ORLA BARRY, MANLY VILLAGE MEDICAL

Anyone over the age of 50 is familiar with the “gift” sent out by the government every two years – the bowel cancer screening kit. Statistically, we know less than half of the people who receive them actually complete the test, with a return rate of approximately 40%. Yes, it all seems a bit yucky, but these tests can make a huge difference.



The test checks for traces of microscopic blood in stool, which can indicate a bowel cancer or its precursor: polyps. Many people have polyps, and most will be nothing to worry about, but some can transform into bowel cancers. Catching them early can help prevent that process from happening or help detect bowel cancers early before drastic treatments are required.

For most people, completing the bowel cancer screening kit every two years between ages 50 and 74 will be enough to help prevent bowel cancer. The exception is people whose first degree (parents, siblings) or second degree relatives (grandparents, aunts, uncles) have been diagnosed with bowel cancer. If this is you, your recommended screening process will be different and may need to start before age 50. No matter your age, if you have a relative with bowel cancer, you will need a conversation with your GP to decide the next best step. Similarly, if you have any concerns about symptoms such as a new change in bowel habits, bleeding, abdominal pain or weight loss, please discuss these with your doctor as soon as possible.





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# LOCAL PERSONALITY PROFILE

**Name:** Dean Hall (affectionately known as “Deano”).

**Suburb:** Wynnum.

**Where do you work?** I work at Wynnum RSL Club, the bayside’s friendliest club!

**Do you have any fun or interesting stories about your job?** Nothing in particular; most days are fun and interesting. Just seeing our multi-generational patrons interact is fun. Having such a wide demographic of patrons makes for some humorous interactions.

**What’s your favourite local dine-in and take-away?** I have to give a shout-out to Mali at Cedar & Pine, and Bel at The Little Gnome Bookshop’s coffee shop. These are two amazing businesses with inspirational women at the helm. Both are very community focused and do a lot for small businesses in the area.

**What would you recommend as a great local activity?** I’m a fan of the wading pool. It’s a tranquil place by the bay to take a dip and feel the energy of Wynnum.

**What’s the last book you read?** *The Woman in Me* by Britney Spears (no judgement, please!).

**What’s the last TV show or movie you watched?** I watched *Night Swim* at the cinema. It definitely should not be promoted as a cure for insomnia; avoid it at all costs!

**Is there anything you’d like to see happen in the local area?** Perhaps more planning of the businesses and the look of their storefronts in Wynnum. As Wynnum continues to grow and we see a plethora of new units, the town centre looks very dated. We also seem to have a lot of unoccupied shops in the town centre.

**Is there a local business, club or community group you’d like to give a shout-out to?** I would like to give a shout-out to the Wynnum RSL Women’s Auxiliary and the Wynnum/Manly Legacy ladies. They do amazing work in our community, particularly with our veterans. I have had the privilege of working at functions for both groups and they are collectively a wonderful group of people.



Photo: Supplied.

Hi, I’m Bel. Here’s my plan to build a better Bayside

**I’m a local business owner of Little Gnome Bookshop, fundraiser for Variety QLD, DJ at many of our local schools and passionate member of our Bayside. I am running to represent the Bayside at the 2024 Council Election.**

- Make the trip to school safer for our kids by upgrading and installing new bike ways, pedestrian crossings & traffic calming solutions.
- Consult with local residents to create better parks and playgrounds for all walks and wheels of life.
- Create a youth centre, with a focus on sport, art & workshops.
- Expand the frequency of bus routes like the 220.
- Encourage development in a sustainable & affordable way, ensuring the Bayside remains open to everyone & support a rent freeze.

**BEL ELLIS**

**GREENS FOR WYNNUM MANLY**

Authorised by K Carra for The Greens,  
47 Park Road, Milton, 4064 - AN 2024/0018





# CHRISTMAS HARBOUR LIGHTS WINNERS ANNOUNCED

FROM MANLY HARBOUR VILLAGE CHAMBER OF COMMERCE

**Close to 90 traders and local community attended the Manly Harbour Christmas Lights Awards night and Chamber Christmas party. The Chamber was delighted and overwhelmed with the number of entries in each category.**

All categories were hotly contested, with judging was based on the photos submitted. Careful consideration was given to the overall look, how much space was covered in decorations or tinsel, the 'wow' factor, and the size of the boat or house. The judges had their work cut out for them.

We would like to thank our sponsors:

- Joan Pease MP
- Bayside Property Agents – David Pearce
- Green Beacon Brewing Company
- Cat O Nine Tails
- The Consortium Group
- Tru Blu Trophies
- Vitale & Co Property Management Services
- Bayside Weekly News

Again, we were overwhelmed by the generosity of the Manly Harbour Village traders (listed below) who contributed to this incredible prize pool valued at over \$6,000. Thankyou Tammy Vitale for coordinating and collating all the prizes.

- 4 Shore Fitness Gym
- Bella Botiqo
- Belle Manly
- Ebb & Flow
- Endota
- Folk Hair
- Joan Pease MP
- Keith's on Cambridge
- Labels By the Bay – Stratton Square
- Leaping Solutions
- Mad Hatters Book Shop
- Manly Harbour Boat Club
- Manly News Agency
- Manly Village Pharmacy
- Move Podiatry Clinic Manly

- Oscar Oscar Manly
- Royal Queensland Yacht Squadron
- Cr Sara Whitmee
- SeaVibes
- Shucks Bar
- Style & Error
- Thai Boat Restaurant
- The Mall – David Farley
- Trendell & Turner Travel Associates
- Win Tenders – Daniel Oxley

## WINNERS

- Winner – House Category:** Phil Carr.
- Runner-up:** Cindy Clifford
- Highly Commended:** Brian Jackson and Jason Lucas.
- Winner –Yacht Category:** Kevin Clifford.
- Runner-up:** John Christie.
- Highly Commended:** Andrew Stevenson.

- Winner – Power Boat Category:** Lucas Levy.
- Runner-up:** Andrew Apel.
- Highly Commended:** Margi Zinga.

- Winner – Business Trader Category:** Keith Hynes, Keith's on Cambridge.
- Runner-up:** Melina McKinlay of Manly Harbour Barber.
- Highly Commended:** Lolo Trendell, Trendell & Turner Travel Associates.

## DATE CLAIMERS:

- 20 February** – Chamber event hosted by Kym and Shawn Real Estate at Sea Vibes.
- 8 March** – International Women's Day at Royal Queensland Yacht Squadron.
- 16 April** – Bayside Chamber and friends local medical and allied health businesses and professionals, sponsored by Manly Village Pharmacy.







## LOCAL POETRY COLOURING OUR LIVES

BY GEOFF SMILEY

1 They are companions  
accrued over the years.  
Items we chose or came,  
to fill our lives.

2 Together we found those  
shells on the beach,  
so many years ago.  
Proudly arranged and framed  
at life's carefree threshold.

3 When in early family life,  
money scarce, children  
focussed,  
like Jack and the beanstalk,  
I went on an errand  
buying a new washer

4 Seduced by that painting  
in the artist's window

we agreed to choose  
art above practicality  
A soul choice still bringing  
pleasure and life learnings.

