

The Community Leader

WE'RE ALL ABOUT GOOD NEWS

Bayside


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TO 23,500
HOMES**



IT'S THE SIMPLE THINGS THAT MAKE THE BAYSIDE GREAT!

If one iconic location in Wynnnum Manly has a magnetic pull, it's the rock wall at Norfolk Point. It's where you may have been proposed to, broken up with (ouch), met a new fishing buddy, saw your first dugong or contemplated a big life decision. The bay breeze is meditative, and watching the ever-changing scenery is a worthy time-waster.

Dropping a line from the rock wall is about more than just catching fish. It's about community, finding kindred spirits, and random conversations that turn into hour-long chats. And if you catch a fish, that's a bonus.

According to local fisherman Spero Kartanos, the bay is teeming with squid this month. Dropping a line from a jetty or rock wall in the evening might get you the freshest calamari dinner you've ever had! Check out page 35 for Spero's simple squid fishing tips.

Whether you get your catch of the day from the bay or support a local take-away shop or restaurant, the social benefits of being out and about in the community are good for the soul.

Pictured: Tessa and Steve Pattinson of Manly enjoy an afternoon fish at the rock wall at Norfolk Point, Manly.

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MEN’S SHED MEMBERS HIT THE STREETS TO DELIVER FOR CHARITY

FROM THE WYNNUM MANLY & DISTRICTS MEN’S SHED

You may have seen Men’s Shed members in their distinctive blue shirts walking down your street with copies of The Community Leader in hand. The good news is that every copy delivered to a bayside letterbox contributes to funding the Mater’s Little Miracles charity.

Members of the Wynnum Manly and Districts Men’s Shed are taking the opportunity to use the delivery of The Community Leader to raise money for a charity dear to their hearts: Mater Little Miracles.

More than 2,000 babies receive round-the-clock care at Mater’s Neonatal Critical Care Unit each year. Mater’s Little Miracles raises money for lifesaving research that contributes to better outcomes for critically ill babies.

As elder statesmen, many members of the Men’s Shed have first-hand experience with ‘premmie’ babies in their own families and feel strongly about supporting this cause.

They all agree they couldn’t imagine life without their little ‘treasures’, especially after seeing these beautiful babies survive the fight of their lives and grow into delightful, active and inquisitive toddlers.

Men’s Shed members are happy to share their joy after being gifted the miracle of life because of the research conducted by Mater’s Little Miracles.



Wynnum Manly Men’s Shed members with copies of March’s Community Leader. Photo: Supplied.



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THE BAYSIDE’S LONGEST-RUNNING YOUTH FESTIVAL IS BACK THIS APRIL!

FROM BABI YOUTH AND FAMILY SERVICE, WYNNUM

For over 15 years, BABI Youth and Family Service has hosted the free BayWave youth festival, solidifying its status as the longest-running youth festival in the Wynnum/Redlands area.

Since 1983, BABI has been at the forefront of youth and family services in the Wynnum/Redlands region, addressing the needs of young people at risk of or facing homelessness.

This year, BayWave will take place on Tuesday, April 9, from midday to 5:00pm at Lota Skatepark.

The festival promises an enjoyable day for all ages with an extensive program of activities planned, including live entertainment, stalls, food, and a showcase of young talents.

Attendees are encouraged to explore the skatepark, try their hand at basketball, or indulge in unique experiences like henna art. Importantly, the festival is entirely free, ensuring accessibility for everyone.

The event is a vibrant celebration that acknowledges the significance and accomplishments of young people within the community. It’s a testament to the community’s commitment to showcasing and appreciating young people’s diverse talents and passions, spanning music, performances, sports, and skate demonstrations.

Funded by the Brisbane City Council, the event aligns with the Council’s continued support for community initiatives, including the LINX space at BABI Youth and Family Service.

See you on Tuesday April 9 from 12:00pm to 5:00pm at Lota Skatepark!



BAYWAVE

YOUTH FESTIVAL 2024

9TH APRIL 2024 | 12PM-5PM

Lota Skatepark- Bowering Street, Lota

LIVE MUSIC
FREE FOOD
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Photos: Supplied.



SOCIAL MUMS CLUB.

Mother’s Day Soirée

Saturday 11th of May | 2pm - 6pm

An afternoon to honour you and the special women that have impacted your life

LADIES HIGH TEA COMPLETE WITH SPARKLING ON ARRIVAL JUST \$80PP OR \$140 FOR 2!

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SCAN TO BOOK





3

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The BPD Way!

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Do you have:

- Visible rust or aged flexi hoses
- Slow-draining basins or toilets

- Gurgling wastes
- Dark stains on your ceilings
- Mould on your ceiling or walls
- Extremely high/low water pressure
- Discoloured water from your taps
- Occasional smell of gas around the house
- Foul smells coming from your drains

If your answer to any of these questions is "Yes", get in touch with us today so we can come and service your home.

KEEP AN EYE OUT FOR MORE TIPS, TRICKS, AND SPECIALS IN NEXT MONTH'S PAPER!

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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.

Queensland Rail have advised me that the construction team has been working hard this month on demolishing parts of the existing platform and the old footbridge, and are currently installing foundations, pilings, clearing vegetation and conducting geotechnical surveys. I am advised that the new platform construction will commence later this month.

I am excited to continue keeping Baysiders updated on the station works!



NEW WOMEN AND GIRLS’ HEALTH STRATEGY

I am very excited to announce that the Miles Labor Government is delivering a brand new \$1 billion Women and Girls’ Health Strategy.

Almost 12,000 Queenslanders shared their experiences and suggestions on how to improve the health of women and girls, including in areas of mental health and wellbeing, chronic health conditions such as endometriosis and pelvic pain, maternity care for mums and bubs, and sexual and reproductive health.

Baysiders can visit my website at www.joanpease.com to read more about the new Strategy.

BATTERY BOOSTER REBATE REMINDER

Don’t forget Baysiders! Your household could slash their power bills with 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/ld7vmn>



MEN’S SHED STEPPING INTO THE FUTURE

The Wynnum Manly and District Men’s Shed is an asset to our Bayside. They offer a safe, inclusive and supportive environment for men of all ages.

That is why I was very excited to hear that the Men’s shed have acquired brand new computer-controlled wood turning and metal cutting equipment, which will improve the already outstanding craftsmanship of its members.

But there’s more! The Men’s shed have also unveiled an ambitious vision to construct a new colonial-style building, which would include an office, music room and inclusive workspace to enable men with disabilities or carers to take full advantage of the facilities at the Shed.

Congratulations to the Men’s Shed!



CINEMAS RETURNING TO BAYSIDE

I was saddened recently to hear of last month’s sudden closure of Majestic Cinemas Wynnum.

In a positive turn, the cinema will reopen in April as Bayside Cinemas, with local business The Smitham Group as operator. It is also great to see that ticket prices will start at just \$10 for adults, and \$8 for pensioners and children.

Supporting our local businesses is a major priority for me. When we shop local, we support our Bayside economy which ultimately benefits Baysiders.

PREMIER’S CODING CHALLENGE NOW OPEN

Young Bayside coders, ready your computers! The Premier’s Coding Challenge is officially open to school students from Years 3 to 10.


This year’s theme is #digitalinnovationqld. Students are invited to develop an innovative digital solution to help make their school a better place to teach, learn and play, such as an app, game or a website.

Submissions close on 2 September 2024 and winners will receive incredible prizes of coding and robotic kits, with a total prize pool of \$15,000.




JoanPease MP | State Member for Lytton


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



LOCAL EVENTS

See what local events are happening in your community.





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MARKET 2 MARKET **24** YEARS

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

PUPS IN THE PARK



Sunday May 26, 10:00am to 3:00pm, Bugs’ Rugby Union grounds, Elanora Park, Wynnum

Save the date – Pups in the Park is back! Last year, over 2000 people and hundreds of dogs enjoyed a barking-good day out, browsing dog-oriented stalls, devouring great food, and watching live demonstrations and entertainment from canines and their people. Everyone is welcome to attend – even your furry friend! Funds raised from raffles, donations and stall fees will go to the Animal Welfare League and The Bayside Community Fund.

A full program of events will be released in the lead up to May 26.

SHIRE CLERK’S COTTAGE MARKET



Saturday April 20, 8:00am to 1:00pm, Waterloo Bay Leisure Centre, 241 Tingal Road, Wynnum

The market showcases 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.

PAINT A PINK PROTEA WORKSHOP



Saturday April 13, 2:00pm to 5:00pm, Wynnum Community Centre, 105 Florence Street, Wynnum

Join talented teacher Sukee for this fun three-hour workshop where you’ll learn to paint a protea. Attendees are encouraged to bring wine/drinks and a plate of food to share, while tea and coffee will be supplied. It’s a fantastic opportunity to make new friends while exploring your creativity. Absolute beginner artists are encouraged to attend, and best of all, you get to take your artwork home for your family to admire!


