

# The Community Leader

## Bayside

WE'RE ALL ABOUT GOOD NEWS



## LET'S HEAR IT FOR THE CREATIVES!

**Creativity emerges in many forms, and you don't need to look hard to find it in the bayside. There's talent galore!**

It's the artists who turn scrap into sculpture and the authors who bare their souls. The volunteer-run theatre groups full of talented people who perform purely for the love of it. It's the folks you meet on the esplanade who tell cracking stories that brighten your day.

Belmont's Paul Adams is one local creative sprinkling stardust throughout Brisbane's live theatre scene. As an award-winning actor and playwright, Paul's play, *Adventures of Peter Rabbit*, was

nominated for two prestigious Matilda Awards last month. Congratulations! Find out more on page 9.

And if you'd like to explore your creative side, many groups in our community – like Wynnum Manly Arts Council's tutors – are ready to guide your journey.

So here's to the artists, the artisans, the musicians, and the storytellers, who remind us that life is one big canvas we can all splash a little colour onto, or simply relax and be entertained. Thank you! Your gifts are appreciated.

*Pictured: Adventures of Peter Rabbit cast members Zoe de Plevitz and Cameron Hurry play in a tree at Chandler.*

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# BAYSIDE AUTHOR FINDS HER VOICE AMONGST THE GRAPEVINES

BY LAURA NORRIS, THE MAD HATTERS BOOKSHOP

When war broke out in Syria in 2011, local author Minney Richani was motivated to write *Amongst the Grapevines*, a mixed-form memoir of poetry, prose and digital illustrations.

Writing the collection helped her navigate her identity as an Australian-Syrian woman, tell her story, and shape her narrative about a country and people beyond its public perception of war and carnage.

Noting the gap in mixed-form works in traditional publishing and wanting complete creative control over her work prompted Richani to self-publish. Taking on the multiple roles of publisher, illustrator, designer, social media marketer, typesetter and campaigner, she found the process challenging, though immensely rewarding.

Her advice to authors looking to establish themselves outside of traditional publishing is to “step out of your own way, disregard the imposter syndrome...and focus all of your energy on taking that first step. Channel all of the passion you have for writing into an undoubted belief that your voice is necessary, that your story is unique and that you do not need the stamp of approval from a traditional publisher to establish yourself as an author.”

Richani, whose family have owned and operated Lota Takeaway for 20 years, is grateful to see the bayside community embrace the book. Her experience, she recounts, has been one of reconnection, growth, collaboration and creativity, and she looks forward to continuing this connection with the community.

*Amongst the Grapevines* (RRP \$35) is available to purchase locally from The Mad Hatters Bookshop at Manly and Little Gnome Bookshop at Wynnum.



Photos: Supplied.

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# WALK TO HELP FUND CHILDREN'S CANCER RESEARCH

FROM RICHIE'S RAINBOW FOUNDATION

The Walsh family vowed that their warrior son and brother's strength, courage and bravery would never be forgotten. Through Richie's Rainbow Foundation, they aim to raise vital funds for research into cancer treatments and therapies that are kinder and more effective for children diagnosed with sarcoma. By doing this, the Walsh family hopes that all children diagnosed with sarcoma can one day be cured.

Richie Walsh was diagnosed with stage 4 embryonal rhabdomyosarcoma. He began 52 weeks of intense chemotherapy, followed by eight weeks of radiotherapy over the next 18 months. Sadly, despite all the treatment, Richie never went into remission. He passed away peacefully, surrounded by his loving family, on 26th September 2021. He was only nine years old.

The Wakerley family have already raised over \$500,000 and donated over 100 iPads through their iPad scheme to families with children suffering from various cancers. The iPad provides much-needed entertainment and education for children, especially those under hospital care and treatment.

The charity now works with numerous doctors at the Ian Frazer Centre for Children's Immunotherapy Research and has pledged a further \$250,000 for 2024.

Richie's Rainbow Foundation was launched in March 2022 as an official charity and has full DGR status, meaning any donation is entirely tax deductible.

This year's fundraising walk is a 5K/10k fun walk along the bayside on Sunday 14th April, 2024. Join us and help celebrate the second birthday of the Richie's Rainbow Foundation.

The walk starts at Lota Park at 10:30am, with registration from 9:00am. A virtual walk option is available for those unable to attend in person. To register, go to [www.richiesrainbow.org.au](http://www.richiesrainbow.org.au).



Photos: Supplied.



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# 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.

While the station is being upgraded, Shuttle Bus 229 will operate between Lindum and Wynnum North stations, with a stop at North Road opposite Iona College. Bus Route 224 from Sibley Road, and Wynnum North and Hemmant Stations will also continue operations during the upgrade.

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

### 50 YEARS OF EDUCATION

It's not every day that someone devotes 50 years of their life to educating young people, and Charmaine Driver, Principal of Darling Point Special School has achieved just that.



It was a pleasure to congratulate Charmaine on this incredible achievement by officially inducting her into the Bayside Greats Hall of Fame. Many Baysiders will know just how hard Charmaine works – she is a true Lytton Local Legend who has positively shaped the lives of many young people.

Congratulations Charmaine!

### 'BRING THE BEAT' TO THE BAYSIDE

Baysiders, you can now request to 'Bring the Beat' to your suburb.

A Mobile Police Beat is a 'police station on wheels' where Baysiders can visit and seek advice and support from local police. They can be strategically deployed at short notice where needed most, responding to changes in crime, trends and community concerns. It's a great initiative that gives our Bayside greater and more efficient access to police.



### PROBUILDER GIVES BACK TO THE BAYSIDE

I was recently delighted to attend the unveiling of a wonderful public utility – a brand new defibrillator.



Very generously donated by local business ProBuilder, the defibrillator is located at 34 Duncan Street, Wynnum West. Helping to unveil the new defibrillator was Greg Paige, better known as the 'Yellow Wiggle' and the founder of the Heart of the Nation foundation – he gave an inspirational speech about the importance of breaking down the hesitancy behind performing CPR and using defibrillators. After all, your actions could save a life!

ProBuilder's new defibrillator is registered with Heart of the Nation and can be found by downloading their free app, which allows you to also find defibrillators within a 5km range of your location.

A big thank you to Greg for attending, and especially to ProBuilder for such an important and significant contribution to health and wellbeing in our Bayside.



### BATTERY BOOSTER PROGRAM

Bayside households will be able to slash their household power bills and maximise the economic benefits of their rooftop solar, with the launch of the Queensland Government's Battery Booster program.

The program offers rebates of up to \$4000 to eligible households looking to install a solar battery system of 6 kilowatt hours (kWh) or more.

Installing a battery system at your home is a great way to store power for when the sun isn't shining, further cutting power bills and emissions, and reducing load on the grid.

For more on the Battery Booster Program, visit: <https://rb.gy/ld7vrn>

### SAFER SCHOOLS

I am very excited to announce that one of our Bayside schools is receiving funding as part of the Queensland Government's School Transport Infrastructure Program.



Moreton Bay Boys' College have been awarded \$55,000 for the installation of a Red Turn Arrow in the southbound lane of Manly Road, at the intersection in front of the entrance to the College. This project will make the intersection much safer for both students and drivers.

**JoanPease MP**

State Member for Lytton

# THE BONNER UPDATE

ROSS VASTA MP FEDERAL  
MEMBER FOR BONNER



## DELIVERING FOR HEMMANT COMMUNITY CHURCH

Anne-Maree, Olivia and the team from Hemmant Community Church Restoration Committee are dedicated to preserving this incredible piece of local history. Originally opened in 1866, the Hemmant Community Church quickly become a central gathering place for the community and in 1992, was listed as a Queensland heritage site. Until recently, the committee volunteers at the Church would pay for, and provide their own cleaning supplies and equipment.

Whilst a testament to their dedication and care for the church, this left the hard-working volunteers out of pocket and unable to regularly buy in-date cleaning supplies and equipment. That is why I am happy to say I have delivered federal funding to support the volunteers in maintaining this historic location, and to keep their own money in their pockets. Thank you to the volunteers who continue to do a wonderful job, caretaking and maintaining such an important site for our local community to enjoy.



## MORNING TEA AND GOOD TIMES AT AVEO MANLY GARDENS

Visiting the lovely residents at Aveo Manly Gardens is always a highlight, and my last morning tea was no different. It was great to catch up with residents and hear about their social calendar plans for 2024. It also allowed me to give updates on federal matters and provided the perfect opportunity to deliver a new Australian Flag! Unfortunately, their old flag was damaged over the Christmas/New Year storm period, so I am glad they have a new flag they can proudly fly again.

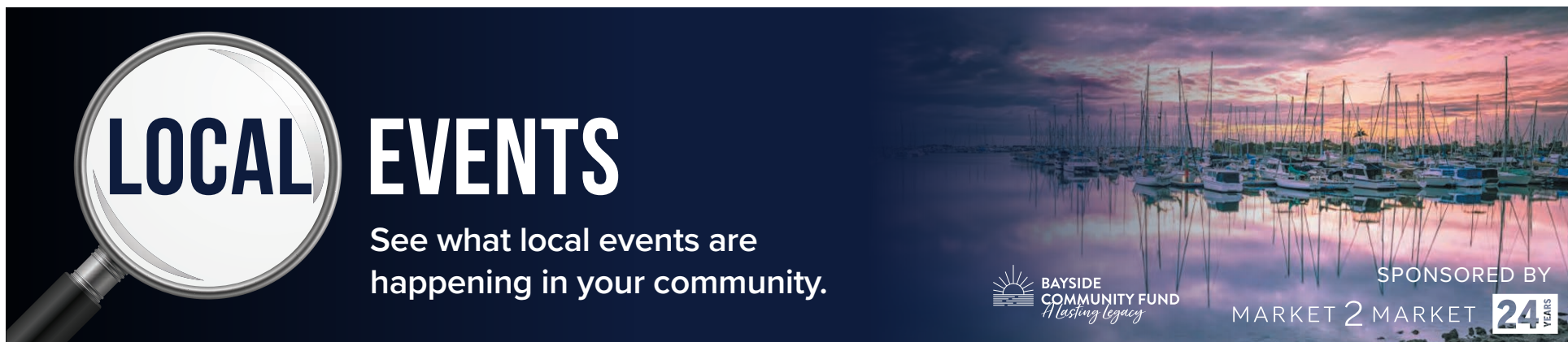
## UPDATE FROM CANBERRA

Parliament is back for 2024, and I have hit the ground running! Listening to the concerns of students, families and small businesses, it's clear times are only getting tougher for Bonner locals. That's why I am continuing to fight for cost-of-living relief, for better support for small and family businesses, and getting the price of electricity lower for hard-working Bonner families. It's been disappointing to see the lack of support from the Federal Government for people who simply cannot front the soaring costs of groceries, electricity, and fuel.

This cost-of-living crisis is having a flow-on effect that is impacting our local businesses too. As a past small business owner myself, I understand the need for certainty and strength from the government. Unfortunately, due to tough times, we have seen many small and family businesses close. That's why, more than ever, I want to encourage Bonner locals to support and buy local.