5 A old print of the Rover train,  
built in the heyday of 1890.  
Challenging the world  
with its beauty and strength.  
Example of courage  
and of resilience.

6 Gifted by one of our  
children,  
a print with three pelicans;  
a bird so suiting our location,  
reminding of the love of  
children.

7 That photo from our  
Ireland holiday,  
she standing in a castle ruin,  
bearing her father's name.  
Origins and identity,  
times of expanded horizons.  
And my photo of Lake Louise  
in winter dress  
that brought us to tears.

8 My brother is now gone.  
But his birthday gift of a  
Japanese painting, depicting  
a cherry tree in regrowth  
and in flower, reminds of his  
constant love, even though  
our parents had failed.

9 The recent piece of art,  
given  
by good friends from their  
Australian pilgrimage  
completes our home and  
fills a space with them.

10 These are companions  
that in the contentment  
of our present times,  
colour our lives.

© Geoff Smiley.



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# THE DISOWNED DAUGHTER: LOCAL AUTHOR DEBUTS NEW WORK

Dora De Laat has called Belmont home for the last 22 years, and now she is celebrating the release of her first book, *The Disowned Daughter*. Dora's debut explores the story behind her childhood and her journey through the pitfalls of falling in love. Dora says the work represents a lasting legacy for her family and friends.

Dora's story offers readers a compelling glimpse into her life growing up in a strict Cypriot household as the youngest of six girls. Hers is a story of courageous deviation from parental expectations in a Cypriot community deeply rooted in tradition. The story's focal point is Dora's challenges in defying her family's wishes by marrying a non-Cypriot man. It's an exploration of the clash between tradition and love.

As a local first-time author, Dora calls on the community for support. By purchasing a copy of *The Disowned Daughter*, you gain insight into a fellow community member's unique story and contribute to our thriving local literary scene.

You can get your copy from Dora's website at [www.doradelaat.com.au](http://www.doradelaat.com.au).



Dora De Laat with her debut book. Photos: Supplied.

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- Basil Fawcay

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# QUEENSLAND'S SOLAR BATTERY REBATE HAS BEEN UNVEILED

FROM GOODHEW ELECTRICAL AND SOLAR

Queensland residents are eagerly anticipating the launch of the Battery Booster Rebate program, a solar battery initiative by the Queensland Government set to roll out soon. While official details are still under wraps, the program promises to empower households and businesses to embrace solar energy with a substantial rebate for enhanced savings.

The program aims to tackle rising energy expenses and alleviate cost-of-living pressures for Queenslanders. Although the final details are expected to be unveiled in early 2024, here's a glimpse of what we know so far.

### ELIGIBILITY CRITERIA

Applicants must have a combined annual household taxable income of \$180,000 or less; Only batteries purchased during the program's open period after receiving conditional approval will qualify; A minimum 6-kilowatt hour (kWh) battery from an approved list is required; Homes must have a solar PV system of at least 5 kW,

whether new or existing; Installation must be done by an Approved Installer, with a list available on the program's webpage at launch.

### APPLICATION PROCESS

Details on the application process are expected to be released when the program officially launches in early 2024.

### BENEFITS

The program aims to empower Queensland residents to adopt solar battery systems for their homes or businesses, accompanied by a generous rebate to boost savings. The ultimate goal is to provide affordable and environmentally friendly energy solutions for all.

### WHAT NEXT?

Official details, including the final eligibility criteria, application process, and approved lists, are yet to be disclosed. Interested individuals are advised to stay updated through official channels or sign up to Goodhew Electrical & Solar's mailing list at [www.goodhewsolar.com.au/battery-rebate](http://www.goodhewsolar.com.au/battery-rebate)







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# What's the best air conditioner for summer?

CONTRIBUTED BY JARIC ELECTRICAL

**A ducted air conditioning system is ideal for cooling your home during summer. Suitable for cooling multiple rooms or an entire home, it uses concealed ducts to distribute cool air evenly throughout your space.**

**Best of all, ducted air con systems offer central control and zoning options to offer customised comfort for everyone in your home.**

We believe the ability to control the temperature of each room in your home means that a ducted system is the best air con for summer in Queensland.

With MyAir added to your ducted air con, you can operate the system remotely to cool your space just in time for you to get home from work!

## WHAT OTHER AIR CONS ARE AVAILABLE?

### Split system air conditioners

Ideal for cooling single rooms or small spaces, split

system air cons offer you precise temperature control and good energy efficiency. Plus, their Wi-Fi controls mean you can set the unit's temperature from a touch screen, phone or tablet.

You can also choose to have multi split system air conditioners installed.

### DIY window inverter systems

Ideal if you have temporary cooling needs, you can install a window/wall air con (also known as a "window rattler") yourself! While easy to install and move, they may not be suitable for larger spaces and require regular maintenance. Despite the potential for window obstruction, their portability makes them convenient if you move house.

The expert team at Jaric can offer you the advice you need for your air conditioning.



*Contact Jaric Electrical & Air Conditioning for expert advice on your home air con on 1300 452 742.*

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# CURRENT LISTINGS

February 2024

# SORRENTINO PROPERTY



## 431C Wynnum North Road, Wynnum

5 BED / 3 BATH / 2 CAR

Nestled in an exclusive Bayside enclave of Wynnum, this five-bedroom residence is the epitome of luxury living. A private haven featuring a massive 2253m<sup>2</sup> block only a few steps from the bewitching Wynnum Mangroves Boardwalk.



## 28 Tamaree Avenue, Wynnum

4 BED / 2 BATH / 2 CAR

A flawless blend of a modern family home and public open space, Tamaree Avenue Wynnum is at the top of the list for those seeking convenient bayside living in an exclusive enclave, located in a superb lush green setting.



## 20 Booran Street, Lota

4 BED / 3 BATH / 4 CAR

Hampton's designed and executed to the highest of standards, this exceptional home represents a relaxed seaside lifestyle in every facet, while offering a perfect blend of modern design and seamless functionality.



## 799 Esplanade, Lota

5 BED / 3 BATH / 2 CAR

This striking property presents an enviable style of living in a sought-after bayside suburb of Lota, a short walk to everything this area has to offer.



## 31 Raeburn Street, Manly

2 BED / 1 BATH / 1 CAR

Fantastic two-bedroom Manly home a few minutes' walk from Manly State school, Manly train station and the Manly Harbour Village. Exuding cuteness and charm, this excellent home sits on a massive 607m<sup>2</sup> block, attractive character details and a convenient location.



## 76 Buderim Street, Wynnum

4 BED / 3 BATH / 2 CAR

Sitting proudly in an elite location, this exceptional North facing home is within walking distance to the famed Manly Harbour Village, delivering endless shopping and dining to your door.



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# Diverse range of apartments and price-points proves a winner at Laguna Waters

Interest in the newly commenced stage two of Laguna Waters (the Magnolia building) is exceeding expectations with a four-fold increase in enquiries since construction began, according to onsite project manager, Cody Fraser.