The cost of the workshop is \$75, or \$65 for members of Wynnum Manly Arts Council. Bookings are essential and can be made by phoning 0417 286 555.

MINI MECHANICS



Sessions from April 2 to April 12, Wynnum Plaza, Wynnum Road, Wynnum West

If you’re looking for something for little ones to do this month that’s fun and builds motor skills, cruise on down to Wynnum Plaza. Kids aged four to 12 will love this Mini Mechanics workshop, where they’ll get to build a balloon car. Multiple session times are available. Entry is \$5 and tickets can be purchased online by scanning the QR code:



TERRY SCOTT CONCERT



Tuesday April 9, from 9:30am, Waterloo Bay Leisure Centre, 241 Tingal Road, Wynnum

Entertainer Terry Scott comes to the Waterloo Bay Leisure Centre this month to perform a host of toe-tapping songs that will have you singing along. Morning tea is served prior to the concert from 9.30am. A two-course hot lunch is served after the concert. The cost is \$10 for the concert and morning tea, plus an additional \$10 for the two-course lunch.

Bookings for all concerts are essential and can be made by phoning 3396 9488.

IAN MAURICE AND NATALIE MEAD CONCERT



Tuesday April 23, from 9:30am, Waterloo Bay Leisure Centre, 241 Tingal Road, Wynnum

The always-entertaining duo of Ian Maurice and Natalie Mead returns to the Waterloo Bay Leisure Centre for an entertaining morning of laughter and music. For \$10 you’ll enjoy the concert and morning tea, and for an additional \$10, you’ll enjoy a two-course hot lunch after the concert.

Bookings for all concerts are essential and can be made by phoning 3396 9488.

THE BONNER UPDATE

ROSS VASTA MP FEDERAL
MEMBER FOR BONNER



BONNER YOUTH MENTAL HEALTH FORUM

Do you want to make a positive difference and see mental health improved for people across the country? Do you know someone who has fought, or is struggling with, mental health? My Bonner Youth Mental Health Forum is a great opportunity for 18- to 25-year-olds, from across Bonner, to unite and tackle this important issue.

To make this event as practical and beneficial as possible, I am partnering with Tom and Wilson, from 'You are Not Alone'. They are two young men, from Brisbane, who are on a mission to help people around Australia to know that they are not alone, and that people care. They are passionate about educating and equipping young people with the skills needed to support a friend who may be struggling. Registrations for the Bonner Youth Mental Health Forum are now open, through my website!



CRIME

We all know the Bayside is a great place to live, work and raise a family. Unfortunately, everywhere I go, Bonner locals continue to tell me anecdotes and stories about robberies and other crimes. The disappointing inaction on this issue is frustrating, and hurting Queenslanders.

St Pete's Pantry recently reached out to my office, letting me know they had been robbed.

The not-for-profit charity makes an invaluable contribution to our local Bayside community, by providing free grocery hampers to those suffering homelessness or struggling to make ends meet. Marilyne and the team were even named 'Community Group of the Year', at my Bonner Bright Star Awards last year. Unfortunately, the thieves took their laptop and sentimental Bonner Bright Star Award. While I have been able to organise a replacement medal for Marilyne and the team at St Pete's Pantry, many items are not so easily replaceable. The increasing frequency of crime is causing long-lasting, negative impacts on individuals, businesses and even charities, as they struggle to bounce back.

BYAC

Introducing the 2024 Bonner Youth Advisory Council (BYAC)! Our 2024 council is the biggest council we have ever had, and I am already so impressed by their ideas! The students represent many Bonner schools, including Moreton Bay College, Moreton Bay Boy's College and Iona College.

BYAC is an opportunity for students in years ten, eleven and twelve to gain a better understanding of our Australian Government, and to investigate and report on issues that are important to them. In our first meeting, we discussed many important topics such as the youth crime crisis, the importance of consent, and cost of living difficulties. I am so excited to get to know these bright minds, and to see where the year takes us!



Sara Whitmee

Local Area Update

COUNCILLOR FOR WYNNUM MANLY



Suburban Enhancement Fund Update

Wynnum Manly is set to receive some new elements thanks to the Suburban Enhancement Fund (SEF), a vital tool for making improvements that directly benefit our community. Funding decisions through SEF are at the Councillor’s discretion.

I have had many conversations with the staff and parents of Manly State School regarding pedestrian safety during pick-up and drop-off times. As a result, I approved \$ 30,000 to install a new, full-width footpath on Ernest Street outside the school.



Exciting news is on the horizon for Darling Point Lower Esplanade Fitness Trail. Recognising the importance of outdoor fitness options for our residents, I’ve allocated \$ 26,000 to upgrade the trail. This enhancement will provide a more enjoyable and effective workout experience for those using this beautiful location.

The initial plan for Don Randall Park at Lota was to fence the playground. However, after extensive consultation with Bayside United Football Club, it became clear that the presence of a playground posed challenges to the club’s insurance and long-term sustainability. As a result, we jointly decided to remove the playground, paving the way for the transformation of the space into a vibrant community area in the future.

Local Access Network Update

The Local Access Network Improvements program focuses on important upgrades to ensure our suburbs are safe and accessible for all road users, particularly pedestrians.

Fairlead Crescent at Manly will receive some upgrades, including a raised pedestrian crossing, yellow ‘No Stopping’ lines, and upgrades to the lighting, kerb, footpath, and turfing.

This design was chosen to ensure the most suitable safety solution for this intersection. Pedestrian safety is improved by providing a safe crossing point and improving sightlines and awareness of the pedestrian. It also aims to encourage slower and safer vehicle movements.

Gigs on Greene

Nearly a year after its first afternoon, Gigs on Greene is still going strong! I was so happy to provide one year’s sponsorship of this delightful free musical event. Pop it in your calendar for Sunday, 14

April, from 2pm. Christopher Palmer features as musician, while Jack’s Ice Cream and OMG Decadent Donuts will offer sweet treats.



Re-unite Pilot Trial



I was excited to hear about the Brisbane City Council Animal Service’s Re-unite program. The Animal Services division is dedicated to ensuring the welfare and safety of animals throughout the city, which includes responding to animal-related complaints, as well as operating rehoming facilities in conjunction with the Animal Welfare League Australia.

The Re-unite program involves officers working to reunite lost pets with their owners, while testing new approaches to addressing wandering animal and dog call matters. The pilot trial is currently happening in Wynnum Manly.



Black Belt Kids

What do a teddy bear and martial arts have in common? They both feature in Black Belt Kids at Martial Arts, a recently released children’s novel by Kim Williams. Last month, I was lucky enough to attend the book launch and ask the author some questions.

Black Belt Kids at Martial Arts is a heartwarming story that follows a young boy and his teddy bear as they embark on a journey of learning new skills and embracing bravery.

Kim Williams, the owner of a Matt Fiddes Martial Arts franchise, showcased her expertise in martial arts with her board-breaking display at my Australia Day Community Breakfast. With her firsthand experience in the field, Kim brings a wealth of knowledge and insight to the topic of martial arts.

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

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



MANLY DRAGON BOAT CLUB: HOW TO NAME YOUR DRAGON

Dragon Boat racing has a romantic and tragic origin. More than 2,500 years ago, the legend has it, Qu Yuan, Chinese poet, patriot and folklorist, was wrongly accused of treason. In grief and frustration, he waded into the Miluo River to drown himself. The villagers sped after him in their boats but their attempts to save him were futile. He became a river spirit, and re-creations of the race celebrate his memory.

The Manly Dragon Boat Club has a shorter history – it was founded in 2006 – but its members bring an impressive amount of energy and commitment to the task of racing. The club has 100 members and there’s a paddling group for everyone; Junior, Premier (adults under 40), Senior A (40-50), Senior B (50-60) and Senior C (60+), all genders welcome.

Peter Brown, Sponsorship Officer and former President, says that most of the members are locals, from all backgrounds and walks of life.

“We’ve become a part of the Manly seascape; everyone knows the Dragon Boats,” he says. “There’s a real sense of camaraderie and community in our members, no matter what their level of skill and experience. We have members who are serious athletes – some are Auroras, members of the national team – and members who are there for the social aspect and good company.”

Peter says that strength, speed and technique are the necessary ingredients for paddling a dragon to victory.

“We train on the water, in Moreton Bay and Manly Harbour, and in the gym. Our training must be on the right track as we have several crews entered into the National Championships in Perth in April and two Senior C crews competing in the Club Crew World Championship in Ravenna, Italy in September.”



So, how do you name your dragon? Becoming a generous sponsor is a worthwhile way to get your name onto a boat, and given that the club competes regularly in Brisbane and the Gold and Sunshine Coasts, it will be well-travelled.

If you’d like to try your hand paddling with a dragon check out <https://www.manlydragons.com/> or drop Peter a line at mdbcsponsor@gmail.com.

