

The Community Leader

WE'RE ALL ABOUT GOOD NEWS

Bayside

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SPIEGELTENT SPECTACULAR: TASTER PRESENTS A FEAST OF ARTISTIC DELIGHTS!

From sitting dormant under the stars in outback Queensland to its new seaside perch on Bay Terrace, the one-of-a-kind Augathella Spiegeltent is an intriguing piece of architecture ready to host a new chapter of live entertainment in Wynnum.

There's *everything* to love about this new addition to the streetscape! The Spiegeltent seats 400 and offers an unusual performance space for established and emerging artists who will relish the opportunity to flex their creativity. It's a boon

for local jobs and tourism, will increase foot traffic through Wynnum's already energetic CBD, and bring people together in the spirit of the arts.

This September, the Spiegeltent will power up for a four-day Wynnum Fringe Taster, showcasing a diverse program of mind-blowing original performances.

"The Taster is a celebration for our community of artists, technicians, audiences, sponsors, government partners and

volunteers who have made this journey with us," said Tom Oliver, founder/CEO/Artistic Director of Wynnum Fringe.

Find out more about the exciting and innovative Wynnum Fringe Taster lineup on page 3, and get your tickets early. It's a party you won't want to miss, and it's sure to sell out!

Pictured: Tom Oliver (centre) with his parents Peter and Stephanie, who first saw the Spiegeltent on a road trip through Augathella.



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NOMINATIONS ARE OPEN FOR THE BAYSIDE COMMUNITY AWARDS 2024!

FROM THE BAYSIDE COMMUNITY FUND

The Bayside Community Fund (BCF) is proud to announce that the Bayside Community Awards are back again this year. Nominations open on September 1, voting begins on October 1, and winners will be announced on November 7 at a gala event.

There are several new categories this year, including Bayside Educator of the Year, sponsored by the fund's patron, the state member for Lytton Joan Pease. This award allows students and parents to nominate their favourite teacher.

"I'm delighted to be sponsoring the new award category of best educator," said Ms Pease. "A teacher's positive influence on our children is life-long. It's fitting we recognise their immense contribution to the community."

The inaugural awards held last year attracted an amazing number of nominations for people and businesses in our community, resulting in over 9,000 votes being received. Winners were announced at a dinner attended by over 350 people at Wynnum Manly Leagues Club.

If you want to nominate a business, educator, community group, or individual to be recognised as a bayside champion, please nominate them during September by scanning the QR code or visiting the BCF website.

Once nominations are finalised, voting will commence. Nominations will be published in the October edition of The Community Leader and on the BCF website.

The 2023 awards night sold out quickly, so to secure your tickets, please book early to avoid any disappointment. We have a great evening planned with a DJ, comedy act and great food.

We would like to thank our sponsors, who make this event possible.

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COMMUNITY CHAMPION CATEGORIES AND SPONSORS

- Bayside Business of the Year: The Community Leader
- Best Small Business Newcomer: Ross Vasta MP
- Best Retail Business: Wynnum Plaza
- Best Beauty, Health, Wellbeing and Fitness Business: Raine & Horne Wynnum
- Best Hospitality Business – Small: Wynnum Golf Club
- Best Hospitality Business – Medium/Large: Bartons Automotive Group
- Best Trade/Industrial Business: Annual Pest Management
- Best Professional Services Business: Re/Max Wynnum
- Best Real Estate Agency Business: Jayco Brisbane Camperland
- Best Pet Services Business: Wynnum Manly Leagues Club
- Outstanding Customer Service Award: My Financial Design



- Bayside Educator of the Year: Joan Pease MP
- Outstanding Community Service Organisation: Bendigo Bank Wynnum
- Outstanding Community Service Award – Individual: Cr Alex Givney & Cr Lisa Atwood



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WYNNUM FRINGE TASTER: A DELICIOUS SPREAD OF ENTERTAINMENT

FROM WYNNUM FRINGE

The *Wynnum Fringe Taster*, a delicious creative program, jumps out of the oven and into the bayside from September 26 to 29 in The Augathella Spiegel tent.

Over the past four years, Wynnum Fringe has evolved into an award-winning cultural staple on Queensland's event calendar. Thanks to an extraordinary crowdfunding campaign, the iconic Augathella Spiegel tent has been lovingly relocated to Bay Terrace, Wynnum, where it will host its first audience in over 11 years for the *Wynnum Fringe 2024 Taster*.

In a strategic shift (weather and Olympics!), the annual Wynnum Fringe Festival will move from its traditional November slot to July. In the meantime, the *Wynnum Fringe Taster* will treat audiences to a mini-version of the festival they love.

The *Wynnum Fringe Taster* offers a vibrant program catering to all ages, including:

- **Melanie Bracewell**, international comedian and host of Network 10's *The Cheap Seats*, brings her sharp wit to the stage.

- **Dinosaur Cupcake Pyjama Party**, a brand-new kids' show starring television legend Ranger Stacey Thompson, produced by Tom Oliver Productions.
- **Taste Cabaret** presented by De Bortoli Wines, a variety soirée featuring circus, wine, music, and appetisers, hosted by Dr. Trevor Jones with Brisbane circus performer Alice Muntz.
- **Massaoke OZ** presented by Archie Rose, the European hit sing-along experience with a live rock band and giant lyrics.
- **Wynnum Fringe Comedy Gala** presented by Green Beacon Brewing, promising an evening of laughs with top-notch comedians.
- **Yana Marumba (Walk Good)**, the festival's traditional opening ceremony, celebrating culture and community.
- And many more tantalising acts, including an outdoor bar, food trucks, a caravan stage presented by AMPOL, and more.

Following the world record-setting sing-along of *"The Wynnum Takes It All"* in 2023, Wynnum Fringe and ABC Radio Brisbane are teaming up again for the sequel: *"Every 1's a Wynnum (baby)"*, a joyful homage inspired by the classic hit from *Hot Chocolate*.



Photo: Supplied.

The Augathella Spiegel tent, located at 166 Bay Terrace on a site generously donated by BMD Construction, is the new heart of Wynnum Fringe. With the buzz building, tickets for this taster event are expected to sell out quickly, so online booking is essential. Find out more at wynnumfringe.com.

This project is proudly supported by the Queensland Government through Arts Queensland and major partner Tourism & Events Queensland, with additional support from the Lord Mayor through Brisbane City Council, Raine & Horne Wynnum, and Bendigo Community Bank Wynnum Manly.

Professional Aged Care & NDIS Services

Home Caring Capalaba is an Aged Care and NDIS service provider, locally owned and operated by Cassandra Russell who brings over 11 years in the aged care and disability industry. Cassandra's passion is to help you and your loved ones stay at home safely for as long as possible.

As both a Home Care Package Provider and NDIS Provider, we offer:

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



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Updates from your local Councillor

Kianawah Park Upgrade

We're thrilled to announce a fantastic upgrade to Kianawah Street Park! The project will bring a new playground structure with slides and swings, safer surfacing under the equipment, and new play items designed to enhance balance, core strength, agility, flexibility, and cognitive development.

Construction is set to start on 12th August 2024 and is expected to be completed by 20th September 2024, weather permitting. During this period, access around the construction area will be limited for safety reasons. We appreciate your patience and cooperation as we work to bring these exciting improvements to life. We're committed to making Kianawah Street Park a better place for everyone and can't wait for you to enjoy the upgraded facilities!



Wynnum Ranks 6th in Green Waste Recycling

Wynnum ranked 6th in Brisbane for ordering Brisbane City Council's green waste recycling bins over the past year. For just under \$1 a week, you can have a green bin delivered to your home. With over 158,000 households now using green bins, we collected more than 109,000 tonnes of green waste last year alone.

Green waste recycling bins provide an easy and affordable way to manage your garden waste. Nearly 20% of the average general waste bin in Brisbane contains garden materials, which are turned into high-quality compost when placed in a green bin.

If you'd like to order a green waste recycling bin, phone 3403 8888 or visit Brisbane City Council's website.



