

The Community Leader

WE'RE ALL ABOUT GOOD NEWS

Bayside


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CHARITY WITH HEART: HARNESSING HORSEPOWER FOR WELLBEING

As one of the first ever recipients of a Bayside Community Fund grant, H.E.A.R.T. – an acronym for Hemmant Equine Agistment Riding and Therapy – is changing lives by pairing young people with horses.

It seems a healthy dose of farm life might be just what young people need to thrive in the city. H.E.A.R.T. programs are about more than just learning to ride; they teach resilience, leadership, responsibility and teamwork to foster physical and mental wellbeing while caring for horses.

These mighty animals are full of heart, strong yet gentle, and young people involved in H.E.A.R.T. equine programs enjoy the fun – and the hard work – that comes from caring for and interacting with the horses.

Charities like H.E.A.R.T. punch above their weight when it comes to giving back to the community. As a local volunteer-run organisation, community support is essential. If you'd like to find out more or make a donation, go to hemmantequine.org.au, and check out the profile on page 32 of this issue.

Pictured: H.E.A.R.T.'s Keira Byrnes with program participant Lucas.



86

Sales in 12 months

13

Avg. Days on Market

**THAT SHOULD BE
FRONT PAGE NEWS**

BAYSIDE

PROPERTY ~ AGENTS

David Pearce

0412 449 387

FAIRWAY TO FUNDRAISING: WYNNUM GOLF CLUB'S CHARITY GOLF DAY

FROM WYNNUM GOLF CLUB

Wynnum Golf Club members Erik Salonen and Ron Johnson (pictured) are organising a charity golf day at Wynnum Golf Club on June 28 to raise money for the Prostate Cancer Foundation of Australia (PCFA), which aims to reduce the impact of prostate cancer on Australian men and their families.

Erik and Ron wanted to organise this event because of the number of men who have been impacted by prostate cancer at Wynnum Golf Club.

Advice from the PCFA is that one in six Aussie men will hear the devastating news they have prostate cancer, and every dollar raised during this charity event will provide vital funding for prostate cancer research, awareness and support through the PCFA. The PCFA relies on the community's generosity to do their essential work.

An entry fee of \$70 per person includes a four-person ambrose event, lunch at the close of play and a presentation by a PCFA representative to raise awareness of prostate cancer and the support services available through the PCFA. This will be followed by a prize presentation and an auction of major prizes (e.g., a game of golf for four players, including carts, at Twin Waters Golf Club, Sunshine Coast), with the funds going to the PCFA.


Erik and Ron thank the Gold sponsors BMD and Qube and Silver sponsors CNW Electrical Wholesalers and Bartons for their kind support and sponsorship of this important event.



Erik Salonen and Ron Johnson are driving the charity golf day on June 28. Photo: Supplied.

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ONCE UPON A TIME, THERE WAS A LITTLE OGRE NAMED SHREK...

FROM SAVOYARDS MUSICAL COMEDY SOCIETY

Everyone’s favourite ogre is back in this hilarious stage spectacle based on the Oscar-winning, smash hit film. SHREK THE MUSICAL opens at the Iona Performing Arts Centre from June 22 for a limited season.

Presented by Savoyards Musical Comedy Society, this fully staged, live orchestra production, brings all the beloved characters you know from the film to life on stage, and proves there’s more to the story than meets the ears.

Shrek is the tale of an unlikely hero who finds himself on a life-changing journey alongside a wisecracking donkey, and a feisty princess who resists her rescue. Throw in a short-tempered bad guy, a cookie with an attitude and over a dozen other fairy tale misfits, and you’ve got the kind of mess that calls for a real hero. Luckily, there’s one on hand...and his name is Shrek.

Irreverently funny, and for the whole family, SHREK THE MUSICAL proves that beauty is truly in the eye of the ogre.

Tickets range from \$30 to \$52, with a special family ticket deal available. Tickets are available now at savoyards.com.au or by phoning 0401 565 439.



Photo: Supplied.



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TIME
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LOCATION
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MC
Legendary Australian Sports Journalist and Reporter



Lauren Jackson
Australian Basketball Icon



Luke Hodge
Aussie Rules Legend

SCAN TO BOOK



WATER BILL TOO HIGH? TRY THESE LEAK DETECTION TIPS

The BPD Way!

Is your water bill higher than usual? If you've got a leak, it pays to detect it immediately.

First, check all the fixtures in the house to ensure they are working without leaking. This includes flushing toilets, running washing machines, and dishwashers, etc. Once this check is complete and your fixtures are turned off, the water meter can be observed to see if its dials are ticking over. If they are, this could indicate a leak. If the dials on the water meter remain completely still and the water meter is not ticking over, this would suggest no leak is present.

Check your taps to ensure they are not dripping. Check for toilet leaks by placing toilet paper on the back of the toilet bowl to ensure no water is running from the cistern into the toilet bowl when the toilet is not in use.

Other signs that you have a leak include:

- Constant wet areas in the lawn or garden – look for puddles or boggy soil.
- Damp spots on the walls or ceiling, peeling paint, discolouration, warping or flaking plaster.
- Areas of mould growth – pay special attention to walls adjoining wet areas like the bathroom, laundry or kitchen.

- Unusual growth – is there one tree or plant or one section of your garden that grows much faster than anywhere else?
- Cracking walls or foundations, as constant exposure to water from a leaking pipe can damage your home structurally over time.
- Warped or expanding cabinetry in bathrooms, laundries and kitchens.
- Sudden and ongoing low water pressure.
- Damp carpets.
- A musty smell inside the house.

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JOAN PEASE’S COMMUNITY UPDATE

STATE MEMBER FOR LYTTON



MASSIVE \$1300 ENERGY BILL RELIEF

I am incredibly excited that every Baysider will see \$1,300 slashed from their energy bill, with \$1,000 up front thanks to the Queensland Government and an extra \$300 from the Federal Government.

That means most Bayside households won't pay a cent on their energy bill until March 2025.

Plus, Bayside small businesses will also receive \$650 off their bill.

It's only possible because we're making the multinational mining companies pay their fair share and because we kept our energy assets in public hands.



BAYSIDE DV CANDLELIGHT VIGIL

Thursday, 9 May 2024 marked the Bayside DV Candlelight Vigil, an important annual event where we take a stand against domestic and family violence (DFV) in our community.

Nearly 200 Baysiders braved the rain to attend the Vigil. This year, we were fortunate to have Ros Kinder from Brisbane East Zonta speak about the importance of being united in creating positive social change – that we are all part of the solution.

It was also wonderful to see so many of our Bayside school students and their families; our Police officers; business owners; and members of our local community groups, including BABI, the Rotary Club of Wynnum Manly and SCOPE.



THIS MONTH ON THE PEASE PODCAST

I am thrilled to have an exciting guest with me on The Pease Podcast this month – Mr John Parke! John is a highly skilled and experienced producer of First Nations community multimedia-based projects with social outcomes.

In addition running his own highly successful production company, 5Word Productions, he is also a very experienced educator, facilitator, mentor, author and consultant.

Listen to the Pease Podcast for free on YouTube, Apple Podcasts or Spotify.

DISCOVER GUNDU PA

Wynnum-Manly Community Health Centre, Gundu Pa, is the 24-hour health hub in the heart of our community.

Located at 20 New Lindum Rd, Wynnum West QLD 4178, Gundu Pa is a state-of-the-art healthcare facility that provides a welcoming, peaceful environment, with landscaped gardens and purpose-built gyms and treatment rooms.

The name Gundu Pa is a combination of two words in the local Jandai language, meaning 'medicine stones place', as suggested by Winnam Aboriginal and Torres Strait Islander Corporation.