Whilst I was in Canberra for Valentine's Day, I was able to buy a beautiful bunch of roses for my wife beforehand from Flowers By The Bay in Gumdale. Every purchase from a local business helps keep local people employed and food on the table!





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

### 58TH AUTUMN ORCHID SHOW



April 13 (8:30am to 4:00pm) and April 14 (8:30am to 2:00pm), Belmont Shooting Complex, 1485 Old Cleveland Road, Chandler

Delve into the colourful and fascinating world of orchids at the Eastern District Orchid Society's Autumn show. An extensive range of orchids will be on display, many in flower. Visitors can chat with orchid experts who will enthusiastically share their in-depth orchid knowledge and passion. Potting demonstrations will be staged throughout both days, with potting supplies, pots and bark available to purchase from Brisbane Orchid Supplies. Come along and find out why so many people are captivated by orchids! Admission is \$4 for adults, and entry is free for children under 14.

### AUTHOR TALK: RENAE BLACK



Saturday March 23, 10:00am to 11:00am, Wynnum Library

As part of the Lord Mayor's Writers In Residence program, author Renae Black will visit Wynnum Library to discuss her debut novel, *Red Dirt Home*. Set on Karilga Station, the story revolves around Paige Bennett fulfilling her childhood dream of working on a cattle station in the outback and the ensuing trials and tribulations. Copies of the novel will be available to purchase at the event, or you're welcome to bring your copy along for signing. Reserve your free ticket by scanning the QR code:



### FREE MOVIE IN THE PARK



Saturday March 2 and Saturday April 6, 7:00pm to 9:00pm, Little Bayside Park, Manly

Fantastic free movies will screen in the park at Manly on the first Saturday evenings of March and April. Bring a picnic or grab some take-away, and settle in for a night of family-friendly fun. March's movie is the blockbuster *Barbie*, starring Margot Robbie and Ryan Gosling. April's movie is *50 First Dates*, a fun rom-com starring Drew Barrymore. Music will be played from 4:00pm, with the movie beginning at sunset.

### SHIRE CLERK'S COTTAGE EASTER MARKET



Saturday March 16, 8:00am to 1:00pm, Waterloo Bay Leisure Centre, 241 Tingal Road, Wynnum

The market showcases our local talented artists and craftspeople against the gorgeous backdrop of the historic Shire Clerk's Cottage and its grounds. Buy yourself an original painting or some of the beautiful handicrafts created within the centre, including artwork, crafts, jewellery, clothing, home-baked goods, plants and much more. The market hosts over 70 stalls inside the auditorium and outside in the cottage grounds. Enjoy a delicious Devonshire Tea on the cottage verandah. Fresh scones are baked on site on market day and the cottage will be open for viewing.

# Sara Whitmee

## Local Area Update

COUNCILLOR FOR WYNNUM MANLY

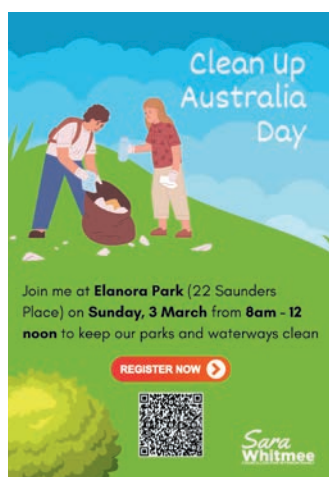


### Clean Up Australia Day 2024

Wynnum Manly boasts stunning waterways, and I'm dedicated to keeping them that way. Clean Up Australia Day takes place Sunday, 3 March and this year, I'll be at Elanora Park.

Clean Up Australia Day has become an annual event since its inception at Sydney Harbour in 1989. That's almost four decades of community-driven action to keep our environment pristine.

Whether you join my event or organise your own, let's come together to roll up our sleeves and ensure our parks and waterways remain clean and green.



### Sailability



Sailability Bayside isn't just about sailing; it's about empowerment, camaraderie, and a shared passion for adventure.

Operating in the scenic waters of Darling Point, Sailability is run by a dedicated team of volunteers who welcomes sailors of all abilities to experience the thrill of navigating the waters of Manly.

Sailability Bayside sets sail during state school terms, welcoming eager participants on Mondays and Thursdays from 9am onwards. Their 2024 schedule operates by appointment only, with a nominal \$10 fee to ensure the organisation's sustainability.

For more information, contact [sailabilitybayside@gmail.com](mailto:sailabilitybayside@gmail.com) or call 0432 152 310.

### EACH Wynnum

Are you over 65? Have a My Aged Care assessment? Looking to make friends and enjoy fun activities? Then read on!



EACH Wynnum is a social group that helps older people stay connected and active within their communities. From card games and yoga sessions, to dressing up for a high tea fundraiser, or even forming a ukelele band, no one knows how to have fun like the men and women of EACH Wynnum.

Call 3348 1600 to find out more.

### Community Hero of the Month

When I first met Father Twigg, I could tell he didn't see his role as Rector at Iona College as just a job. His dedication to the school has amazed me ever since.



Father Twigg's work goes beyond academics. From encouraging students to volunteer to helping the school community through some recent tough times, he's been a solid backbone for the school community, and the greater Wynnum Manly community as well.

He will be greatly missed now that his role at Iona has wrapped up, but his legacy will remain.



### Off the Beaten Track

When it comes to natural landmarks in Wynnum Manly, the foreshore gets most of the attention. I'd like to shine a spotlight on some of the lesser-known nature reserves in the area.

#### Sandy Camp Road Reserve

If you're a birdwatcher, you already know about this one! Located across the road from Iona College, Sandy Camp Road Reserve is one of those places that makes you feel like you're no longer in suburban Brisbane. The reserve features bushland and ponds, and has sealed and unsealed tracks for visitors to explore.

#### Herbert Street Park/Melaleuca Environmental Park

This 22 hectare park in the Lota Creek catchment area has something for the whole family. The bushland has tracks that take hikers through bushland featuring cane fields and a large open field in the centre, while the playground on Clifton Street offers a children's playground and sheltered picnic tables. Dogs are allowed, although they must remain on a leash, and some trails even allow horses.

#### Royal Queensland Yacht Squadron Port Centre Park

Also known as Manly's secret beach! Walk to the end of Davenport Drive, past the Royal Queensland Yacht Squadron, and turn left. Facilities include a bird roosting site, seating, and a water bubbler. The area is currently undergoing a trial as a dog off-leash area; dogs are free to roam the beach area at the end of Davenport Drive, between the southern rock wall and the northern rock wall.

**Wynnum Manly Ward Office**

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

Office hours: 8.30am-4.30pm, Monday-Friday

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# LOCAL PLAY SCORES COVETED MATILDA AWARD NOMINATIONS

On February 26, Brisbane was abuzz with the glitz and glamour of the annual Matilda Awards, Queensland's celebration of excellence in the professional theatre industry. Belmont local Paul Adams, an award-winning actor and playwright, was thrilled to be there, not only as the event's Executive Producer but also as the writer and director of a play, *Adventures of Peter Rabbit*, that garnered two nominations.

"For our first big kids' show, I am so pleased to see it collect some nominations," said Paul.

The show was nominated in the Best Costume Design category for Belinda Gayle McCormack and Best Performance in a Supporting Role – Independent Production for Zoe de Plevitz, who brings Mrs Tittlemouse and Mopsy to life.

"They are both wonderful talents to have with the show," says Paul. "Unfortunately, neither of our nominees got to take home the trophy, but to be nominated in a shortlist of five from the 100 shows seen by the judging panel last year is a great outcome."

The show also garnered the praise of Theatre Haus reviewer Paula-Mary Camilleri, who called the show "impressive" and said, "This piece was more than just an hour of smiles. Underneath, there was the warmth of family love, the power of true friendship, the magic of childhood and a sense of playfulness that reminded all of us that life is brimming with adventures just waiting to be had."

Adams chuckled at this reminder. "Yeah, that was a pretty good review. It was great to have the show so well received, and hearing the kids' laughter and amazement through the whole thing was an absolute joy."

So, what will an award-nominated company be doing in 2024? "We are continuing to provide our portable escape rooms for OSHC groups in the school holidays, and *Adventures of Peter Rabbit* will be returning to the Ron Hurley Theatre at Seven Hills in June," said Paul.



*Adventures of Peter Rabbit* cast members Zoe de Plevitz and Cameron Hurry.

The three-day season will run from Jun 27-29, and tickets will sell for \$32. However, readers of The Community Leader can use LEADER as a coupon code until the end of March to purchase tickets at \$25 each.

To book tickets, go to: <https://buytickets.at/smallcrownproductions>

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# MAGGIE'S MATES

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**Name:** Hi, I am Tuk (I am named after a town called Tuktoyaktuk on the Arctic Ocean in Canada).



**Suburb:** I am from Wynnum.

**How long have you lived at Wynnum?** For two years.

**What's your favourite local walk?** Anywhere along the waterfront, but I like the mangrove walk in summer for the shade.

**Your most treasured toy?** My green double-handed tug toy.

**What's your favourite food?** Homemade turkey meatloaf, but I like anything on my human's plate better!

**What's your worst habit?** Stealing socks, undies and toilet paper.

**Your favourite local hangout?** The Wynnum North small dog park and Frankie's.

**Your best doggo friends?** Mochi, Molly, Kelly and Wilbur.

**Any funny or embarrassing stories you'd like to share?** I was having a sleep over at my friend's house and I had a great time chasing their chook around the yard. Apparently, it took a few days for her to recover.

**What do people love most about you?** My happy, friendly nature.

**Name:** Metro Pearson.

**Suburb:** Wynnum West.

**How long have you lived here?** Six years. I grew up in Launceston, Tasmania.

**What's your favourite local activity?** Going for a strut along the foreshore. Even better if it involves a coffee and treat interlude.



**Your most treasured toy:** My bean bag. I could (and do) spend all day in my bean bag.

**What's your favourite food?** Carbs. And salmon.

**What's your worst habit?** Midnight bathroom breaks and my inability to come back up the stairs on my own.

**What's your favourite local hangout?** Greene Park and Frankie's Coffee Bar.

**Your best doggo friend?** Henry de Graaf – although I find I'm more chilled out these days and he can be a tad over exuberant.

**Any funny or embarrassing stories you'd like to share?** I was walking along an off-lead beach (in Tasmania) and two men walked past with a bag of abalone. I left Mum and followed them, nose in the air for 100m, until she caught me. They never knew I was there!

**What do people love most about you?** I'm an old soul with a puppy-like exterior.

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# MISS MAGGIE OF MANLY



## THE DANGERS OF CANE TOAD POISONING IN DOGS AND CATS

BY DR NICKY THOMAS, WYNNUM MANLY VETERINARY HOSPITAL

With the very wet summer we have experienced there has been a huge increase in the numbers of cane toads around. These jumpy creatures prove a great temptation to our dogs and cats with their exciting movement. Cane toads possess glands around their neck containing hallucinogenic toxic compounds which are expressed when they feel threatened. Dogs or cats biting or licking the toads absorb the toxin through the mucus membranes of their mouths. Poisoning can be rapid and severe, in some cases resulting in the death of the affected animal.