Active School Travel Program: Join the Movement

We're celebrating the fantastic success of Manly State School, which has been rocking the Active School Travel Program for 3 years. Principal Clayton Carnes shared, "There is definitely less traffic around the school on our active travel days, and we absolutely have more bikes and scooters in the cage than before we joined the program."

By getting more kids walking, biking, and scootering to school, we're not only reducing traffic congestion but also promoting a healthier, more active lifestyle. Ready to make a difference at your school?

Apply to join the Active School Travel Program for 2025 by Friday, 13th September. Let's get more cars off the road and more kids on the move!



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!

THE BONNER UPDATE

ROSS VASTA MP FEDERAL MEMBER FOR BONNER



SENIORS' EXPO: THURSDAY OCTOBER 3RD!

The **2024 Bonner Seniors' Expo** is fast approaching, and I can't wait!

This is a **FREE** event for all seniors, so make sure to save the date, **Thursday, October 3rd**.

It will run from **9am to 12pm**, at the **Waterloo Bay Leisure Centre** at 241 Tingal Rd, Wynnum.

We are fortunate to live in a country and community which offers so many resources and assistance for those who need it, but sometimes it can difficult to know what help is available and how to access it.

Those who have come before know that the **Bonner Seniors' Expo** is a great opportunity to speak with charities, businesses and government organisations who are committed to improving the lifestyles of older members of our community.

It is a wonderful resource for all those who **work with, care for, or are seniors living in Bonner!**

Last year's event was a great success and saw more than **400** Bonner seniors through the door, but this year is going to be even better! If you would like to join us at the Expo, either as an attendee or vendor, please reach out to my office by phone or email.

Thank you also to all the vendors and guest speakers who have already said they will be joining us on the day. Many local businesses have also donated lucky door prizes - for your ongoing support of the Bonner Seniors' Expo.

Also, a special shout out to **Piccardi Fry Lawyers** for sponsoring the event, without you I would not be able to run this great event each year.



BONNER ON THE WORLD'S STAGE!

Bonner is full of innovative minds and problem solvers.

Congratulations to Lytton's own, Phibion, on being named **Resources and Energy Winner in the 61st Australian Export Awards!** This is a prestigious award and a well-deserved acknowledgement of the contribution which Phibion have made to the mining industry and our global environment.

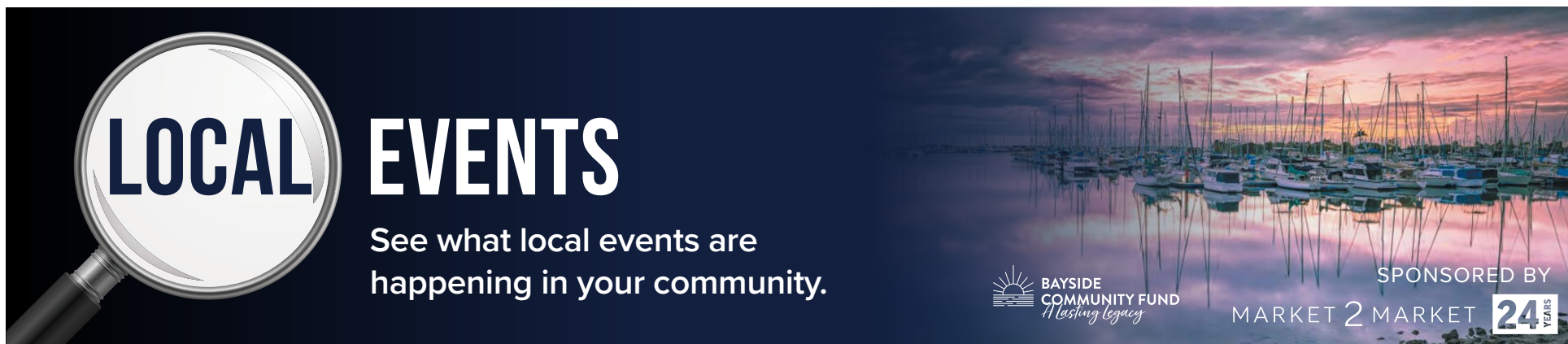
As an international enterprise, Phibion is ensuring today's progress does not cost us tomorrow's environment and opportunities.

When land is mined, a 'toxic sludge' called tailing is produced. Usually, this unwanted residue is left behind, and the land remains

unusable forever. Phibion has developed machinery ('The Mud Master') that removes water from this sludge, transforming it into a cement-like surface that cannot be liquified. Repairing the land now means future generations will be able to live, work and enjoy it... **the opportunities are endless!**

Thank you to Jacques, Ross, Kay and Earnesto for showing me around the facility in Lytton. Your commitment to risk mitigation and sustainability is a service to our global community, and the generations to come.

Congratulations on being named winner in the Resources and Energy category!



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



CLUBHOUSE TRIVIA NIGHT

Every Monday, doors open 5:30pm, game starts 7:00pm, Wynnum Golf Club, Stradbroke Avenue, Wynnum

Cash prizes, raffles, and a fun bistro menu will make your Monday night anything but mundane! Wynnum Golf Club's weekly trivia night is the perfect way to warm up your brain for the week ahead, catch up with friends and compete for cold, hard cash! Register your team by calling 3396 9000.



AWESOME ALIENS/DAZZLING DINOSAURS WITH CARTOON DAVE

Wednesday September 25, 10:00am to 11:00am, Wynnum Library, 145 Florence Street, Wynnum

Do you have budding young artists in your family who love to draw? Designed for kids aged seven to 12, Cartoon Dave's interactive cartoon workshops nurture creativity in a fun and engaging setting. This month's theme: aliens and dinosaurs! Book your spot now by calling Wynnum Library at 3403 2199.



FREE LEARN TO SKATE WORKSHOP

Sunday September 15, 9:00am to 10:30am, Primrose Park, 2280 Wynnum Road, Wynnum West

Inspired by the skateboarders competing at the Paris Olympics? Young people between six and 17 are invited to roll into Primrose Park for a fun and free skateboarding lesson suitable for all skill levels. Bookings are essential, so email SEQ Skateboard Coaching at seqskateboardcoaching@gmail.com to secure your spot. For more information, contact Kale at 0411 784 612. Be sure to bring your skateboard (if you have one) and a helmet, and wear enclosed shoes.



STAND-UP PADDLE BOARDING LESSON

Tuesday September 17, 8:00am to 9:00am, Bayside Park, 450 Esplanade, Manly

Hit the water with a fun-filled and educational stand-up paddleboarding lesson. This 'Gold'n'Kids' event is perfect for seniors and children aged 10 and over and will cover everything you need to know, from essential safety instructions to paddle techniques and helpful activity tips. All necessary equipment is provided, and you'll be equipped with a sun-safe top for added protection. Bring your swimwear, a towel, and a big smile! Bookings are essential, and the lesson costs \$6. For more details, call Leighton at 0412 563 191.



FAMILY YOGA CLASS

Saturday September 14, 9:30am to 10:30am, IndigiScapes, 17 Runnymede Road, Capalaba

Join Miss Dani from Wild Flow Wellbeing for a relaxing family session of Gentle Yoga, Mindfulness, and Nature Craft! The session is designed for families with children aged one to 10. Explore your senses, enjoy nature, and get creative making nature kites while learning mindfulness and yoga techniques together. It's a great way to unwind and bond with your loved ones.