“Many buyers have already secured their stage two apartment, especially in light of the missed opportunities in stage one, which was 95% sold before completion,” says Cody.

“One of the key objectives at Laguna Waters is to provide a diverse range of apartments and price-points to appeal to a broad range of owners.

“Downsizers, ‘right-sizers’ and first home buyers have all made Laguna Waters their home as it’s one of the only bayside resort-style projects that offers 1-bedroom, 2-bedroom, 3-bedroom and 3-bed plus MPR with prices starting from \$482,000,” says Cody.

The development boasts an array of remarkable

resident facilities, setting a new standard for community living. Luxurious resident lounges, a fitness room, outdoor BBQ areas and a relaxing pool and spa make up part of the facilities which are available to the owners at Laguna Waters, with more facilities coming in future stages.

Another big attraction is the location. Laguna Waters is conveniently situated across the street from an award-winning supermarket, doctors’ office, cafés, bakeries, gym, fast food and more, and it is less than five minutes’ drive to Coles, Woolworths, Raby Bay and the Cleveland train line.

“We also have a bus stop right out the front of Jacaranda on Bloomfield Street with regular services to and from Cleveland Station and Raby Bay,” advises Cody.

“The construction of Magnolia is full steam ahead for 2024 and we’re excited to report that the basement is all but completed and we will soon see the magnificent Magnolia building starting to take shape.



“I encourage you to visit our website or Facebook page for updates and to peruse recent testimonials from Stage One residents who have now settled into their new homes. And please don’t hesitate to contact me (Cody Fraser) on 1300 312 272 to discuss further or to arrange a VIP viewing of the display.”

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# Queensland vacancy rates barely budge over 2023

FROM THE REAL ESTATE INSTITUTE OF QLD

**Rounding out a year that was characterised by a highly competitive rental market, the REIQ's latest Residential Vacancy Rate Report released in January shows incredibly tight conditions continued in Queensland over the December 2023 quarter.**

Queensland's statewide vacancy rate dipped slightly over the quarter to 0.9 per cent, reflecting a fairly consistent state of affairs over the course of 2023.

Of the 50 local government areas (LGAs) and sub regions covered in the report, 22 tightened, 13 remained unchanged, and 15 relaxed (but not materially).

The vast majority of markets remained well within what the REIQ classifies as 'tight' (vacancy rates up to 2.5%), and well over half were as low as 1% or below.

It comes as property managers witness sustained demand for private rentals, and while the social housing waitlist climbed to 43,000 Queenslanders in the September

2023 quarter.

REIQ CEO Antonia Mercorella said rental properties were still too thin on the ground to provide comfortable choice for Queensland's sizeable rental population.

"What we've seen over the course of the year, is a rental property pool that's insufficient and under incredible strain," Ms Mercorella said.

"It's not necessarily that rentals are impossible to find everywhere in our state, it's the imbalance between the sheer demand and shortage of supply of rentals at certain price points and locations that's out of kilter.

"Many are finding it's a lot less hassle to renew their existing lease than to risk re-entering the fast-moving market, especially if they are attached to their area."

Ms Mercorella said the REIQ recognised these were particularly tough conditions for the most vulnerable in our community.

"It's very concerning that families in need are

being forced to join the queues in the private rental market because there's no social housing available to them and no hope on the near horizon of getting to the top of the waitlist," she said.

"A fair proportion of the distress we are seeing can be attributed to inadequate social housing stock.

"In the year to September 2023, only 269 social houses were completed in Queensland, and we know the social housing waitlist continues to grow.

"While we welcome initiatives such as the purchase of a hotel in South Brisbane to provide housing to those in need, the built-up demand is clearly far greater than the rate of social housing delivery."

She said for those wondering what lies ahead for the private rental market in 2024, unfortunately, it was difficult to imagine a dramatic turnaround in rental availability.

The unwanted title of tightest rental market

in Queensland was shared by the top and tail of the state – Cook Shire in the north and Goondiwindi in the south – both with a virtually non-existent vacancy rate of zero percent.

Not far behind was Banana (0.2%), and Southern Downs, Maranoa, Tablelands, and Charters Towers – all at 0.3 percent. South Burnett and Mareeba both had 0.5 percent vacancies and the Central Highlands and Maryborough hit 0.6 percent.

Much of the Greater Brisbane area hovered around the 1% vacancy mark including Brisbane LGA (1.1%), Ipswich (1%), Logan (1.2%), Caboolture (1.1%), Pine Rivers (1%), and Redland (1%). Moreton Bay (0.8%) and Redland's Mainland (0.7%) were tighter still, while Redcliffe had the lowest rate in the region at 0.5 percent.

Yet again, the only 'weak' market in Queensland was seen in Redland's Bay Islands (including North Stradbroke, Russell, Macleay, Karragarra, Lamb, Coochiemudlo) at 5.7%.

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# MEN'S SHED MEMBERS LEND A HAND IN THE COMMUNITY

BY DON SMITH, ON BEHALF OF WYNNUM MANLY MEN'S SHED

The Wynnum Manly and District Men's Shed members, like many others, were busy in the community cleaning up after the recent wild storms. Of particular focus was removing fallen trees that were threatening to clog up the Elanora Park stormwater canal. This area is a wonderful walking precinct in Wynnum, with access to the esplanade, the mangrove boardwalks, and Elanora Park ovals.

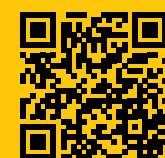
A natural highlight for walkers is viewing the schools of fish entering the canal on the rising tide and watching the waters 'boil' while feeding the different species that enter to forage in the canal.

The Men's Shed members, in collaboration with Wynnum Manly Ward Councillor Sara Whitmee, work together to keep the canal rubbish-free, to ensure the continuation of this delightful natural phenomenon for the pleasure of those who exercise in the area.



Photos: Supplied.

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AUTHORISED BY CRAIG MOORE 28 VIOLET ST HEMMANT 4174



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The position is required to work within the set hours stipulated in the employee's workplace agreement, these being 14 hours per week. The role requires the office to be attended Tuesdays, Wednesdays and Thursdays (3 to 4 hours per day) between set hours, with some additional time outside those hours, i.e. possibly on one Saturday each month for about 2 hours (for committee meetings). Depending on circumstances, work hours can be flexible. **Please email your resume and a one page letter detailing why you believe you would be suitable for the role, to the Manly-Lota RSL Sub-Branch Secretary at [george.englert@manlylota.rslqld.net.au](mailto:george.englert@manlylota.rslqld.net.au)**



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# LOCAL GARDENING WITH KAT: BERRY SWEET

BY KAT PEARSON, *GIRL IN THE GREEN*

*Wynnum local and horticulturist Kat Pearson has a passion for plants, and here she shares some lesser-known facts about the Panama berry.*

As I sit and write this it's rainy and cool(er), but earlier this week it was a true summer stinker! And what's the best thing for those days? Fruit!