Did you know that Gundu Pa has seen over 107,500 patients? This wouldn't be possible without the wonderful staff who work there!

Please don't forget about the fantastic local services available, including:

- 24-hour Primary Care
- Specialist Outpatient Clinics
- Child Development Services
- BreastScreen Queensland
- Addiction and Mental Health
- Chronic Disease Services
- Oral Health (Dental Clinic)
- Allied Health



BAYSIDE AND REDLANDS TRANSPORT STUDY

Planning is underway to consider transport priorities in the Bayside and Redlands area.

TMR would like to know about your travel experiences to better understand the transport challenges and opportunities within the study area, both now, and for the future.

The study will investigate how the transport network can manage future demand within the region to support population and economic growth.

I encourage Baysiders to provide their feedback, including on traffic and pedestrian movements, freight, access to public transport services, bus, train, cycling connections, park 'n' ride facilities and the road network.

To find out more about the project, or complete the survey, or to find a community drop-in event, visit <http://www.tmr.qld.gov.au/baysideredlandstransportstudy>



JoanPease MP | State Member for Lytton

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LOCAL EVENTS

See what local events are happening in your community.






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




ONE OF THESE NIGHTS – THE EAGLES SHOW

Saturday July 6, doors open at 7:00pm, Wynnum Manly Leagues Club, Wondall Road, Manly West

Take a nostalgic musical journey back in time to the 1970s for a groovy evening of the Eagles’ greatest hits at this tribute show. The band will play a selection of hits from The Eagles’ multi-award-winning, platinum-selling albums, including classics like *Hotel California*, *Lyin’ Eyes*, *Take It Easy*, *Desperado*, and an array of other chart-toppers that defined an era.

Tickets are \$35 for Wynnum Manly Leagues Club members and \$45 for non-members. Don’t miss out on this opportunity to bask in the nostalgia and groove to the rhythms of one of rock’s greatest bands. Book your tickets now for a night of stellar entertainment honouring The Eagles’ remarkable repertoire. Scan the QR code for tickets.






DREAM STREET – THE MUSICAL

Saturday July 6, 1:30pm and 6:30pm, and Sunday July 7, 11:00am and 4:00pm, Star Theatre, Wynnum State High School, Peel Street, Manly

Presented by The Dance and Theatre Factory, *Dream Street* follows the story of a world-famous director, Sebastian Rickter, who holds open auditions for a new West End musical. Local kids are encouraged to audition so Jemima, Lily, Hugo and Charlie decide to go for it! Despite coming from very different backgrounds, they each have their own personal journey and challenges to overcome, but through determination and making great new friendships, they discover that dreams can come true. For tickets, scan the QR code.





SHIRE CLERK’S COTTAGE MARKET

Saturday June 15, 8:00am to 1:00pm, Shire Clerk’s Cottage grounds, 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. 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.



WYNNUM MANLY ARTS PRESENTS SWITZERLAND – A REHEARSED READING

Sunday June 23 at 2:00pm, Wynnum Community Centre, 2nd floor, 105 Florence Street, Wynnum

Guests at this special event will be treated to a live rehearsed reading of *Switzerland*, written by Joanna Murray-Smith. *Switzerland* is a story inspired by master crime novelist and author of *The Talented Mr Ripley*, Patricia Highsmith. Featuring Bev Wood and Stephen Quinn under the direction of Gary O’Neill, the reading promises an afternoon of quality entertainment led by two talented performers. Tickets are \$10 for Wynnum Manly Arts members and \$12 for non-members. For bookings, phone 3348 2369 or email wmarts@tpg.com.au.

Buying Now

Mike and Nate Cornish will be travelling to the Redlands and Bayside areas for **4 days only from Wednesday, 12th, to Saturday, 15th June**. We want to buy your unwanted items listed below. Please visit us at a venue as shown below, for an 'on the spot' appraisal.

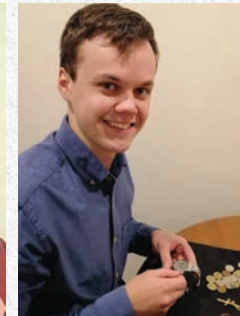
If you live outside the area, have too many items to bring in, or would like a home visit, phone Nate on 0426 820 646 NOW to arrange a time. These events are often compared to the 'Antiques Roadshow' on TV, but without the long queues. **Don't miss this opportunity!**

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Mike



Nate



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- Stars & Crosses
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Aust. - Crowns, Half Crowns, Florins, Shillings, Sixpences, Threepences, all coins from NZ, Great Britain, Fiji, South Africa, USA, Canada, Misc Silver Coins & Tokens, and all Other World Silver Coins



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WEDNESDAY 12TH JUNE

**Club Manly
(Function Room)
10:00am - 1:30pm
26 Faine Street**

**Manly-Lota RSL Hall
2:30pm - 4:30pm
184 Melville Terrace**

**Home Visits
4:30pm - 6:00pm
Phone 0426 820 646**

THURSDAY 13TH JUNE

**Wynnum RSL (The Lounge)
10:00am - 12:00pm
174 Tingal Road**

**Redlands Sporting Club
(Front Room)
1:00pm - 3:30pm
Anson Rd, Wellington Point**

**Home Visits
3:30pm - 6:00pm
Phone 0426 820 646**

FRIDAY 14TH JUNE

**Victoria Point
Community Hall
9:00am - 11:00am
140a Link Road**

**Redlands RSL (Tobruk Room)
12:00pm - 3:00pm
8 Passage St, Cleveland**

**Home Visits
3:00pm - 6:00pm
Phone 0426 820 646**

SATURDAY 15TH JUNE

**Redlands RSL
(Tobruk Room)
10:00am - 1:00pm
8 Passage St, Cleveland**

**Home Visits
1:00pm - 6:00pm
Phone 0426 820 646
For a Home Visit**

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WYNNUM UP LATE

FRI 7 JUNE 5 - 8pm

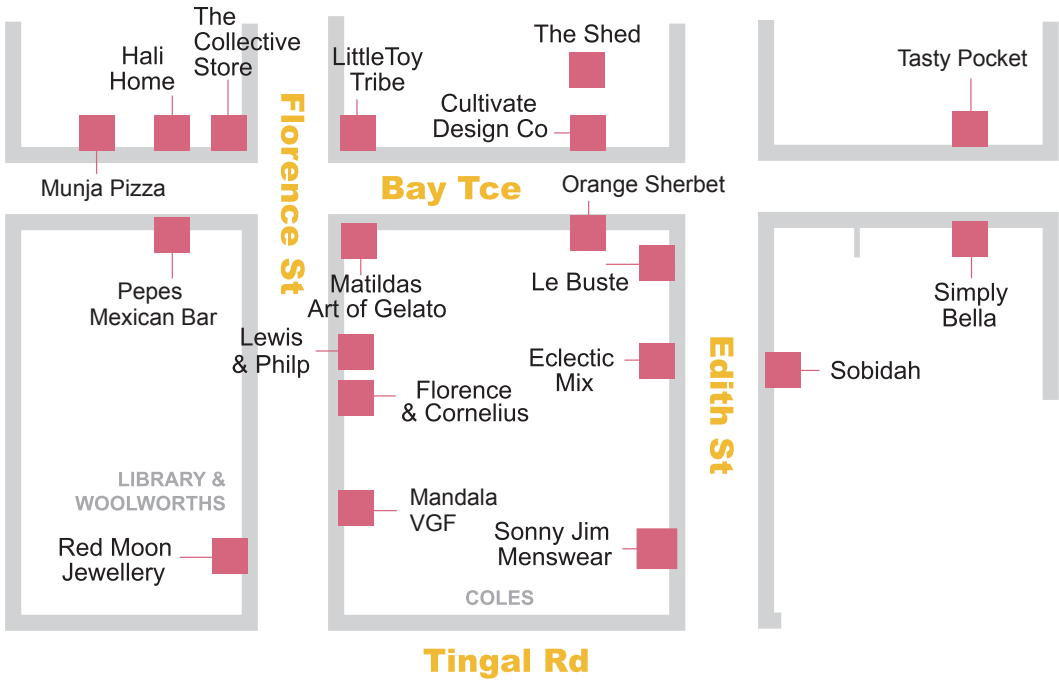
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Proudly supported by Wynnum Commerce and the Lord Mayor's Community Fund.