SAVOYARDS' PRODUCTION OF CURTAINS

September 21 to October 5, various times, Iona Performing Arts Centre, 85 College Road, Lindum

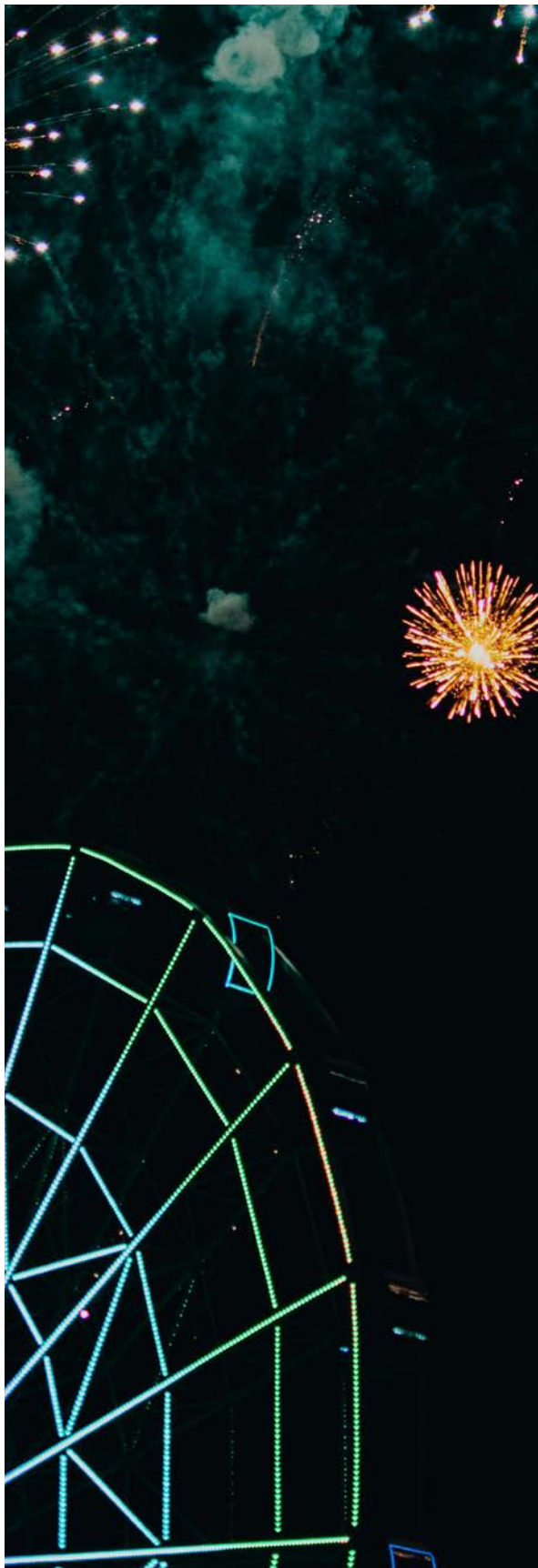
From the creators of *Chicago* and *Cabaret*, *Curtains* is a murder mystery musical set in Boston in 1959. Its plot centres on opening night at Boston's Colonial Theatre, when the show's star mysteriously dies, and the cast and crew are suspects. Enter a local music-loving detective, and you've got the ultimate 'whodunnit', set to a scintillating musical score. Directed by Carolyn Latter alongside musical director Jacob Cavanaugh, expect a polished performance by a talented cast of Savoyards Musical Theatre performers. For tickets, go to savoyards.com.au.



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GENERAL ADMISSION

Saturday 7th Sep

Adults	\$25
Students	\$12
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Pensioners	\$12
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Sunday 8th Sep

Adults	\$15
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Children	\$5
Pensioners	\$12
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ENTERTAINMENT

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JOAN PEASE'S COMMUNITY UPDATE

STATE MEMBER FOR LYTTON



SUPPORTING VULNERABLE BAYSIDERS

I'm so proud to live in our caring and compassionate community. The Bayside has a vast group of brilliant and professional community organisations that support our most vulnerable. From Pete's Pantry, The Y Hub, Wynnum Baptist Church, Rosie's – and so many others – hundreds of dedicated volunteers and leaders are changing lives for the better with their food drives and support services. Thank goodness for these wonderful Baysiders that care for our most needy.



LISTENING TO BAYSIDERS

Listening to Baysiders is the most important part of my job. That's why I'll continue to host a series of mobile offices in suburbs across our Bayside over the coming months. No issue is too big or small for me to follow up on your behalf. Whether it's street lighting at a park in Manly West, improving roads for growing suburbs like Hemmant, or increasing funding for our hospitals, I'm always available to listen. Look out in your letterbox or on my social media pages for when and where I'll be in your area.



50 CENTS FARES SAVING BAYSIDERS MONEY

Last month, the Queensland Government introduced 50 cent fares on public transport. The response has been brilliant. Already, thousands of Bayside commuters are saving up to \$50 per week. I encourage all Baysiders to make the switch to public transport, where possible. You can reduce local traffic congestion, help the environment, and take pressure off your household budget. The cost is 50 cents per trip – just remember to tap on and tap off.



LINDUM WORKS COMING ALONG

I was thrilled to check out the works at Lindum Station recently. These works at the station include a footbridge with lift access, improved accessible parking and a new station office and facilities. I know how dangerous this intersection in Lindum is - and I've been fighting to get it fixed for a long time. The station upgrades, in conjunction with BCC's reconfiguration of the intersection and the installation of traffic lights, will ensure a safe and accessible trip for all commuters.



MANLY STATE SCHOOL REPAIRS

After devastating storms ripped the roof off at Manly State School, I worked hard to ensure our teachers and students got new modern learning facilities. I was pleased to recently tour the school's new repair works. Thanks to QBuild for doing such a great job. I'm committed to ensuring every Bayside child has access to the best quality education.



DARLING POINT SPECIAL SCHOOL

Investing in local education is a top priority. Every child should have the opportunity to receive the best possible start in life. The construction of the new Darling Point Special School on the Wynnum Esplanade will provide up to 200 special need students with the opportunity to be their very best. The multi-million upgrade of the school will be ready for the New Year.

JoanPease MP | State Member for Lytton

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Maggie's Mates



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Name: Hello, my name is Kramer (aka Elton John).

Suburb: I live in Manly.

How long have you lived there? I have lived in Manly for three years.

What's your favourite local walk or activity? I like to stay inside, of course, like a good kitty.

What is your favourite toy? My most treasured toy is my brother Loki. We like to wrestle in the middle of the night!

Do you have a favourite food? I will eat anything! I love whatever is left in the sink after washing the plates. Yum!

What is your worst habit? Going into the shower and meowing loudly so I can hear my voice echo, especially at 2am.

What's your favourite local hangout? I stay home, of course, but I love the Wynnum Manly Vet Hospital because they take the very best care of me.

Who is your best doggo friend? I will befriend any doggo that comes my way, but unfortunately, some doggos don't have the same attitude.

Do you have any funny or embarrassing stories to share with us? One day, we had a mouse in the house, and I decided to befriend it. I allowed it to ride around on my back for a short time, and my owners couldn't stop laughing.

What do people love most about you? Most people love how friendly and social I am. I love pats, but belly scratches are my favourite.

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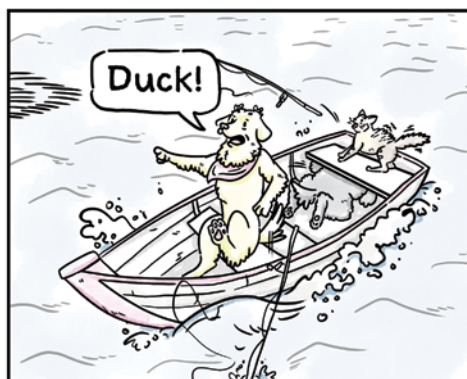
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MISS MAGGIE OF MANLY



ALL ABOUT HYPOTHYROIDISM IN DOGS

BY DR NICKY THOMAS, WYNNUM MANLY VETERINARY HOSPITAL

WHAT IS HYPOTHYROIDISM?

Hypothyroidism is a hormonal deficiency in which there is a reduction in the production of thyroid hormone by the thyroid glands. The condition may be congenital but is more commonly seen in middle aged to old dogs. A number of breeds have been recognised as being more likely to develop hypothyroidism – Doberman Pinschers, Tibetan Terriers and Boxers were more commonly affected according to a retrospective study of cases in the UK.