### Signs of toad poisoning:

- Frothing and drooling – large volumes of sticky or foamy saliva may be produced
- Red gums
- Muscle spasms or tremors
- Increased heart rate
- Seizures
- Death

Cats may show the above signs along with weak limbs and a trance-like stare.

### Treatment of toad poisoning:

- Use a soft, wet cloth to gently and thoroughly clean the pet's mouth and gums. Rinse the cloth frequently to remove toxic material.
- Avoid using a hose to rinse the mouth as animals may aspirate the water into their lungs.
- Contact your vet for further advice. If tremors or seizures develop seek veterinary attention urgently.

### PREVENTION OF TOAD POISONING

The most effective method of preventing toad poisoning is preventing access to the toads. The more common times of toad poisoning tend to be at dawn and dusk, but they may be active at other times. Keeping your pet confined within the house or a secure kennel at night may be required. It is also important to check outdoor water bowls regularly as toads may often be found residing in these water sources.

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# MANLY HARBOUR VILLAGE'S FIRST NETWORKING EVENT OF 2024

FROM JANELLE BOSTOCK, PRECINCT COORDINATOR

**On Tuesday, 20 February, Manly Harbour Village Chamber of Commerce hosted its first Trader Networking event for the year. These events are an opportunity for our members to put their hand up to host the evening. This month's hosts were Shawn and Kym Kristofer Real Estate, with the venue being SeaVibes overlooking the esplanade and Manly Marina.**

Shawn and Kym Kristofer started selling real estate over 10 years ago, after careers in finance, marketing and sales. In their dealings with their own properties, Shawn and Kym (who is also Chamber Treasurer) saw a gap in the marketplace for honest, genuine and results-driven agents. They bring their knowledge and experience into the real estate realm.

Our MC and Vice-President Steve Rickertt welcomed close to 40 members and guests, and we also presented Certificates of Appreciation to our sponsors for the 2023 Christmas Harbour Lights program. While handing out the certificates, Trader Representative Tammy Vitale mentioned how much we value the support of our sponsors and the traders in the Village. We will have a soft launch at our Christmas in July trader event, so keep an eye out for more details.

Our President, Peta Prestidge, provided an update on what is happening in the Manly Village. The Movies in the Park on the first Saturday of the month are proving very popular. Couple that with our markets – Jan Powers Farmers Markets on the first and third Saturdays of the month and the Creative Markets held each Sunday – bringing plenty of visitors to the Manly Village shops and cafés.

## CALENDAR OF EVENTS:

- 16 April** – Manly Chamber and Friends Medical/Allied Health Networking event
- 12 May** – Mother's Day in the Park
- 7 June** – Business Breakfast
- 16 July** – Christmas in July



Zac Simpkins, Jeff Simpkins, Steve Rickertt. Photography by Steve Krige Photography.



The Manly Harbour Village Chamber of Commerce committee.



David Pearce and Peta Prestidge.



# ROTARY DEMONSTRATES CONFIDENCE IN LOCAL YOUTH

FROM THE ROTARY CLUB OF WYNNUM AND MANLY

On Wednesday, February 7, the Rotary Club of Wynnum and Manly celebrated the exceptional achievements of three young individuals from the local community through its annual Citizenship Awards.

For many years, these awards have served as a beacon, illuminating the contributions of outstanding young individuals to their community. This year, Eloise McKeon from Moreton Bay College, Samuel Cranny from Iona College, and Kynan Lumsdale from Wynnum State High School were bestowed with this honour. Each of them has exhibited exceptional leadership within their respective schools and the broader community, demonstrating unwavering dedication to the betterment of their peers and society at large.

Rotary Club President Les Louis aptly captured the sentiment by stating, "Our future is promising with young people of this calibre emerging — we are indeed in capable hands".

Eloise's diverse engagement across various activities mirrors her drive to connect, learn continuously, and pursue excellence, setting a stellar example for her peers. Her leadership has ensured the seamless execution of numerous initiatives, including her volunteer work with the Rosies Youth Outreach Program. Eloise has effectively rallied her peers to raise funds and resources for local charities, showcasing her leadership skills and ability to garner support from her community. Moreover, her outstanding performance in representative hockey, robotics, and future problem solving underscores her commitment to excellence.

As College Captain, Sam has served the community through his involvement in various charitable endeavours, official engagements, and community events. Leading by example, he has fostered a sense of camaraderie and unity within his school community, embodying the values Iona College aims to instil in its students. Sam's integrity, reliability, and kindness make him a role model for his peers, excelling not only in athletics and academics but also as a Minister of Communion — a testament to his inspirational character.



*Pictured L-R: Samuel Cranny (Iona College), Les Louis (President Rotary Club of Wynnum and Manly), Eloise McKeon (Moreton Bay College), Kynan Lumsdale (Wynnum State High) and Rod Fletcher (Past President of Rotary Club of Wynnum and Manly). Photo: Supplied.*

Over his five-year tenure as House Leader at Wynnum State High, Kynan has spearheaded fundraising and cultural events while promoting participation in sporting carnivals. Additionally, his leadership of the PRIDE Alliance underscores his commitment to fostering inclusivity and diversity within the school community. Kynan's consistent representation of Wynnum at the Manly Lota RSL community ANZAC Day march since year 7 reflects his deep-seated pride in his school and its values, making him a proud ambassador for Wynnum State High.

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



# AMAZING AND MYSTERIOUS SLEEP

BY DR JANE ATKINSON, BAYWEST MEDICAL CENTRE

**How weird is it that every so often we just STOP – stop moving, stop noticing anything or feeling anything, stop worrying or crying. We just go completely offline, sometimes for many hours every day! And we purposely choose to enter this potentially dangerous state, regularly, where we are vulnerable to accident or injury, exposure to danger such as fires, falls or heavy blows. And after a certain time elapses, we come alive again, often feeling better for the downtime, and plan for it all to happen again.**

While we sleep, we start to gain on the daily wear and tear to all our body parts. We get busy healing and regenerating, fixing micro-blowouts in blood vessels, replacing damaged and use-by cells, rinsing and resetting used muscles, and generally undergoing maintenance. Our digestion ramps up while we are asleep, allowing us to process the bulk of the day's food intake and harvest the energy and the building materials from our diet, so when we wake, we are often ready to discard the unneeded end products. In youth, our hormones work while we sleep, busy making us grow, setting up for reproduction and fine-tuning our metabolism.

Unless you are a jellyfish or a sponge, you are stuck with this necessary vulnerability every day of your life. All other animals, even crabs and insects, slow down to a torpid state, if not exactly sleep as we know it.

Our sleep needs to be interruptible for our individual and group safety. We can override our need to sleep if we have to, but it's not what we like to do. (Unless you are a teenager out with friends!).

The evolution of sleep meant that some of us stayed awake while most slept, and that these night owls kept watch for the rising river, or the prowling wolf. Some did this every night and were happy to sleep when

everyone else was awake. Young mothers often find they sleep lightly. They need to hear a child's cough through a brick wall, breast-comfort a teething baby, or tend to a snuffle or a tumble. We learned to sleep under the bed-cover of the darkness – some protection from hungry predators.

Sleep routines developed, which have by and large served us well over our evolution thus far.

As we get older, we don't need the same physical downtime as when we were kids. We've stopped growing, our metabolism has slowed down, and we don't need as much food either. Not to mention needing to empty our bladders – the kidneys age as well, and are just not as good at concentrating the urine. (Maybe this is why the elders of the tribe got the sentry duty?) So at 70, your sleep is about half as long as when you were 17. Four hours versus eight-plus, and longer on weekends!

Even more amazing is what the mind does during sleep. Ann Faraday wrote a book called "Dream Power", which still sheds some light on the hidden agenda of our dreams. She describes a processing of the day's events, and mental classification and filing of all the detail, sometimes brought to our conscious mind's attention when we recall our dreams. A fascinating field, and sometimes you can get important messages from your subconscious when you recall your dreams. My great-grandmother dreamed how to ice skate, and when she woke, she could!

For many, sleep is a blessed relief from the immediate experience of pain. Physical pain or mental pain, perhaps from depression, guilt, unfinished business, a life of trauma or, very commonly, loneliness. While you are asleep, you don't have to deal with worries or dread, and only your dreams can make you cry.

It goes without saying that it's better to address the causes of the pain rather than have to go unconscious to avoid it.

Your GP can give you expert help and advice, and get help for you from other professionals with these matters. If you think your sleep is not what it should be, talk to your doctor. Sometimes medication can help, but plenty of drugs can alter your conscious state from awake to sleep at the cost of dependency, and of tachyphylaxis – a great word which means you need more of the medication to get the same effect as time goes on, and eventually, it doesn't work at all.

Drugs that alter your sleep pattern are best used sparingly and only for the time needed for adjustment. Drug dependency is all too common with such medications, and, although it may be the lesser of evils, it is still an evil personality for you and generally for the tribe.

Sleeping too much can also be a problem. Chronic fatigue and many hours of sound sleep when you would expect to be awake can be a sign of many serious medical conditions – again, see your doctor. Nevertheless, do let your teenagers get their hours in, although for the sake of detente, it's good if they can at least roughly correspond with the rest of the family's downtime.

So, regarding sleep concerns, paradoxically, relax about not sleeping. Have realistic and age-appropriate expectations of sleep duration, and be aware that even if you're not sleeping when you want to be, you are at least resting your frame, easing your feet, and you might enjoy a good read, a warm drink or some waterfall music. If that's not for you, try getting up, maybe doing the ironing, and make an appointment to talk to your doctor.



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# LOCALS DRIVE RIDE4RESEARCH INTO RARE OVARIAN CANCER

CONTRIBUTED BY PETER SMITH

Five days, 500km and 30 riders. That's what good friends Peter Reaburn (Honorary Adjunct Professor of Sport and Exercise Science, Bond University) and Wynnum local Peter Smith (retired ATC) have organised for the 2024 Ride4Research into Rare Ovarian Cancer charity bike ride.

The two Peters are longtime friends who first met in 1977 on the beach at Coolangatta while competing against each other in the Queensland Surf Life Saving Titles. They went on to study Human Movement together at the University of Queensland. They shared a house, surfed together, played rugby and touch football, and went to each other's weddings.

The driving force behind the charity ride is Peter Reaburn's wife, Claire, who was diagnosed at 53 with Juvenile Granulosa Cell Tumour (JGCT). This rare ovarian cancer typically affects younger females. Claire is the oldest female in the world to have JGCT. The youngest was diagnosed in Australia at age 11 months. Ninety-four per cent of patients with JGCT are under 30 years of age.