Wynnum UpLate offers a late-night shopping experience designed to celebrate the shops, restaurants and small businesses of Wynnum Central.

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Maggie's Mates



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Name: My name is Henry de Graaf.

Suburb: I live at Manly.

How long have you lived at Manly? My whole life – 10 years.

What's your favourite local activity? Going to Bunnings and sitting in the trolley and getting lots of pats.

What is your most treasured toy? My ball.

What's your favourite food? Chicken.

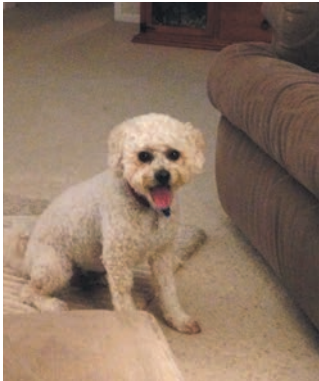
Your worst habit? Putting my ball under the furniture and barking until someone gets it out!

What's your favourite local hangout? The Manly Boathouse – they make the best chips.

Who is your best doggo friend? I have two: Metro my cousin and Bella my neighbour.

Any funny or embarrassing stories you'd like to share? When I was a puppy Mum dropped my leash and I got such a fright I ran straight over the retaining wall at Lota. Lucky for me it was low tide! Mum came down and retrieved me.

What do people love most about you? I am cute to look at and love to chat to the people we meet when we walk!



Name: Hi, I'm Tillie (Matilda).

Suburb: I live at Wynnum.

How long have you lived there? I've lived in Wynnum for two-and-a-half years.

What's your favourite local walk? Along the Wynnum waterfront.

What is your most treasured toy? Daddy's boot on a zipline!

What's your favourite food? All food.

Your worst habit? Stealing things!

What's your favourite local hangout? Anywhere with people and dogs.

Who is your best doggo friend? Tashie.

Any funny or embarrassing stories you'd like to share? I love to watch and herd my chickens at home.

What do people love most about you? I shake people's hands when they come up our stairs.



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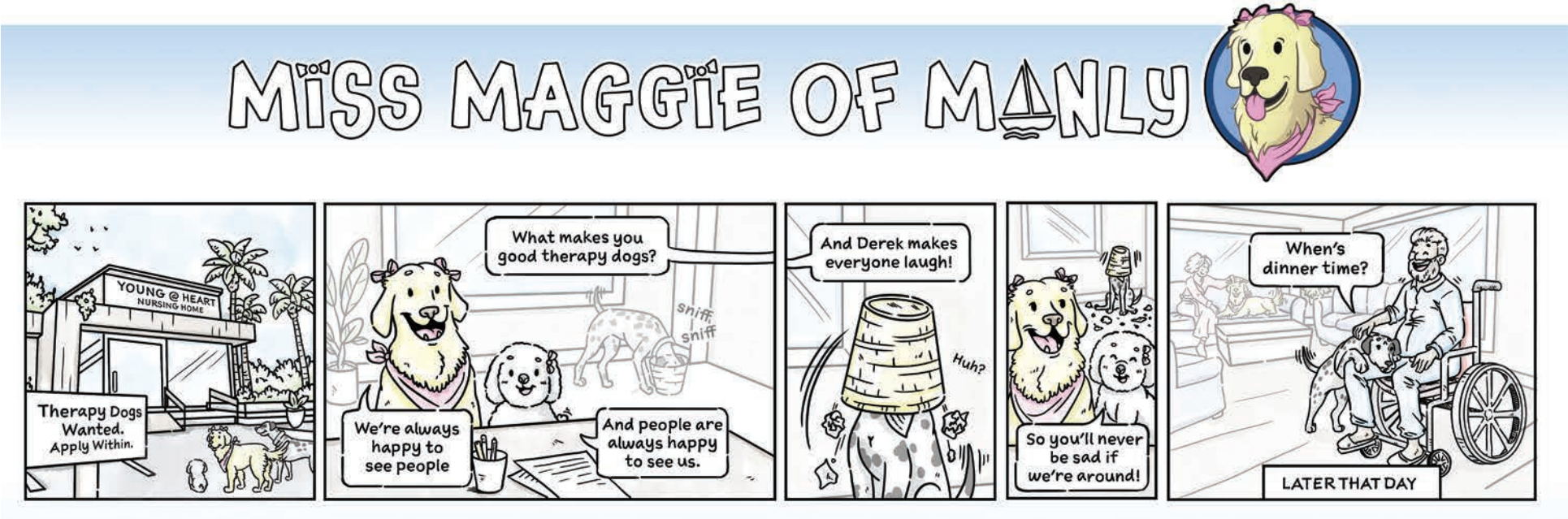
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WHAT IS CUSHING’S DISEASE (HYPERADRENOCORTICISM)?

BY DR NICKY THOMAS, WYNNUM MANLY VETERINARY HOSPITAL

Cushing’s disease is caused by an overproduction of the hormone cortisol. Cortisol is produced by the adrenal glands which are located close to the kidneys. The adrenal glands are stimulated to produce cortisol by the pituitary gland which is located in the base of the brain.

CLINICAL SIGNS

Cushing’s disease is more commonly seen in middle aged to older dogs and only rarely in cats. The signs of Cushing’s disease may include:

- Increased drinking and urination
- Increased appetite
- A “pot belly” appearance may develop
- Lethargy and weakness due to muscle breakdown

- Panting
- Fur loss
- Skin changes such as hyperpigmentation, thinning skin and recurrent skin infections

DIAGNOSIS

Diagnosis of Cushing’s disease may be challenging, especially in early stages of the disease. A number of tests may be required to definitively diagnose Cushing’s disease including:

- Complete blood count
- Biochemistry – there are a number of changes in liver enzymes which may alert your vet to the possibility of Cushing’s disease

- Urinalysis – urine is often very dilute and higher in protein
- ACTH stimulation test which requires two blood tests performed one hour apart
- Low dose dexamethasone suppression test, which is a series of three blood tests performed over an eight-hour period
- Radiographs, abdominal ultrasounds and CT scans may be recommended to determine whether the disease is a result of the adrenal gland or the pituitary gland becoming abnormal

TREATMENT

Treatment of Cushing’s disease is based on



controlling the cortisol overproduction. There are medications which may be prescribed to reduce the adrenal gland’s cortisol output, or in some cases surgery may be required. Your vet will discuss the best option for your pet.

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Sat: 8am - 12pm



Lord Mayor Adrian Schrinner

Cr Alex Givney

Councillor for Wynnum Manly Ward



Exciting Developments Transforming Wynnum Manly Ward!

Hold onto your hats, Wynnum Manly residents! Big changes are underway, and we're here to keep you in the loop. From resurfacing roads to sprucing up playgrounds, our Bayside is buzzing with activity. We're committed to making these improvements as smooth as possible, with safety as our top priority.

Here's a sneak peek at what's being rolled out!