WYNNUM RSL CLUB ANZAC DAY 2024 THURSDAY 25TH APRIL

- 5.00am** - Dawn Service
- 9.15am** - March (Corner Bay Terrace & Edith Street)
- 9.45am** - Wreath Laying Ceremony & Service
- 10.15am** - Serviceman’s Luncheon (*Pre Purchased Tickets Required)
- 1.00pm** - Club Opens
- 1.30pm - 3.30pm** - Two-Up
- 3.30pm - 6.30pm** - Live Music



LEST WE FORGET

PH: 3396 7333 | 174 TINGAL RD, WYNNUM





Maggie's Mates



SPONSORED BY MARKET 2 MARKET 24 YEARS

Name: I'm Louie the liver (liver is my official flat-coated retriever colour).

Suburb: I am from Lota.

How long have you lived at Lota?
For two-and-a-half months.

What's your favourite local walk?
The waterfront between Lota and Manly as I see lots of humans who think I'm cute!

What is your most treasured toy? All toys are great. I haven't picked my favourite yet.

What's your worst habit? I don't want to say, but I'm only a pup, and I'm still working on my bad habits!

What is your favourite local hangout? Lota Dog Park.

Who is your best doggo friend? My big brother Flynn, and also Murphy the golden retriever at the dog park. They like to play with me.

Any funny or embarrassing stories you'd like to share? I was lying on the seat at the dog park when I rolled over and fell off in front of all the humans. They all laughed at me!

What do people love most about you? I'm cute.



Name: Hi. My name is Flynn.

Suburb: Lota.

How long have you lived at Lota?
For five years.

What is your favourite local walk?
The bush walks in the area off Chelsea Road.

What is your most treasured toy? My ball.
I like to carry it around and play fetch with it at the dog park.

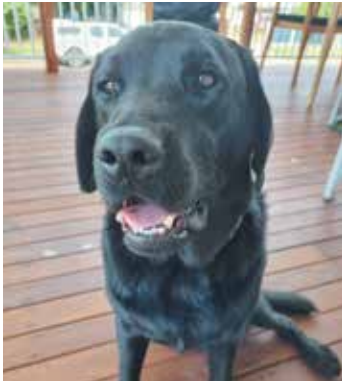
What is your worst habit? Begging for treats (it's a labrador "thing") when my human dad stops to talk to other humans.

What is your favourite local hangout? Lota Dog Park.

Who is your best doggo friend? My little brother Louie.

Any funny or embarrassing stories you'd like to share? I got into a bag of dog food that the courier left on the lawn and I ate lots of it. My human dad took me to the dog park to play and I couldn't run because I had so much food in my stomach.

What do people love most about you? I'm handsome and friendly.




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MISS MAGGIE OF MANLY





ALL ABOUT MALASSEZIA EAR INFECTIONS IN DOGS AND CATS

BY DR NICKY THOMAS, WYNNUM MANLY VETERINARY HOSPITAL

The hot, humid weather of the last few months has seen a marked increase in the number of dogs and cats affected by the yeast *Malassezia*. This yeast normally lives in the ears (and on the skin) of dogs and cats but may become overgrown, resulting in a painful and itchy ear infection (otitis).

WHAT ARE THE SIGNS?

The signs of an ear infection caused by *Malassezia* are similar to ear infections from other causes such as bacteria. Common signs include:

- Increased ear wax/discharge – the discharge is commonly a Vegemite colour and consistency but may vary depending on the presence of other infections

- Odour
- Head shaking or ear scratching
- Swollen or ulcerated ear flaps
- Increased pigmentation of the ears and canals
- Pain around the ears and head
- Loss of hearing

HOW IS MALASSEZIA OTITIS DIAGNOSED?

Your vet may find discharge in the ear canal, and the skin of the ear canal may be red and swollen. A sample of the discharge can be examined under a microscope where *Malassezia* can be readily identified.

HOW IS MALASSEZIA OTITIS TREATED AND PREVENTED?

Your vet will prescribe a medicated ear preparation to treat the yeast infection. Many ear drops also contain cortisone, which is an anti-inflammatory that helps to reduce the pain and itching associated with an ear infection.

Your vet will talk to you about the ongoing prevention of ear infections. Regular cleaning of the ear canals to remove excess discharge can help reduce the likelihood of recurrence. There are several different products available to help clean your pet's ears – have a chat with your vet about the best option for your pet.



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Wynnum, QLD, 4178



Mon to Fri: 8am - 7pm
Sat: 8am - 12pm

LOCAL HEROES: OUR FIRST RESPONDERS FOR WILDLIFE

Twenty-two kookaburras, 30 lorikeets, 10 possums, 20 tawny frogmouths, 23 fig birds, two ibises and an uncounted collection of magpies and peewees could be a zookeeper’s nightmare or a twitcher’s dream, but that’s the tally of wildlife cared for and released by Wildlife Rescue Queensland volunteer Nicole Bennett in the current spring/summer season.

Nicole’s 29-year career as a professional nurse stands her in good stead for caring for injured animals (“I’m an old hand at things like wound care and treating dermatitis”) and she counts herself lucky to have the time to care for human patients and injured animals.

“My nursing work now is mainly administration so I can work from home,” she says. “My days are really busy but efficient time management means that I can also look after the furred and feathered patients.”

Nicole’s love of the animals is obvious and she cares for them as if they were her own.

“Some of them really find a place in your heart,” she says. “I had one little kookaburra that the RSPCA passed on to me and I cared for him from the bundle of fluff stage right up until he was ready to fly away and be independent. He was special.”

Nicole says that all the animal welfare groups in the region have a good working relationship, which helps the increasing demands being made on wildlife carers.

“We need more volunteers; some people feel that they’re not up to it but there are several ways of volunteering and people are trained in the various tasks. Most folk can fit in somewhere.”

Typically, a rescue volunteer who finds an injured animal or bird will call the 24/7 WRQld Hotline for advice on what to do. If necessary, the next step is to take the animal to the RSPCA or a vet for assessment or treatment. From there, the “patient” may either go into fostering with a wildlife carer – who may be the rescuer – or be taken to a Bribie Island pick-up point to be collected by an animal ambulance service that does three runs a day to Australia Zoo on the Sunshine Coast.

“There are induction days for new volunteers that offer training in caring and feeding for birds, macropods (wallabies and kangaroos), possums, koalas and bats – and bat carers need to have a course of three vaccinations,” says Nicole. “There are also specialist roles within the ranks of volunteers, such as drivers for the wildlife ambulance and professional tree climbers for high-tree rescues.”

Training is essential for volunteers, as are cages, basic equipment and sufficient appropriate space if they intend to become carers. Carers must have a current wildlife rehabilitator’s permit. The ultimate aim of wildlife rescue is to rehabilitate the animal to a state of health where it can resume its independent life as nature intended.

“Their general condition, weight and behaviour are the best indicators. You learn to gauge when an animal’s ready to go and that’s when you start reducing contact with them,” Nicole says. “I prefer a ‘soft release’, where the animal can leave but can come back to the protection of its enclosure until it establishes its territory in the wild.”

Nicole says that because many animals – such as possums, kookaburras and frogmouths – are strongly territorial, it’s preferable to release them back into the area where they were found.

“You learn interesting things about animals just by taking the time to observe them,” she says. “An injured adult male kookaburra in an outside cage will be harassed as an interloper by resident kookaburras. If the patient is a juvenile bird the resident birds will sometimes try to feed it through the cage wire. They just want to keep it alive and healthy.”

Which is pretty well what Nicole and other wildlife volunteers are all about. It’s not too hard to join them.

New volunteers are always welcome. To find out more or put your hand up to join the team call 3824 8611 or go to https://www.redland.qld.gov.au/info/20253/native_wildlife_trees_and_plants/620/wildlife_rescue_service

The Hotline number for help with injured animals is 0478 901 801 or 3833 4031.



Wildlife Rescue Queensland volunteer Nicole Bennett. Photo: Supplied.

DON’T KILL THEM WITH KINDNESS!

Nicole warns against feeding wild birds, such as magpies, with raw meat. “Adult birds may be able to tolerate it but lacking insects, worms and the like, it’s a totally inadequate diet for their youngsters and can even affect chicks in the egg. Metabolic bone disease can cause twisted beaks and fractured bones.”

Also, make sure that any young birds that you rescue really are in trouble. “If they’re sitting on the ground they may just be learning how to fly; always check if there are adult birds hovering around, they may be mum and dad.”

A photograph of a group of people holding a large orange banner that reads "TRANSPORT WORKERS' UNION" and "CARRYING AUSTRALIA". The banner also features the union's logo.

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MANLY CHAMBER'S WOMEN'S BREAKFAST: INSPIRATIONAL AND INCLUSIVE

BY JANELLE BOSTOCK, PRECINCT COORDINATOR

We were delighted to see a sell-out crowd at the International Women's Day Breakfast at Royal Queensland Yacht Squadron on 8 March.

Our MC, Kym Kristofer, of Shawn & Kym Kristofer Real Estate and Chamber Treasurer, kept everyone on time and on task, which saw the morning run beautifully.