Sugary, sweet, refreshing. Everyone knows mangoes, nectarines, peaches, and the slightly more 'exotic' lychee but have you heard of a Panama berry? Also known as a Jamaican cherry, it's native to Mexico, the Caribbean and tropical South America.

The tree itself is quite ornamental, with graceful weeping branches, soft leaves, dainty little white flowers, and eventually the prized rosy-red fruit that has almost a metallic sheen when fully ripe. They also happen to taste just like caramelized sugar, so maybe not the most light and refreshing taste, but definitely sweet and definitely delicious.

Muntingia calabura CAN grow quite big (up to 12m), and they'll do so relatively quickly – consider yourself warned. But if you do take on the challenge, they can make a great shade tree in a large backyard, full of sweet treats for the kids – admittedly if the birds and bats don't get to them first... If you have the space for one it'd be worth it. I promise. Cotton candy in a fruit and high in vitamin C to boot. Remember eating straight from a mulberry tree? Same feel, less mess.

They respond well to pruning if you want to keep them at a more manageable size, and they're somewhat drought tolerant once established. Or, if you're like me and really truly don't have the space (because you're a plant-a-holic and simply must fit in as many plants as possible), they'll grow well in a large pot as long as you keep the water up. I also haven't lost any fruit to the birds and bats (yet) but that might just be because it's small? Or maybe because they're more interested in making a racket in the banana tree behind it...



## ABOUT KAT

I love gardening, growing my own food and plants in general. I've been working on our current garden in subtropical Brisbane for the last five years but have been gardening for much longer in all sorts of places. I'm an ex-engineer, recently turned horticulturist (life's too short not to work in something you love!). I grow edibles and ornamentals in an often wild, rambling jungle, filled with birds and bugs, including a handful of pet chooks and a dog (though to be honest you're more likely to find him inside on the couch). Find out more at [www.girlinthegreen.com.au](http://www.girlinthegreen.com.au).



Photos by Kat Pearson.

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# KALEIDOSCOPE ART EXHIBITION IS BACK, WITH A TWIST

FROM WYNNUM MANLY ARTS COUNCIL

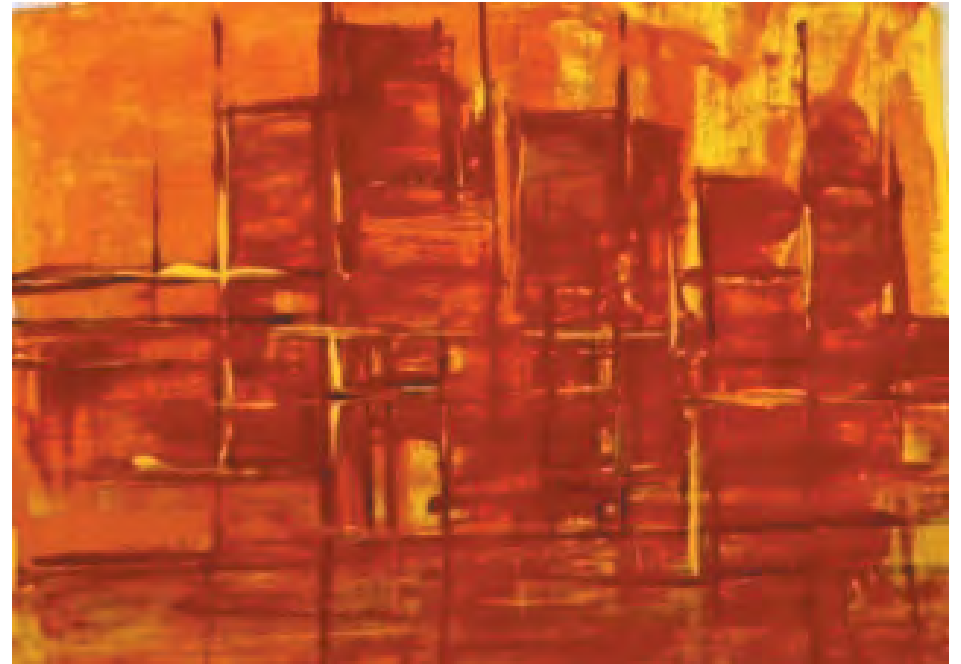
In a ground-breaking move, this year's highly anticipated Kaleidoscope Art Exhibition, hosted by Wynnum Manly Arts Council Inc, is set to be infused with creativity from Iona College and local students. With a rich history of organising the Kaleidoscope Art Exhibition, Wynnum Manly Arts has decided to enhance the event by fostering a collaboration with the budding talents of the community's youth.

For several years, Wynnum Manly Arts has been a steadfast supporter of the arts, providing a platform for local artists to showcase their diverse talents. This year, the decision to incorporate students from Iona College aligns perfectly with a commitment to nurturing and celebrating creativity in all its forms. A portion of the exhibition's proceeds will be directed to the Bayside Community Fund, contributing to community development and support.

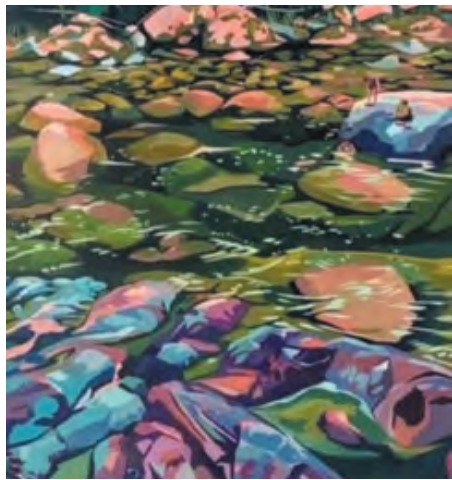
The collaboration with Iona College opens up new avenues for artistic expression and promises to bring a fresh perspective to the Kaleidoscope Art Exhibition. The infusion of youthful energy and innovation is expected to elevate the overall artistic experience for both participants and attendees.

The exhibition will kick off with a grand opening night on Saturday March 16 at Iona College, 85 North Road, Wynnum West commencing 5.30pm. It will mark the beginning of a week-long celebration of art and creativity and will close on Saturday March 23, 2024.

For those eager to participate or inquire about the event, Wynnum Manly Arts Council invites individuals to reach out via email to [wmarts@tpg.com.au](mailto:wmarts@tpg.com.au) or phone Deb Brown on 0417 286 555.



Photos: Supplied.






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# ART WITH HEART AT THE BLUE TONGUE ADVENTURE SHOWCASE

Wynnum is set to play host to an inspiring and thought-provoking art show this month, with Blue Tongue Adventure's Art Showcase, displaying a vast array of pieces by artists involved in the disability support program.

The event will feature a diverse range of art works, using media including woodwork, ceramics, paint on canvas, digital art, and textiles. The Blue Tongue Crew is also stocking the shelves with a variety of Blue Tongue Industries giftware items, including bath and body products, candles, and jewellery.

Blue Tongue Adventure's Tingal Road centre will be transformed into an elaborate gallery for the event, with guests enjoying drinks and canapés by Thorneside café Blue Tongue Pantry as they mingle and admire the works. There will also be live music by Blue Tongue Crew member Sam Mammino.