- Preston Road, Manly West Resurfacing: Smooth rides ahead!
- Stradbroke Avenue, Wynnum Resurfacing: Say goodbye to potholes!
- Andrew Street, Wynnum Resurfacing: Paving the way for a better commute!
- Bulgin Avenue, Wynnum West Resurfacing: Making your drive a breeze!
- Primrose Park, Wynnum West Playground Refurbishment: Where fun meets revitalization!
- New Flag Poles at Darling Point National Serviceman Memorial Site: Honouring our heroes with pride!

Crossing Confusion Solved!

Drumroll, please! The moment we've all been waiting for: the infamous crossing outside Manly Pool on Fairlead Crescent is getting a makeover.

No more guessing games! It's official – we're upgrading to a zebra crossing.

Let's hear it for safer streets and smoother traffic flow!



Get Snapping with the Lord Mayor's Photography Awards!

Ready to capture the beauty of Wynnum Manly Ward?

Don't miss your chance to shine in the Lord Mayor's Photographic Awards.

Scan the QR code to learn more and submit your masterpiece!

Image: 2023 Open Category winner, "Lost Alleyway" by Conner Gouws



Stay in the Loop!

Want to stay updated on all the latest news and developments? Join our mailing list today! Simply scan the QR code below and never miss a beat.

Let's keep the momentum going, Wynnum Manly! Together, we're building a brighter Bayside to keep Brisbane moving!

MANLY HARBOUR VILLAGE HAS SOME EXCITING EVENTS ON THE HORIZON

BY JANELLE BOSTOCK, PRECINCT COORDINATOR

The Manly Harbour Village Chamber of Commerce (MHVCOC) is a not-for-profit incorporated entity operated by a committee of local business and property owners interested in developing the precinct and providing opportunities for businesses to collaborate and grow. The Chamber promotes the precinct as a Queensland leisure destination and organises various events throughout the year to attract visitors.

The Jan Powers Farmers Markets are held on the first and third Saturdays of the month, and on the first Saturday of the month, there are free Movies in the Park, starting at sunset. The Manly Creative Markets are held every Sunday. All three events are held in Little Bayside Park, Manly.

We are delighted to announce our next two free Movies in the Park, which are classics. Our June movie is *Batman The Movie* (the original 1966 version), and in July, it is *Space Jam!* Chamber members get the opportunity to advertise at the Movies in the Park at greatly reduced rates. Please reach out if you would like information.

On 14 May Freedom Boat Club (Brisbane) hosted our Trader Networking evening. We were thrilled to get a tour of the beautiful fleet of boats that members can access.

Brett Bolton, Freedom’s Managing Director, says a Freedom Boat Club membership gives members the pleasure of boating with lower costs, full flexibility and zero ongoing headaches, which allows them to “keep the thrill but ditch the bill!”

Brett says members can “skip the lines at the boat ramp, the hassle of boat maintenance, and even the burden of cleaning up – we handle it all, leaving you free to focus solely on charting your next adventure on the water”.

Want to join us at the next event or learn more about membership? Please reach out via email: promotions@manlyharbourvillage.com.



Photography by Steve Krige Photography.



UPCOMING EVENT

7 JUNE

Business Breakfast at RQYS – Guest Presenter Tanya Titman, Chief Digital and Innovation Partner at BDO in Australia.

During breakfast, we will discuss AI and digital transformation. Businesses of all sizes and industries are impacted by AI and changing technologies. Learning AI prompt engineering for utilising ChatGPT effectively is like getting the hang of using Google’s search function. There is a strong theory: You won’t be replaced by AI; you will be replaced by someone who knows how to use AI.

The Chamber’s business breakfasts are practical and hands-on, run workshop style, so they are not a talk fest. Please email any questions or topics you would like covered at the breakfast.

DATE CLAIMERS

16 JULY – Christmas In July Trader Night, The Manly Hotel

25 AUGUST – Music by the Bay, Little Bayside Park



THE BONNER UPDATE

ROSS VASTA MP FEDERAL
MEMBER FOR BONNER



THANK YOU, VOLUNTEERS!

Last month we celebrated National Volunteer Week! This year's theme was 'Something for Everyone'... and boy do we have some outstanding organisations here in Bonner!

The Bayside wouldn't be the same without the wonderful volunteer organisations dedicated to improving our community. From our P&Cs and coaches to those dedicated to the environment and veteran's affairs, I applaud and thank all those who make Bonner a better place to live!

I have been hard at work, advocating for volunteer groups, and delivering funding for many of our local organisations. Congratulations to all those recognised by the volunteer grant program, including the Wynnum Vikings, Wynnum State School P&C, QLD Services Heritage Band, OzFish, Manly Bowls Club, Wynnum Manly War Veterans and Associates Social Bowls Club, and the Wynnum Manly District Cricket Club!



BUDGET OUTLOOK FOR BONNER WITH SENATOR JANE HUME

There is nothing more important than the concerns and lived experiences of hard-working Australians. That's why I recently hosted a discussion with local business owners on the cost of living, in partnership with the Shadow Minister for Finance and the Public Service, Senator Jane Hume.

We discussed Labor's disappointing budget and new ute tax, as well as the Coalition's nuclear energy proposal and plan to re-awaken the Australian dream of owning a home. Baysiders need long-term cost of living relief, not a band-aid solution. The cost of doing business is sadly leaving hard-working locals feeling the pinch. Thank you to all those who shared their experiences, Senator Hume, and Councillors Lisa Atwood and Alex Givney for joining the discussion.

ELANORA PARK SHINING BRIGHT

Local sporting clubs are key to the connectedness and flourishing of our Bayside community.

After many years of planning and development, the Wynnum District Rugby Union and Netball clubs have finally turned on the lights at Elanora Park! The installation of lighting poles and LED fixtures has allowed players to safely train at night at the rugby and netball grounds. I was able to partner with the Bugs to deliver the necessary funds, through the Community Development Grants Program, so it was wonderful to see this incredible project completed!



FLU VACCINATION, AND WHY SHOULD I GET IT?

BY DR REBECCA LEVY, MANLY VILLAGE MEDICAL

Flu, or influenza, is a respiratory illness causing fever, cough, nasal congestion, headache, body aches and fatigue. It spreads when an infected person coughs or sneezes, but a person can be infectious from 24 hours before they have symptoms.

Whilst most cases of flu are not severe, it can cause or worsen other health problems, such as pneumonia and COPD. It can even increase the risk of heart attack and stroke.

People who have a higher risk of severe illness are strongly recommended to get vaccinated, including:

- People aged over 65 years
- People with certain medical conditions
- Aboriginal and Torres Strait Islander people
- Pregnant women
- Children aged six months to five years

Flu viruses change/mutate often, so each year, the vaccine is updated with the strains that were circulating in the Northern Hemisphere during their winter the previous year. The vaccine does not contain live viruses, so you can't get flu from the vaccine. You may, however, get some mild symptoms such as lethargy and headache, which is a sign your immune system is responding.

Flu vaccination reduces your risk of contracting influenza and passing it onto others. The risk of having severe illness is mitigated as your immune system can recognise the invading virus earlier, and mount a quick response with antibodies.



So far this year, there have been over 12,000 reported cases of flu in Queensland. The QLD government is covering the cost of flu vaccines for ALL people (who don't already belong to one of the higher-risk groups).

The flu vaccine can be given at the same time as other vaccines, such as Covid-19 and Shingles vaccines.

Make an appointment for your free flu vaccine today!



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GAME, SET, MATCH: TINGALPA SS ACES COURT FUNDING

In a smashing collaboration between the Department of Education and Tennis Queensland, Tingalpa State School has aced its way into the spotlight with a successful application for funding under the Tennis in State Schools Initiative (TISSI). The announcement by Education Minister Di Farmer and Member for Lytton Joan Pease set the stage for transforming the school’s tennis court.