Two groups of riders will participate in this year's Ride4Research, with a limit of 15 riders per group.

The Rare Ovarian Cancer (ROC) Road Team will cover 500km over five days of riding, including three challenging climbs (Tawonga Gap and

Rosewhite Gap, Stanley Loop, and Mt Buffalo) and two days of longer, flatter rides.

The ROC Rail Trail Team will cover 250km over five days, riding rail trails that are flatter and shorter (30 to 60km) in distance.

A notable team inclusion is Richard Odgers, a well-known rider from the Manly Mashers, renowned for his enthusiasm for cycling and helping others.

There is no cure for JGCT, nor is there research to help understand the disease. Clinicians are prescribing treatments based on "best guess" rather than facts. Research is needed. In 2022, Ride4Research raised \$165,000. In 2024, the fundraising goal is \$200,000 to assist in lifesaving research into this killer cancer at the Hudson Institute of Medical Research in Melbourne.

You can donate to ROC Inc. via the web page: [www.rocinc.org.au/ride-for-research/](http://www.rocinc.org.au/ride-for-research/)

All donations over \$2 are tax deductible.



Peter Reaburn with Peter Smith. Photo: Supplied.

## KEEPING BRISBANE MOVING

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**SCHRINNER**  
Lord Mayor

Alex  
**GIVNEY**  
Wynnum Manly Ward

- ✓ Starting construction on the Lindum Open Level Crossing Upgrade to improve motorist safety
- ✓ Delivering safety upgrades around local schools
- ✓ Consulting with the community on shade sails at the Wynnum Wading Pool
- ✓ Continuing to support festivals and events like the Wynnum Fringe Festival, Wynnum Jazz Festival and the Wynnum Halloween Parade

Authorised by B Riley, LNP, 281 Sandgate Road, Albion QLD 4010



# BAYSIDE DANCE STUDENTS CONQUER THE WORLD STAGE

CONTRIBUTED BY THE ANNETTE ROSELLI DANCE ACADEMY

**Annette Roselli Dance Academy's current and former full-time students Lucia Moore (pictured) and Zai Calliste were awarded second and third place at London's prestigious Margot Fonteyn International Ballet Competition.**

The Margot Fonteyn International Ballet Competition is the flagship annual event for the Royal Academy of Dance (RAD). This highly anticipated yearly event offers aspiring young dancers a platform to work with world-renowned choreographers and perform internationally. To compete, students must receive a Distinction (75 per cent and above) for their Advanced 2 Royal Academy of Dance (RAD) Exam. This is no easy feat and is only achieved through hard work, dedication and talent in Classical Ballet.

Eighty-one competitors from 15 countries competed for the award. The competition consisted of three coaching days and three semi-finals before 12 finalists were chosen. Of the 12 finalists, Zai Calliste

received the Dame Margot Fonteyn Audience Choice Award and the third-place bronze medal. Lucia Moore received the second-place silver medal, being the highest-placing female in the competition and the youngest competitor.

Lucia and Zai spent several years training full-time at the Annette Roselli Dance Academy Elite Training Program. During this time, they worked with some of Queensland's finest tutors to bring them up to the pre-professional standard the competition requires.

Director Annette Roselli is thrilled to have two students achieve so highly at the Margot Fonteyn International Ballet Competition.

"I am very proud of the dedication and commitment of both students. It has been a pleasure to work with them and see them develop their talent in classical dance. They deserve every success," said Annette, who also flew to London to support the students.



The talented Lucia Moore. Photo: Supplied.



Photo: Supplied.

## SPORTING ASSISTANCE PROGRAM HELPS ATHLETES TO EXCEL

**In a significant stride towards fostering local sporting talent, 18-year-old wheelchair basketball player Eithan Leard has been named the latest beneficiary of the Carina Leagues Club's Sporting Financial Assistance Program. As Leard competes at the national level, he plays a pivotal role in Australia's qualification journey for the 2024 Paris Olympics.**

Carina Leagues Club has consistently demonstrated its commitment to supporting sports, contributing over \$50,000 this financial year. This initiative aids more than 70 athletes in meeting the financial demands of participating in both national and international competitions.

With a rich history spanning over 50 years of supporting local athletes and organisations, Carina Leagues Club introduced the Sporting Financial Assistance Program to empower athletes, ensuring they can pursue excellence in their respective sports. The goal is to witness these athletes shine on the global stage, with aspirations for many to compete at the Brisbane Olympic Games in 2032.



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# FREE EASTER SCAVENGER HUNT WITH 100 PRIZES!

FROM THE WATERLOO BAY LEISURE CENTRE VOLUNTEERS

Join us for an unforgettable Easter experience at the Waterloo Bay Leisure Centre's free Easter Scavenger Hunt with 100 amazing prizes!

On election day, March 16, why not turn your trip to the polls into a fun family outing? After casting your vote, head down to 241 Tingal Road, Wynnum, where the Shire Clerk's Cottage Easter Market awaits.

Indulge in the quintessential democracy sausage or opt for a mouthwatering barbecued bacon and egg sandwich. If you prefer something sweeter, treat yourself to a delightful homemade Devonshire Tea served on the charming verandah of the Shire Clerk's Cottage.

With over 70 captivating market stalls, there's something for every art and craft enthusiast. From handcrafted jewellery to unique artworks, you'll find an array of treasures waiting to be discovered.

But the excitement doesn't end there! Children can embark on a thrilling scavenger hunt with the chance to win one of over 100 prizes.

Join us on Saturday, March 16, from 8:00am to 1:00pm, for a day filled with fun, community spirit, and support for local initiatives.

All proceeds from the market contribute to the preservation of the historic Shire Clerk's Cottage and the Waterloo Bay Leisure Centre. By shopping locally, you're not just indulging in a day of enjoyment but also making a meaningful contribution to our community. Let's come together to celebrate Easter and support our local heritage!

## MARCH CONCERTS

**COMMUNITY CONCERT: Tuesday March 12 from 9.30am with entertainment by John Cornelius**

Come along for a fun concert with John Cornelius. Morning tea is served from 9.30am and the concert starts at 10.15am. The concert costs \$10, and for an additional \$10, you'll enjoy a two-course lunch after the concert. There will be raffles and lucky door prizes.

**EASTER PARADE: Tuesday March 26 with entertainment by Robbie Rosenlund (formerly of Wickety Wak)**

The talented and always entertaining Robbie Rosenlund is back for a special Easter concert! Morning tea will be served at 9.30am and the concert starts at 10.15am. A two-course lunch will be served at 12:00pm. There will be an Easter bonnet parade with prizes for the best hat, and lucky door prizes and raffles. The cost for this concert is \$25.

*Bookings are essential for all concerts. Please phone 3396 9488 to book.*

Easter Scavenger Hunt  
**Saturday, 16th March, 2024.**  
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# REKINDLING THE SILVER SCREEN: WYNNUM CINEMA TO RE-LAUNCH

The recent closure of the Majestic Cinema in Wynnum has left both residents and local business owners disheartened. “We are just as disappointed as the rest of Wynnum to see Majestic close their doors,” expressed Justin Ham, Managing Director of Ham Bros Group, the organisation behind the cinema’s development.



In response to the outcry from the community, including a 10,000-strong petition, Ham Bros Group invested significantly in constructing a first-class cinema. The closure, merely three years after its inauguration, came as an unexpected blow. “To have it close its doors three years on is certainly not an outcome we envisioned,” admitted Justin Ham.

Despite this setback, Ham Bros Group remains resolute in their commitment to keeping the cinema operating. “At this stage, we still believe there’s a market for it, and we are committed to keeping the cinema alive,” emphasised Ham.

Ham and his team are actively exploring options to revitalise the space. “What that involves at the moment is something our team and I have to assess,” shared Ham. “But the first thing we will do is make sure it’s a lot more affordable to see a movie moving forward.”

Ham Bros Group acknowledges the importance of ensuring that movie-watching remains affordable for all members of the community. By making this move, they aim to attract a broader audience and breathe new life into the cinema.



While the road ahead may be challenging, the spirit of resilience and determination prevails. As Justin Ham aptly puts it, “We are committed to keeping the cinema alive.” And with such determination, there’s every reason to believe that the silver screen will once again illuminate the heart of Wynnum.

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# QUEENSLAND BATTERY BOOSTER REBATE NOW AVAILABLE

FROM GOODHEW ELECTRICAL AND SOLAR

We are excited to bring you news about the Queensland Battery Booster Rebate, a fantastic opportunity to enhance your energy storage capabilities and save on your electricity bills. We previously wrote about the Battery Booster Rebate in the February edition of The Community Leader Bayside; however, more details have since been released and the program is now accepting applications from eligible Queenslanders.

## WHAT IS THE BATTERY BOOSTER REBATE?

The Queensland Battery Booster Rebate is a government program designed to encourage the installation of battery storage systems in homes and businesses. By participating in this rebate program, you can significantly reduce your reliance on the grid and take a step towards a more environmentally friendly and cost-effective energy solution.

## HOW MUCH IS THE REBATE?

The level of funding for eligible residents is based on household income. The program is means-tested and allows low to medium

income households the opportunity to become energy-independent. The standard rebate of \$3,000 is available for applicants with an income of \$180,000 or less for the most recently ended financial year. A low-income rebate of \$4,000 is available for households where the highest income earner earned \$66,667 or less for the most recently ended financial year.

## WHAT ARE THE ELIGIBILITY CRITERIA?

Applicants must apply for and receive conditional approval before having a solar battery system installed. To be eligible for the program, applicants must be the owner of the residential property; have a solar PV system with minimum 5kW system capacity; use an approved battery; use an approved installer such as Goodhew Electrical & Solar; meet the income requirement; and, agree to a safety inspection after installation.

## HOW TO APPLY?

Reach out to Goodhew Electrical & Solar via phone or email to express your interest in the Queensland Battery Booster Rebate.

From here, we will schedule a consultation with our team of experts to assess your energy needs and recommend the most suitable battery storage solution. The team at Goodhew Electrical and Solar can assist you with your application for the rebate, and, once approved our Accredited Battery Installers will install your new battery storage system efficiently to the highest quality standards.

## ACT NOW AND SAVE!

Don't miss out on this incredible opportunity to upgrade your home's energy supply and save on electricity bills. The Queensland Battery Booster Rebate is available for a limited time, so act now to secure your spot in this program.

For more information or to get started, please contact Queensland's solar and battery experts at Goodhew Electrical & Solar on (07) 3286 1422, email [batterybooster@goodhewsolar.com.au](mailto:batterybooster@goodhewsolar.com.au) or visit our website [www.goodhewsolar.com.au](http://www.goodhewsolar.com.au)



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# Celebrating Five Years in Business

FROM VITALE & CO

**Tammy and Armando Vitale are celebrating five years in their property management business, Vitale & Co Property Management Services.**

During this period, they have established and built a recognised and respected brand within the property management industry, their trading precinct, and the greater bayside area.