"We're so excited to showcase the beautiful pieces our Crew have created over the last few months," coordinator Sam Franklin-Wangman said.

"This event will uplift and inspire the Crew to continue these amazing creations, and provide the opportunity to showcase their work to their friends and family, as well as inspiring others in the community."

The Art Showcase will be held on Friday 23 February, 6:00pm-8:30pm at Blue Tongue Adventure, 260 Tingal Road Wynnum.



Photos: Supplied.

## FEBRUARY CONCERTS AT THE CENTRE

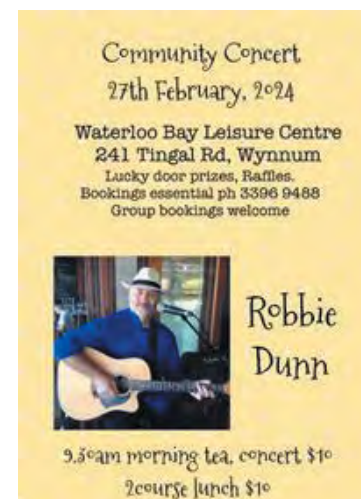
FROM THE WATERLOO BAY LEISURE CENTRE VOLUNTEERS

After a few weeks of R & R for our volunteers, Waterloo Bay Leisure Centre is back and running for 2024. February is traditionally a quiet month as we ease ourselves back into the swing of things.

Two upcoming events that are worthy of your consideration are our Community Concerts. We have been providing affordable entertainment to the public for 45 years and have booked more concerts starring our more popular entertainers this year, such as Terry Scott, Ian Maurice, June Lawson, Lachlan Wallace and Robbie Rosenlund (formerly of Wickety Wak).

The February concerts feature the very popular Redlands Country Music on Tuesday, February 13th, and Robbie Dunn on Tuesday, February 27th. Concerts start at 9:30am, and the \$10 admission fee includes morning tea and lucky door prizes. You can also purchase a delicious two-course lunch for an additional \$10.

Bookings are essential, and you can phone 3396 9488 Monday to Friday between 8:00am and 1:00pm to book.



**A thought-provoking display of artworks created by members of the Blue Tongue Adventure disability program**

**ART SHOW**

**FEB 23**



6.00pm to 8.30pm // 260 Tingal Road, Wynnum // \$5 Entry (Cashless) // Artwork for Sale // Live Music // Catering by Blue Tongue Pantry



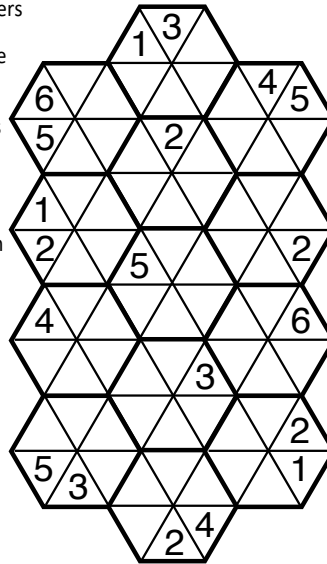
### Sudoku

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

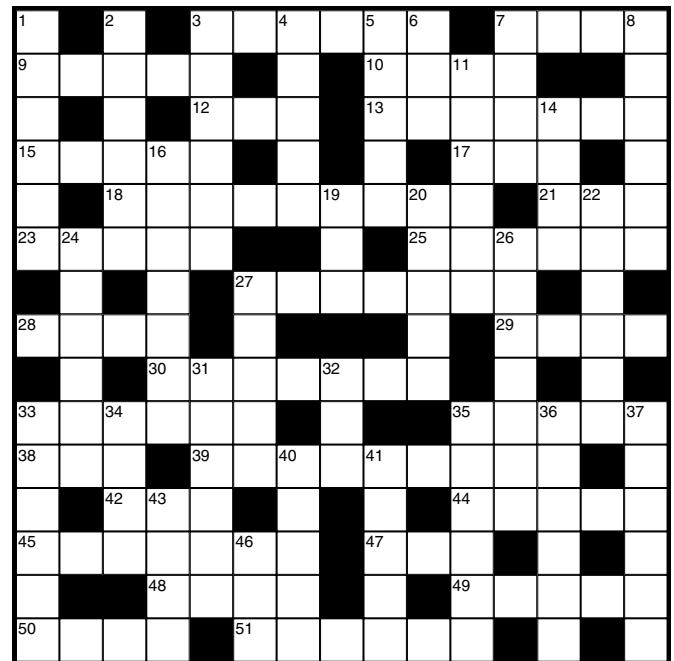
						3		6
5			7	6				
9				4				
4				2				8
		9		4				3
	3				5	1		
	1		2	9	3			
		7						
	6							9

### 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.



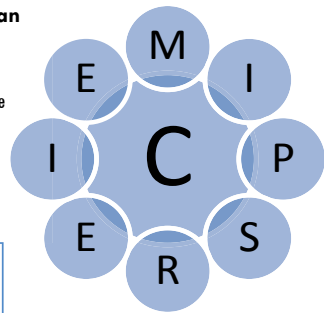
### Crossword



### 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: 17 words  
 Excellent: 30 words




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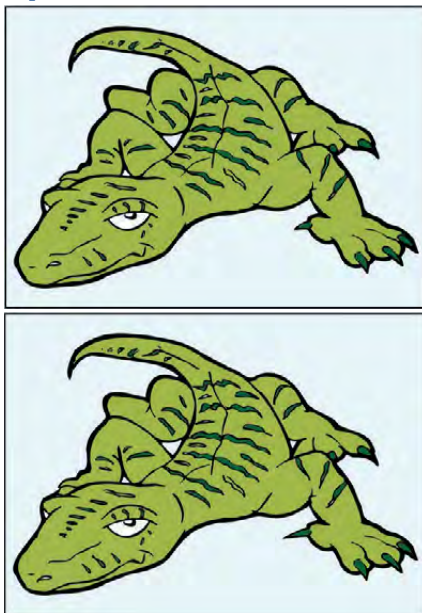
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Reference: Macquarie Concise Dictionary  
 Focus No. 3878