We were honoured to have with us three trailblazing women – Jodz Beatty (Bayside Bars and Eats), Kirsty Foster (founder of Social Mums Club) and Jo Sainsbury (Shift Supervisor BHP / Founder, Kickass Women). They embody the spirit of this year's themes – #inspireinclusion and 'invest in women; accelerate progress'. Their stories are not just narratives of personal success but beacons of community impact and empowerment.

Our morning was brightened with delightful mimosas, courtesy of Bec and Amanda from MYmosa, and their generosity added a 'sparkling' touch to our gathering. Our newest Chamber member, Fiona Becker from Boho by the Bayside, created the stunning table decorations.

Jodz Beatty talked about local empowerment through social media. Her initiative with Bayside Bars and Eats has significantly impacted local dining businesses by creating a community hub for food lovers.

Kirsty Foster talked about how she started the Social Mums Club, which has become a beacon of connection for many mothers and women and has been instrumental in providing a supportive community. She discussed plans to expand the platform's reach and impact, providing opportunities for women, entrepreneurs within our community.

Jo Sainsbury, with her diverse experience in a traditionally male-dominated field, and founder of Kickass Women, has shown remarkable leadership. Jo shared how Kickass Women helps empower women to pursue careers, particularly in underrepresented sectors, and the strategies she employs to encourage investment in women to accelerate their progress.

In her closing address, Peta Prestidge, Chamber President, asked the audience to action three tasks:

1. Connect and Collaborate: Exchange contact information with at least three people you haven't met before and follow up.
2. Promote and Advocate: Choose a business or a cause you learned about today that resonates with you, and commit to promoting it within your networks.
3. Reflect and Act: Identify one action you can take this month to advance your business or support another in their business journey.

Peta said that by embracing these tasks, you can actively contribute to a culture of support and progress within our community. The message was: Let's not just leave inspired today; let's leave ready to take concrete accelerated steps towards our collective success. Here's to inspiring inclusion and investing in women!



Kym Kristofer, Peta Prestidge, Jodz Beatty, Jo Sainsbury, Kirsty Foster. All photos by Steve Krige Photography.



Social Mums Club.



Wendy and Peta.



IWD panel in action.



IWD panel in action.



Bartons Group's attendees.



Janelle Bostock, Rosie Jones.

LOCAL GARDENING WITH KAT

BASIL AND THE BEES: PERENNIAL BASIL

BY KAT PEARSON, *GIRL IN THE GREEN*

Are you looking for something that flowers all year round, brings in lots of bees, has minimum pests and diseases, is low maintenance, and best of all, is easy to start again if you do happen to kill it? Well, do I have a plant for you!

Perennial basil. Smells fabulous, is always smothered in flowers and bees, home and birthplace to many an alien-looking praying mantis and super easy to grow from cuttings.

I will concede some people probably aren't terribly excited about being surrounded by bees – understood. Though for the record, I brush against the perennial basil, thick with bees, surrounding my washing line all the time and I've never been stung; they're far too busy collecting pollen.

As always common names can be a little confusing, and there are a few plants called perennial basil. The one I'm referring to is a cross between *Ocimum basilicum* and *O.kilimandscharicum*. It's also very similar to African blue basil and I use them both interchangeably in the garden. The leaves are small and very strongly scented. You can eat it like sweet basil, but I generally find it too strong and am happy just to smell it as I walk by.

Untended, plants will grow to 1.5m high – but beware, it's not the most structurally sound plant when it gets this tall and a good heavy shower of rain will have it flopping over and snapping stems. If it does, prune it hard and it will re-shoot, or you can prune (or hedge) it every few months to keep it more compact. If you want more plants, simply snip off a semi-woody stem, stick it in the ground and keep it damp. Voila!

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.



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HOW TO PRACTICE MINDFUL EATING

BY ELENI GEORGIOU – DIETITIAN, MANLY VILLAGE MEDICAL

Have you heard about mindful eating, and wonder what it involves? Learning how to practice mindful eating has a multitude of benefits. Mindful eating strategies help those who struggle with emotional eating, stress eating, boredom eating, and even binge eating. And I'm sure everyone can relate to at least one of those.

Eating mindfully means that we are using all of our senses to experience and enjoy the food choices we make. Attention is being paid to the foods that are chosen, the reasons why you're choosing that food and the responses to that food.

4 TIPS FOR EATING MINDFULLY

1. **Always eat on a plate where you can.** Avoid eating out of packets as more often than not, we end up overeating. And before we know it, the packet is empty.
2. **Remove distractions.** Enable yourself to use your senses to enjoy the meal. What does it taste like? What's the texture like? Look at the colours. What combinations do you have on your plate? This will increase your satisfaction from the meal.
3. **Wait 10 minutes until looking for your second portion.** One we've all heard before. This allows your stomach time to tell your brain that it's actually full.
4. **Take smaller bites and slow down.** We are all busy and before we know it, we are left with 10 minutes to scoff down our lunch, and we really need to take our time again to increase the satisfaction we feel from that meal.

This will help us eat less, eat better quality food, digest our food more effectively, and importantly, actually enjoy what's in front of us.





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FROM PACE AT SLEEMAN

Wow! It's hard to believe that a quarter of 2024 is now behind us. Where has that time gone?

Is improving your health and fitness something that you would like some help with?

"At Pace, our motto is 'Fitness at Your Pace'," said Pace Manager, David Trahair.

"We strive to assist our members in their pursuit of optimal health and wellbeing. To do this, we have developed the Pace Pathway which is actually an acronym of the word Pace."

Personal – it's all about you. We deliver to members a personal program and provide individual support that fosters self-belief and motivation.

Access – We have an amazing variety of activities available. Choose from more than 60 classes per week (land and water-based), access to expert advice as part of your membership, and take advantage of modern digital platforms to view and monitor your training and progress.

Community – We have a strong, supportive and welcoming community. These interactions develop and maintain positive social connections.

Evolve – Our members experience positive change through improved fitness, personal wellbeing and increased confidence.

"We welcome all members of the community to come along to Pace. We particularly enjoy helping those who have never been to a fitness centre before. We guarantee that you will be made welcome and that you will be assisted in every way possible to get you started in your journey," said David.

During April, Pace at Sleeman (the fitness Centre Located at Sleeman Sports Complex) is offering a great opportunity for members of the local community to join Pace for **6 weeks for \$99*** (usually \$204 – a



Photo: Supplied.

saving of \$105). Membership includes FREE fitness assessment and personal program, access to all fitness classes, access to the fully equipped gym and access to pools (subject to availability). The offer is valid until 30 April 2024.

Find out more by visiting sleemansports.com.au/pace-at-sleeman.aspx OR use the QR code below.

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WHO GETS THE PET IF WE SEPARATE?

BY KATELYN CALLENDER, AUSTRALIAN FAMILY LAWYERS

Many people classify their beloved pet as part of their family – and rightly so! However, when it comes to family law in Queensland, all pets are classified as property. This means that the Court will approach the issue in the same way as it would when deciding the distribution of all other property of the relationship.

Legal ownership does not determine who will retain ownership of the pet in separation matters. The court will consider:

- 1. The pet’s Council registration and microchip;
- 2. Who paid for the pet;
- 3. Was one party the main caregiver of the pet;
- 4. Who has the accommodation best suited for the pet; and
- 5. All other matters in relation to its care.

In a 2018 case of *Gaynor & Tseh*, the applicant sought an interim order that the parties’ pet dog be returned to him. Justice Cronin held that the dog could only be categorised as a chattel and that there was no logical reason why it was urgent for the Court to intervene to ‘protect property’. Consequently, no interim orders were made regarding the pet.

In 2020, the case of *Davenport v Davenport* considered whether separating couples can have custody of their pets. Judge Tonkin found that there were no powers under the Family Law Act to allow a Court to make a shared custody order for a pet.

If you have been unable to reach an agreement following separation through negotiation and mediation regarding your pet, you are able to make an application for property orders which include your pet.

For further information, contact Australian Family Lawyers today on 07 3313 0219 (Bayside office).



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WHAT IS THE ARMISTICE CENTENARY WAR MEMORIAL?

CONTRIBUTED BY BRIGADIER IAN ERRINGTON (RETD)

This Armistice Centenary War Memorial, located at the entrance to the Belmont Shooting Complex, is a State and National memorial.

The purpose of the ACWM is threefold:

- Commemorate the more than 560 Riflemen of the QRA who made the supreme sacrifice in the First World War.
- Acknowledge the contribution of Australia's men and women from the many shooting disciplines to Australia's defence, in peace and war.
- Serve as a War Memorial for the local community.

The Commemorations Committee believes the ACWM will provide a suitable and significant venue for the many users of the Complex to effect important and sustainable community outreach through shared commemoration and ongoing education. These opportunities demonstrate in a tangible way that the Complex users, past and present, are an integral part of the broader community.