TISSI isn’t just about hitting balls; it’s a push to get state school students moving, and embracing a lifestyle of fitness and fun through the game of tennis.

“Delivering a fully refurbished tennis court will provide local students with a modern surface where they can develop their skills in a safe environment,” said Member for Lytton Joan Pease.

“Sports like tennis have an unparalleled ability to change young lives for the better, which is why we’re investing right here at Tingalpa State School.”

Tingalpa State School’s project, valued at \$39,600, will see its tennis court undergo a makeover, including resurfacing, line marking, and brand-spanking-new net and posts. It’s a volley of improvements that promises to serve up some serious fun for the school community.

“I am thrilled that Tingalpa State School has been successful in receiving funding to refurbish their tennis court, which will encourage more student participation in sports,” said Education Minister Di Farmer. “Every time we invest in sporting facilities, it’s an investment in the health of our community broadly, including everything from physical health to community safety.”

Tingalpa State School principal Donna O’Keeffe said the refurbishment paves the way for more student participation in sports. “Receiving funding through the Tennis in State Schools Initiative means our students will have a beautifully refurbished court to use for lessons, extra-curricular activities, and active play,” said Miss O’Keeffe.



Pictured L-R: Member for Lytton Joan Pease with Minister for Education Di Farmer, School Captains Amira and Mateo, and Donna O’Keeffe, Principal of Tingalpa SS. Photo: Supplied.

So, as the court undergoes its grand transformation, one thing’s for sure: Tingalpa State School is poised to serve up aces both on and off the court, thanks to the game-changing partnership between education and tennis. Game, set, match – Tingalpa State School students are ready to rally!

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Presented by arrangement with Tams-Witmark, A Concord Theatricals Company (concordtheatricals.com)

WYNNUM OPTOMETRIST DELIVERS EYE CARE TO NORTHERN UGANDA

FROM CLACHER AND HOOK OPTOMETRISTS, WYNNUM

Sarah Warlow, a local optometrist who works at Clacher and Hook Optometrists on Bay Terrace, Wynnum, recently returned from a two-week eye outreach in Northern Uganda.

Sarah saw over 250 people for assessment of glasses and eye disease in a region called Kitgum, where many do not have access to eye care. An inability to obtain corrective glasses and cataracts are the leading causes of blindness and low vision in Uganda.

Sarah held outreaches in remote villages with a team of Ugandan health professionals from Yotkom Hospital. This not-for-profit hospital was founded eight years ago by Sarah's father, Dr Andrew Wright, and is run by Yotkom Uganda, an organisation that provides quality and accessible health care to the people of Uganda. Dr Wright also worked for many years as a general practitioner at Wynnum's Baywest Medical Centre prior to embarking on his amazing work in Africa.

The father and daughter team visited schools in the region, and Sarah was able to provide vision screening, eye health assessments, and glasses to many students who had never had their eyes tested.

Thanks to the generosity of patients from Clacher and Hook Optometrists who brought in their pre-loved glasses, and donated lenses from CR Labs, an Australian lens manufacturing company, they were able to give out over 120 pairs of glasses to people in need. The smiles on their faces and the gratitude expressed by the community recipients were extraordinary.

As part of her eye outreach clinics, Sarah compiled a list of patients with visual impairment due to cataracts. Yotkom Uganda is seeking to raise funds for these operations, which cost just \$100 per patient for the sight-restoring surgery performed by an ophthalmologist in the neighbouring city of Gulu. Clacher and Hook Optometrists are so proud of Sarah and her incredible efforts in effecting positive change in the lives of the Ugandan people, and how she has used her clinical expertise and unwavering passion to make this happen.

Clacher and Hook Optometrists have generously donated \$400 to Yotkom, which will be used to provide cataract surgeries for those identified through Sarah's outreach clinics.

If you would like to find out more about Yotkom Uganda you can visit their website, www.yotkom.com where you will find links to their social media as well as ways you can help support the cause. Otherwise, come in and visit Sarah and the team in-store at Clacher and Hook Optometrists to find out more about this amazing and worthwhile project.




Photos: Supplied.


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MANLY DRAGON BOAT CLUB COMPETES AT AUSCHAMPS 2024

FROM THE MDBC

After qualifying in several categories at the AusChamps 2023 last April at the National Championships held in Albury Wodonga, the Manly Dragon Boat Club (MDBC) received an invitation from the International Dragon Boat Federation for the Senior C women and men paddlers to compete at the World Club Crew Championships in Ravenna Italy in September 2024.

The Manly Dragons needed to compete at this year's Australian Dragon Boat Championships in Perth to confirm their spot. An enthusiastic group of 50 Manly Dragon Boat paddlers journeyed to Perth in April to compete at AusChamps 2024 at the Rowing Centre at Champion Lakes, Armadale.

Competition was fierce in every age group and every category within that age group, with strong teams from every state competing. Manly was reminded that .06 of a second is sometimes all that separates a gold medal from a silver or a bronze. However, Senior C women came away with a silver medal this year; with this in mind, training has ramped up. For the next 12 weeks, paddlers from Manly's Senior Cs will be put through their paces

with gym sessions, multiple day and night paddling sessions and rigorous testing to compete on the world stage in Italy.

Across the Premier, Senior A, Senior B and Senior C groups, MDBC coaches were pleased with the results as Manly featured in every final, but didn't return with as many gold medals as last year. It was the young members – Flynn, Ryan and Zoe (pictured) – who competed in the mixed QLD boat that stole the show, winning the most medals. We need more young ones to join them!

To raise much-needed funds for the coaches, managers, steerers, drummers and paddlers to travel to Italy, Margaret Vote of Raine & Horne Wynnum Manly has donated a fabulous getaway holiday valued at \$5,000, to be raffled.

The holiday for two people includes airfares, six nights' accommodation at the Radisson Blue in Fiji, and tickets are only \$5. Tickets are available now, and the winner will be drawn on June 15 at the Manly Dragons' Awards Night.



Manly Dragon Boat Club's youngest members, Flynn, Ryan and Zoe. Photo: Supplied.

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WYNNUM MANLY JUNIOR RUGBY LEAGUE GIRLS' TEAMS MOVE TO PREMIERSHIP LEVEL

CONTRIBUTED BY WYNNUM MANLY JUNIOR RUGBY LEAGUE

In an exciting turn of events for the Wynnum Manly Junior Rugby League Club, the girls' football teams have been making waves on the field this season. With a strong start in the Community Development Division, the Under 13, Under 15, and Under 17 girls' teams have displayed exceptional skill and determination, dominating their competition in the first four rounds.

The outstanding performance of these teams has not gone unnoticed. After careful assessment, all three grades have been elevated to the Premiership Level competition, marking a significant achievement for the club and the girls involved.

"This is incredibly exciting for the girls in football and for our club," said Coaching Director Darren Ferricks. "It's a testament to the hard work and dedication of our players, coaches, and support staff."

With the move up to Premiership Level, the Wynnum Manly Junior Rugby League Club is now on the lookout for talented girls to join these thriving teams. Whether you're a seasoned player or new to the sport, there's a place for you at our club.

If you're interested in joining the Wynnum Manly Junior Rugby League Club and being part of this exciting journey, please get in touch with the club today. Together, let's make history on the field! Go to www.wynnummanlyjuniors.com.au for more information.



Photo: Supplied.



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FROM GOODHEW ELECTRICAL AND SOLAR

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Beyond the initial installation, the importance of robust back-up service and ongoing customer support cannot be overstated. Solar panels are a long-term investment, and like any significant investment, they require diligent maintenance and prompt service to maximise their efficiency and lifespan. Goodhew Electrical & Solar excels in this regard, offering comprehensive after-sales support and service that includes routine maintenance, system monitoring, and prompt response to any issues that may arise. This commitment to customer care ensures that our clients' solar systems operate at peak performance, providing consistent energy savings and a higher return on investment.