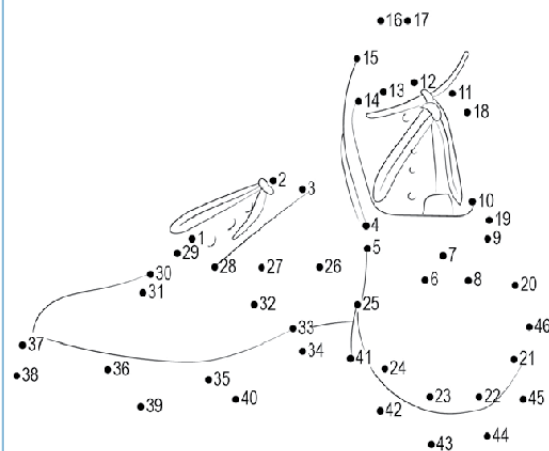
- ACROSS**
- 3 Arachnid
  - 7 Target
  - 9 Breed of dog
  - 10 Bait
  - 12 Meadow
  - 13 Distinguished
  - 15 Snow leopard
  - 17 Lair
  - 18 Quietly happy
  - 21 Stain
  - 23 Kind of wheat
  - 25 Shuts
  - 27 Mixes up
  - 28 Single occasion
  - 29 Remedy
  - 30 Brave and dashing
  - 33 Electrical unit
  - 35 Long-piled fabric
  - 38 PNG town
  - 39 Practice held before event
- DOWN**
- 1 Thesians
  - 2 Royal family member
  - 3 Mute
  - 4 Lacking sense
  - 5 Choose by vote
  - 6 Spirit
  - 7 Unit of inheritance
  - 8 Workshop machines
  - 11 Enigma
  - 14 Finishes
  - 16 Place of learning
  - 19 Indicate assent
- 20 Brilliance of success
  - 22 Longs for
  - 24 Central American republic
  - 26 Relating to kissing
  - 27 Confused fight
  - 31 Apprehend
  - 32 Respectful fear
  - 33 South American ruminant
  - 34 Fuel cut from bogs
  - 35 Book of the Bible
  - 36 Northern Ireland
  - 37 Upright
  - 40 Inconsiderate speed
  - 41 Astound
  - 43 Nuisance
  - 46 Perfect score

### Spot the 5 Differences



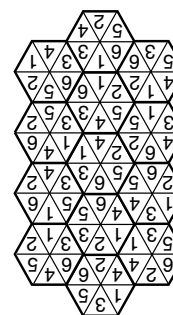
### Join the Dots

What is this? Find out by joining the dots.



### Solutions

Puzzles and pagination supplied by Auspac Media



**FOCUS:** cepe cerise creep creme crime crim crisp empiric epic icier IMPRECISE mice piece precise precise price recipe rice risc scree scrim scrip spec specie spice spicier

stripe near lip.  
 extra stripe on back, nostril moved, thumb claw larger, extra.

**SPOT THE 5 DIFFERENCES:** Stripe missing from hind leg, stripe on back, nostril moved, thumb claw larger, extra.

1	4	8	9	5	2	3	7	6
2	7	5	6	8	4	1	3	
3	6	5	4	1	7	8	9	2
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8	7	1	3	2	9	6	5	8
9	6	8	3	4	5	2	1	7
10	2	5	3	1	7	6	9	8
11	5	8	9	6	4	1	2	3
12	4	7	1	3	2	9	6	5
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16	3	2	7	8	5	1	4	9
17	9	6	8	3	4	5	2	1
18	7	1	3	2	9	6	5	8
19	6	3	2	7	8	5	1	4
20	8	1	4	2	9	3	7	6
21	5	8	9	6	4	1	2	3
22	4	7	1	3	2	9	6	5
23	6	3	2	7	8	5	1	4
24	8	1	4	2	9	3	7	6
25	5	8	9	6	4	1	2	3
26	3	2	7	8	5	1	4	9
27	9	6	8	3	4	5	2	1
28	7	1	3	2	9	6	5	8
29	6	3	2	7	8	5	1	4
30	8	1	4	2	9	3	7	6
31	5	8	9	6	4	1	2	3
32	4	7	1	3	2	9	6	5
33	6	3	2	7	8	5	1	4
34	8	1	4	2	9	3	7	6
35	5	8	9	6	4	1	2	3
36	3	2	7	8	5	1	4	9
37	9	6	8	3	4	5	2	1
38	7	1	3	2	9	6	5	8
39	6	3	2	7	8	5	1	4
40	8	1	4	2	9	3	7	6
41	5	8	9	6	4	1	2	3
42	4	7	1	3	2	9	6	5
43	6	3	2	7	8	5	1	4
44	8	1	4	2	9	3	7	6
45	5	8	9	6	4	1	2	3
46	3	2	7	8	5	1	4	9

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# NO-COOK WATERMELON GRANITA RECIPE

Watermelon granita is a chilled frozen treat that's perfect for hot summer days. Serve it on its own as a dessert, or in between a multi-course dinner as a palate cleanser.

## INGREDIENTS

- 4 cups of seedless watermelon, diced
- 2/3 cup of caster sugar
- 1/4 cup fresh lime juice
- Zest of 1 lime
- Mint leaves to garnish (optional)

## METHOD

1. Cut the watermelon into 5cm cubes, removing any seeds. Place the cubed watermelon on a baking sheet and freeze for at least two hours or until solid.
2. Once your watermelon is frozen, in a blender or food processor, blitz the frozen watermelon cubes, sugar, lime juice, and lime zest. Blend until smooth. Taste the mixture – if you'd like it sweeter, add more sugar and blend again.
3. Pour the watermelon mixture into a shallow baking dish, spreading it evenly. Place the dish in the freezer and let it freeze for 30 minutes.
4. Remove the mixture from the freezer. Use a fork to scrape and fluff the partially frozen mixture, breaking up any ice crystals. Repeat this process every 30 minutes for about two to three hours, or until the granita has a light and fluffy texture.
5. It's time to enjoy your granita! Scoop it into fancy cocktail glasses or pretty glass bowls and garnish with fresh mint leaves.



## Alex Cossu FOR DOBOY



Alex has a deep love for his community and a determination to make a difference. Living in Murarrie with his wife Casey, Buddy the dog and Kitty the cat, Alex is committed to making Dobby an even better place to live.

He's had a lifelong focus on community service and charity work, and has worked extensively with Beddown since 2018, a charity focused on helping the homeless.

As a local, Alex is committed to delivering much-needed investment into the community that's been ignored by this LNP council. From basic needs such as footpaths and roads to reliable and inclusive public transport, to sustainable development and flood mitigation, Alex will fight to ensure Dobby gets its fair share.

✉ [alex.cossu@queenslandlabor.org](mailto:alex.cossu@queenslandlabor.org)  [AlexCossuForDobby](https://www.facebook.com/AlexCossuForDobby)  [AlexCossuForDobby](https://www.instagram.com/AlexCossuForDobby)

Authorised by K Flanders, Australian Labor Party (Queensland Branch), 16 Peel St, South Brisbane QLD 4101





# FEBRUARY: THE WHITING ARE BITING, BUT BEWARE THE WEATHER!

BY SPERO KARTANOS

February is a month of hits and misses. Weather-wise, some days are at their best and their worst at the same time, so you need to take notice of the weather predictions. Yes, I know they are not always correct, but we need to take notice; we don't want another tragedy like the one we had at the end of December.

The good news is that the whiting will be in excellent numbers in the Small Boat Channel and the Rous Channel. Some tiger squid will also be throughout the bay, especially on the last of the incoming tide when the water is much cleaner.

School mackerel should be close in the bay, and the spotties will be around the deeper banks of Hope Banks and towards Peel. Finding them is just a matter of keeping your eyes focused on turns flying over the schools. Out from Mud Island towards the Sand Hills is also a great area for mackerel fishing, but remember there is a green zone out there.