CLINICAL SIGNS

The clinical signs of hypothyroidism include:

- Animals may be easily fatigued and sleep more
- Dull attitude
- Seeking warmth
- Slow heart rate
- Weight gain without diet change
- Coat may become sparse, dry and lose shine; clipped fur may not regrow
- The skin may become hyperpigmented (darker)
- Animals may be prone to skin infections and show slow wound healing

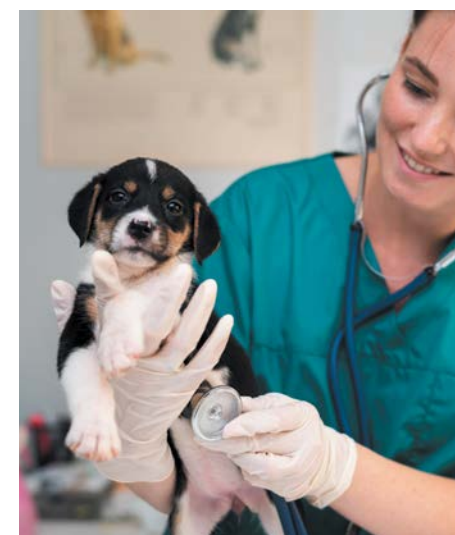
DIAGNOSIS

Diagnosis of hypothyroidism is based on clinical signs and blood tests. Your vet may perform any or all of a T4 level, free T4 or TSH (thyroid stimulating hormone) test. Affected dogs often have an increased circulating cholesterol level.

TREATMENT

Treatment of hypothyroidism requires ongoing/lifelong supplementation of thyroid hormone, usually in tablet form. Owners often notice an improvement in their dog's demeanour very rapidly, but skin and coat improvement may take months.

Ongoing monitoring with regular blood tests is required to ensure your dog's thyroid hormone level remains in the normal range.



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LONELINESS

BY JANE POCOCK, PRACTICE MANAGER, MANLY VILLAGE MEDICAL

Loneliness, a pervasive emotion, can have profound effects on both mental and physical health. It is not just the feeling of being alone but the distress that comes from perceived social isolation. Prolonged loneliness can lead to depression, anxiety, and a decrease in self-esteem. Individuals may begin to withdraw further from social interactions, creating a vicious cycle that exacerbates the sense of isolation.

Studies have shown that the effects of loneliness can be linked to a weakened immune system, increased inflammation, and higher blood pressure. Chronic loneliness can be as harmful as smoking 15 cigarettes a day, leading to an increased risk of cardiovascular diseases and a shorter lifespan.

Furthermore, loneliness affects cognitive function. It can impair memory and decision-making abilities, contributing to conditions like dementia, particularly in older adults. The psychological stress of loneliness triggers the body's stress response, releasing cortisol and other stress hormones, which over time can damage various bodily systems.

Given these potential health risks, it is crucial to seek help if you're feeling persistently lonely. You can make an appointment with any of the GPs at Baywest Medical Centre or Manly Village Medical. They can offer support, provide resources, or refer you to counselling services that can help you rebuild social connections and improve your wellbeing.





Baywest Medical Centre

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MEET THE TRADERS: A WALK AROUND MANLY HARBOUR VILLAGE

BY JANELLE BOSTOCK AND CATH COOK, PRECINCT COORDINATORS, MHV CHAMBER OF COMMERCE

The Manly Harbour Village Chamber of Commerce (MHVCO) is a not-for-profit incorporated entity operated by a committee of local business and property owners committed to developing the precinct and providing opportunities for businesses to collaborate and grow. The Chamber promotes the precinct as a Queensland leisure destination.

This month, precinct coordinators Cath and Janelle were out and about in Manly Harbour Village, welcoming new traders and connecting with current members. Conversations were had about some of the challenges in business, and there was also news about some big wins.

Cath and Janelle started the morning with a scrumptious breakfast at Coopers Café, securing a quick photo with Grace. Their next stop was to welcome Rosie and Brett from Freedom Boat Club Brisbane to their new office location, a great spot on the esplanade close to the village heart. Rosie spoke about how Freedom is getting more foot traffic in the new location and how they love being so close to the bay.

Continuing up to The Mall, they waved and said hello to a few traders along the way. Of note, they provided a warm welcome to Ann, who is the proud new owner of Manly News. Janelle and Cath gave Ann a brief overview of the Chamber and invited her to the next trader night. As luck would have it, they also managed to catch Shanice from Manly Bakery during a very busy lunchtime trade. Janelle then

called on Clinton at Australia Post to take a new photo and renew her passport. The next stop will be a visit to Lolo at Trendell & Turner Travel Associates to book an overseas holiday!

As Cath and Janelle continued along Cambridge Parade, they caught up with Julianne (the Chamber's trader rep) at Ebb & Flow, who was helping a customer with what looked like a large, heavily wrapped painting to her car across the street. That's 5-star customer service! They then chatted to Tammy and Armando at Vitale Property Management Co, popped in to say a quick 'hello' to Haidee at Style and Error, and welcomed Anna Kate from Harcourts Property Centre to the village.

On Saturday morning, Janelle caught up with Andrew, coordinator of the Jan Powers Farmers Markets (Manly), and spoke about the trees that were fenced off and how we need to work collaboratively to maintain Little Bayside Park. Andrew is committed to working with the stall holders to ensure everyone complies with Brisbane City Council requirements.

Want to attend our next event or learn more about the Manly Chamber of Commerce? Please email promotions@manlyharbourvillage.com or scan the QR code.



DATE CLAIMERS

6 SEPTEMBER – Business Breakfast with Karl Schwantes – *The Diamond Experience*

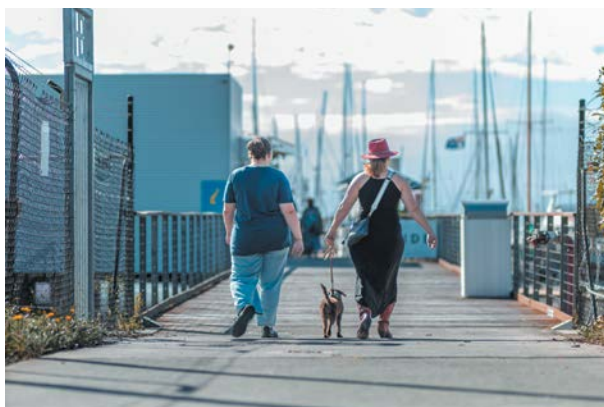
7 SEPTEMBER – Movies in the Park – *Father of the Bride*

22 OCTOBER – AGM and Trader Night.

MARKETS

7 AND 21 SEPTEMBER – Jan Powers Farmers Markets, Little Bayside Park, Manly

EVERY SUNDAY – Manly Creative Markets, Little Bayside Park, Manly



Photos by Steve Krige Photography.

MANLY SWIMMER TO COMPETE IN HER THIRD PARALYMPICS IN PARIS

CONTRIBUTED BY DR CLAIRE MAYHEW

With the Olympics just completed and Australia's amazing team results being celebrated, it's now the 'Paras' turn to shine. Queensland has strong representation in the team, including Manly swimmer Rachael Watson, or 'Rachina' as her Aussie-Italian opera singing coach Matteo calls her, who will compete in her third Paralympics as a wheelchair athlete.

Rachael won gold in the 50m Freestyle in Rio, coached by Rob Hindmarsh, and then again in Tokyo, with now-retired Gary Watson as her coach – a first for Australia going back to back. (Gary is still coaching pace swimming part-time at Chandler for social swimmers.)

Rachael has been the Chandler club captain since 2017. The club boasts Olympians Bronte and Kate Campbell, Zac Stubblety-Cook, Lizzy Dekker, Ella Ramsay, and master coach Vince Raleigh.

Rachael is the current Paralympic record holder for S4 100m and 50m Freestyle and holds world and Australian records in many events.

Swim legend Dawn Fraser has mentored Rachael since 2016, and the support and results have been astounding. Mrs Gina Reinhardt has also been a great supporter of Rachael, both on the pool deck and financially through the Georgina Hope Foundation. This support

is equally shared by Olympians and Paralympians in various sports.

Rachael has a strong support team: her dad, Stuart, is with her at all sessions, as are her mum, Grace, and her brothers, Jamie and Jonny. Grandparents Dr David and Joan Clowes are avid supporters and will watch on from the Gold Coast when she swims.