Vitale & Co began trading in 2019 and has developed and expanded to become one of the most readily recognised trading brands in their sector of the real estate industry.

Whilst some of the growth has come from strategic portfolio purchases, the majority of additional property management business has been achieved through organic growth and word-of-mouth referrals.

Vitale & Co Property Management Services currently employs three full-time senior property managers, Eleni McKenna, Brigitte Munro, and also set to join the team in mid-February is Carole Smith, formerly of The Home Rental Centre in Wynnum. Adding Tammy Vitale to

this formidable team, there is a combined experience totalling some 65 years.

This level of experience allows the staff members to provide clients with a highly specialised service that combines an abundance of local area knowledge and in-depth industry expertise. This is particularly important when dealing with current and recently proposed changes to regulatory legislation directly affecting the property management industry.

Tammy Vitale had the honour of being nominated for the accolade of REIQ Property Manager of the Year in both 2022 and 2023. Still, she considers one of her greatest achievements to be the ability to be actively involved in the local business community in various roles and capacities.

Tammy and the Vitale & Co team are well known for going over and above the required levels of service provision and will always endeavour to help landlords and tenants if they can.



“I am extremely proud and grateful for the patronage my community has given us over the past five years and truly thankful to our loyal landlords, tenants, family and friends for their ongoing support and encouragement,” said Tammy. “We live by our motto, ‘Your Property is our Priority.’”

## CELEBRATING 5 YEARS IN BUSINESS

### Celebrating **FIVE** Amazing Years In Business

We are extremely proud and grateful for the patronage given to us over the past 5 years and truly thankful to our loyal landlords, tenants, family and friends for their ongoing support and encouragement.

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# More Supply Would Render Reforms Redundant

FROM THE REAL ESTATE INSTITUTE OF QLD

**The Real Estate Institute of Queensland (REIQ) says more legislative reform, announced by the State Government, doesn't address the rental market pressures that have been primarily caused by a lack of new social housing and private rental supply.**

While the detail remains yet to be seen, the State Government has so far released a package of reforms including:

- Rent relief through a financial aid support package
- Portable bond scheme
- Rental sector Code of Conduct
- Installing modifications to rental properties
- Prohibiting the acceptance of rental offers higher than the listed price
- Attaching once 12-monthly rent increase limits to the property not the tenancy

REIQ CEO Antonia Mercorella said the problems the State Government keeps trying to solve through constant legislative reform, were symptoms of a market with dire supply levels, which continues to be the elephant in the room.

“For the fifth time in four years, the State Government has decided to tighten rental legislation in a way that is squeezing the life out of investing in real estate in Queensland,” Ms Mercorella said.

“With this round of reform, they’re creating an administrative nightmare with portable bonds, and potentially opening the door to tenants making modifications to rental properties without the consent of the owner.

“Our position is that current laws governing modifications are appropriate – tenants require the consent of the property owner

and the owner cannot act unreasonably – but by introducing a ‘free-for-all’, there could be costly consequences for property owners.

“We’ve been working closely with QDN (Queensland Disability Network) on an appropriate framework to apply in the case of a modification being required for accessibility reasons.”

Ms Mercorella said some of the legislative reforms appeared to be more for show than of real substance.

“We already have strict legislation surrounding rent bidding in Queensland, which requires a listing price be advertised and prevents real estate professionals from asking for offers above and beyond that,” she said.

“What this reform proposes to do, is to prevent rental applicants from offering more for a property to create a competitive edge. This practice has emerged due to the very tight rental market.

“If you fix supply, history shows that affordability stays in check because people aren’t compelled to offer more to increase their chances of success among a big pool of applicants. A focus on supply would render most of these reforms redundant.

“As the peak professional body for real estate professionals we would be supportive of a Code of Conduct being developed in close consultation with the REIQ and drawing from our existing Best Practice Guidelines that we promote to the real estate profession.”

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## Cloncrew: An iconic Manly landmark comes to market

**One of Manly's most spectacular estates has come to market, representing a once-in-a-lifetime opportunity to own a piece of history with breathtaking views of Moreton Bay.**

Located within a prestigious blue-chip area of real estate, *Cloncrew*, located at 12 Valetta Street, Manly boasts an expansive 2548 sqm of land, offering a unique chance to acquire one of the area's most substantial single landholdings.

Historic *Cloncrew* sits proudly across four large land titles with unrivalled bay views. The home is a magnificent example of Spanish Mission design, built in 1938 and designed by renowned architect Eric Percival Trewern. The residence is a testament to the grandeur of the Art Deco movement, which gained massive popularity worldwide in the early 1900s.



Much of this home has been lovingly maintained in its original condition. However, the kitchen has been modernised with stone bench tops, a four-burner combination gas and induction cooktop, a double basin sink, crisp white cabinetry and stainless-steel appliances.

Taking centre stage in the vast lounge room is a magnificent counter-levered fireplace framed with Helidon freestone and an ornate timber mantle. The beautiful veneered walls of Queensland

timbers are inlaid to enhance the home's design, while built-in timber cabinets are a testament to the craftsmanship of days gone by.

The lounge, card room, dining room, and piazza are all interconnected by glazed lead-light double doors. All rooms feature soaring ceilings, timber picture rails and decorative plaster cornices.

The semi-circular piazza is magnificent, capturing intoxicating views across the Royal Queensland Yacht Squadron and beyond the Bay Islands. The morning sunlight filters through six magnificent cathedral-like arched timber doors, which also capture the year-round bay breezes, keeping the home cool.

The formal dining room easily hosts a table of eight, boasting veneered Queensland walnut walls, a servery window above a built-in sideboard, and hand-crafted cabinets.

The main bathroom has the enviable original Terrazzo flooring, a separate bathtub and a matching standalone vanity. The shower space and splashback areas are adorned with handmade Italian tiles.



### FEATURES

- One of the most significant single landholdings in the area at 2548sqm
- Boundless potential and possibilities (STCA)
- Scope to restore to its former glory (STCA)
- Grand proportions, exquisite period fixtures
- Ducted air conditioning
- Security system
- Huge storage space
- Two car access points
- Large workshop area
- Modern kitchen layout
- Designed by celebrated architect Eric Percival Trewern

*Cloncrew* represents one of the last remaining original mansions of its kind in the district and offers boundless potential and possibilities. Grandly proportioned and exuding timeless elegance and extravagant detail, this exquisite residence is an absolute standout and iconic landmark above picturesque Moreton Bay.

***Become the newest custodian of Cloncrew to claim your spot in history. Schedule your private viewing today and embark on an unparalleled lifestyle opportunity.***



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# LOCAL CLUB PROFILE: WYNNUM VIKINGS AUSTRALIAN FOOTBALL CLUB

The Wynnum Vikings Australian Football Club has been kicking goals since 1966! From its blue-collar roots, the club has grown into a tight-knit family on Brisbane's bayside. We've seen it all, from tough times to triumphant moments, but through it all, we've become a beacon of community spirit.

Our club is buzzing with activity, with more and more players signing up each year, from little Auskickers to seasoned Seniors, and we're proud to have both guys and girls tearing up the field.

Our mission? Simple: we want everyone to have fun and enjoy footy in a safe and supportive environment. Whether you're a player, a parent, or just a fan, you're always welcome to join the fun. We're all about making friends, playing hard, and cheering each other on.

Our teams cover a wide range of ages and genders, from the under 8s to our legendary Senior squads. Plus, our girls' teams are going from strength to strength, with plans to add even more in the near future.

The Auskick season began on February 17th and will run every Saturday until April 20th, and you can sign up at [playafl.com](http://playafl.com) by choosing the Wynnum JAFC Auskick Centre.

Training for the under 8s to under 11s starts in March, while the under 13s to Seniors are already hitting the ground running. April marks the start of the games, and trust us, it's going to be epic!

Behind the scenes, we're busy sprucing up the clubhouse, creating a space where memories are made and friendships flourish. And if you're over 35 and still got that footy itch, our Masters division is calling your name.

We're always on the lookout for new players, no matter your age or gender. And hey, if footy isn't your thing, we've got plenty of opportunities for volunteers to get involved and make a difference.

Calling all local businesses! We're all about supporting our community, so let's team up and make magic happen together.

The Wynnum Vikings AFL Club isn't just about footy — it's about family, friendship, and a whole lot of fun. Come join us and be part of something special! For more, check out <https://wynnumvikingsafl.com.au>.



Photos: Supplied.



Photo: Supplied.

## SCHOOL APPOINTS 2024 STUDENT LEADERS

FROM WYNNUM WEST STATE SCHOOL

Recently, parents and carers of the school's leaders were invited to a formal parade and morning tea to celebrate Wynnum West State School's student accomplishments. Every leader brings unique skills to the role and we look forward to them leading our school this year. We know they will uphold the school rules and values of Faith, Honesty and Truth. Together they have pledged that they will conduct themselves as respectable community members and commit to being reliable ambassadors for our school. Congratulations to School Captains Nikola and Mina (absent in photo), Vice Captains, Avesh and Emily, and to all our other captains who will lead the school this year.



## MY LOCAL MEMORIES: BACKYARD VOLCANO

BY ROSS FARLEY, BAYSIDE RESIDENT

**My father's hardware shop sold a product called carbide when I was a boy. The term carbide seems to have a few meanings today, but this carbide was probably calcium carbide. It was used for generating inflammable gas for lighting before batteries became more reliable.**

Back in the day, carbide lights were used for mining, lighthouse beacons, car, and bike lights. I remember seeing one being used as a bike light, although they were a thing of the past when I was a kid.

When mixed with water, carbide would bubble ferociously and give off acetylene gas. I'm not sure how the stuff was being used back then, but it was of great interest to inquisitive boys. When put in a can of water it was a sight to behold; throw in a match and watch the flash.

One day when the backyard dunny can was full, we dropped in a lump of carbide. The dunny became a volcano with lava erupting over the top of the can and seat, across the floor and a lava flow began encroaching on the yard. When we threw in a match, the gas caught fire and every aspect of a volcano had been recreated and without any casualties. It was great fun and an amazingly educational and successful scientific experiment. But Mum's sense of humour was somehow lacking, and she had no appreciation for our passion for scientific experiments!



## FATHER AND SON TEAM UP ON THE COURT

BY SUE MCINTOSH, WYNNUM TENNIS

**Tennis is a wonderful game for all ages. Research has shown it promotes longevity of life as well as many other social and health benefits.**

Geoff Still is a regular player at Wynnum Tennis Club and has found it a perfect way to spend quality time with his son Darcy. Even better, this season they are in the same team and get to take the court together, experiencing their shared love of tennis.

The Stills are just one of many family groups who get to experience friendly competition at Saturday

afternoon fixtures at Wynnum Tennis Club, a club for all ages and abilities. You can find Wynnum Tennis on Facebook and Instagram, or email the club for more information at [wynnumtennis@optusnet.com.au](mailto:wynnumtennis@optusnet.com.au)



*Geoff Still with son Darcy. Photo: Supplied.*

## A TRIBUTE TO MURRAY BURDETT

FROM CLUB MANLY

**Murray Burdett lived in Manly West since 1989 with his wife Kay and son Glenn. He passed away on December 1, 2023, after a brave fight with cancer.**

After a career in the NZ Navy and sales in Australia, he retired, took up lawn bowls, and started to feed the travel bug.