We also go the extra mile by providing helpful advice and resources, empowering our customers to make smart decisions about their energy use. This holistic approach builds trust and ensures that their investment is protected not just now, but for the long term.

Choosing a solar company is indeed about more than just the panels. It is about entrusting your energy future to a partner who will stand by you through the life of your system. At Goodhew Electrical & Solar, we offer experienced professionals, excellent service, and ongoing support. We are committed to being the best choice for anyone looking to make a smart, long-term investment in solar energy. By prioritising these



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What do I need to know about installing an EV charger at home?

FROM JARIC ELECTRICAL

Tips for getting the right solution for your electrical vehicle

If you're thinking about buying a Tesla or any other Electrical Vehicle (EV), the next question that may occur to you is how to charge the vehicle at your home.

And while you certainly can charge an EV through your standard wall outlet, it's much faster to charge your car using a manufacturer or third party EV charger.

Let's take a look at the various types of EV charger available, and what you should consider when installing one in your home.

What to think about when choosing an EV charger

Of course, it's much cheaper to charge your EV at home overnight than it is when you're "out and about". That's because currently, public EV charging infrastructure is expensive to use. And having a home charger will allow you to use solar panels to reduce your costs even further.

To ensure you don't suffer from "range

anxiety", remember that the maximum size outlet is limited to 20 amps for residential homes. While you can go up to 40 amps, this is only available on an off-peak tariff – which may only give you five to six km of driving overnight.

What size EV charger can I install in my home?

There are three basic tiers of EV charging to consider:

- Utilise one circuit for the electric car, which won't knock off a power circuit elsewhere in your home
- Install a large dedicated circuit, or
- Upgrade to 3-phase power with a large charger.

Comparing hybrid vehicle charging to fully electric cars

The main difference between hybrid cars and fully electric vehicles is their battery size. Plugin hybrid cars have a much bigger battery, which means you might not need to install a very large charger at home.

What electrical protection is needed for your Electric Vehicle?

Storms are commonplace in South East Queensland's summers – and you certainly don't want your electrical vehicle destroyed by a lightning strike on your home. Even if the car is only damaged, who wants to be without an EV for weeks while it's repaired? Fortunately, there are some steps you can take to protect it.

Install surge protection

For protection against lightning strikes during storms, install surge protection on the circuit you'll use for your EV. This needn't be pricey – in fact, surge protection costs around \$600-\$1,200.

Upgrade your home's switchboard

Have your electrician check that your current switchboard is sufficient before installing an EV charger.

Install heat alarms

We've all seen the nightmare stories of EVs bursting into flames while being charged. Unfortunately, in Queensland you cannot

install smoke alarms in a garage. Instead, ask your electrician about heat alarms, which detect the presence of emissions in the space.

Upgrade to three phase power

Because you'll only achieve around 40 to 50 km of range per hour of charging, you may want to consider installing three phase power at your home. Your EV will charge much faster – plus you can put the car onto an off-peak tariff to save money.

Contact Jaric Air Conditioning for expert advice on EV charging

When you're thinking about the right EV charger for your situation, remember that any solution shouldn't be too small for your needs, or too large so that you get a fine from Energex!

For the right advice and expert assistance that will help you be completely confident in the arrangement of your car charger, call Jaric Electrical & Air Conditioning on 1300 452 742 or contact us online at jaricgroup.com.au.

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Property, Nature and Human Behaviour

BY BYRON FREEBORN, RAINE & HORNE WYNNUM MANLY

As winter follows summer, human behaviour tends to follow similar cycles. But what cycles, in particular, affect the property market? I don't hold qualifications in psychology or economics – all I can say is after a decade of selling properties, you get to see both first-hand. However, we are usually amongst the trees, so to help zoom out a little to see the forest, I've collaborated with Stacey Beaumont (Phd Business). And yes, we have a limited word count – so it will be in a nutshell!

The HTW (Herron Todd White) clock has Brisbane at nine o'clock, which indicates a rising house market.

Several factors are fuelling this, the main typically being:

- Sentiment around interest rates and the feeling that we are around the high tide mark of this interest rate cycle. Most borrowers feel there's a rate cut on the horizon, as opposed to when we felt a dip in early to mid-2022 when we

were just at the beginning of the rate increases.

- One of the main drivers of the strong demand for property in South-East Queensland/Brisbane/Wynnum-Manly has been inter-state immigration, which was trending in our favour before COVID, based on ABS statistics, and then went through the roof in 2021. I thought the shift was interesting due to the inter-suburb migration, notably people selling in places like Camp Hill/Bulimba/Balmoral, etc. Wynnum hadn't been high on peoples' lists for five or ten years; however, that has steadily changed – it's The Great Wynnum Awakening.
- The ascension driver, where renters who have saved a deposit have a huge incentive to purchase. Firstly, rents have been going up like (almost) never before; townhouse owners or entry-level homeowners then upgrade to the next category of house, which

is likely in the \$900k to \$1.2m range. Then homeowners gear up into the next bracket – it may be a four or five-bedroom home, fairly modern, closer to the water, with a pool, possibly in the \$1.5m to \$1.8m range, and so forth.

- Of course, there is the 2032 Olympics in the background of all this activity, and the word on the street is that the 'ramp up' could likely accelerate approximately four years prior to the start of the Olympics. This is anecdotal; however, it plays a part in the thinking behind purchasing decisions, which rightly or wrongly have self-fulfilling characteristics.
- Balancing factors include inflation, which increased to 7.8% at its peak in December 2022 and pushed the value of houses upwards. This also means people have less disposable income to spend. However, inflation appears to be steadily dropping and is currently 3.6%, according to the latest ABS statistics.

- And then to cap it all off, what we think may happen usually not only doesn't, but the opposite...or unforeseen events come into play along the way.



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STEAMY WINTER VEGGIE SOUP RECIPE

Snuggle up with this bone-warming vegetable soup recipe.

WINTER VEGGIE SOUP

INGREDIENTS

- 2 tablespoons olive oil
- 1 large onion, chopped
- 2 cloves garlic, minced
- 3 carrots, peeled and diced
- 2 stalks celery, diced
- 1 parsnip, peeled and diced
- 1 large white potato, peeled and diced
- 1 small sweet potato, peeled and diced
- 6 cups vegetable or chicken broth
- 1 teaspoon dried thyme
- Salt and pepper to taste
- 1 cup kale or spinach, chopped
- Grated cheese for garnish (optional)

METHOD

1. Heat the oil in a large pot over medium heat. Add chopped onions and garlic, and sauté until soft and translucent (about 3 to 4 minutes).
2. Add carrots, celery, parsnip, potato, and sweet potato to the pot. Cook for another 3 minutes, stirring occasionally.
3. Pour in the vegetable or chicken broth and add dried thyme, salt, and pepper. Bring to a boil, then reduce the heat and let it simmer for about 20 to 25 minutes, or until the vegetables are tender.
4. Add the chopped kale or spinach to the soup and cook for 3 minutes.
5. Taste the soup and add salt and pepper if needed. Garnish with grated cheese.



LOCAL POETRY REACHING FOR THE SKIES

BY GEOFF SMILEY

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Seven cranes bringing
futures for our choosing.

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FROM DANIELLE DAVIS, SOBIDAH CLOTHING CO

Sobidah Clothing Co and Sonny Jim Menswear recently held a sold-out fundraiser fashion show for ovarian cancer at D&W Republic on Edith Street, Wynnum.

Six fabulous local guys and gals volunteered as models to strut their stuff on the red carpet, showcasing both stores' latest clothing and accessories.