Rachael is also an ambassador for Brisbane's ex-Olympic Finn class yacht fleet, which will host the World Gold Cup and World Masters in Brisbane 2026, a first for Australia. At 64, Rachael's father still sails a Finn.

Currently a student at the University of Queensland, Rachael is completing a master's degree and volunteers at the Brisbane Children's Hospital.

Rachael's competition times (subject to change) are:

- Women's 100m Freestyle S3 heats at 6.59pm on Tuesday, 3 September (Brisbane time), and final at 3.28am on Wednesday, 4 September.
- Women's 50m Freestyle S4 heats at 7.17pm Friday 6 September (Brisbane time) and final at 3.57am Saturday 7 September.



Photo: Supplied.



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WYNNUM MANLY LEAGUES CLUB'S COMMUNITY GRANT PROGRAM UPDATE

CONTRIBUTED BY WYNNUM MANLY LEAGUES CLUB

In its ongoing commitment to supporting local communities, the Wynnum Manly Leagues Club has announced the latest recipients of its Community Grant Program, distributing over \$72,000 to 19 not-for-profit organisations across the region.

Since its inception in 2016, the program has provided nearly half a million dollars in funding to various community groups, reflecting the club's dedication to enhancing the wellbeing and vibrancy of the Wynnum Manly area.

The 2024 round of grants has been allocated to a wide range of initiatives, from upgrading school facilities to supporting local sports clubs, ensuring a broad impact across different sectors of the community.

We are incredibly proud of the impact our Community Grant Program continues to have on the Wynnum Manly area," said Brett Mooney, Chairman of Wynnum Manly Leagues Club.

"These grants are not just about providing financial support; they're about empowering local organisations to create lasting, positive change in our community. It's inspiring to see how each grant recipient is making a difference, and we are honoured to be a part of their journey."

Among the recipients, the **Bayside United Sports and Recreation Club** received \$5,500 to install security cameras, enhancing the

safety and security of their facilities. Similarly, the **Tingalpa & District Kindergarten Association Inc.** was granted \$2,675 for the installation of a second aluminium fence and an auto-closing gate, aimed at improving child safety.

Education was a significant focus this year, with several schools benefiting from the grants. **Wynnum General Gordon Kindergarten** received \$1,095 to install an outdoor water bubbler, while **Wynnum West State School P&C Association** was awarded \$5,500 for the purchase of five branded school marquees. **Gumdale State School** also received \$4,800 for shade tents to be used at sporting events, providing much-needed sun protection for students and spectators alike.

In the realm of community events and programs, **St Pete's Pantry** was granted \$4,584.23 for a commercial fridge that is used extensively for the storage of fresh items, which are distributed to those in need. A commercial fridge is necessary for the continual operation of 'The Pantry', ensuring that perishable goods remain fresh for those who rely on this essential service.

Meanwhile, the **Queensland Services Heritage Band Association Inc.** was awarded \$5,500 to support the 2024 Bayside Carols event, ensuring the continuation of this cherished local tradition.



Photo: Supplied.

Local sporting clubs also benefited, with the **Manly Dragon Boat Club** receiving \$5,500 for the purchase of two dragon boat covers, and the **Wynnum Manly Men's Shed** being granted \$5,500 to acquire a tailgate lifter, further supporting their members' activities.

Additionally, **Myhorizon**, a local organisation that provides services to people with disabilities, received \$2,244 for the purchase of gardening equipment. This equipment will help beautify and maintain the grounds at their Adam Street facility, a space used by participants with disabilities and the wider community.

For more information about the Wynnum Manly Leagues Club and its Community Grant Program, visit www.wmlc.com.au/grants/.

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OUR LOCAL SANTA WORKSHOP IS GEARING UP FOR THE FESTIVE SEASON!

CONTRIBUTED BY BILL SIMPSON PHF, ROTARY CLUB OF WYNNUM AND MANLY

Last year, the Rotary Club of Wynnum and Manly ran out of its iconic Santas due to unprecedented demand. As a result, the club has teamed up with the Wynnum Manly and Districts Men's Shed to manufacture new Rotary Santas.

The Santas have been part of the bayside Christmas spirit for over 40 years. Originally an Apex Club initiative, Rotary took over the installation of Santas as a fundraising program in 1996.

Last Christmas, 95 Santas were rented. Last year also saw the introduction of corflute Santas for commercial premises' windows, which allowed for another 18 Santas to be installed in shopfronts. The Rotary Santas are installed from Tingalpa in the north to Wynnum, Manly, and Capalaba in the south.

Many older Santas are over 30 years old and manufactured from Masonite or Burnie board. This made them heavy and difficult to install, and the reason they have been replaced.

The Rotary Club needed assistance with the replacement program, so we collaborated with The Men's Shed to manufacture new lightweight marine ply models. Bunnings Warehouse and Taubmans Paints also supported the Santa replacement program.

Over the past few months, many Rotarians, their partners and friends have been involved, in conjunction with the Men's Shed members, in the production of 80 new Santas for this festive season. It is estimated that more than 1500 volunteer hours will be put into getting the Santas ready this year.

The Santas have ascended to iconic status in the local area as new generations of children look forward to seeing them on walls, verandahs, high-rise apartments and roofs in the bayside suburbs.

All funds raised from the Santa project support the many community projects Rotary runs during the year.

This year, Santas are available for rent and come in three forms:

- Iconic Rooftop Santa
- Iconic Fence/Wall-mounted Santa
- Corflute Window-mounted Santa

If you are not on our current Santa renter list and would like one for this festive season, please contact the club secretary by email at secrcwm@gmail.com.



Photos: Supplied.

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LOCAL GARDENING WITH KAT

STOP AND SMELL THE ROSES!

BY KAT PEARSON, *GIRL IN THE GREEN*

“A rose by any other name would smell as sweet”. Unless it’s an unscented rose. I have never really understood the point of them. Sure, they’re pretty, but they’re thorny! The only thing that makes up for rose thorns (and the black spot, sparseness and general painfulness of a rose shrub, especially here in subtropical humid Brisbane) is the SCENT. Nothing beats it. Rose-scented geraniums don’t even come close. But a good smelly old-fashioned rose is heaven scent (see what I did there!).

Roses have a long history and are thought to have been originally domesticated in China (thousands of years BCE). Rosewater and rose oil were used both medicinally and as perfume (to mask the stench of life – you know, the no deodorant or plumbing thing), and Cleopatra used roses in her skincare and as an aphrodisiac to lure her lovers. Nothing much has changed, and roses are still used in herbal medicines, food, cosmetics and perfumes.

There are lots of rose species and hybrids, and some are better at some things than others –

the old hybrid *Rosa x damascena* makes great perfume, *Rosa rugosa* reputedly has the best tasting hips and petals (although all roses are edible) and hybrid tea roses arguably make the best cut flowers.

I love having roses in my garden, and while they’re pretty hardy, it can be a bit of a challenge to keep them looking lush. Your best bet is to choose a rose that suits your requirements. I choose ones that a) have a great smell and b) are bred for good black spot resistance, as that seems to be my main challenge! But there are still a few tricks to keeping them in tip-top condition.

Firstly, give them space. Humidity is a killer for lots of plants, and while it won’t kill your rose, it can sure leave it a diseased mess. Both pruning dense foliage out of the middle of each bush and not letting them be overgrown by other plants are crucial.

Secondly, keep them well fed and give them a good drink every so often. I’m on sandy soil and



Photo by Kat Pearson.

feed mine with organic pellets once a month, followed by a deep soak. If you’re on clay you can probably ease off a little but don’t ignore them! And finally, they love the sun. It helps keep their foliage dry and encourages good strong growth.

As a side note, if you’re near the Redlands area, I recommend you check out www.littleislandorganics.com.au. Rod sells Rocky Point products (which I personally love) and delivers locally for free! Let them do the heavy lifting and leave you to the fun stuff. Use the code GITG to get \$1 off each product!

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.