Murray joined the Manly Bowls Club in 2015. This membership grew to a total commitment to the Club, seeing him become the Club Chairman and spending a great deal of time on all things for Manly Bowls. He was often asked, "Don't you ever go home?" (As his wife Kay often asked).

He participated in Club Championship competitions, Inter-Club competitions in the Bayside District, and weekly social games, and he was an active member of the Wynnum Manly Vets Club and Ex-Navy Bowls Clubs.

When the Club needed umpires, he offered his services and officiated in many men's and women's games. He also qualified as a coach to assist new members.

As a member of the Club Board and its Chairman, apart from club business, he spent a great deal of time arranging for children from the local schools to learn about and try lawn bowls. He was instrumental in gaining grants for many of the Club's projects.

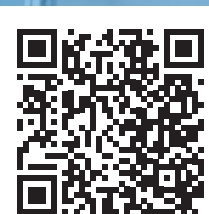
Always the gentleman, one was proud to call him a "Mate".



*Photo: Supplied.*

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# LOCAL GARDENING WITH KAT: BANANAS – IT’S TIME TO SPLIT!

BY KAT PEARSON, *GIRL IN THE GREEN*

*Wynnum horticulturist and gardening enthusiast Kat Pearson talks about bananas this month and explores the good, the bad, and the ugly side of this fruit.*

“They’ll be fine; I’ll keep them under control.” Even when I know it’s a bad idea, and I suspect I’ll regret it later, I’m always the optimist. But now my bananas must go! Just like the heliconias, which turned my side passage into a jungle, and the native raspberry, which turned the back garden into a prickly nightmare (and still gave me no fruit!). The bananas have become too big and too unwieldy, and even though they didn’t succumb to the storms over Christmas, their very precarious lean is the cause of much anxiety.

They’ve done well; I’ve had three bunches in about a year and a half, but, as the voice in my head told me at the time, bananas are really not suited to the middle of an ornamental garden bed. Mine are also five metres tall, because I had to have lady fingers and I couldn’t find a dwarf cultivar. It has become rather perilous to harvest a 40kg bunch of bananas from heights higher than my ladder, amongst a myriad of other ‘precious plants’. It’s been a relationship-building exercise with my husband; let’s just say that!

If you do want to grow bananas, here are some tips:

- They are hungry and thirsty.
- They don’t like wind. The lush tropical vibe you envision easily becomes derelict ratty leaves if you don’t protect them. When they are top-heavy with a bunch of bananas, they are easily knocked down in storms.
- They should be kept to clumps of three: the main fruit-bearing stalk, a slightly smaller stalk, and a small pup in third place. Chop out any other suckers as far below the soil level as you can.
- Once you harvest your bunch, that stalk will die. Instead of climbing a ladder, you can fell the whole stalk in one go – assuming you haven’t planted a multitude of ‘precious plants’ below.



### 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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# MEN'S SHED IS ABUZZ WITH ACTIVITY THANKS TO NEW CUTTING MACHINES

FROM DON SMITH, WYNNUM MANLY MEN'S SHED

**The Wynnum Manly and District Men's Shed is already full steam ahead into projects and assisting members of our community.**

With the recent acquisition of the most modern computer-operated wood turning and metal cutting equipment, local men are supporting the trend of getting out of their houses and joining The Men's Shed to ignite their creative talents using these amazing machines.

Such is the draw that the Men's Shed has surpassed its previous membership record and now exceeds 260 members. Due to the growing popularity of membership, the lack of space has become an ever-increasing problem. For this reason, the executive committee has formulated a vision of acquiring the adjoining land and building a beautiful colonial style structure to complement the local amenities.

The new building will house the office, a first-aid area, and a music room for the growing number of musicians. Included in the plans is a new area for members with disabilities who attend with their carers, who incidentally find the Men's Shed a safe and varied experience to share with their clients.

Conscious of the value of green space, the building surrounds will be landscaped to add beauty to the area for those who use the Elanora Park ovals, the esplanade paths and the mangrove boardwalks as part of their daily exercise trails.

Permission has been sought to name the building The Lionel Morgan Shed, after a local rugby league legend and the first Indigenous footballer to play for Australia.

Securing leases on government land is always a complex process and we must thank Councillor Sara Whitmee and the community who have generously helped us with the community consultation process.

Using our exceptional equipment we look forward to the challenge of continuing to serve the community and assisting with the endless variety of requests from people experiencing problems.



Photo: Supplied.



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## LOCAL POETRY ONCE THERE WAS A TIME

BY GEOFF SMILEY

Once there was a time  
in the spring of life,  
when everything was done  
with unconscious ease.  
All was in expectation.

Once physical pursuits  
without thought.  
Now remaining upright  
occupies the mind and  
tending the body to last  
fills my time.

There was a time  
when travel was in view;  
travels to Europe and  
Japan.

Now like tired Alexander,  
incurious and beaten,  
by experience worn.

In youth, women's  
gaze lingered.  
Now, rejected in a trice,  
their eyes slide into space.  
Awareness though that  
women can be friends  
and men are also safe.

Once employers offered  
inducements to stay.  
At the end they looked  
for when I would  
quietly slip away

so the next potential  
could be joined.

There was that time  
before winter came,  
when life was in its prime.  
Relief though, when  
in winding down,  
life demands are few.  
A person can then perhaps  
be at their most self-known.

© Geoff Smiley



## FREE WORKSHOP FOR LYTTON'S NON-PROFITS TO ACHIEVE BEST PRACTICE

Learn more about the governance for non-profit organisations and how to achieve best practice at this free workshop.



Governance in the non-profit world has changed dramatically in recent times. Achieving best practice governance can lead to an effective and sustainable organisation, and shouldn't be solely a box-ticking exercise. This workshop is aimed at non-profits of all sizes and types to be equipped with the tools and knowledge necessary to navigate the complexities of governance and excel in their purpose.

This one-hour workshop will dive into the importance of key governance areas such as financial controls, management delegation, effective boards/committees, risk management and child protection.

If you are on a board or management committee, work, or volunteer at a non-profit organisation, learn how good governance can help improve your organisation to achieve a sustainable impact for your community.

**When:** Tuesday 12 March 2024 from 10:00am to 11:00am

**Where:** Wynnum RSL, 174 Tingal Road, Wynnum




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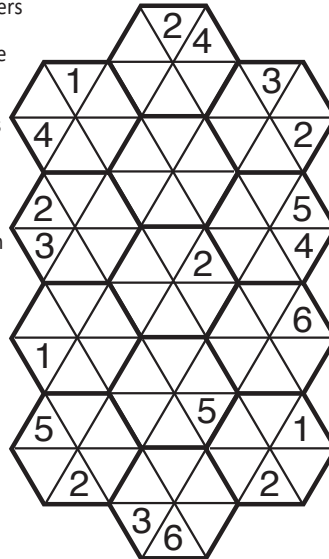
### Sudoku

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

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



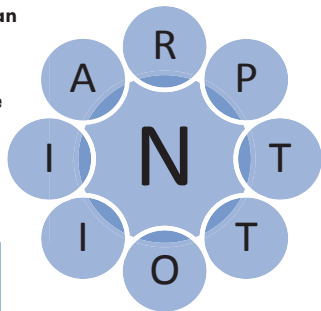
### Crossword

|    |    |    |    |    |    |    |    |    |    |
|----|----|----|----|----|----|----|----|----|----|
| 1  | 2  | 3  | 4  | 5  | 6  | 7  | 8  |    |    |
|    |    |    |    | 9  |    |    |    |    |    |
| 10 |    | 11 |    |    | 12 |    |    | 13 | 14 |
|    | 15 |    |    | 16 |    |    | 17 | 18 |    |
| 19 |    |    |    |    |    |    |    | 20 |    |
|    |    |    | 21 | 22 | 23 | 24 |    |    |    |
| 25 |    | 26 |    |    | 27 |    | 28 | 29 |    |
|    |    | 30 | 31 |    |    | 32 |    |    |    |
| 33 |    |    |    | 34 | 35 |    |    | 36 |    |
|    |    |    | 37 |    |    |    | 38 |    |    |
| 39 | 40 | 41 |    |    |    |    | 42 | 43 | 44 |
| 45 |    |    |    | 46 |    | 47 |    | 48 |    |
| 49 |    |    |    | 50 |    |    |    | 51 |    |
|    |    |    |    |    |    | 52 |    |    |    |
| 53 |    |    |    |    |    |    |    | 54 |    |

### 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: 14 words  
**FOCUS** Very good: 21 words  
 Excellent: 35 words

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Reference: Macquarie Concise Dictionary  
 Focus No. 3879

#### ACROSS

- 1 Hallowed place
- 5 City fortresses
- 9 Bellow
- 10 Mad
- 12 Weak glue
- 13 Limb
- 15 Domestic animal
- 16 Incisions
- 17 Long narrow elevation
- 19 Feel self-reproach
- 20 Adverse fate
- 21 Particular
- 25 Self-righteous person
- 27 Utilise
- 28 Stair step's vertical face
- 30 Lowest point
- 32 Representative
- 33 Wrathful
- 34 Distress signal

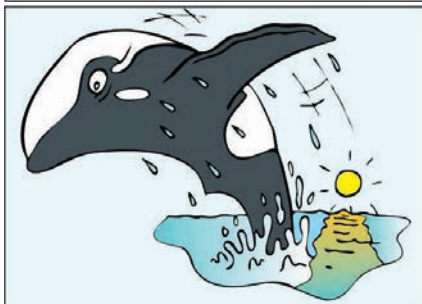
#### DOWN

- 2 For this reason
- 3 Angry
- 4 Builds
- 5 Fortresses
- 6 Part of the eye
- 7 Affirm with confidence
- 36 Festive
- 37 Arbitrator
- 39 Border
- 42 Happens again
- 45 Disturbances
- 47 Be afraid
- 48 Consumed
- 49 Sorrowful
- 50 Rank
- 51 Call for aid
- 52 Aquatic bird
- 53 Went up
- 54 Constraint

#### ACROSS

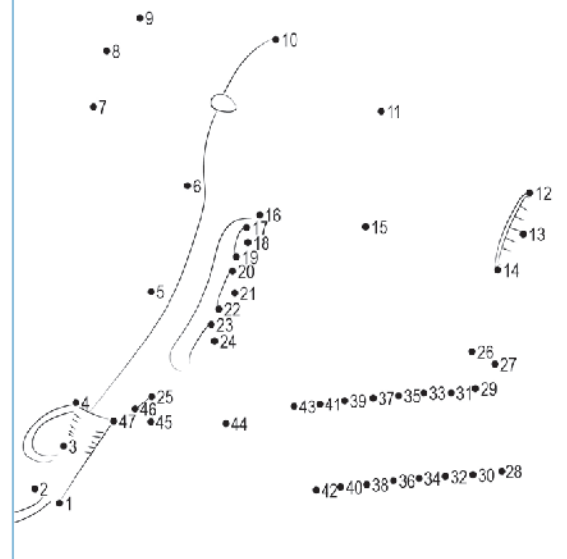
- 8 In slow and solemn manner (mus)
- 11 Young tree
- 13 Fuss
- 14 Monuments
- 18 Being lazy
- 19 Types of guns
- 22 Money bag
- 23 Stop
- 24 Land measure
- 26 Attic
- 29 Written law
- 31 Stain
- 35 Commanded
- 38 Message
- 40 Clock faces
- 41 Deity
- 43 Skip like a goat
- 44 Brings up
- 46 Stupefy
- 47 Festivity

### Spot the 5 Differences



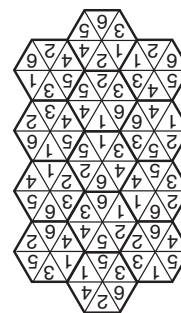
### Join the Dots

What is this? Find out by joining the dots.