Squire, snapper and sweet lip will also be available around the Bay Island drop-offs and the artificial reefs.

There are also plenty of sand crabs this time of year throughout the bay, so launching a crab pot or two will get you a feed of these tasty morsels.

I have been asked a few times if you should use a sea anchor when drifting for whiting, and from my experience, the faster the drift, the better the whiting bite and chase. I prefer the big tides and the fast drift for whiting fishing, and I never use a sea anchor. Let's hope the temperature of the water is not too hot, and the spotties come into the bay and stay a while.

Prawning should also be in full swing, so learn to cast the net, and you should catch some.

Have fun on the water, but keep a lookout for storms and stay safe. Happy fishing!



**Water Tower  
Bait and Tackle**



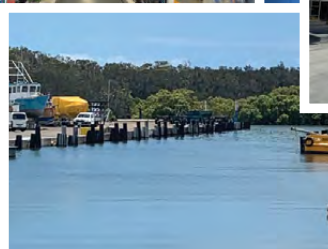
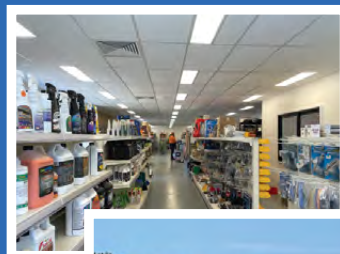
Photos: Spero Kartanos.

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# MAKING THE BEAUTY OF NATURE ACCESSIBLE TO EVERYONE

FROM NATURE FREEDOM

**Living in a wheelchair can make certain areas or activities, particularly those in nature, difficult or impossible to access. Some individuals may feel resigned to never experiencing firsthand the beauty and wonder of the natural world.**

Nature Freedom is an organisation based on Brisbane's bayside that creates activities for people of all ability levels – be they wheelchair users or the able-bodied – to experience the wonderful and diverse environments of the Greater Brisbane region. One of their most popular activities is paddling, now held monthly at Raby Bay in collaboration with the local paddling company, Bay Island Water Sports.

Improving accessibility to their activities is an important goal for Nature Freedom. Recently, the organisation purchased a beach mat to allow wheelchair users easier access to board their watercraft from the beach. This was used by a participant for the first time during their paddle in early December. While he had never used a beach mat before, the participant soon became accustomed to it and was able to easily access his kayak.

It was a warm, sunny morning out on the bay, with a light breeze blowing. Participants paddled together to the nearby mangroves and caught sight of a dugong in the water. Upon returning to the park, they sat at one of the gazebos to eat morning tea. Toni, the staff member leading the activity, led everyone in a sing-along on her ukulele.

The morning was greatly enjoyed by everyone, having overcome all barriers. Nature Freedom will continue to offer the new beach mat at all their forthcoming paddles at Raby Bay so that all participants in wheelchairs can experience the beauty of the bay. Their next paddle will take place on the 24th of February.

For more information about Nature Freedom, visit [naturefreedom.org.au](http://naturefreedom.org.au) or email them at [info@naturefreedom.org.au](mailto:info@naturefreedom.org.au).



Photo: Supplied.

## COMMUNITY CLUB PROFILE: HARBOURSIDE PHYSIE & DANCE

**Harbourside Physie & Dance is a not-for-profit dance club in the Wynnum/Manly area that has been operating since 2018. Teaching from the Australian Physie & Dance Association (APDA) syllabus, classes focus on a combination of physie and modern dance covering multiple genres including lyrical, jazz, contemporary and cardio in one exciting class. APDA is unique in that classes cater for ages three to over 60. The club welcomes members of all levels of ability and aims to improve members' fitness, strength and flexibility while embracing the movement of dance.**

Since its opening, the club has built a reputable and successful history, achieving Champion titles at both State and National levels in team and individual competitions. Most recently, Harbourside had 47 members represent the club for national selections in October and November of 2023. Nineteen members were selected to compete at the National Finals in December at the International Convention Centre, Sydney. Of these, seven members were awarded a place, putting them in the top six of their respective age groups. Harbourside's State 11-12 Year Champion Team were named the 11-12 Year Overall National Champions, competing against all other zones in Australia.

Harbourside aims to provide its members with a friendly, supportive, positive culture. Teachers encourage and inspire members to challenge themselves physically and mentally, to be the best versions of themselves, and to celebrate personal and club successes.

Enrolments for 2024 are now open, with classes commencing February 10. If you're a beginner or want to return to a dance sport for recreation, APDA is a great option! Harbourside classes are especially beneficial for technical skills, core strength, balance, flexibility and fitness. They help build confidence, poise and posture while fostering teamwork, sportsmanship and life-long friendships.



Photo: Supplied.

If you'd like to try a class for free, email [harboursidephysie@gmail.com](mailto:harboursidephysie@gmail.com) to receive an information pack or go to [www.harboursidephysie.com](http://www.harboursidephysie.com).



# BAYSIDE DANCE REFLECTS ON A SUCCESSFUL YEAR!

CONTRIBUTED BY BAYSIDE DANCE

Last year was full of wins for local dance studio, Bayside Dance. After a bumper year of competition placing for their performance teams, Bayside Dance also received:

- Runner up, Best Local Business, Ross Vasta's Bright Star Awards
- Finalist, Best Health and Fitness Business, Bayside Community Awards
- Finalist, Community Impact, Australian Dance Education Awards
- Finalist, Dance Studio of the Year, Australian Dance Education Awards

"It has been wonderful to see our studio recognised for the incredible impact we have on the community," said Director, Kaitlin Hague.

"For many of our young people especially, Bayside Dance is like a second home, where they can be themselves and be a part of a like-minded community. We feel honoured to be able to provide that, and to have that contribution recognised in these local and national awards."

The recognition comes as Bayside Dance is about to celebrate its tenth birthday in July, cementing itself as a local institution. For more information about Bayside Dance, visit [www.baysidedance.com.au](http://www.baysidedance.com.au).



Photo: Supplied.



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# ORGANISATION PROFILE: AUSTRALIAN ARMY CADETS

BY SUE MCMILLAN, JP ARMY CADETS WYNNUM MANLY

**Australian Army Cadets is a national youth development program that shares the character and values of the Australian Army. The Australian Defence Force supports the program, and young people between the ages of 13 and 17 can join.**

During a typical year, cadets experience and learn basic skills in home and field environments. Training includes dress and bearing, drill and ceremonial, field craft, bush survival, navigation, first-aid skills and many other exciting activities.

Why join? Cadets can challenge themselves and achieve goals as part of a team, increase resilience and personal confidence, make new friends, and support the community through activities such as Anzac and Remembrance Days and Legacy.

The local 121 Army Cadet Unit parades Wednesday nights from 6:00pm to 9:00pm at Brisbane Bayside College (Network drive, Wynnum) and can be contacted via the website: [www.armycadets.gov.au](http://www.armycadets.gov.au), email: [121acu@armycadets.gov.au](mailto:121acu@armycadets.gov.au) or by phone at 0418 787 763.