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SUPPORT NEEDED TO PROVIDE MORE YOUNG CANCER PATIENTS WITH IPADS

FROM RICHIE'S RAINBOW FOUNDATION

Through its innovative iPad scheme, local charity **Richie's Rainbow Foundation** is dedicated to bringing joy and comfort to children undergoing cancer treatment. The initiative provides iPads to young oncology patients, offering them a gateway to entertainment, education, and connection during their challenging journeys. The organisation is calling on local businesses to support the scheme to enable more iPads to be distributed to children.

The story of Richie's Rainbow Foundation began with a little boy named Richie. Diagnosed with cancer at the tender age of seven, Richie faced numerous hospital visits, treatments, and long stays in sterile environments. Despite the pain and fear, Richie remained a beacon of light, always finding ways to smile and spread happiness. His love for technology, particularly iPads, became a source of comfort and distraction during his treatments. Sadly, the battle with cancer was unfair and with outdated treatments, Richie passed away aged nine on the night of Riverfire, but his legacy lives on through the foundation created in his memory.

Recognising the profound impact that iPads had on Richie's quality of life, the foundation's founders decided to extend this comfort to other children facing similar battles. The iPad scheme was born out

of a simple yet powerful idea: to provide each child in the oncology ward with an iPad of their own. These devices, loaded with games, educational apps, and communication tools, serve as a lifeline, offering a sense of normalcy and joy amid the turmoil of cancer treatment.

Jenessa, a nurse at Brisbane Children's Hospital, has witnessed first-hand the transformative effect of the iPad scheme. "These iPads are more than just gadgets; they are tools of hope and resilience," she says. "They help our young patients stay connected with their families and friends, continue their education, and most importantly, find moments of joy and distraction during their toughest days."

The success of the iPad scheme relies heavily on the support of the local community. Richie's Rainbow Foundation has already made significant strides, but the demand continues to grow as more children are diagnosed and treated for cancer. This is where local businesses can make a crucial difference. By contributing to the iPad scheme, businesses provide tangible support to these brave children and become part of a larger narrative of compassion and community spirit.

Contributions can be made in various forms, including via monetary donations, fundraising events, or donating iPads directly. More information is available at www.richiesrainbow.org.au.



Photo: Supplied.

Latest news from the Port of Brisbane September 2024



Trade

Trade volumes through the Port were resilient over 2023/24, with most commodity sectors remaining consistent or increasing on prior year volumes.

The container sector was particularly strong – over 1.61 million containers were handled during 2023/24, a record volume. Import containers increased by 3% driven by regional population growth and export containers increased by 1%, with high volumes of cotton, beef and agricultural seed driven by strong demand from global markets.

Renewable import shipments continued as we saw wind, solar and battery energy storage system componentry coming over the wharves during the year for southern and southwestern Queensland renewables projects.

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

Community

Congratulations to the recipients of our 2024/25 Community Grant Program! This year, 11 community organisations from the Bayside out west to Warwick, will share in a total of \$100,000 funding.

This year, our team raised \$45,000 for our Employee Charity, Hummingbird House, through various fundraising efforts across initiatives including Containers for Change, scrap metal recycling, chocolate sales, raffles, BBQ's and employee giving programs. PBPL dollar-matched all funds raised.

We are very pleased to announce that the MND and Me Foundation has been chosen as the Port's 2024/25 Employee Charity.

Environment

During 2023/24, Port of Brisbane deposited over 47,000 containers to Containers for Change!

From humble beginnings, our goal was to divert 20,000 containers a year away from landfill and donate the funds raised to our Employee Charity.

The Containers for Change initiative is now in place across all Port of Brisbane locations, including the Brisbane International Cruise Terminal and onboard our flagship vessel the *TSHD Brisbane*. Over the last 12 months, through our employees and the community, it raised almost \$5,000 for charity and diverted up to 100kg per month of recyclable containers away from landfill.

Port of Brisbane

Port of Brisbane is Queensland's largest multi-cargo port. In 2023/24, approximately \$72 billion in international trade was handled through the Port 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

In 2023/24:

- A record **1.61 million containers** were handled through the Port
- **2,375 commercial vessels** called
- **161 cruise ships** called at the Brisbane International Cruise Terminal

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Wynnum Manly's House Of Heritage: Stratford on Mountjoy Tce

CONTRIBUTED BY JAN GOETZE, SOTHEBY'S INTERNATIONAL REALTY

'Stratford Villa', or 'Tingalpa', was built at Wynnum on Mountjoy Terrace as a home for the Mayor of Wynnum Manly in the early 1900s. The area was formerly dominated by farm land but on the cusp of development.

The front stairs lead up to the home's main entrance and upstairs rooms, which preserves the layout of the original homestead – but now thoughtfully modernised by more recent owners. Its original soul remains, however, in key features such as the heritage brick of the main upstairs chimney and the large bay windows marking the house's façade.

The house was sold to a prominent stonemason of the area, who left his mark on many of the buildings in the business centre of Wynnum/Manly. As the area evolved in the 1940s and 1950s, the house continued to be a local landmark, even acting as the location for a movie at the time, its details sadly lost to record.

After hosting two generations of the family from 1916 to 1980, it then stood silent for nine years and, as surrounding blocks were divided, ran the risk of its history also being lost. It fortunately found itself in the hands of new owners in 1989, who devoted much care to restoring and renovating the home, work that was later built on by the current owners.

The large mango trees flanking the home and camphor laurels marking its façade are believed to be over 100 years old, dating back to its early days.

The house now sits on one of the last remaining large blocks in the area not subdivided and holds heritage status for its links to the past. It holds memories and stories of many families in its over 100-year history. And now it's on the market, another lucky family will have the opportunity to enjoy it.







Photos: Supplied.



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ARE YOU A SPARKY? REPAIR CAFÉ NEEDS YOUR HELP

FROM THE REPAIR CAFÉ VOLUNTEERS

Repair Café Brisbane Bayside is a not-for-profit organisation run by a group of volunteers who, for two hours a month, repair household items that would otherwise end up as landfill. Items repaired include toys, bikes, small appliances, garden tools, electronic games, and audio systems.



To date, repairs to electrical items like lamps, vacuum cleaners, etc., have been done by volunteers under the close supervision of a licensed electrician. Unfortunately, he is no longer available to attend, and we are looking for a licensed electrician to help us out.

If you know a local electrician who can spare just two hours on a Saturday afternoon, please ask them if they can help. The bottom line is that without an electrician, we are unable to undertake electrical repairs. If you can help, please call Chris at 0413 619 047.

FIELDERS CLUB'S FAMILY FUN DAY RAISES \$3,000 FOR CHARITY

FROM FIELDERS CLUB

Fielders Club's annual Family Fun Day, held in August, brought joy to the local community with a day full of exciting activities and heartfelt giving.

The event, hosted in collaboration with Wynnum Manly Workers Junior and Seniors Social Clubs, offered a wide array of free activities enjoyed by people of all ages.

But the day wasn't just about fun and games. Fielders Club and the Wynnum Manly Workers Junior and Seniors Social Clubs used the event as an opportunity to give back to the community, raising an impressive \$3,000 for the Leukaemia Support Foundation. This foundation plays a critical role in providing comprehensive support to those living with blood cancer, as well as their families and carers. The funds raised will help offer essential services including accommodation, transport, and emotional and practical support for those affected by this challenging illness.

This year marks the third consecutive year that the Social Clubs have raised money for the Leukaemia Support Foundation, showcasing their ongoing commitment to making a difference.



Photo: Supplied.



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Announcing Port of Brisbane's 2024/25 Community Grant Recipients

Since 2013, Port of Brisbane's Community Grant Program has provided over \$1 million in funding to local and regional community organisations.

Congratulations to our 2024/25 Community Grant Program recipients! This year, 11 community organisations from the Bayside out west to Warwick, will share in a total of \$100,000 funding.