The committee is committed to holding ANZAC Day and Remembrance Day services at the ACWM. It expects participation at future commemorative events to increase commensurate with the growth in the local community. The Committee is, of course, amenable to other commemorative events at the ACWM, such as Vietnam Veterans' Day.

FOR REMEMBRANCE AND EDUCATION

Apart from its visible commemorative purpose, the Armistice Centenary War Memorial has a close link with the QRA Museum where Honour Boards are already on permanent display together with other memorabilia. The QRA Museum is now working with the Commemorations Committee to re-establish the destroyed



Photo: Supplied.

Honour Boards from the Spring Hill shooting complex, and the QRA Museum management has initiated a survey of clubs throughout the State to record the names of those men and women who served in World War II and in the wars and campaigns since 1946.

The Commemorations Committee has been working closely with local school communities to involve students in the commemorative observances and to encourage students to reflect on the sacrifices and honour the contributions of those who have served in the defence of Australia. This includes sponsoring educational competitions within the participating schools.

ANZAC DAY 2024 ORDER OF EVENTS, MANLY-LOTA RSL

FROM THE MANLY-LOTA RSL SUB BRANCH

This ANZAC Day, the Manly-Lota RSL Sub Branch invites the community to honour all who have served and sacrificed for our nation at the upcoming Anzac Day Services on Thursday April 25. From 1915 to today, they embodied the ANZAC spirit of endurance, courage, ingenuity, good humour, and mateship. Join our community on ANZAC Day and help keep the ANZAC spirit alive.

Our order of events will be:

4:15am – Dawn Service, Richard Russell Park, Manly

5:00am – Gunfire Breakfast, Manly-Lota RSL Hall, 184 Melville Tce, Manly

8:00am – Parade (Service after), Richard Russell Park, with a morning tea to follow at the Manly-Lota RSL hall

Community members are encouraged to lay a wreath or poppy at either service.

LEST WE FORGET



Photos: Supplied.

LOCAL ARTIST PROFILE: SUSAN KATHLEEN, AKA SUKEE

FROM DEB BROWN, WYNNUM MANLY ARTS COUNCIL

Susan Kathleen, known as Sukee, is not just an artist and crafter residing in Wynnum West; she is a multifaceted individual with a rich background that seamlessly intertwines with her artistic pursuits.

With a childhood steeped in creativity, Sukee's artistic journey began early as she carried a sketchbook, exploring fantasy and creativity. Her studio, a converted shed in her back garden, serves as the epicentre of her artistic endeavours, where she paints, crafts, illustrates and writes.

Beyond her artistic pursuits, Sukee boasts an impressive 40-year career in education and coaching, catering to high-net-worth and royal Middle Eastern families. Her passion extends to charitable work, having lived in remote African villages, contributing to the construction of schools, staff training, and education for children and adults.

Sukee's qualifications are diverse and reflect her commitment to holistic development. She holds expertise in commercial art, advertising, marketing, child education (with a focus on Asperger's, dyslexia, and remedial reading), and art therapy. Her academic journey extends to journalism, reporting, writing, poetry, and even art auctioneering, having studied and worked in the USA.

Her artistic influence reached new heights during her tenure with the largest art gallery globally, where she served as an art auctioneer, and lecturer on luxury cruise liners, specialising in modern and contemporary artists.

Wynnum Manly Arts Council Inc (WMAC) is delighted to engage Sukee for two upcoming workshops in April and May. For more information, please contact WMAC on wmarts@tpg.com.au or phone 3348 2369.



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FROM GOODHEW ELECTRICAL AND SOLAR

In the ever-evolving landscape of renewable energy, advancements in technology are propelling us towards a brighter, more sustainable future. The recent transition from old-generation P-Type solar panels to cutting-edge N-Type panels exemplifies this progress, as evidenced by the remarkable transformation of our esteemed customer's solar energy system.

Our commitment to providing state-of-the-art solutions led us to upgrade Mr. Mole's solar power system, replacing his outdated 12-year-old P-Type panels with the latest Jinko N-Type panels. The results have been nothing short of astonishing, not only ensuring the preservation of his high feed-in tariff but also catapulting his daily energy generation to unprecedented levels.

The performance disparity between the old and new systems is stark and compelling. Prior to the upgrade, Mr. Mole's solar array averaged a modest 2.1 kW per day, reflecting the limitations of the aging P-Type technology. However, with the integration of Jinko N-Type panels, his daily energy generation has soared to an

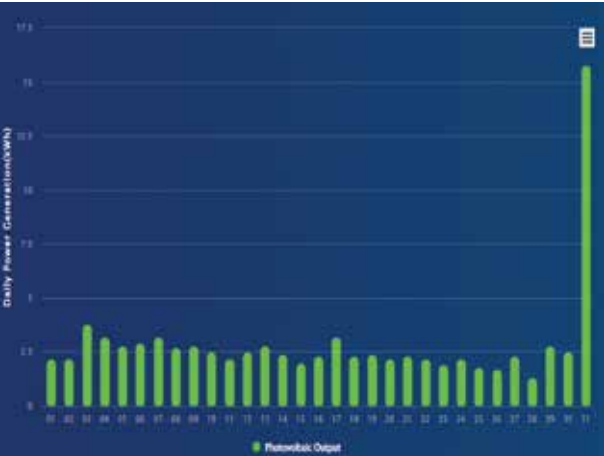
impressive 16.5 kW on average – a nearly eightfold increase in output.

The key to this substantial improvement lies in the unique characteristics of N-Type solar panels. N-Type technology boasts enhanced efficiency, greater durability, and superior performance in low-light conditions compared to its P-Type counterpart. These advancements are pivotal in ensuring that solar energy systems not only meet but exceed the expectations of users, even as they age.

The surge in Mr. Mole's energy production not only benefits him financially through higher feed-in tariffs but also contributes significantly to the reduction of carbon emissions. The increased efficiency of the N-Type panels means a more effective conversion of sunlight into electricity, ultimately reducing our reliance on non-renewable energy sources.

As we celebrate this success story, it is important to recognize the broader implications of such technological leaps. The widespread

adoption of N-Type solar panels has the potential to revolutionize the renewable energy landscape on a global scale. Improved efficiency and performance will make solar energy more accessible and attractive, propelling us closer to achieving our renewable energy goals.



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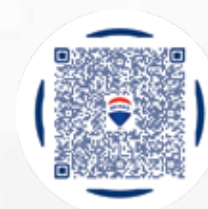
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Urgent crackdown on rental black market is required

FROM THE REAL ESTATE INSTITUTE OF QLD

The Real Estate Institute of Queensland (REIQ) is calling for a crackdown on the appalling black market of 'backyard campsites' for rent emerging in Queensland amid the rental crisis.

REIQ CEO Antonia Mercorella said the state peak body for real estate professionals would like to see such practices urgently investigated and stamped out for the safety of the community.

"It is highly disturbing to see reports that backyards, garages and storage spaces are being advertised for rent for people to reside in," Ms Mercorella said.

"We would like to see the full force of the law coming down on these opportunistic people.

"This black market of grossly substandard 'sites for rent' needs to be nipped in the bud."

Ms Mercorella said the vast majority (87.6%) of rental properties in Queensland were represented by professional Property Managers. However, a small cohort of self-managed lessors existed, and potentially, many more were flying under the regulatory radar.

"Real estate professionals are required by law to understand and comply with a raft of ever-changing and complex legislation, and they take this responsibility very seriously," she said.

"These professionals are well educated by the peak body and understand legislative requirements surrounding tenancy agreements and minimum housing standards.

"Chances are that those deplorably looking to rent out backyards, garages and storage spaces for a quick buck are self-managed would-be 'lessors' who are either ignorant of the law or are blatantly thumbing their noses at it.

"Even if your property is not represented by a real estate professional, there is really no excuse for non-compliance, given the Residential Tenancies Authority provides a suite of free educational resources about lessor obligations."

Ms Mercorella said it was also a timely opportunity for the Government to raise the bar for qualifications to be a real estate professional and to clean up the deficient education providers in the sector.



"When you consider the incredibly important work that real estate professionals are performing and the complex legislative environment they operate within, it's essential we set the right entry threshold requirements," she said.

"The Australian Skills Quality Authority (ASQA) has already launched a review into real estate education providers. It's time for urgent action to stop diploma factories that are just providing quick 'tick and flick' real estate courses.

"It's also important that the ongoing education of real estate professionals is addressed with the long-overdue introduction of quality mandatory continuing professional development (CPD) to maintain and broaden real estate practitioner's knowledge, competence and compliance."

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Long-standing Wynnum/Manly agency takes home top honour

FROM RE/MAX ADVANTAGE

RE/MAX Advantage is celebrating after claiming the Most Productive Office in Australia for 2023 at RE/MAX Australia's annual awards.

RE/MAX Managing Director Joel Davoren said the ability to be ranked number one in such a high-calibre network came down to a dedicated and cohesive group of real estate professionals.