If you're interested in joining, enrolments are now open for 2024. To join, make sure you meet the age requirements, then log on to <https://www.armycadets.gov.au/find-a-unit/> to find a unit near you.



Photos: Supplied.

# BAYSIDE VEHICLE RESTORERS: CUSTODIANS WHO CARE FOR CARS

**For most of us, at a certain age a car becomes just plain old and ready for replacement by a newer, more state-of-the-art model. For those wise enough to hang onto that same car for a decade or so longer and it becomes a collectable, desirable, valuable member of the family, drawing admiring and envying looks and getting more than its fair share of petting and care.**

Members of the Bayside Vehicle Restorers Club are a testament to the seductive power of old cars; old, in this case, is being at least 30. It doesn't matter what make or type the car is, if it's 30 years old and a road vehicle it's acceptable. (Motorcycles, buses and trucks also qualify for membership.)

Club President Albert Budworthy has been seriously bitten by the old car bug; he has a 1963 MG Sedan (named Millie) and a super-elegant 1955 Bentley (Bertha) that he bought from its original owner.

"Most old cars are given names by their owners and those were the names the cars had when I bought them," he says.

Albert says that some of the 450 vehicles owned by the 200-plus members are family cars that have been retained but many of them are deceased estate discoveries or "barn finds" – vehicles that have done a lifetime's duty then been left to dream their way to rust in a farm shed. But once they've been discovered and acquired by a club member the revival starts.

"We'd welcome more young folk but most of our club members are in their senior years and sometimes they have health issues that stop them from driving," Albert says. "On the rare occasion that a club member sells a car it's usually to someone else in the club, so it sort of stays in the family."

In a club atmosphere where car transfers feel more like adoption than just hard financial transactions, it's not surprising that their upkeep is done in-house.

"Most of the members do their own repairs and maintenance," Albert says, "and there's always someone willing to give a hand or offer advice for beginners. Spare parts are often hard to source but members make their own or have them made."

Albert says that even special parts, such as the bonnet emblems that are an instant identifier for some makes (who could forget the charging ram that graced the bonnet of a Dodge?) can now be made with 3-D printing.

Albert is one of the members always ready to lend a hand with the workings of the various cars. A mechanic by trade, until he retired from the position he was the custodian of the RACQ's fleet of historic cars; his list of rebuilds includes a 1904 Rambler, a 1938 Chevrolet tow truck, a Morris Mini panel van, a 1944 Jeep, a 1976 Escort and a 1961 Land Rover. Now, just being Club President takes care of most of the hours in a day.

"We've got a terrific team on the committee and the club is a really friendly, social group, made up of couples, singles – men and women – and whole families. We run events that enable members to really get the most enjoyment out of their cars. We have a display day every year but we don't have concours; that would mean keeping the cars constantly in concours condition and we like to drive them. We have an organised monthly run of about a hundred kilometres with a stop for morning tea and a natter; it's a great way to spend a day with friends who share an interest.

"I've just recently taken Bertha for trips to Obi Obi and to a rally at Cooroy; she really enjoys a long run."

Albert points out that to take one of the grande dames onto a public road can only be done if the car has concessional registration, for which the driver has to be a member of a recognised club. Even then,



Photo: Supplied.

the vehicle can only take to the highway for special events such as charity runs, rallies, organised runs and the like.

Concessional registration also allows specified use for events involving immediate members of the owner's family, something Albert took advantage of recently when he donned a uniform, polished up Bertha's chrome and played chauffeur for his grandson's formal.

"We don't think of ourselves as just car owners, it's more than that," he says. "These cars are a part of history and we're lucky enough to be their custodians."

For more information about the club go to the website at <https://baysideclub.org.au/> or give Albert a call on 0429 780 980.



# DOES YOUR GAG REFLEX STOP YOU FROM COMING TO THE DENTIST?

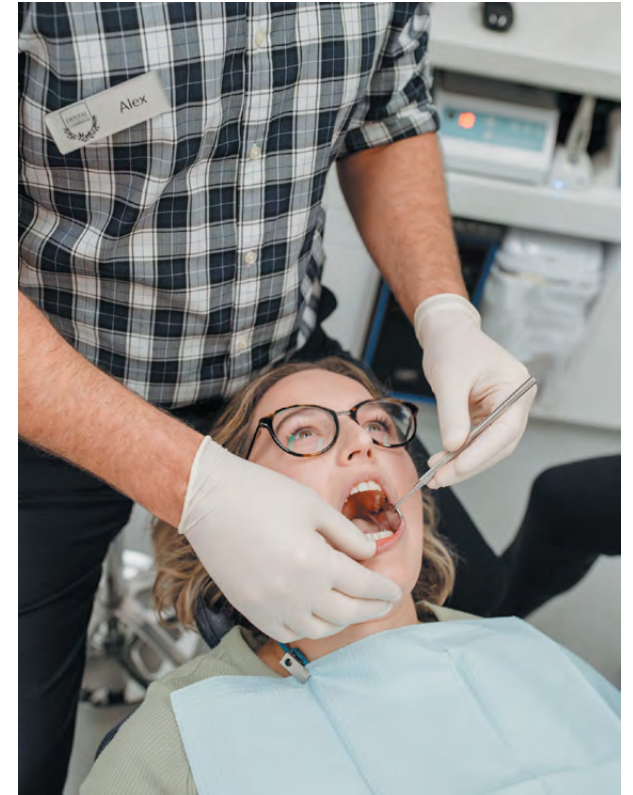
FROM DENTAL ON CAMBRIDGE

Everyone has a gag reflex. Essentially, it's the opposite of swallowing and exists to prevent choking. During a gag reflex, muscles at the back of your mouth work to stop the foreign object from entering your throat. This is guided by nerves and muscles. Touch or sense in any of these spots causes gagging signals to travel from nerves to the brain stem. The brain commands the muscles in the back of your mouth to shrink and cause gagging. While it's a protective mechanism, many patients have a sensitive gag reflex, which can interfere with them accessing the dental treatment they need, such as fillings, crowns, or, in some cases, even a general examination and clean.

The good news is, there are some tips and tricks you can try to assist:

- An old wives' tale that actually works is to place table salt on your tongue just before your appointment. We can even have this ready for you for your appointment if this works for you!
- Sitting more upright – we can accommodate placing the dental chair a little more upright for your procedures if this assists with reducing your gag reflex. Some people find if they're lying too flat, their gag reflex is exaggerated.
- Nitrous Oxide – this is a form of sedation that helps patients to feel more relaxed, which can also mean the relaxing of your gag reflex muscles.
- Acupuncture – there are two acupuncture points that can be utilised to reduce the gag reflex.
- Modern dental technologies – such as Intra-oral scanners instead of gag-inducing impression materials and quick setting filling materials – all assist with reducing patient chair time and the opportunity for a gag reflex to take over.

If you've been struggling with gagging at the dentist and have been putting off much-needed preventive or treatment appointments, this is your reminder to book in and let our professional team know that this is something you need assistance with. We're always more than happy to help our patients have a great dental experience. Call our team at Dental on Cambridge to book your appointment today at 3348 6661.





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