4 Voices

Providing employment and community connection service for vulnerable and disadvantaged people in our community



WE'RE HERE TO END DOMESTIC VIOLENCE

Challenge DV

Delivering training programs in local sporting and community groups focused on empowering men to actively prevent domestic and family violence



Standing with Aussie Farmers
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Farm Angels

Supporting Queensland farmers to recover from natural disasters with a focus on mental health



Volunteer Coast Guard

Contribution to essential upgrades of building facilities



Southern Downs Steam Railway

Enhancing welfare, heritage and community through the contribution of upgrades to an onsite cafe



Wynnum Community Place

Connecting local people to a range of health and wellbeing services



NUDGE BEACH
environmental education centre

Nudgee Beach Environmental Centre

Providing an Indigenous Australia Art Mural to support cultural learning



Bayside United Soccer Club

Contribution to the installation of rooftop solar power



Capalaba Wildcats

Providing a portable generator and fridge to run club events



Eastside Basketball Limited

Supporting the recruitment of young women to participate in club basketball



Making Waves Foundation

Providing unique on-water experiences for young people with disabilities or young adults experiencing disadvantage

To find out more about our community support, visit www.portbris.com.au.



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LOCAL POETRY REDEMPTION

BY GEOFF SMILEY

He fled out west where the grasses grow.
Leaving war and family behind,
for the Barkly plains, where dreamers go
to a refuge of cattle and men.

A man always takes himself along;
and life breaks us all in the end.
Pain drove him relentlessly on,
till his day of deliverance came.

This son of his time, lost to his fate
and you can't go home again *
found answers few in such a place,
and sadly, a gun was his plan.

Under those plains a man can sleep;
he lies where the curlew's sad sound
knows terror and hope cannot seep
through that hard Barkly ground.

©Geoff Smiley

*His grave is where he died, on
Oban station, Dajarra, near Mt
Isa. This month includes Father's
Day. Remember fathers who faced
war and children who did not
experience good fathering.*

**"You can't go home again"
Thomas Wolf. Harper & Row.
New York 1940.*



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Community Leader

WE'RE ALL ABOUT GOOD NEWS

The Community Leader is a monthly publication, home delivered to parts of Wynnum, Wynnum West, Manly, Lota, and parts of Gumdale, Wakerley, Hemmant, Tingalpa and Belmont. Please note that if your home has a 'no junk mail' or 'Australia Post Only' label, then we are unable to deliver the newsletter to you. However, copies will be available around the local area for you to read. If your home does not get a copy, you can collect one from a local pick up point. Maps are subject to change and availability of walkers, however the total number of copies delivered remains constant.

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

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Quarter Page	Image Area	65mm deep x 255mm wide
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Strip Ad	Image Area	40mm deep x 255 mm wide

OCTOBER BOOKINGS

- Community editorial 10th of September or earlier
- Advertising cut off 17th of September
- Distribution from 1st of October
- Bookings are for a minimum of 3 months and space is limited
- Market to Market Communications reserves the right to refuse any advertising
- Advertising contact 0421 786 302 or sales@market2market.com.au

LOCAL PICK UP POINTS

Various shopping centres, cafes, clubs and local businesses.

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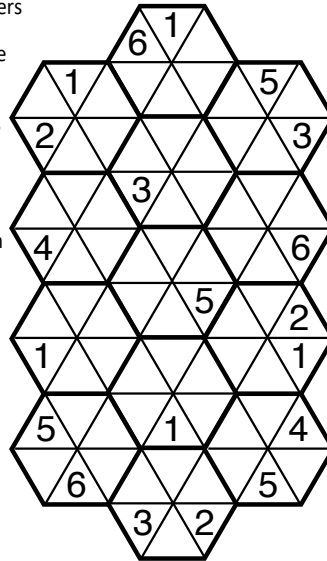
Sudoku

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

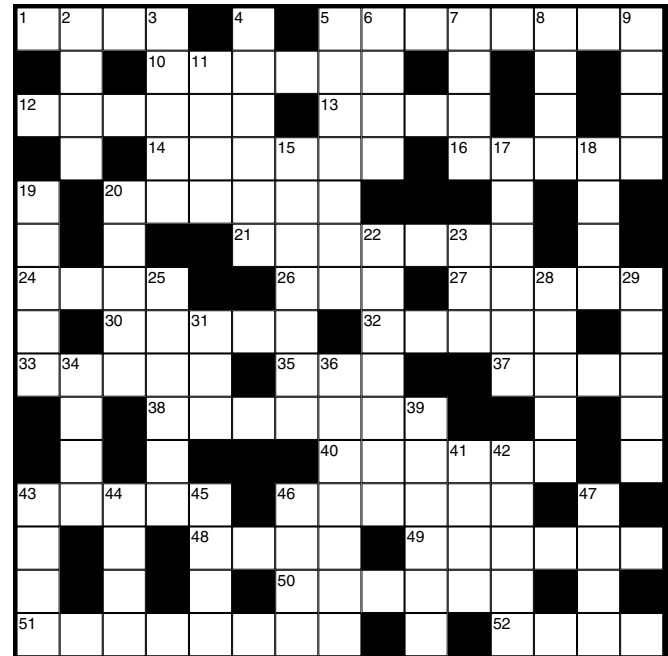
				5	4			1
		2	9	3				
7								3
8	5		6					7
4								
	7		5					
	6			1	2			
	9							6
2				7	1	4		

Quick Workout

Fit the numbers 1, 2, 3, 4, 5 and 6 into the hexagons so that where the hexagons touch, the numbers will be the same. No number is repeated in any hexagon.



Crossword

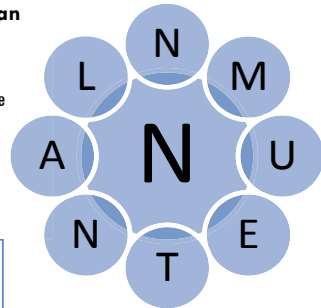


Focus

An All Australian Word Game

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

TODAY'S FOCUS Good: 11 words
Very good: 19 words
Excellent: 33 words



Reference: Macquarie Concise Dictionary
Focus No. 3885

ACROSS

- 1 Deep sleep
- 5 Turning
- 10 Made rough scraping sound
- 12 Do the rounds
- 13 Decorative plant
- 14 Draws forth
- 16 Tendency
- 20 Annoy
- 21 Foes
- 24 Break suddenly
- 26 Beverage
- 27 Corroded
- 30 Unclouded
- 32 Ignominy
- 33 Vapour
- 35 Donkey
- 37 Duelling sword
- 38 Forming a nucleus
- 40 Things to be done

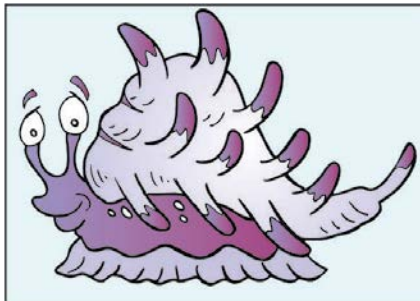
DOWN

- 2 Spoken
- 3 Concur
- 4 Acknowledge rank
- 5 Arbitrator
- 6 Lyric poems
- 7 Family member
- 8 Not working
- 9 Pleased
- 11 Fishing poles
- 15 Dominant
- 17 Begin again

18 That following

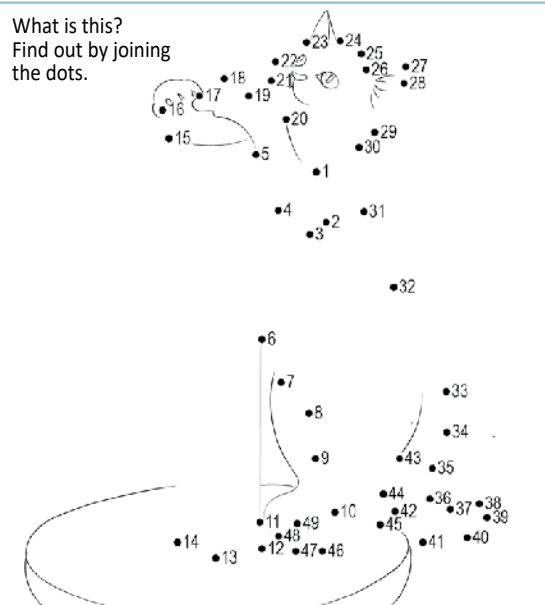
- 19 Meditates
- 20 Tranquillity
- 22 Knead
- 23 Period of time
- 25 Heavenly body
- 28 Dark brown
- 29 Surrender
- 31 Flightless bird
- 34 Faithful
- 36 Watertight coatings
- 39 Amend
- 41 Roman emperor
- 42 Male honey bee
- 43 Hairless
- 44 Asian country
- 45 Unharmed
- 46 Coagulated blood
- 47 Deep mud

Spot the 5 Differences



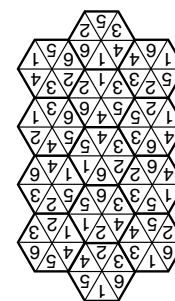
Join the Dots

What is this?
Find out by joining the dots.