The Most Productive Office award signifies agents who have built authentic, long-lasting relationships with their clients, turning them into loyal advocates after exceptional real estate experiences. Mr Davoren commended broker/owner Travis Gill for his vital leadership role in this success.

RE/MAX Australia held its gala annual awards event on February 22 at the Sofitel Brisbane.

Serving the Brisbane Bayside community for over 24 years, RE/MAX Advantage has thrived with its team of experienced and high-performing agents, earning a strong reputation for exceptional service in the area.

During the awards ceremony, Todd Gerhardt and Tamara Hall were also honoured as the top two agents in Australia, respectively. Additionally, Todd and Tamara were awarded the Diamond Award on the night. The Gill Team, led by Travis Gill and Liza Martinez, also received the prestigious Diamond Award.

The dedication and hard work showcased by each agent to earn this recognition mirrors RE/MAX Advantage's commitment to cultivating enduring client relationships.

Travis Gill emphasised the agency's focus on creating long-lasting client connections and offering support and expertise at every stage of the real estate process, stating, "Our commitment to our clients goes beyond just buying or selling property".

Renowned for its exceptional sales and property management team, RE/MAX Advantage continues to prioritise successful transactions and can be contacted on 07 3348 4660 for sales and 07 3348 0000 for property management, or email: travis.gill@remaxwm.com.au, or www.remaxadvantage.com.au.



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NEW BOOK HELPS CHILDREN TO UNDERSTAND AND NAVIGATE CHANGE

Jess Galatola wears many hats: mother to wriggly boys, a teacher, curriculum advisor, and most recently, the debut author of a children's book, *Some Families Change*.

In 2020, many extraordinary things were happening in the world, but for Jess and her children, that was the year their family experienced significant and difficult change. Jess needed a book to guide her through an important conversation with her two and four-year-old boys about the drastic way their family was about to change. When she couldn't find the right story, she decided to sit down and write it.

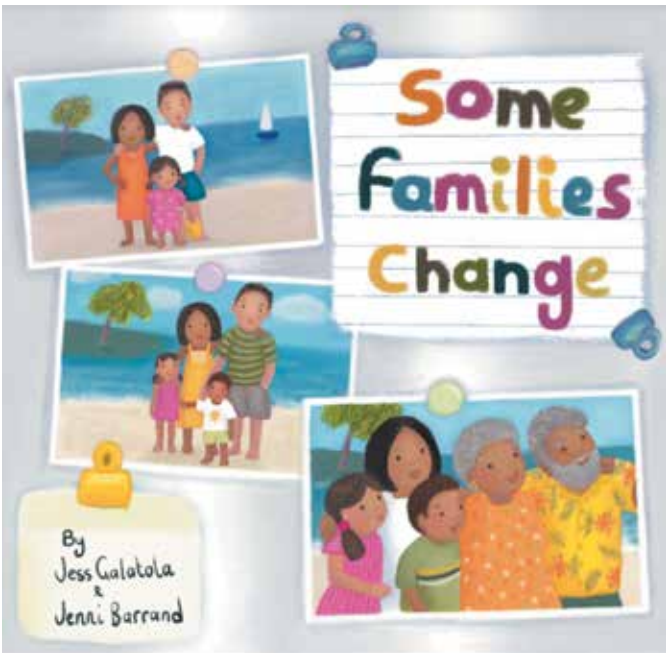
Every family goes through their own changes at some point, and this book offers a comforting exploration of changing family structures through gentle verse and inclusive illustrations.

Covering scenarios including single-parent families, blended families, and the loss of a loved one, it serves as a reassuring guide for children experiencing such transitions. Candid and big-hearted, *Some Families Change* is a timely resource for navigating life's inevitable changes.

Jess's debut book with EK Books for Kids is due for release in May 2024 and is now available for pre-order on the EK website. Visit ekbooks.org for more information.



Photos: Supplied.



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FUN FU WRAP-UP: CELEBRATING CHINESE CULTURE BY THE BAY

FROM THE FUN FU FESTIVAL ORGANISERS

George Clayton Park was transformed on the first Saturday of March as the second annual Fun Fu Festival came to life. Marking a significant celebration of the Chinese New Year of the Dragon, local Amay Small, a dedicated QUT business student, founded this family fun day.

The Fun-Fu Festival showcased a rich tapestry of Chinese traditional culture. From the energetic lion dances and kung fu demonstrations to the intricate art of calligraphy, painting, and a variety of food, the Fun Fu Festival was a bridge connecting the local community to the profound traditions of the Chinese people.

The festival was made possible through the robust support and sponsorship from the Brisbane City Council, the Chinese Consulate in Brisbane, The Waterloo Bay Hotel, Federal Member for Bonner, Ross Vasta MP, and a host of local businesses and individuals. Special thanks to Bayside Language School-Miao Miao East Branch, the Association of Chinese Communities in Australia, Business Investment Advisory Group, Lee and Associate Accounting, and many more for their generous contributions.

The success of the Fortune Raffle, with all proceeds going directly to support the Bayside Community Fund, highlighted our community's charitable spirit.

The Fun Fu Festival provided a joyous celebration of the Chinese Lunar New Year and deepened the local understanding of Chinese traditional culture and cuisine. The community is already buzzing with anticipation for next year – The Year of the Snake!

We extend our heartfelt gratitude to Amay Small and the political and business entities for their tireless efforts in organising this culturally enriching family fun day. Events like these knit our community closer and celebrate the diversity that enriches us all.



Photos: Supplied.

READY, SET, SAIL: CLEVELAND YACHT CLUB'S 53RD PEEL ISLAND MARATHON

Excitement is brewing as Cleveland Yacht Club gears up for the 53rd edition of its renowned Peel Island Marathon, slated for Sunday, April 21st, 2024. This flagship event promises thrilling competition amidst the picturesque waters encircling Peel Island (Teerk Roo Ra) in Moreton Bay.

Originating in 1969 as the Cleveland Catamaran Marathon, this race has evolved into the revered Peel Island Marathon. Welcoming diverse participants, including off-the-beach catamarans, monohulls, wind foilers, yachts, and sports boats, the race kicks off from Cleveland Point, typically spanning two laps around Peel Island.

The event draws competitors from across Queensland and Northern New South Wales and serves as a litmus test for their prowess and endurance, often under demanding conditions.

As a not-for-profit club, Cleveland Yacht Club thrives on the dedication of its members, who generously volunteer both onshore and offshore on race day, ensuring the seamless and safe execution of the event. Those inclined towards helping on race day or in subsequent events are warmly encouraged to join the Club's ranks of volunteers and members.



Photo: Supplied.

Whether you're an experienced sailor or a casual enthusiast, the 53rd Peel Island Marathon promises an unforgettable experience. Stay updated with event details and developments by visiting the Club's website and Facebook page at www.cyc.asn.au and 'Cleveland Yacht Club' respectively.

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CENTRAL MORETON BAY OZFISH CHAPTER UPDATE

CONTRIBUTED BY ROBBIE PORTER, SENIOR SPECIAL PROJECTS OFFICER – SHELLFISH REVOLUTION

The largest community-driven shellfish reef restoration project in Australia is run by OzFish in Moreton Bay, Queensland. It is delivered by the hard work of numerous volunteers who meet regularly to build Robust Oyster Baskets (ROBs), which are then deployed to a restoration site donated by the Port of Brisbane. Creating oyster reefs is a tricky business and often relies on collaboration between communities, businesses, and volunteers.

Over the next six years, the Central Moreton Bay OzFish Chapter will build more than 50,000 ROB. The results from this kind of restoration will do more than simply improve water quality, it will create a living vibrant ecosystem that will rejuvenate aquatic life and improve fishing in the area, helping return the Bay to its former glory.

MORETON BAY SHELLFISH RECYCLING CENTRE

The establishment of the Moreton Bay Shellfish Recycling Centre is just one part of the journey to restoring Moreton Bay's shellfish reefs. Used oyster shells are collected from seafood businesses and restaurants across Brisbane. The recycling centre then sterilises the used shells for up to four months before using them to build ROB and place them back in the Bay. The used shell is essential in the restoration efforts, as research shows that it encourages live oysters to return and re-establish themselves naturally. OzFish members decided to take advantage of this natural tendency of oysters to grow together in clumps and created the ROB.

THE ROBUST OYSTER BASKET

ROBs are modular structures made from degradable steel mesh and filled with recycled oyster shells. The mesh takes about two years to degrade, giving oysters and other shellfish time to clump together before completely breaking down, leaving only a solid structure of oyster shells and living shellfish. These habitat structures make it easy to transfer the used shell to the restoration site, while also ensuring volunteer safety and the opportunity to head out on the punt and deploy the reefs without any heavy machinery. Every oyster shell that is recycled and placed in a suitable reef restoration site will provide a home for up to 10 baby oysters.