### Solutions

Puzzles and pagination supplied by Auspac Media



**FOCUS:** ant apron inapt intro intro iron nipa nitro noir  
 pain paint pant PARTITION patron piano pint pinto piton  
 point porn print prion rain rant ration roan roan taint tarn tint  
 titan than train triton

**SPOT THE 5 DIFFERENCES:** White mark next to eye smaller, extra drop of water, mouth changed, sun lower in sky, extra splash of water.

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# THE CALM AFTER THE STORMS — AUTUMN FISHING IN MORETON BAY

BY SPERO KARTANOS

The weather in autumn should see fewer storms and winds, so let's hope we have some nice crisp and calm autumn days with great fishing.

The school mackerel should be as good as ever this year, and autumn and winter have historically been the best months for them. I'm expecting a bumper year catching these nice eating fish. The area wide of the Huybers Light to the Hope Banks beacon is worth a try. There will be some very big fish, and you could also get lucky and pick up a sizeable spotty mackerel that might have stayed behind.

The water temperature will have cooled, but there might still be a few spotty schools in the northern bay, plus plenty of Watson Bonito this time of year, smashing bait fish all through the bay. If you want to chase these good eating and good bait fish, use a small chrome slug; they are fun to catch – good eating for some or great snapper bait for others.

The whiting will slow down a little after the initial run of very big fish at the end of summer. There's

been less of them in the usual whiting hot spots around the Rous Channel, Pelican Banks and the Small Boat Channel over the last few weeks. Remember, the Maroon Banks and some of Amity Banks are green zones.

I'm still waiting for the tiger squid to show up. It's probably been the worst season for them around the southern and western parts of the bay. The only parts they've shown up in were the western side of Moreton and Amity. Let's hope they venture closer to home with less rain and clean water.

There were some lovely snapper and squire and sweet lip in the bay in the last month of summer and with the start of March, it should improve around the shallow Bay Islands and artificial reefs.

As we get further into autumn, the weather should settle, and the fishing should be perfect. There's nothing like dead calm days out in Moreton Bay. Good fishing!



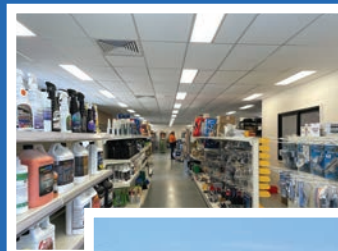
Photos: Spero Kartanos.

## Some People are just discovering where Redland City Marina is?

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# WYNNUM BUGS' 2024 SEASON UPDATE AND FUTURE EVENTS

FROM WYNNUM BUGS

The Wynnum Bugs are back with a bang in 2024! Here's a rundown of the season so far:

- Juniors (U6 to U16s) started training on February 16 on Friday nights. It's not too late to join a team. If you are interested, please email Ellis Taylor, junior vice president, at [junioryvp@wynnumrugby.com.au](mailto:junioryvp@wynnumrugby.com.au)
- Seniors and Colts (U20s) are well into their pre-season and are always looking for new players. If you're interested in playing, email Matt Myers, senior vice president, at [senioryvp@wynnumrugby.com.au](mailto:senioryvp@wynnumrugby.com.au)
- Women's teams are well into their pre-season training and are always looking for new players to join – even if you have never played, come and try it. Please email Women's head coach Ben Salm at [ben.salm@harcourts.com.au](mailto:ben.salm@harcourts.com.au)
- The Girls' Academy is starting in April! Come and try the Olympic sport 7s rugby at the Bugs! All girls who are interested in playing rugby from U11 to U17, please get in touch with our women's coordinator, Nicola, at [womensrugby@wynnumrugby.com.au](mailto:womensrugby@wynnumrugby.com.au)
- Battered Bugs (veterans' rugby) is back in 2024. Planning is well underway to shape the season for our battered side.
- Battered By The Bay Festival is back this year on June 29.
- Battered Bugs, Past Players and Supporters Association has been launched as part of our growing membership base. We welcome all past players and supporters to come down and join the Bug community in 2024 and beyond. For more information about Battered Bugs or if you are interested in joining the team or the association, please get in touch with John Kenna at [johnk@moodycivilpipe.com](mailto:johnk@moodycivilpipe.com).



Photos: Supplied.



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# A GRIM START TO 2024

BY HARVEY SHORE

**Coast Guard volunteers in Redlands and Moreton Bay have reported a busy – and tragic – start to the year.**

Between Boxing Day and New Year’s Day, four people died in local waters.

There haven’t been so many deaths in one month since November 2013, when three people died in local waters. In the same year, ten people drowned in Queensland. Records indicate none of them were wearing life jackets.

As a result of those deaths, Queensland law now requires all boats to carry life jackets for all passengers and crew. In addition, everyone must wear a life jacket when crossing a coastal bar in an open boat less than 4.8m in length, and children under 12 in a moving, open boat less than 4.8m in length must wear a life jacket at all times. So must everyone aboard a jet ski.

The Coast Guard urges everyone to wear a life jacket while out boating. It’s a little uncomfortable, but tragedy strikes without warning, and it’s difficult putting on a life jacket once you’re in the water.

Coast Guard also recommends boat owners join Coast Guard’s Marine Assist breakdown service. This provides free assistance and towing back to port in the event of trouble at sea.

“Boat owners never think they’ll break down,” said Coast Guard skipper John Lucchi. “But over 40 recreational vessels called us for help since the start of this year. A tow back to port can be expensive. But with Marine Assist membership, it’s free. That’s not only a safety matter, it’s also peace of mind.”

To join the Coast Guard’s Marine Assist program, simply visit your local Coast Guard base on any weekend.



Harvey Shore tows a jet ski back to port. Photo by James Ashworth.

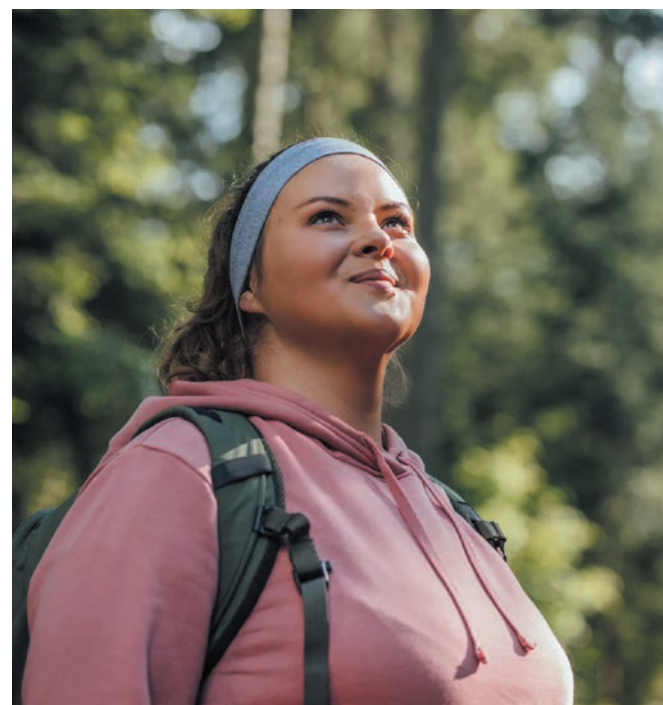
# JOIN THE 2024 NATURE WALK CHALLENGE!

**Are you a nature enthusiast who revels in the beauty of Australia’s diverse landscapes? If so, get ready to embark on an exciting adventure this March! The 2024 Nature Walk Challenge invites you to lace up your hiking boots and step into the great outdoors for a cause that’s close to our hearts: protecting Australia’s precious natural heritage.**

Organised by the Wilderness Society, this event aims to raise funds to safeguard vital habitats that are home to our unique Australian wildlife. By participating in the Nature Walk Challenge, you’ll not only immerse yourself in the breathtaking scenery but also contribute to the preservation of our natural ecosystems for generations to come.

Participating in the Nature Walk Challenge is easy! Simply sign up online at [www.naturewalkchallenge.org.au](http://www.naturewalkchallenge.org.au) and start your fundraising journey today. Whether you’re a seasoned hiker or a first-time explorer, there’s a trail waiting for you.

For those seeking a guided adventure, join the Bayside Wilderness Group walk on March 23. For more details and registration, contact Una at 0412 724 038.



## NATURE WALK CHALLENGE

1st - 31st March 2024

**Do you love Aussie nature? Then challenge yourself to walk for its protection this March!**

Funds raised will support the Wilderness Society’s work to protect vital habitat for unique Australian wildlife.

**Walk solo or join up as a team. Sign up for the Nature Walk Challenge today!**

or visit [www.naturewalkchallenge.org.au](http://www.naturewalkchallenge.org.au)

# SUPER CHEESY SPINACH AND BACON COB LOAF RECIPE

This is a super-cheesy dish, but in a good way! If you're hosting a hungry crowd, you can't beat a baked cob loaf. This all-in-one dip and bread delight is simple to make and easy to serve.