Solutions

Puzzles and pagination supplied by Auspac Media



extra fold on belly, missing spot, missing line on shell.

SPOT THE 5 DIFFERENCES: Spike moved, tail mark changed.

FOCUS: amen amnet annul ANNULET ante aunt elean etna lament lane lean lent lumen lunate lune mantle mean mental menu neat numer tuna tuna tune tunnel ulna ulnae unman

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

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SIMPLY TASTY TOMATO, CHEESE AND BASIL TART RECIPE

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INGREDIENTS

- 1 or 2 sheets of frozen puff pastry, slightly thawed
- 4-5 medium-sized ripe tomatoes, sliced to about 1cm thick
- ½ a small red onion, chopped
- 1 cup fresh basil leaves, roughly chopped
- 1 cup shredded mozzarella cheese
- 1/4 cup grated Parmesan cheese
- 1/2 cup ricotta cheese
- 2 cloves garlic, minced
- 2 tablespoons olive oil
- 1 teaspoon balsamic vinegar
- Fresh basil leaves to garnish
- Salt and pepper to taste
- 1 egg, beaten (save this for step 7)

METHOD

1. Preheat your oven to 200°C.
2. Put the slightly thawed puff pastry on a tray lined with baking paper. Using a sharp knife, score a 2cm border around the edge of the puff pastry, being careful not to cut all the way through. This will give your tart a raised edge.
3. Place the sliced tomatoes on paper towels and sprinkle with salt. Let them sit for about 10 minutes to draw out any excess moisture. Pat them dry with additional paper towels.
4. In a medium bowl, mix together the ricotta cheese, minced garlic, and 1/2 cup of the shredded mozzarella cheese. Season with salt and pepper to taste.
5. Spread the ricotta mixture evenly within the scored border of the puff pastry. Arrange the tomato slices over the ricotta mixture in a single layer, slightly overlapping them. Scatter the onion and chopped basil over the top of the tomatoes.
6. Drizzle the olive oil and balsamic vinegar over the top. Sprinkle the remaining shredded mozzarella and the grated Parmesan cheese evenly over the tart.



7. Brush the beaten egg along the edges of the puff pastry to give it a golden, glossy finish when baked.
8. Bake in the preheated oven for about 30 minutes, or until the puff pastry is golden and puffed, and the cheeses are melted and bubbly.
9. Garnish with fresh basil leaves and your tart is ready to serve!



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LOCAL FISHING WITH SPERO

WHALES FIRST, FISHING SECOND: HAVING A WHALE OF A TIME ON THE BAY!

BY SPERO KARTANOS

The whales are back in the bay! I know this is a fishing report, but you really can't beat seeing these majestic mammals in our backyard. I've seen mums and their babies feeding in front of my eyes and some small pods only minutes out from the Bay Islands – it's too special for words.



The whales started showing up in August, but in September, you'll spot them all over the bay. They will be around Peel Island just out from Cleveland, off Wellington Point, Green and St Helena Islands, and all the way to the Sand Hills.

Be careful to keep your distance from the whales. There are big fines for not doing the right thing, so it is best just to stop the boat and let them swim past or let them get close to look at you. The family (and especially the kids) will absolutely love it. I have seen them so many times, and still, if I see them when I'm out on the bay, fishing takes second place or gets forgotten completely. Take the opportunity to get out and see them so close to home.

As for September fishing, we are back fishing for snapper as the season has re-opened, and the whiting and school mackerel will be on the chew...but I have to say, whale watching comes first this month!



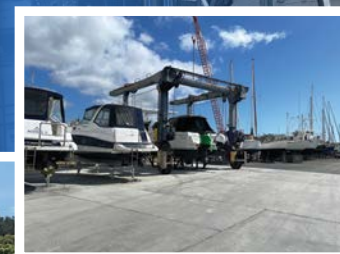
Photos: Spero Kartanos.

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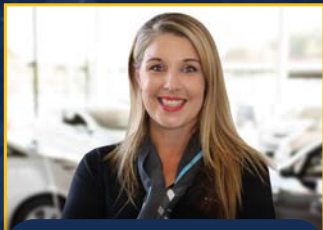
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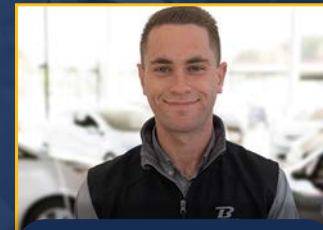
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There's no doubt about it: the cost of living is high at the moment, and all the little things start to add up over time. Unfortunately, healthcare isn't something we can put off for another time.

A dental exam and clean are one way to identify early problems to prevent larger problems in the future. Preventative options are always more cost-effective than treating major problems. This is true for all healthcare, like your annual skin check, prostate check, breast checks, blood tests, eye tests and good old six-monthly examination and clean at your dentist.

Interestingly, although many people know they're 'now overdue' for their examination and clean, many don't realise how important that routine appointment really is. A survey released last month from the Australian Dental Association¹ confirmed that two-thirds of Australian adults hadn't been to see their dentist in the past two years, and a quarter had not been in more than five years. In 2022, it was the COVID pandemic, and now it's the cost of living pressures. But your healthcare is too important to bump down the 'to-do list'.

Unfortunately, untreated dental issues can have dire impacts on our overall health, and poor oral health has been linked to a range of wider health conditions, including heart disease, diabetes and even adverse pregnancy outcomes. Many people don't realise the link between poor oral health and its impact on overall wellbeing.

For example, individuals with gum disease or periodontitis (a condition where bacteria grows between the teeth and gums and destroys bone) are two to three times more at risk of experiencing a heart attack². Periodontal gum disease will often not cause any pain until it's quite severe. When it develops and progresses, teeth eventually and often become loose, resulting in no other option than to remove the tooth or multiple teeth – which can drastically impact your quality of life.

Another common issue is tooth decay, with the Australian Institute of Health and Welfare³ estimating that 32 per cent of Australian adults over 15 have untreated tooth decay. This is especially pertinent to Australians over 75, with over a quarter living with decayed teeth and over 20 per cent having lost their natural teeth due to preventable conditions.

The issue with dental problems is that your teeth will often remain silent and not cause any significant pain until it's too late. Many dental issues are a slow burn, and if you don't have regular checks you can develop poor oral health, and one day that may contribute to diabetes, cardiovascular disease or other health issues.

You only get one set of adult teeth to last your entire life, so it's critical to maintain them and work in partnership with your dentist to plan for your future dental needs. Prevention is always better than cure, and always less expensive!



Photo: Supplied.

If you've been putting off seeing your dentist for too long now, remember it is always better late than NEVER – why not prioritise your oral healthcare this spring? With our team, every appointment is with an experienced dentist, even your routine ones – call to book on 3348 6661 or book online www.dentaloncambridge.com.

1 Australian Dental Association (2022), <https://www.aihw.gov.au/reports/dental-oral-health/oral-health-and-dental-care-in-australia/contents/summary>
 2 Gum disease and heart disease: The common thread (2021), <https://www.health.harvard.edu/heart-health/gum-disease-and-heart-disease-the-common-thread>
 3 Oral Health and Dental Care in Australia (2022), <https://www.aihw.gov.au/reports/dental-oral-health/oral-health-and-dental-care-in-australia/contents/summary>



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