RESTORING LOST HABITAT

Together with University researchers, OzFish Central Moreton Bay Chapter will monitor the ROB, assess their inhabitancy, and the movement of fish around them. This data will demonstrate the effectiveness of the restoration method and support the project to be scaled up. OzFish and its volunteers have a goal to restore 100 hectares of oyster reef in a decade, which has the potential to generate up to 250 tonnes of seafood per year.



Photos: Supplied.

WE NEED YOUR HELP!

To help restore shellfish reefs to Moreton Bay, become a member of OzFish Central Moreton Bay Chapter today, via <https://ozfish.org.au/ozfish-membership/>. To find out more about the project, contact Steve at centralmoretonbaychapter@ozfish.org.au or just come to one of our free working bees where you can make the reefs and meet others who want to restore shellfish reefs in Moreton Bay.

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LEARNING TO LOVE YOUR ENEMIES

IS SOMEONE IN YOUR LIFE HARD TO LOVE?

“Loving others, including those who may feel like enemies, can sometimes feel impossible,” says Giulia Nesi Tetreau. “But, by leading with divine Love, you can prove that loving your enemy is not only possible, it is natural – replacing anger, hurt, and injustice with forgiveness, freedom, and peace.”

But what does it look like to lead with Love, instead of hate?

Giulia is giving a free community talk “Learning to love your enemies” on Thursday April 11th at 3pm at the Christian Science Reading Room, 92 Florence St, Wynnum.

In her talk, Giulia will share examples of healing from her own life and her professional practice of Christian Science. Giulia is a practitioner and teacher of Christian Science healing, and for many years, has been helping people on a daily basis through this scientific approach to prayer.

The talk will focus on universal healing precepts found in the Bible, and in the life and teachings of Christ Jesus. Giulia will show how these universal healing precepts are practical and are available for anyone to understand and experience, as explained in the book Science and Health with Key to the Scriptures, written by the founder of the Christian Science movement, Mary Baker Eddy.



Giulia Nesi Tetreau is a member of the Christian Science Board of Lectureship. Her home base is Connecticut, USA.

Giulia has lectured in a variety of settings from prisons to public venues to professional healthcare conferences and classrooms. And now she is coming to Wynnum to give a one hour, free community talk: “Learning to love your enemies” at the Christian Science Reading Room, 92 Florence Street, Wynnum at 3pm on Thursday, April 11th. She looks forward to welcoming you on April 11th.

Childcare will be available. Please phone Anita on 0414 985 252 to reserve your childcare places.

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LOCAL POETRY

THE HONEY BEE

BY GEOFF SMILEY

No place for thought,
honey bees lead an
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No other duty but
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Position without power;
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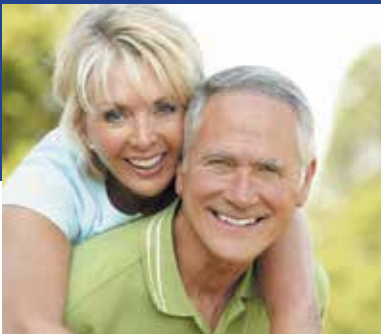
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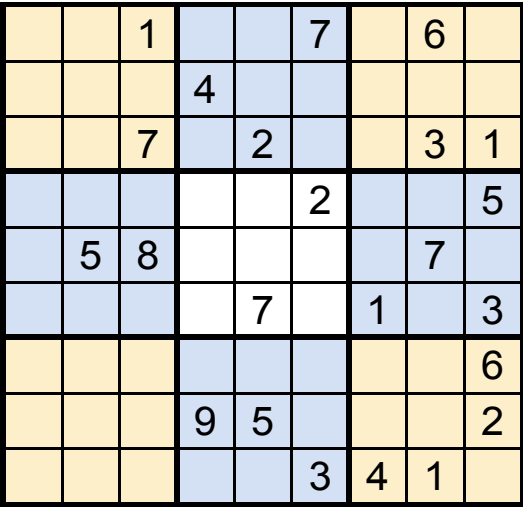
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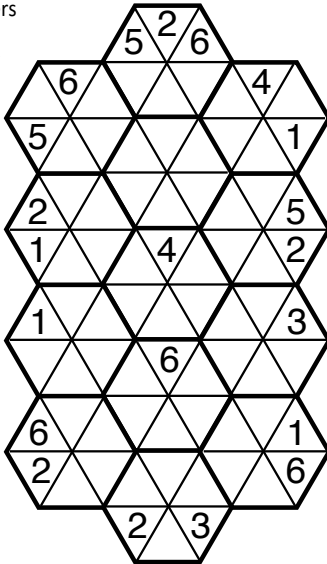
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Fill in the blank cells using numbers from 1 to 9. Each number can only appear once in each row, column and 3x3 block.

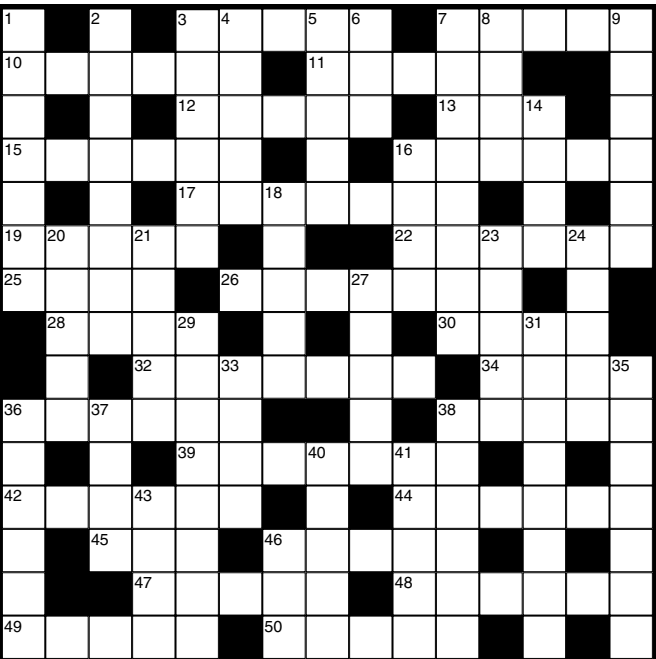


Quick Workout

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.



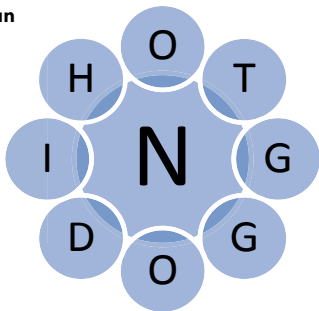
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Focus An All Australian Word Game

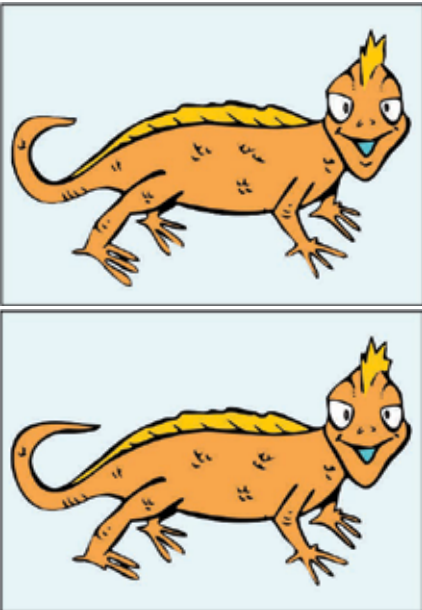
- * Each word must contain the centre 'Focus' letter and each letter may be used only once
- * Each word must be four letters or more
- * Find at least one nine letter word
- * No swear words
- * No verb forms or plurals ending in 's'
- * No proper nouns and no hyphenated words

TODAY'S Good: 12 words
FOCUS Very good: 19 words
Excellent: 26 words



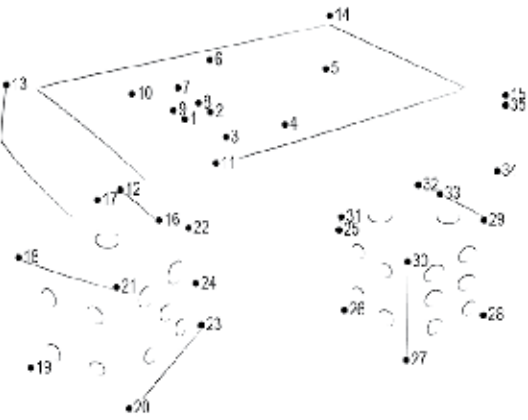
Reference: Macquarie Concise Dictionary
Focus No. 3880

Spot the 5 Differences



Join the Dots

What is this? Find out by joining the dots.