## INGREDIENTS

### For the cob loaf:

- 1 round cob loaf (sourdough or white)
- 1 tablespoon olive oil

### For the filling:

- 1 teaspoon olive oil
- 1 cup bacon, chopped
- 1 cup frozen spinach, thawed and drained
- 1 cup grated mozzarella cheese
- 1 cup grated cheddar cheese
- 1/4 cup mayonnaise
- 1/4 cup sour cream
- 2 large garlic cloves, minced
- 1 teaspoon onion powder
- Salt and pepper to taste

## METHOD

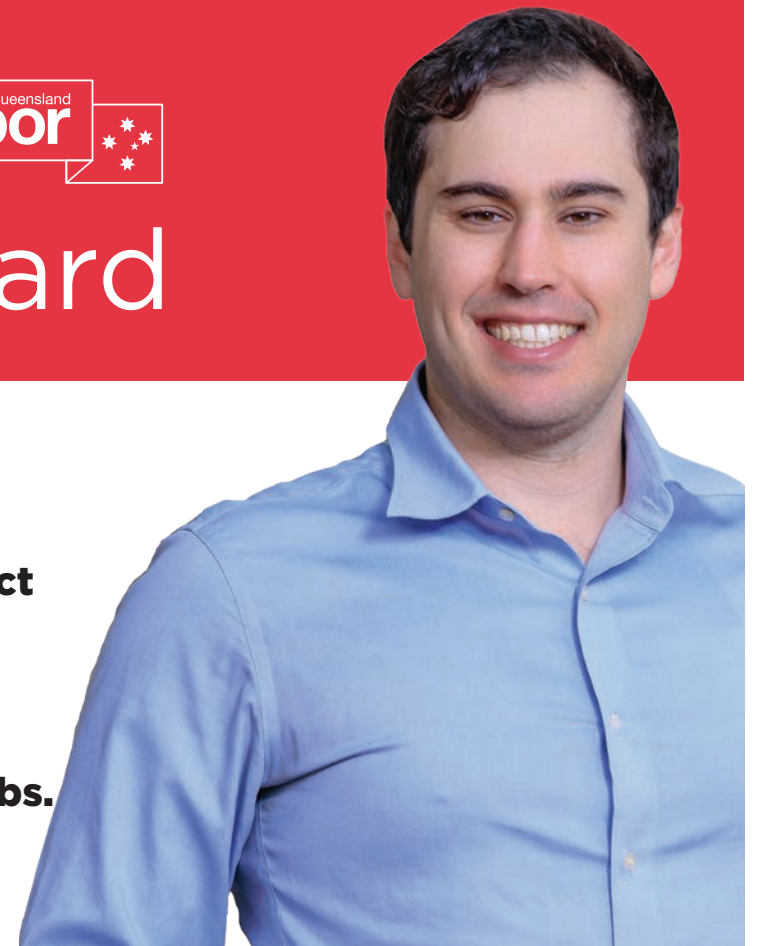
1. Preheat your oven to 180°C.
2. Heat a non-stick frying pan over medium heat, add the olive oil, and fry the bacon until crispy. Remove from the pan and let the bacon cool.
3. Using a small serrated bread knife, cut a circular hole in the top of the cob loaf to create a bread lid. Set the lid aside.
4. Hollow out the centre of your loaf by removing chunks of bread, leaving a thick crust around the edges. Keep the bread you removed for serving with the dip later. Take a step back, and admire your craftsmanship.
5. In a large bowl, combine the chopped cooked bacon, thawed and drained spinach, mozzarella cheese, cheddar cheese, mayonnaise, sour cream, minced garlic, onion powder, salt and pepper. Mix until it's thoroughly combined.
6. Brush the inside of the hollowed-out cob loaf with olive oil and spoon the filling mixture inside the loaf.
7. Place the filled cob loaf on a baking sheet and put the bread lid back on top of the loaf. Bake for 20 minutes, or until the cheese is melted and bubbling.
8. Remove from the oven. Tear the crunchy bread lid into smaller pieces and serve alongside the reserved bread from step 4.

*Hot tip: Mozzarella and cheddar cheese can be substituted with any kind of cheese that melts well – such as Gruyere or Emmental – and you can add vegetables such as chopped broccoli or finely diced capsicum, and garnish with herbs like chives or parsley.*



# Alex Cossu

## Labor for Dobby Ward



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- **Deliver more mozzie spraying for our suburbs.**

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# INTRODUCING THE STRADDIE SHUTTLE – A NEW SERVICE FROM MANLY AND HAMILTON

River to Bay is a small, locally owned business about to significantly change how Brisbane locals and visitors access the Bay Islands by running a new ferry service to Stradbroke Island, departing from Manly and Hamilton Northshore.

New owner Paul Crowther took over River to Bay at the end of 2023 and realised that a convenient and time-efficient way to get to North Stradbroke Island was lacking from Brisbane, and decided to change this. River to Bay's vessels have operated since 2019, running tours from Brisbane City.

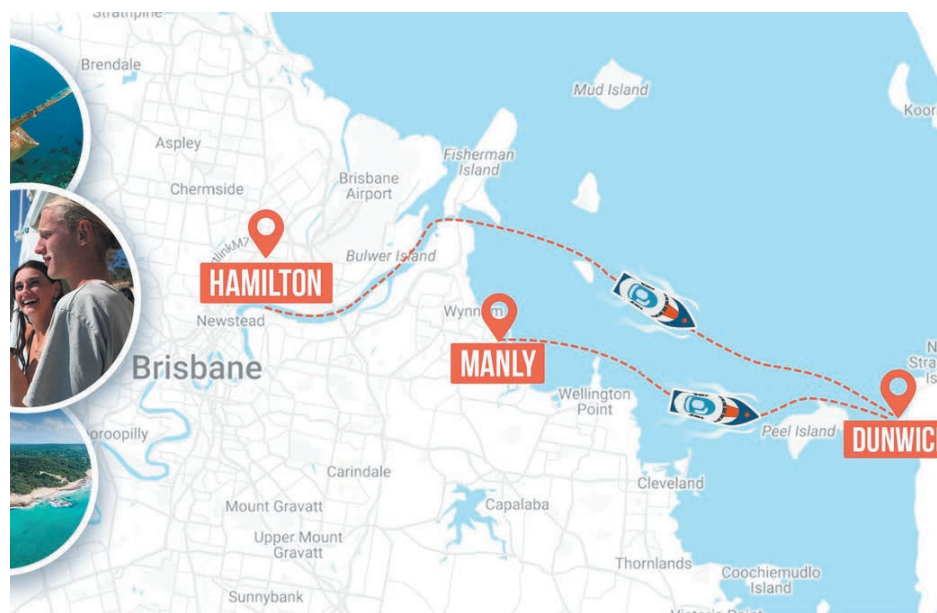
"Stradbroke Island is a hub for tourism that isn't as accessible as it should be, and our mission is to change this for Brisbane locals, Stradbroke locals and tourists," said General Manager Isla Toomey.

From March, River to Bay will run services from Manly and Hamilton Northshore six days a week from Tuesday to Sunday. Manly will have three services running to North Stradbroke Island in the morning and two in the afternoon. Hamilton Northshore will have two services in the morning and two in the afternoon.

River to Bay is pitching the service as a tourism initiative to attract day trippers and passengers who seek convenience and fun.

The fleet includes *Leatherback*, which can carry 38 passengers and *Bottlenose*, which can take 28 passengers – both alloy ribs that can handle the conditions of Moreton Bay.

Major improvements are being made to both vessels, including replacing and extending clears to keep passengers as dry as possible, installing dry boxes for passengers' luggage, and installing new FLIR cameras for the Captain to maintain visibility in any conditions.



The company has also announced a series of new tours that will run in between the ferry service from Stradbroke, including cultural tours, 4WD tours, Bay tours and a tour for oyster lovers.

For more information, go to [rivertobay.com.au](http://rivertobay.com.au).

## Latest news from the Port of Brisbane March 2024



### Trade

High volumes of new motor vehicle imports continued over the first half of the 2023/24 financial year with approximately 145,000 vehicles delivered through the Port during July to December.

This is an increase of 11% against the same period in 2022/23 with the industry continuing to fulfill delayed orders as it recovers from supply chain disruptions impacted by the pandemic.

### Community

Applications for our 2024/25 Community Grant Program are now open!

A total of \$100,000 in grant funding is available for community organisations and registered not-for-profits, with up to \$15,000 available to individual, eligible organisations.

Our Grant Program is designed to support important initiatives throughout South East Queensland, with 12 organisations from across the region receiving funding last year.

Applications close 30 April.

Please get in touch to find out more via our website, email or phoning us on 3258 4888.

### Partnerships

In February we proudly launched our Innovate Reconciliation Action Plan (RAP), endorsed by Reconciliation Australia. This is our second RAP, and it will continue to guide our reconciliation journey.

We're committed to building trusted partnerships and working together with Aboriginal and Torres Strait Islander communities and organisations to deliver positive outcomes.

Our RAP outlines the initiatives and actions we will undertake over the next two years to deliver on our commitments and is available on our website.

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're 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

- Did you know the Port has **10ha** of dedicated roosting areas for migratory shorebirds?
- Large numbers of shorebirds migrate from the northern hemisphere during summer to roost at our shorebird roost, reclamation area and other natural areas on port land.
- The Port has been undertaking monthly shorebird counts with the Queensland Wader Study Group since 2005. The January count recorded **6134** waders and **25 different species!**

### 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.

# STRAIGHTEN YOUR SMILE; TRANSFORM YOUR LIFE: CLEAR ALIGNERS FOR EVERY AGE

FROM DENTAL ON CAMBRIDGE

A straighter smile not only enhances your appearance but also improves your oral health and overall wellbeing. Are you tired of hiding your smile because of crooked teeth? At Dental on Cambridge, we believe everyone deserves a confident smile they can proudly show off. That's why, alongside many other cosmetic dental options, such as porcelain veneers and crowns, bridges, implants, and implant-retained dentures, we offer clear aligners. They are a discreet, affordable, and effective teeth straightening solution for patients of all ages.

Clear aligners offer a multitude of benefits compared to traditional braces. Firstly, they're virtually invisible, meaning you can straighten your teeth without drawing attention to your treatment. Whether you're a retiree, a busy professional, a parent on the go, or a teen navigating school and social activities, clear aligners fit seamlessly into your lifestyle without the hassle of metal brackets and wires.

Not only are clear aligners more discreet, but they're also more comfortable. Made from smooth, BPA-free plastic, they eliminate the discomfort and irritation often associated with traditional braces. Additionally, clear aligners are removable, allowing you to

enjoy all your favourite foods without worrying about staining, and aligners also mean your oral health hygiene routines are still easy to maintain!

Our experienced team at Dental on Cambridge specialises in designing personalised treatment plans tailored to your unique needs and smile goals. Whether you have a few teeth you'd like to bring in-line or many – we have the experience to assist you. From the initial consultation to the final result, we're here to guide you through every step of your aligner journey, ensuring optimal results and lasting satisfaction. We are also able to assist with removable retainers and fixed or wire retainers to ensure all your hard work wearing your aligners doesn't go to waste and your results last for the long term.

Don't let crooked teeth hold you back any longer! Transform your smile AND life with clear aligners and unlock the benefits of not hiding your smile. Why wait – especially when aligners can be yours for as little as \$49 a week\*. We also offer monthly payment plans for all aligner treatments – we believe in supporting our patients to make their dental care as affordable as possible.



To schedule your clear aligner consultation at Dental on Cambridge, call our team at 3348 661 and take the first step towards a straighter, more confident smile.

*\*Please note pricing varies depending on the requirements of each case, and therefore, pricing will vary as well. \$49 a week is based on a non-complicated treatment plan.*

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