To complement the evening, Cathy and David from Mandala VGF supplied scrumptious gourmet morsels that were very well received by guests. If you haven't visited Mandala VGF, head to Florence Street, Wynnum, to check them out.

Lucky door prizes were generously donated by Joan Pease MP, Got a Go, Bayside Hair & Beauty and Narelle's Hair & Beauty.

The flamboyant and ever so generous Narelle (Nelle) from Narelle's Hair & Beauty (now situated on Edith Street opposite Sobidah) supplied goodie bags for all guests.

The night was a blast and such a success, thanks to the collaborative efforts of our local community and friends.

Thank you everyone for attending. Sorry to those who missed it!



Photos: Supplied.

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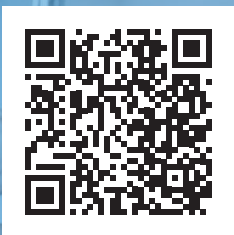
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The Community Leader's distribution partner is looking for walkers to get involved with the paper's home delivery in the bayside and Redlands areas each month. It's a fantastic opportunity to earn extra money while keeping fit and supporting your local community. Find out more about how you can get involved by calling Damien at 0421 786 302.



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Any submissions can be emailed to sales@market2market.com.au for consideration.

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- Community editorial 12th of June or earlier
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YMCA WYNNUM CELEBRATES NEIGHBOURHOOD CENTRE WEEK

FROM YMCA, WYNNUM COMMUNITY HUB

In May, YMCA Wynnum Community Hub welcomed community members and local services to a special lunch to celebrate Neighbourhood Centre Week. With the theme “Stronger Together”, the lunch was a wonderful opportunity to strengthen the connections between local services, government agencies and community members and recognise the importance of working together to build a healthy, connected, thriving community.

As one of more than 120 Neighbourhood Centres in Queensland, the YMCA Hub offers a range of free weekly activities, including a sewing group, games, chair yoga, meditation and art therapy. Community members can access assistance with forms, personal and financial counselling, material assistance for people doing it tough and a weekly Justice of the Peace service.

Outside of these weekly activities, the Hub offers a welcoming space for people of all ages and backgrounds to drop in for a chat, connect and find support over a cup of tea or coffee and a biscuit.

Like all community centres, the YMCA Hub offers activities and services based on the needs and interests of the local area and welcomes ideas for new activities and events.

The YMCA Wynnum Community Hub is located in the Wynnum Community Centre, 105 Florence Street, Wynnum, and is open Monday through Friday from 9:00 a.m. to 4:00 p.m.



Carmelita, who attends activities at the YMCA Hub and has recently started a weekly sewing group, pictured with Hub worker Sandra. Photo: Supplied.

Latest news from the Port of Brisbane June 2024



Trade

Over the three months to end-April, the container sector has remained ahead of the same period in 2023, with volumes underpinned by stronger than expected import volumes. Motor vehicle imports remain strong, although volumes are anticipated to start to normalise as manufacturers continue to catch up on back-orders.

While export full containers remain flat over the same period, higher volumes of processed beef and cotton exports are anticipated over the next few months due to better seasonal conditions.

Brisbane International Cruise Terminal

The Brisbane International Cruise Terminal (BICT) had a fantastic summer season with 125 cruise ships calling in Brisbane between October 2023 to March 2024.

There's still plenty of action during the cooler months, with almost 40 calls scheduled for Brisbane's winter season between April to September, led by our homeporter Pacific Encounter.

The BICT also celebrates its second birthday in June! We're looking forward to seeing many passengers off on their winter cruise.

Community

Our National Reconciliation Week event for the port community recognised and celebrated Australia's Indigenous culture and reconciliation journey. Aligned to this year's theme 'Now More Than Ever', our breakfast event included a Smoking Ceremony and Welcome to Country by Turrbal Dippil, followed by a special guest speaker, Baringa Barambah Meeanjinu.

During May, our employees rolled up their sleeves for National Volunteers Week, supporting our community partners with volunteer work for The Smith Family, Drought Angels and OzFish.

Over 70 applications were received for our 2024/25 Community Grant Program, which provides a total of \$100,000 in grant funding to local and regional organisations. Applicants will be notified of the outcome in July.

For more information about the Port of Brisbane, visit www.portbris.com.au or email 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

- At PBPL, we have a strong focus on building partnerships with the community. Did you know that:
- In 2022/23, 32 community partners shared in a total of over \$292,000 of funding
 - Every PBPL employee receives two full days of volunteer leave each year
 - Our people volunteered 618 hours in 2022/23, supporting our community partners.

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Nestled just 10 kilometres from the bustling heart of Brisbane's CBD at Hemmant is a haven where young people of all ages and abilities can immerse themselves in the therapeutic embrace of rural life. Welcome to H.E.A.R.T. – a not-for-profit community-based organisation that fosters wellbeing through horse-oriented activities.

Each month, H.E.A.R.T.'s paddock plays host to a diverse array of visitors – clients, families, staff, volunteers, and members of the wider community.

At H.E.A.R.T., inclusivity is paramount. Regardless of a young person's background or ability, they are welcome to participate in the transformative experiences. Through affordable and accessible programs, H.E.A.R.T. promotes physical, emotional, and social wellbeing.

At the core of H.E.A.R.T.'s mission are three fundamental objectives: to instil in people a love and respect for horses, to promote a holistic approach to education about horses and horsemanship, and to enhance the cognitive, physical, emotional, and social wellbeing of all participants.

Central to their offerings is a comprehensive program of Horse-Assisted Learning, designed to harness the unique bond between humans and horses for therapeutic purposes. Participants engage in health-focused activities that nurture physical fitness and cultivate emotional resilience and social skills.

H.E.A.R.T. provides opportunities for skill development in riding and horsemanship, empowering individuals to connect with these majestic creatures on a deeper level. Through supervised volunteer and peer mentoring programs, particularly tailored for young people, valuable skills are shared, and meaningful connections are forged.

Find out more online at hemmantequine.org.au.

H.E.A.R.T., along with BABI Youth and Family Service and the Wynnum Manly Men's Shed, is among the first recipients of a Bayside Community Fund grant. For more information about the fund, go to www.baysidecommunityfund.org.au.



H.E.A.R.T.'s Renee Commins with Bayside Community Fund Chairman Michael Sarquis.

A note from the Bayside Community Fund

The Bayside Community Fund's (BCF) primary objective is to build a grants program for not-for-profit organisations in the Bayside area. The BCF is building a fund that will generate sufficient earnings to support and grow this grants program. The BCF started from humble beginnings but was able to distribute one grant last year and in 2024 we have been able to distribute two larger grants to two very worthwhile not-for-profit organisations – Wynnum Manly Men's Shed and Hemmant Equine Agistment Riding & Therapy Ltd (H.E.A.R.T.). Thank you to both organisations as they are making a very valuable contribution to our local area.

The BCF has been aware of H.E.A.R.T.'s good work for quite some time. In 2023 in the Bayside Community Fund's Community Business Awards, H.E.A.R.T. was nominated for Best Community Service Organisation, and while not the winner, the organisation garnered strong support and recognition for its important work. It would be great to see H.E.A.R.T. go one better in 2024.



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LOCAL FISHING WITH SPERO

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BY SPERO KARTANOS

Yes, it's June already, but what can you do?! The early mornings will be damn cold, and there will be a little dew on the grass (which usually means no wind overnight). The sun is not rising until an ungodly time, like 6:30am; it's nice and warm in bed, snuggled with the blanket up to the eyebrows. You do want to stay in bed, but Moreton Bay and the fish are calling; there's a light westerly wind, and the eastern side of Green Island, St Helena, Mud Island and Wellington Point will be perfect for a squire fishing session.