ACROSS

- 3 Passageway between seats
7 Underwater worker
10 Inn
11 Church office bearer
12 Of a duke
13 Mild explosion
15 Cattle trough
16 Give to charity
17 Retributive justice
19 Break out
22 Scottish musicians
25 Actual
26 Card game
28 Mean neighbourhood
30 Token
32 Errand
34 Finds fault constantly
36 Temper a metal
38 Scatter

- 39 Beginning to exist
42 Strongly built
44 Severe trial
45 Bishop's territory
46 Boat
47 Incendiarism
48 Harsh
49 Snares
50 Headwear

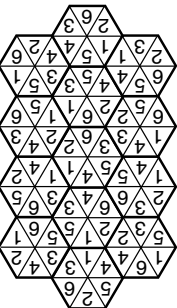
DOWN

- 1 Speech defect
2 Ultimate
3 Fiery
4 Come into use
5 Letting contract
6 Old cloth measure
7 Puts down
8 Metal
9 Alcove
14 Wan

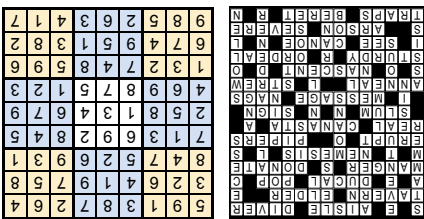
- 16 Immerses
18 Expresses suffering
20 Plant secretion
21 Showy feather
23 Colouring agent
24 Scope
27 Fish with rod and line
29 Wanders aimlessly
31 Outdoor worker
33 Kill
35 Distended
36 Aid
37 Intellect
38 Thoroughfare
40 Bird
41 Hangman's rope
43 Harvest
46 Male swan

Solutions

Puzzles and pagination supplied by Auspac Media



FOCUS: ding ding ding ding doing doing going going
GOODNIGHT good hind hong honn hooing ingot into
high might nodi onto thin thing thong tigon ting
moved, bottom lip missing, extra spike on head.
SPOT THE 5 DIFFERENCES: Tail longer, missing toe, scales



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THERE IS SQUID GALORE CLOSE TO SHORE THIS MONTH!

BY SPERO KARTANOS

Well, if you're like me and love the old calamari for dinner, this is the time of year to start catching them, and they'll be in excellent numbers throughout the bay. You'll even find them around the rock wall at Manly Harbour. If you go for a walk near the rock wall, you'll spot the black ink marks everywhere – especially near the lights where fisherman have been catching them – as squid are attracted to bright lights at night. High tide is the best time to try fishing for squid at the wall and around the marinas and jetties.

For those who can get out on a boat, you should find plenty of tiger squid at the southern end of Green Island and in front of the Victoria Point Jetty. In most cases, they'll be in a metre to a metre-and-a-half of water. The Rous Channel and the Small Boat Channel always have plenty of tiger squid when the turtles and sharks are not eating them, and the Rainbow Channel has lots of small arrow squid, but most squid around the bay are tiger squid at this time of year.

Further out, Moreton Island, at the entrance to the Blue Hole and in the Blue Hole, will also have plenty of squid on offer, so there's no reason not to get a few this time of year.

The red and orange tiger prawn-coloured jigs work the best; the squid will be very aggressive as it's mating season, so be ready for two or more to attack the jigs.

So, all you need is a whiting rod, 10 to 12lb line and a couple of good squid jigs, and you can have calamari for dinner.

Whiting and flathead will be around the banks between the Chain Banks and Maroom, and the school mackerel action is starting to heat up with the cooler weather setting in — not that we had a bad summer when it comes to mackerel. Good fishing!



Photos: Spero Kartanos.

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MARINE RESCUE QUEENSLAND STARTS IN JULY

BY HARVEY SHORE

The Queensland government is proceeding with plans to amalgamate all Coast Guard and Volunteer Marine Rescue (VMR) units into one new organisation called Marine Rescue Queensland (MRQ).

MRQ will be an independent volunteer organisation under the authority of the Queensland Water Police.

It will continue to deliver all marine rescue and safety services currently provided by VMR and the Coast Guard.

The government says the purpose of merging these two organisations into one body is to simplify community safety. The government intends to pay for all operational and administration costs involved with MRQ, including new uniforms and new boats, and to ensure all MRQ volunteers receive the same marine rescue training and protections, well-being and support services as do members of Queensland's Police Service.

The government has been working for several years on MRQ. It intends to put the proposed legislation before parliament on 7 May, have it proclaimed on 3 June, and officially launch MRQ on 1 July 2024.

New uniforms, badges and branding for MRQ have already been designed. Last month, a new Chief Officer for MRQ was appointed by the Minister for Police and Community Safety, Mark Ryan. He is Tony Wulff, a Melbourne businessman. He has no Marine Rescue qualifications nor experience working with Marine Rescue volunteers, but he is very experienced in transformation and change. People working with him say he's very focused on bringing all Marine Rescue volunteers into MRQ as efficiently as possible.

The government intends to roll out MRQ in stages to ensure it is 'bedded in' and working properly across the state. The first stage of the roll-out begins in Far North Queensland in July. The VMR and Coast Guard units in Moreton Bay and Redlands are expected to start their transition into MRQ in December 2024.



MRQ Chief Officer Tony Wulff.



Photos: Supplied.



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WARM LAMB AND COUSCOUS SALAD RECIPE

Summer is all about salads, but in the transition to winter, autumn is the perfect time to whip up a warm salad to serve as a hearty lunch or dinner.

INGREDIENTS

- 500g of lamb loin or leg meat, sliced to around 1cm thick
- 1 cup couscous
- 1 1/2 cups chicken stock
- 1 red capsicum, diced
- 1 zucchini, diced
- 1 small red onion, finely chopped
- A handful of cherry tomatoes
- 2 cloves garlic, minced
- 1 tablespoon olive oil
- 1 teaspoon cumin
- 1 teaspoon sweet paprika
- Salt and pepper to taste
- Juice of 1 lemon
- 1/4 cup fresh parsley, chopped
- 1/4 cup fresh mint leaves, chopped
- Optional: crumbled feta or goat cheese to serve

METHOD

1. First, you'll need to marinate the lamb. Combine the olive oil, minced garlic, cumin, paprika, salt, pepper, and lemon juice in a bowl. Add the thinly sliced lamb and mix it into the marinade. Let the marinade work its magic in the fridge for at least 30 minutes.
2. Now make the couscous. Bring the chicken stock to a boil in a medium saucepan, remove it from the heat, and stir in the couscous. Cover the saucepan with a lid and let it sit for about five minutes, allowing the couscous to absorb the liquid. Fluff the couscous with a fork to separate the grains. Put the lid back on to keep it warm.
3. It's time to cook the lamb! Heat a large frying pan over medium-high heat. Add the marinated lamb slices to the pan and cook for about three minutes on each side or until the lamb is cooked to your liking. Remove the lamb from the pan, cover it with foil, and set it aside.
4. Using the same frying pan over a medium-low heat (add more olive oil if needed), sauté the diced red and yellow capsicums, zucchini, cherry tomatoes and the chopped red onion until tender, for about five minutes.
5. In a large bowl, combine the cooked couscous, sautéed vegetables, and chopped herbs (parsley and mint).
6. Add the lamb to the couscous and vegetable mixture once it is cooked. Toss gently to combine all the ingredients.
7. Serve on a large platter or individual plates, and top with crumbled feta or goat cheese (optional).



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WHO CARES IF I’VE LOST A TOOTH?

FROM DENTAL ON CAMBRIDGE

It may seem like losing a tooth – especially one that’s not easily visible – isn’t such a big deal. But did you know that there are several significant consequences to losing a tooth, especially to the orofacial complex and to the shape of your face over time?

The consequences include a loss of bone volume and density, which accelerates the appearance of facial aging, overloading and movement of the remaining teeth, which can increase the risk of residual tooth fracture, bite disturbances, and gum disease. Additionally, chewing, speaking, and smiling can be difficult, and there is even an increased risk of further tooth loss.

When a tooth is lost, leaving a gap in the dental arch, the teeth on either side of that missing tooth start to drift into the remaining gap. More detrimentally, however, is when the opposite tooth over- erupts into the gap, as it has no opposing tooth to keep it in place. Unfortunately, this often leads to the loss of an additional tooth over time. The end result is the loss of not just one tooth but two teeth!

So, how can you bridge a gap to prevent this? Traditionally, gaps were ‘bridged’ by an artificial tooth attached to the teeth on either side of the gap with crowns. This is a great solution for many people, especially when the teeth on either side of the gap have been weakened by decay, fillings, or cracks over time and could benefit from the reinforcement of the crown anyway. However, if these teeth either side of the gap are in very good condition, it could be considered unnecessary treatment to crown these teeth when a dental implant could be placed in the gap as a stand-alone tooth replacement.

Implant treatment has a success rate of over 95%, making it one of the most successful dental treatments available. Dr Alex Ritchie is highly trained in all aspects of implant dentistry and uses state-of-the-art




keyhole surgical techniques, which are minimally invasive and virtually pain-free. As always, Alex’s top priority is patient comfort and safety, in addition to obtaining excellent outcomes.

Currently, at Dental on Cambridge, we are offering a ‘start to finish’ implant treatment, including finished crown attachment, for \$4658 for standard implant cases. If you are unsure if this could be a suitable solution for your gap, call our team at 3348 6661 to make a consultation time to find out!



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