So up you get, handling the cold and the frozen bait, getting your feet wet on the way to the boat, then you're on the water as the sun is rising, and freezing your face off as you quickly get to your favourite fishing spot. Thank heavens that in my old age I have a slow old boat that keeps me out of the wind on the way there. Then the anchor's out, and it's time for a fishing session, and the brain is saying, 'It's better fishing before the sun rises', BUT the body is saying, 'Hurry up and rise sun so I can warm up!' Then the bait runner spool starts to

unwind the line, and the rod is bending, and you have your first good fish for the morning, and all is forgotten. The cold, wet rain and the woes of the world have all disappeared, and the only thing in your head is getting that fish to the boat and into a landing net and contemplating how you are going to cook it – tempura, grilled, baked...that's why we go fishing.

So forget the cold and the rain; if it's not too windy, the squire will be in excellent numbers in all the shallow reefs. Whiting will be at Amity Banks, the Rous Channel, Maroon Gutter and the Hole, and Fisherman's Gutter, and the school mackerel should be reeling off yards of line as they hit on the troll. Of course, the cuttlefish and arrow squid will be in full swing east of all the close-in Bay Islands, so get inked. I'm pretty sure it will not be long until we're saying 'Gee it's warm again today'. Maybe that's wishful thinking...until next month, good fishing!



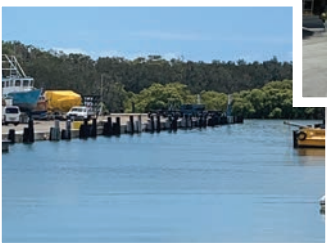
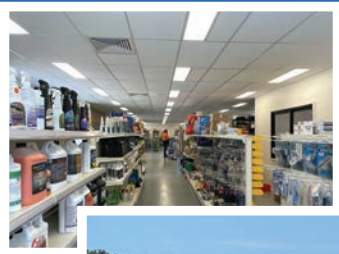
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LOCAL GARDENING WITH KAT

LEMON TREE VERY PRETTY

BY KAT PEARSON, GIRL IN THE GREEN

Ah, the backyard lemon tree (*Citrus limon*), found all over the suburbs in varying forms and levels of health.

These days, with smaller courtyards and even balcony gardens, many opt for a potted variety such as “Lots A Lemons”, which is a Meyer lemon (*Citrus × meyeri*) and technically a cross between a mandarin and a lemon – I’m not a purist though, so we’ll let that slide.

If you are lucky enough to have space for an in-ground specimen, you might have a Eureka (thick-skinned, long fruiting season) or a Lisbon (hardier tree but thorny and a relatively shorter fruiting season). Many are grafted to produce a smaller tree and a hardy root system. Should you not have looked after it, the rootstock may have taken over and you could even have a knobbly bush lemon!

Many a garden talkback radio program has discussed the “what’s wrong with my lemon tree” quandary. Google (or my website) should give you a variety of common problems and their fixes, but the key to avoiding most of them is having a

healthy tree to start with. Luckily, caring for lemon trees (and most other citrus) is largely the same.

Citrus are big feeders, so fertilise regularly. I give mine a handful of organic chicken pellets once a month (ish – hey, I’m a busy girl!). They like free-draining soil (no wet feet please), but a deep soaking is greatly appreciated when it’s been dry. And as always, don’t forget to mulch! The dead variety, not living. Citrus has shallow roots and a weak constitution when faced with competition, so keep ground covers (including grass) out past the edge of the leaf canopy.

If a regular ol’ lemon tree is a little too ordinary for you, there are lots of others you could try – what about a Buddah’s hand (*Citrus medica* var. *sarcodactylis*) or a variegated Eureka lemon or even a Japanese Yuzu (*Citrus junos*)?

If you’re interested in learning more about looking after your soil and growing healthy plants, I’m talking at the Redlands Organic Growers Inc (ROGI) meeting on the 13th June – come say ‘hello’!

ABOUT KAT

I love gardening, and 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.



Top: Eureka lemons, bottom left: Buddah’s Hand, bottom right: Lemon Blossom. Photos by Kat Pearson.

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MAJOR SEARCH AND RESCUE EXERCISE WILL SAVE LIVES

BY HARVEY SHORE

Brisbane Water Police ran a major Search and Rescue (SAR) exercise in Moreton Bay recently, using new software.

The 'target' was a theoretical light aircraft crash outside the Port, with passengers reported in the water.

Water Police immediately tasked a dozen Coast Guard and Volunteer Marine Rescue (VMR) boats from all over Moreton Bay and the Redlands, plus several Water Police vessels, to rush to the area and search for survivors.

The search was controlled by Maritime SAR Coordinator Sergeant Caffery from the Whyte Island Water Police headquarters, assisted by Senior Constable Fox and other officers, using new software installed by Furuno Australia. Sergeant Caffery's team was joined by volunteers from Coast Guard, VMR and the new Marine Rescue Queensland organisation, who were keen to observe the new software in action.

Within 20 minutes of the SAR being initiated, Sergeant Caffery and his team had rescue vessels at the location of the crash, and began employing them into a line search. Water Police initially used their SARMAP Water Modelling Software to reveal where tides and currents in the area would move survivors and wreckage from the crash site. They then added the new TimeZero Fleet software to the picture on their big screen. This showed where vessels in the search fleet should position themselves for best results. That picture was then transmitted to all vessels engaged in the SAR.

The effect was a near-perfect coverage of the search area, which would have resulted in a quick recovery of all survivors.

Water Police and Coast Guard volunteers were very happy with the results of this major exercise, which will result in lives saved next time there's a real SAR.



Coast Guard and Marine Rescue Volunteers assemble at Water Police HQ for the SAR. Photo: Supplied.



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I’VE LOST A FEW TEETH...WHAT ARE MY OPTIONS?

FROM DENTAL ON CAMBRIDGE

We see many patients who have unfortunately lost several teeth – it’s a common problem for many people for various reasons such as periodontal (gum) disease, large cavities, cracked teeth and a history of irregular dental care. Missing multiple teeth is not an ideal situation and can lead to significant problems in the mouth, such as detrimental movement and overloading of the remaining teeth. Additionally, it can result in changes in facial shape due to collapsing of the soft facial tissues into the missing teeth space, leading to a prematurely aged facial appearance.

Thankfully, advancements in dentistry mean that there are multiple options available to restore a natural, functional, and aesthetic dentition that are now readily available to patients.

One such treatment that may be suitable is a partial or full mouth rehabilitation. This is where all the teeth in an arch are restored to their ideal height and shape, utilising high strength and highly aesthetic ceramic crowns. This treatment is suitable for patients who have chewing difficulties due to inadequate remaining teeth. It is also suitable for patients with excessively worn-down, fractured or weakened teeth. If this sounds like your situation and you have been struggling with damaged or missing teeth or aren’t happy with your current teeth or dentures, you may want to consider some comprehensive, long-lasting treatment options.

At Dental on Cambridge, our team have extensive experience in utilising a variety of treatment options including the provision of full upper and lower arch crowns; a combination of crowns on existing teeth and implant crowns; and combining implants with dentures to provide a more comfortable and secure denture.

We believe that comprehensive dental care and rehabilitation if required, is an important investment in your oral health and general wellbeing. We work hard to support patients to understand not only their



treatment options, but also to ensure we have transparent pricing and payment planning available.

Dr Alex Ritchie, Dr Simone Faoro and the team at Dental on Cambridge are highly experienced in cosmetic and implant dentistry and can perform an array of procedures to support you in your quest to find your ideal smile and confidence again.

If you’re considering undertaking some cosmetic or implant treatment and would like to know what treatment options might be suitable for your individual circumstances, give our team a call on 3348 6661 to find a suitable appointment time.



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